Bishop Bradley welcomes 153 candidates and catechumens during annual Rite of Election

By John Grap

Amy Foley’s journey to the Catholic Church started about two years ago, when her family moved to Kalamazoo from Bay City.

She had grown up Lutheran and was always very active in her church. When they moved to Kalamazoo they joined a local Lutheran church where she just felt pretty disconnected.

On Sunday afternoon, February 22, Foley, along with more than 150 others, took the next step in becoming fully-participating members of the Catholic Church.

During a ritual filled with the Lord’s love, Bishop Paul Bradley presided at annual the Rite of Election for 65 catechumens and the 86 candidates at the Cathedral of St. Augustine in Kalamazoo.

“Why you have chosen to respond to God’s invitation to be baptized at this point in your life is not nearly as important as the fact that you have made that decision and God your father, our father, is so pleased,” Bishop Bradley told the catechumens.

To the candidates the bishop said, “You are called to continual conversion, and God has already been at work in your lives.”

“I was sitting in a Tractor Supply parking lot and I stumbled upon a Catholic radio station. And all of a sudden it started to make sense. I was touched in a very powerful way. And that started my journey,” Foley said.

She began asking a lot of questions and attending St. Thomas More. “I had a very strong sense. I was being led. It felt as if there was a hand on my back guiding me, like saying, go forward with this.”

Foley was hesitant at first and didn’t want to force her children, who are also candidates with her.

“I can’t imagine that God is going to lead me into a place I shouldn’t go,” Foley said. “The love, the support, the meaning, the richness, the rituals, everything, I fell in love with it.”

Harley Bethel, a catechumen from Battle Creek’s St. Philip, grew up Baptist and found that he just didn’t believe in going to church any more, because his family quit going.

“Now he has a five-year-old girl, he said, “Who wants to know why daddy’s not attending church regularly and doing the thing she’s doing. It has changed my life completely.”

Feasibility study results reveal diocese is ready for first-ever diocesan-wide capital campaign

By Sarah DeMott

Beginning in late 2014, the diocese conducted a capital campaign feasibility study with the assistance of the Steier Group, a professional development consulting firm, to gauge the level of support for a diocesan-wide capital campaign. The Steier Group presented the results of this study, along with their recommendations, to senior diocesan staff in late January.

Due to the largely positive response, Bishop Bradley and diocesan leadership have decided to move forward with the first-ever diocesan-wide capital campaign.

“For more than two years my brother priests and I have discussed in various settings the possibility of conducting a diocesan-wide capital campaign to advance our parish and diocesan priorities,” explained Bishop Bradley. “My belief that strong parishes make for a strong diocese is the basic driving force behind this decision to move forward,” says Bishop Bradley. “The results of the planning study support this belief as well.”

All pastors, other clergy and hundreds of parishioners participated in the feasibility study through personal individual interviews, general information sessions held regionally, and via mail and online surveys.

Respondents were asked to rate how supportive they are to different areas of need on a scale of 1 to 10. The top three were: individual parish needs (7.2), priest retirement (6.79) and Catholic school education (6.78). Needs that received an average ranking of 6.0 or above are considered to have strong support.

A leadership team of clergy Story continued – Page 4

Dr. Scott Hahn tells crowd to go live the gospel

Close to 1,000 Catholics gathered in Kalamazoo for event

By Mary Brost Reck

Nearly 900 people kicked started their Lenten season on February 21, by attending “Joy to the World: The Family, the Eucharist, and the New Evangelization,” featuring world-renowned speaker Dr. Scott Hahn.

The event was sponsored by the Catholic Information Center and Newman’s Bookshop.

Dr. Hahn has been introduced to millions through his conversion story. A former Protestant minister, his study of the Scriptures and early Church Fathers led him into the faith and subsequently he’s authored numerous books and is a popular speaker. He is currently a professor at the Franciscan University of Steubenville, a visiting professor at Mundelein Seminary, and the founder and president of the St. Paul Center for Biblical Theology.

The day-long program began with Mass celebrated by Bishop Paul J. Bradley. In his closing remarks, Bishop Bradley remarked on the opportunity Lent presents for new beginnings.

“Lent is our spiritual springtime,” he said. “It’s a time to do new plantings, a time to nurture new growth within ourselves which, with God’s grace, will result in beautiful new and fruitful yields in the way we choose to live our lives as Disciples of Jesus Christ.”

There were an encouragingly large number of young people present. Emily Nelson, 14, attended the event as part of her confirmation preparation. A member of St. Mary Parish in Paw Paw, she came with her confirmation sponsor, Amy Hazlehoff.

Nelson said the event was providing a lot that would help her journey in the faith. “It’s been interesting,” she said. “I especially liked the lecture on confession.”

Utilizing personal stories to relate to audience members’ experiences, Hahn challenged those in attendance to take advantage of the Lenten season to grow in a closer relationship with the Lord.

“The ‘New Evangelization,’ called for by St. John Paul II, is the responsibility of all Catholics,” said Hahn, “to grow in faith and participate in the re-evangelization of the de-Christianized.”

Hahn said there are two crucial keys that all Catholics can utilize to advance this call.

“Friendship is the core of the Gospel and the way we best communicate our faith,” Hahn noted. “You would willingly share with your family, friends, or co-workers about a movie you enjoyed or a restaurant you think they might like. How about sharing with them the joy you experience as a result of your faith?”

Secondly, we must experience the “Joy of the Gospel” in order to share it with our friends and family.

“Evangelization in our time will only take place as a result of your contagious joy. What is key is that you enjoy being a Catholic,” he said to a rousing round of applause.

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“Waiting in Joyful Hope”

FROM THE EDITOR

By Victoria Cessna
Communication Director & Editor of The Good News

I sat on my dining room floor amidst the disorganized rubble of broken crayons, old spelling tests, decorative bobby pins and discarded “Happy Meal” toys and came to the conclusion that my once-designated junk drawer had migrated into a junk-crammed hutch.

“Where did all this clutter come from?” I pondered, wanting to immediately point fingers at others sharing my living space. But in reality, it wasn't really all that mysterious. Overwhelmed with miscellaneous remnants of school days or family outings the hutch came to represent a place where I could throw the stuff in and just not deal with it. I wasn't quite ready to part with the 10-year-old Valentine’s day card or my son’s uniquely shaped handmade sculpture from third grade (which I think is suppose to be a pencil holder) so I tucked them away until I could sift through what was really important and toss the rest.

For me the Lenten season is a lot like my de-cluttering project: it’s a time to focus on what’s important and just toss the rest. The important stuff for me this year are things such as reading the daily Gospel, spending time in purposeful prayer with my co-workers, and trying to express true gratitude to those who have enriched my life.

And the things I’m trying to toss are all the worries about having young adult children, an over-programmed schedule and discouraging thoughts about the state of the world.

The amazing thing about mining through all our clutter is we really can stumble upon a few treasures and be momentarily transported to the stillness where we hear God’s voice. My treasure, buried within my cabinet, was a beautiful book of poems gifted to me from my Dad on the occasion of my confirmation. I gingerly flipped through the yellowed-pages of “Easter Vigil and Other Poems,” by Karol Wojtyla, better known to us as St. John Paul II, and was immediately touched not only by the site of my Dad’s handwritten words beginning with “to Vicki” and ending in “love, Dad” but also by the depth of feeling in each stanza written by a young poet who would someday be a saint. Priceless.

May your own Lenten de-cluttering uncover the blessed treasure of hope of the young poet who would someday be a saint.

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May your own Lenten de-cluttering uncover the blessed treasure of hope of the young poet who would someday be a saint.
Happy Lent! On the Sunday just before Ash Wednesday, the Church providentially provided for us a Gospel passage according to St. Mark that perfectly set the stage for Lent. It was the passage about the man with leprosy who had been condemned to a life of isolation and separation from his family and friends just because of his contagious disease. But when he heard about and saw Jesus doing those miraculous cures and speaking such words of love, he just had to get to Him. So, he broke all the secular and Judaic laws pertaining to those who are unclean; he crossed the line from the unclean to those who were clean, and he went right up to Jesus saying: ”If you wish, You can make me clean.” And without a moment’s hesitation or any concern, Jesus said: ”I do will it; be made clean.” And the man was not only healed, but now able to be restored to his family and society; he was literally “reconciled.”

This was possible because the man with leprosy had come to realize that Jesus was the One with the power to heal him, and he was committed to do whatever it took to avail himself of that healing. There are three important steps involved in the man with leprosy’s strategy. First, he admitted to himself that he had a grave need. Second, he knew what, and Who, could help him in his need. And third, he desired a personal encounter with Jesus.

Just a few weeks have passed since we entered into the Season of Lent. Those same three steps are very important for each of us to consider during these 40 days. We should ask ourselves; first, what is our need? Second, what — Who — will provide for us the solution? — heal us — from that need? And third, what are we willing to do to avail ourselves of that solution? While we are called to focus during Lent on what our spiritual needs are, there are similarities with the man suffering from the very physical ailment of leprosy. I’d like to suggest that we could see our preparations for Lent in much the same way as we do when we prepare for our annual physical check-ups with our medical doctors. If we think about Lent as an opportunity for a spiritual check-up, and we truly open ourselves to God, the Divine Physician, what would we tell God is our biggest need, or concern? And after thorough examination, what might God tell us that He observes going on in our spiritual lives; and what could He prescribe? What is the status of our personal relationship with God? When we think about the two great commandments (Mt.22:37-39): do we love God?; do we love our neighbor?; do we love ourselves? Jesus’ solution to all our spiritual needs is to be reconciled. Jesus prescribes a “treatment plan” of prayer, fasting, self-denial and works of charity to help us grow in our love for God and neighbor. The Season of Lent offers us an opportunity to reflectively look at our lives and, like the man with leprosy, consider those important three steps, and consider what our preferred spiritual treatment plan is. What do our daily choices and decisions tell us about what is most important in our lives? What are our spiritual values? What do we hold to as most important in our lives? Do our daily choices and decisions reflect those deeply-held, Christ-centered values, or are we being drawn away from Christ-centered values in favor of self-centered choices, or value-less secular pleasures?

What’s hopeful about the season of Lent is this opportunity to chart a new course of treat-ment for ourselves. Even if you haven’t started or maybe you’ve faltered a bit, don’t give up! Each day is a new chance to dig deeper into this season and a chance for a clean start. We are called to spend time in prayer, fasting, and self-denial, not just for the sake of doing those things, but as important “treatment plans” to help us be spiritually healthy persons — to help us to know what our need is. Who can heal us, and what we need to do to avail ourselves of Jesus’ healing and reconciling power. Lent is the time for us to take a good, hard, long look at ourselves — physically, emotionally, and most importantly, spiritually. Lent is the time to stop pretending or ignoring what our spiritual ailments might be. Lent is the time to open ourselves to God, to let Him see what is going on in our lives, and if there are things there that are not morally right or spiritually healthy, to help us to see what our solution is. Lent is our time to run to Jesus like the man with leprosy did and ask Him for healing, so that He can restore us to unity with Him in the Body of Christ; so that we can be spiritually reconciled.

While I assume that during this Lent we have each determined the particular ways we are using to follow these three spiritual treatment plans to help us draw closer to Jesus of prayer, fasting and almsgiving, I would like to focus attention in this month’s reflection just on the power of prayer. Prayer — our conversations with God — is a particularly important tool to be used to counter the Evil One and all the evil in the world that results. As I wrote in my recent pastoral letter calling for a special time of prayer and fasting throughout this liturgical year: “Given all the current challenges confronting us and all of society, and given our conviction that there is nothing more powerful than prayer, I call on our entire Catholic family of faith to make this upcoming new liturgical year a time for special prayer, fasting, acts of charity and personal growth, and ongoing education in the faith. There are many intentions for which our special prayers and acts of devotion during this time of hope and renewal can be offered.”

I went on to list a number of issues about which we need to be praying fervently: terrorism, attacks against our religious liberty, continued disrespect for human life, the need to

Continued on page 4

“The power of prayer

THE BISHOP’S PERSPECTIVE

LA PERSPECTIVA DEL OBISPO

El poder de la oración

MARCH 2015

THE GOOD NEWS | 3

“Waiting in Joyful Hope”

“Teniendo en cuenta todos los desafíos actuales que enfrentamos nosotros y toda la sociedad, y dada nuestra convicción de que no hay nada más poderoso que la oración, hago un llamado a toda nuestra familia católica de fe para hacer de este próximo año nuevo litúrgico un tiempo para oración especial, ayuno, actos de caridad y crecimiento personal, y la educación permanente de la fe. Hay muchas intenciones por las que...”
Michigan Catholic Conference announces 2015-2016 advocacy principles

The Michigan Catholic Conference (MCC) has released their 2015-2016 Advocacy Principles in a document titled, A Blueprint for the Common Good. Leading their priorities are legislative efforts to defend human life and dignity, religious liberty and policies to help the poor and vulnerable. It also calls for educational choice, defense of the traditional definition of marriage and embracing stewardship as an integral part of the Catholic faith.

Stewardship: A Disciples Response, an inspirational morning of exploration and leadership development for Parishioners and stewardship leaders are encouraged to register today for an opportunity to build the financial foundation for both diocesan and parish needs.

All important intentions are ones I hope we will remember not just this Lent but throughout the year as the power of prayer can convert hearts and transform the world. Prayer, along with fasting and self-denial, are spiritually powerful ways to reconcile us with Jesus during Lent, and throughout our lives. It is Jesus Who is the One Who has already saved us. It is Jesus Who is the One Who feeds us in the Eucharist, forgives us in the sacrament of penance, and welcomes us through the Church. And it is Jesus, the Way — the Truth — and the Life — Who continues to lead us to our Heavenly Reward. Blessings as you continue this Lenten journey toward Easter glory!

People and parish groups invited to join Caring Network’s Prayer Place

On January 22, the anniversary of the Roe vs. Wade decision legalizing abortion in the United States, Caring Network’s Prayer Place was filled with more than 40 volunteers who came together to offer “Prayer for Life.” Every hour of the day-long event was led by volunteer prayer leaders, including Bishop Paul J. Bradley and members of the diocesan staff, recognizing the sanctity of human life. These prayer leaders used Scripture, rosaries, reflection readings, and even a poem to assure us of Our Lord’s presence from the heart, in gratitude for God’s gift of life.

Fron Denny, Catholic Charities CEO noted, “Together, we lifted up our voices, in gratitude for God’s gift of life to each one of us.” According to Denny, it was a day filled with hope, blessing, and love for the mothers, babies, and families who come to Caring Network, those who choose life, and the unborn everywhere.

Individual or group prayer volunteers are needed on a regular basis at Caring Network’s Prayer Place. Every Monday and Wednesday from Noon to 1 p.m. prayer volunteers read written prayer requests from women, children, and participants at Caring Network and all Catholic Charities’ programs. These prayer requests are prayed over and given back to the staff with notes of encouragement. Parish groups are encouraged to take leadership for one day a month. Please contact Sue Hajec, Prayer Place volunteer coordinator, at 269-548-8954 or sue.hajec@gmail.com.

Do you have a joyful heart and a few hours a week which could be used to answer the telephone and greet participants at Caring Network? We would love to have you share your smiles and time with our clients. Please contact Jeaninne Boehm, volunteer Coordinator, 381-1234 if you’re interested in joining Catholic Charities volunteer team.

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Collection for the Holy Land to be held on Good Friday, April 3

Christians around the world are united in a special way during Lent, Holy Week and Easter. As we progress through Lent to the celebration of the Triduum, our hearts, minds and prayers are filled in a special way with an awareness of the physical locations where our Lord’s passion, death and resurrection took place. The annual Good Friday Collection is a pontifical collection requested by Pope Francis, and offers us an opportunity to be witnesses of peace in a land where Christians face special challenges. Many now experience war and persecution, and many have been forced to leave their homes and livelihoods. Funds raised are administered by the Franciscans of the Custody of the Holy Land, who have been charged with the care and preservation of the shrines and sites since 1209. Their unique ministry, offering an ongoing sign of hope, includes:

- Staffing and maintenance of the shrines and holy sites, and development of new projects to enable those who live in the Holy Land and those who visit to deepen their faith and their spiritual and cultural connection to salvation history.
- Social and charitable activities, including new and rehabilitated housing, senior care facilities and medical assistance in support of the minority Christian community living in the Holy Land and those in need.
- Pastoral activities, including worship, Christian formation, youth and family programs in 29 parishes throughout the Holy Land.
- Educational and scientific activities, including operating schools (pre-K through grade 12) that are open to all regardless of religion or nationality, providing university scholarships, supporting seminarians, and ongoing research/projects at the Holy Places.

Bishop Bradley made his second trip to the Holy Land last fall with 17 other bishop from across the United States for the “Pilgrimage for Peace in the Holy Land”.

“I was privileged to visit many sacred sites where Jesus taught, worked miracles, preached, suffered, died and rose from the dead,” he said. “The Franciscan priests, who have as their primary ministry to protect and keep up those holy places, are in evidence everywhere, from the Church of the Nativity in Bethlehem to the Church of the Holy Sepulcher in Jerusalem, and hundreds of other holy sites in between. Their ministry is supported by the generous contributions that come from our Catholic people through the annual Holy Land Collection every Good Friday. It is this annual collection which in a very real way enables the Church to maintain and safeguard the places that are so important to Catholics around the world.”

Rev. Cregan, pastor, St. Catherine of Siena Parish, Portage, also has a particular heart for the Holy Land Collection. Last year he lead a pilgrimage to the Holy Land and also became a Knight of the Equestrian Order of the Holy Sepulchre which asks its members to help raise awareness of the situation in the land where Christianity began.

“When I was knighted, I was given the duty to pray for the peace of Jerusalem daily,” explains Fr. Cregan. “Now, I wish to impress upon the Catholic Faithful of the Diocese of Kalamazoo to remember this Good Friday the people of Jerusalem and the Holy Land with a financial gift.”

Your gift reaches those whose lives are caught up in the war, violence and instability that plagues this region. Last year the people of our diocese donated close to $50,000.

For more information, visit www.myfranciscan.org.

The Other Six Days

By Jane Knuth

Retreat

This winter, a clear warning is sounding in my life that tells me to “sit still—you’re life is out of balance.” So I have been taking advice. Anyone who loves me and wants to tell me something, has my full attention. Anyone who earnestly advises me on my diet, exercise, spiritual books, prayer forms, or legal ways to have fun, I take notes and follow up. It’s been an interesting several weeks, and I feel as if I am on an individualized retreat.

Already, I can tell that this is a good thing. The wonder of watching weather through my picture window instead of grumbling at its inconveniences is restoring my calm. My sleep is deeper and longer, I’ve been exercising more regularly, and I am no longer buying “happy belated birthday” cards. But the gnawing worry that creeps into my prayer time is: have I retreated from helping people in need? In essence, I feel guilty about spending time with “God in silence” instead of with “God in the faces of the poor.” But I need to do the silence thing because I was losing the inner peace I needed to do the serving thing.

This column is created from stories of finding God in the ordinary happenings of the thrift store, but where is God in the stillness of retreat? I find him in the friends I call or write to, and say, “Do you have time for coffee?” I find him in sharing suppers with my mom and mom-in-law. I find him in conversations in the confessional and daily Mass.

I find him in weekends with my husband.

I find him in Henri Nouwen, Teresa of Avila, Sarah Young, Francis de Sales, Ignatius of Loyola, Jane Frances de Chantal and Richard Rohr.

I find him in writing thank-you notes.

I find him in a log fire and in a vigil light.

In the silence, I hear him say, “Rest, heal, recover.” Or sometimes He says, “Stand up and pray.” Or “You don’t need to understand everything.” And even, “Celebrate!”

May this Lent bring you to a place of retreat, too, and I’ll meet you on the other side of Easter.

LAMB of GOD

An ecumenical Easter oratorio, features 200 area musicians and singers from fifty churches performing at Cheney Auditorium in Kalamazoo, on Friday, March 20: 7:30 p.m. and Saturday, March 21: 2:00 p.m. and 7:30 p.m.

Tickets are $12 and may be purchased at www.lambofgodkalamazoo.com or by calling 269-387-2300.

European Shrines: Featuring Fatima & Lourdes

October 26 – November 7, 2015

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Michigan Catholic Conference debuts website promoting marriage

The Michigan Catholic Conference (MCC) has unveiled a new website, MichiganCelebratesMarriage.com. The site is a collaboration with the seven Catholic dioceses in Michigan and serves as a resource tool for parishes, schools, institutions and the general public to promote the understanding of why marriage between one man and one woman is important for families, communities and children. Information available on the website can be used by parish communities and the public to promote the Year for Marriage, which will culminate with Pope Francis’ visit to Philadelphia for the World Meeting of Families in September 2015.

Advertising, informational campaigns, homilies and social media posts will be geared toward celebrating the sacrament of marriage and its benefits for children and the common good. Topics covered include why marriage is good, why it is unique, and how traditional marriage honors the complementary nature of the sexes. Bulletin announcements, homilies, prayer cards and more are downloadable through the website’s parish resources.

Families: Let us pray for all who are living the sacrament of marriage, and especially those participating in the Synod on the Family, and all who will be gathering in Philadelphia for the World Meeting of Families.
Battle Creek Area Catholic parishes move forward with Health and Wellness Hub concept

February 18, 2015 (Battle Creek, MI) Very Rev. John Fleckenstein has announced that St. Philip Catholic Parish in cooperation with area Battle Creek parishes, St. Joseph Parish and St. Jerome Parish, will move forward with the development of a business plan and discussions with potential funders for a proposed Health and Wellness Hub with the support of the Diocese of Kalamazoo. This innovative venture is proposed to be located at the Tiger Room, 30 W. Van Buren Street, on the campus of St. Philip Parish. A recently completed feasibility study, which included a Community Incubator Kitchen, potential office and event space, and planned locations for healthy cooking classes and demos, was presented to Bishop Paul J. Bradley, the Bishop of the Diocese of Kalamazoo and other diocesan officials. The project proposal seeks to renovate the Tiger Room into a sustainable parish-based and community-centered hub of health, nutrition and wellness.

The project has four primary components:
- Community Incubation Kitchen
- Community Health and Wellness Outreach
- Leased Office and Event Space
- Technology & Higher Education Partnership

Benefits of the project include:
- Increased quality of health and nutrition resources for area families encouraging a healthy lifestyle
- Promotion of food entrepreneurship through a community incubator kitchen
- Local site for Catholic Radio
- Below-market-value leased office space for food, health, nutrition, and wellness businesses.
- Event space adjacent to a licensed kitchen

“We are excited about the potential for a Health and Wellness Hub on the Tiger Room site,” said Fr. Fleckenstein. “All aspects of the project are focused on health and wellness in the community.”

Echo apprentices reflect on pastoral ministry time in the diocese

By Sarah DeMott

Four apprentices in the Notre Dame Echo program have been active in parishes throughout the diocese since September 2013. This service-learning program puts students from around the country into parishes with a mentor to guide their education and service. When the four, Nathan Williams, Kathleen Dierberger, Tim Singler and Mary Frances Brennan, officially complete the program this July, they will have earned a Master’s Degree in Theology from the University of Notre Dame, as well as a wealth of hands-on learning experience within the parish setting.

Rev. Joe McCormick, who mentored one of the four apprentices while she served at Our Lady of the Lake Parish, feels having the Echo apprentices working in the parishes is a great example to other young Catholics.

“Having a young lay adult so committed to Christ, the Church and its ministry is such an inspiring example to other young people in our parish community,” he says. “Also, having a pastoral staff person so gifted and, at the same time, so close to the age of our own parish youth, is very effective.”

Deacon Kurt Lucas, diocesan liaison for the Echo program, recommends the Echo program and apprentices to every diocese. “We are lucky to have them. These are young, vibrant, well-educated, authentic Catholics who want to give their lives to the church,” he says. “They share their fervor and passion for Our Lord in a relatable and accessible way that works very well with the youth and young adults in our parishes.”

The ECHO interns who have worked in parishes throughout the diocese will complete their studies this summer. Shown above from left to right are: Tim Singler, Nathan Williams, Mary Frances Brennan and Kathleen Dierberger.

As they enter into their final months with us, here’s a look at what they will take with them when they leave.


Kathleen Dierberger serves in Our Lady of the Lake Parish, Edwardsburg.

Tim Singler serves in St. Mary Parish, Niles.

Mary Frances Brennan serves in St. Catherine of Siena, Portage.

Q: What is the greatest thing you have learned from your mentor?

Nathan: I work with my mentor, Peggy Hanley, pretty closely in a number of things, but especially with the Catechesis of the Good Shepherd. She showed me that catechesis can be done well even for such young children. We use real scripture, real terminology, even with kindergarteners. We aren’t using a kid version. She has showed me that if you challenge them, they will rise. It is almost a respect of who they are and their capacity to know and love God.

Mary: I have learned from Mary Hunt the lesson of how to gracefully work within a strict schedule. She works with dozens of groups, events and people every day, and manages the details involved in each one without confusing them. She always takes time to talk with those who stop by the office, even if she has deadlines looming. Her excellent organizational skills and sensitivity to those who come seeking understanding are inspiring and formative for me in how I work with others, now and in the future.

Q: How has your faith grown through the Echo apprenticeship?

Nathan: One of the big things I’ve learned from being at the parishes is that people are good. At the root of it, everyone is searching for the same thing – happiness. That’s the starting point for working in ministry – and it is very encouraging to know that in some small way, I may be helping someone in their pursuit to find true happiness in God.

Tim: During my time in Echo, my faith has been stretched to new heights. I experienced many opportunities to apply the knowledge learned in the classroom to my daily responsibilities. After spending numerous years studying Theology, to put this into action helped solidify my faith. My faith has become more real than ever throughout my time in Echo.

Q: What is your favorite(s) memory of your parish work?

Nathan: The little moments. I was just talking with a 2nd grade class, discussing the trinity and stressing the little moments. I was just talking with a 2nd grade class, discussing the trinity and stressing the little moments. I was just talking with a 2nd grade class, discussing the trinity and stressing the little moments. I was just talking with a 2nd grade class, discussing the trinity and stressing the little moments. I was just talking with a 2nd grade class, discussing the trinity and stressing the little moments.
By Sarah DeMott

Lent, the liturgical season from Ash Wednesday to the Easter Triduum, is known as a time for prayer, fasting and almsgiving. However, it is easy to fall prey to giving up something like Facebook, sweets or video games and becoming apathetic halfway through the season since the sacrifice seems superficial. Observing Lent with the goal of growing spiritually requires a bit more dedication and reflection. Focusing on prayer, fasting and almsgiving does not mean you have to suddenly pray the Liturgy of the Hours daily. Small, achievable goals that are still sacrificial in some way will lead to a successful, spiritually-fulfilling Lenten season.

Prayer

Lent should be a time of renewed dedication to a healthy prayer life. Try to increase your prayer in some way. If you already say morning and evening prayers, try to add a weekly rosary. If you already say a daily rosary, add some extra reflection time or stop into an adoration chapel. You don't need to set an extreme prayer goal, just improve on what you are already doing.

Ideas for Lenten Prayer:
- Pray a daily rosary or decade, with the entire family if possible
- Learn/pray the Divine Mercy Chaplet
- Pray the Liturgy of the Hours (even just part of it)
- Attend Stations of the Cross weekly
- Try to attend daily Mass once a week, or even just once during Lent
- Pray during commutes instead of listening to the radio
- Attend adoration more than usual
- Learn a new prayer as a family (such as The Angelus, Guardian Angel, Prayer to St. Michael and Memorare)
- Spend time in reflection to examine your conscience each day
- Attend confession (weekly, if possible)
- For children grades 6-12, attend the Diocese’s Youth Rally
- Read and reflect on a religious book (see list below for some ideas)

Fasting

As Catholics we are required to refrain from consuming meat on all Fridays during Lent. Some choose to focus on fasting in addition to this during Lent. Fasting can be restraining from more than just food, however. It can be removing anything from your life and “fasting” from it for 40 days. You can offer this fasting up whenever it seems tough, and turn to prayer.

Ideas for Lenten Fasting:
- No meat the entire season
- No caffeine, sugar, junk food, fast food, etc.
- Only eat one large meal each Friday
- Only eat three meals each day (no snacking between)
- Give up video games, television, cell phone, etc.
- Give up secular media consumption (only watch/listen to Catholic/Christian programs)
- No technology on Fridays and/or Sundays (cell phones, computer, TV, etc.)

Almsgiving

Lent should also be a time of sacrificing in the form of giving of our treasure. The CRS Rice Bowl can be an easy, convenient way to do this, especially if you can get your children involved.

Ideas for Lenten Almsgiving:
- Only purchase necessities
- Only use cash, place all change in your CRS Rice Bowl
- Have each child donate one toy (or one per week) to a local shelter
- Donate clothes, other household items to a local shelter
- Tithes an additional 5-10%
- Donate the money usually spent eating out or on your morning coffee
- Visit a nursing home (and bring your kids!)
- Volunteer (Catholic Charities, soup kitchen, shovel your neighbors walkway, etc.)

Lent with small children

The idea of Lent as a time of sacrifice and reflection can be hard for small children to understand. But there are plenty of creative ideas to help them stay involved and learn more about this special time in the liturgical calendar.

Ideas for small children:
- Create a Lenten calendar similar to Advent calendars to help count down the days until Easter
- Create a crown of thorns, similar to an Advent wreath
- Cover all crucifixes with purple cloth, to be removed on Easter
- Choose a saint to study during Lent (St. Therese, St. Francis of Assisi and St. Joan of Arc are great ones for children)
- Offer to bring up the gifts as a family during Mass

Reading — Books to read this Lent

- Signs of Life — Dr. Scott Hahn
- Lent and Easter Wisdom from St. Therese of Lisieux — John Cleary
- Lenten Grace, Daily Gospel Reflections — Daughters of St. Paul
- Lent and Easter Wisdom — G.K. Chesterton
- The Practice of the Presence of God — Brother Lawrence
- Abandonment to Divine Providence — Rev. Jean-Pierre De Caussade
- Journey to Easter or Lent — Pope Benedict XVI

Apps for Lent

There are a variety of great apps out there for Lent. Some are free, some offer partial content for free and some will cost you a few dollars.

- Lent: Catholic Meditations for Lent by St. Thomas Aquinas
- Lenten Magnificat Companion 2015
- Lentsanity
- Laudate
- Lectio Divina Lent
- CRS Rice Bowl
- My Year of Faith
- iBreviary
- Saint of the Day (need exact name, there were several on iTunes)
- 40 Days – Lent Observance Tracker
- Catholic Study Bible App Ignatius – Lighthouse Edition

Creative ways to add zest to your Lenten journey
covering. Because what better meal to advise than the Lord’s supper? We never know who you might inspire. If you feel uncomfortable, just ask ‘homily’ they hear.”

Dr. Hahn gave his first talk on confession. He spoke gracefully and passionately, not looking at note cards, but connecting with the people, making them laugh, making them think about the way they live their life and the way they’d like to spend eternity. We had a break after this first talk, and within seconds there were long lines of people hoping to go to confession. Hoping to have an encounter with our Lord to ask for, and receive, forgiveness.

As someone in ministry, it was so wonderful to see the long lines every break. Sure, we hope that people hear what we have to share and that they hear the Lord speaking to them instead of just our words, but in a business where “productivity and results” aren’t easily measured and can take years to manifest, to see that quantity of attendees respond to the Lord’s call in their hearts to make amends and to mend their relationship with Him is very edifying. I speak with one conference-goer who said her father went to confession for the first time in more than six years. His final two talks, one about the New Evangelization and the other about the New Testament and the Gospel, both contained great content and catechetical merit. However, he delivered them in such a way as to impart that sharing your faith with others is what we called to. We are called to be a joyful people. To share the reason for our joy. Dr. Hahn advised “most of you will never preach a homily or write a book or stand up in a gym like I’m doing now and give a talk; but you have friends, neighbors, contacts, co-workers that will never darken the doorways of your parish or come to a set of talks like today. You may be the only ‘homily’ they hear.”

So I challenge everyone this Lent, and beyond, to choose to live a life of joy, to share that joy with others. If you don’t know or feel that joy yet, frequent the sacraments. Especially confession and Mass, and if you feel called to invite someone else to attend with you, do it. You never know who you might inspire. If you feel uncomfortable, just ask yourself if you’d let them know about a great restaurant you recently discovered. Because what better meal to advise than the Lord’s supper?

**Trauma Recovery Program announces transition in leadership**

Since the fall of 2002, Sharon Froom, director of the Trauma Recovery Program, has provided hope for people on their journey of healing and recovery from childhood trauma. Now, she is transitioning her role within the program. Together with Kalamazoo-based psychologist, Phyllis Florian, Froom will be a co-director through 2015 and then transition to program facilitator. Florian will assume directorship of the program in October, 2015.

“During the past 12 years as co-founder, director and one of the facilitators of the Trauma Recovery Program more than 400 trauma survivors have allowed me to participate in their recovery process,” reflected Froom. “I have been able to respond to their needs with enthusiasm rather than trepidation because I knew we had a model for recovery that could give them hope and place them on a path to healing. It is hard to convey the depth of satisfaction I have experienced watching trauma survivors embrace the possibility of a better life. It is a good day, a God day, when needs, skills and practical resources align.”

Froom is confident the program, which often has a waiting list, will continue to flourish under the leadership of her new co-director. Florian received her doctorate in clinical psychology from the Michigan School of Professional Psychology and her Masters in psychology from Duquesne University, Pittsburgh. She also holds a Masters in Pastoral Ministry from St. Francis University, Penn. Florian works with clients at John Gallagher and Associates, Kalamazoo and provides clinical supervision of therapists at Family Services, Inc., which allows her to oversee up to 20 therapists at any one time.

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**What We Have Seen and Heard: Fostering Baptismal Witness in the World**

A Conference in Celebration of the 50th Anniversaries of Gaudium et Spes, Apostolicam Actuatissimam et Ad Gentes

June 22-24, 2015, at the University of Notre Dame

Featured Speakers: Archbishop Joseph Tobin, Rev. Maxwell Johnson, Zeni Fox, Edward Hahnenberg, and J. Matthew Ashley

martenprogram.nd.edu

**November 10-12, 2015**

**MARTEN PROGRAM in Homiletics and Liturgics**

**at the University of Notre Dame**

**MARCH 2015**

**Seeking God: a reflection on the Dr. Scott Hahn event**

By Nicki Herold, Director of Religious Education  
St. Mary Parish, Kalamazoo

On a chilly Saturday around 900 people, both young and not so young, and I gathered in a crowded gym, giving up our free day, to listen to a speaker. But not just any speaker, Dr. Scott Hahn. Many came because they have seen him on TV, heard CD’s of his, or read his books. There were still many others who were there because a loved one dragged them along, or to get credit for a school class. Regardless of who or what brought us, or what our expectations, we soon discovered that we were there for so much more. We were there for an encounter with God.

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The Hundredth Anniversary of Thomas Merton’s Birth

By Very Rev. Robert Barron

I write these words on the one hundredth anniversary of the birth of Thomas Merton, one of the greatest spiritual writers of the 20th century and a man who gave a decisive influence on me and my vocation to the priesthood. I first encountered Merton’s writings in a peculiar way. My brother and I were both working at a bookstore in the Chicago suburbs. One afternoon, he tossed to me a tattered paperback with a torn cover that he described as a small token of gratitude.

The book in question was *The Seven Storey Mountain*, Thomas Merton’s passionate, articulate, smart, and deeply moving account of his journey from worldling to Trappist monk. Though much of the philosophy and theology was, at that time, over my head, I became completely caught up in the drama and romance of Merton’s story, which is essentially the tale of how a man fell in love with God. The book is extraordinarily well written, funny, adventurous, and spiritually wise. In one of the blurbs written for the first edition, Fulton Sheen referred to it as a contemporary version of St. Augustine’s *Confessions.*

Moreover, it contributed massively to the startling influx of young men into monasteries and religious communities across the United States in the postwar era. I was so thrilled by my first encounter with Merton that I dove headlong into his body of writing. *The Sign of Jonas,* a journal that contains the central theme of all of Merton’s writings is contemplation. What he stressed over and again in regard to this crucial practice is that it is not the exclusive preserve of spiritual athletes, but rather something that belongs to all the baptized and that stands at the heart of Christian life. For contemplation is, in his language, “to find the place in you where you are here and now being created by God.” It is consciously to discover a new center in God and hence at the same time to discover the point of connection to everyone and everything else in the cosmos. Following the French spiritual masters, Merton called this *le point virginal,* the virginal point, or to put it in the language of the fourth Gospel, “water bubbling up in you to eternal life.” In his famous epiphanic experience at the corner of 4th and Walnut in downtown Louisville, Merton felt, through *le point virginal,* a connection to the ordinary passersby so powerful it compelled him to exclaim, “There is no way of telling people that they are all walking around shining like the sun.”

Sadly, for many younger Catholics today, Merton, if he is known at all, is viewed with a certain suspicion, and this for two reasons. First, when he was a man of fifty-one, he fell in love with a young nurse who cared for him after back surgery. Though it is almost certain that this was exclusively an affair of the heart, it was certainly, to say the very least, unseemly for a middle-aged monk and priest to have been so infatuated with a much younger woman.

At the same time, Merton worked through this confusing period and returned to the life he had decided to abandon earlier. And the journal that he kept during that year is so spiritually alert and illuminating that I often recommend it to brother priests who are wrestling with the promise of celibacy. To dismiss Merton out of hand because of this admittedly inappropriate relationship strikes me as disproportionately second reason that some younger Catholics are wary of Merton is his interest, in the last roughly ten years of his life, in Eastern religions, especially Buddhism. They see this as an indication of a religious relativism or a vague syncretism. Nothing could be further from the truth. Merton was indeed fascinated by the Eastern religions and felt that Christians could benefit from a greater understanding of their theory and practice, but he never for a moment felt that all the religions were the same or that Christians should move to some space “beyond” Christianity. In order to verify this, all one has to do is read the prefaces to his major books on Zen and Buddhism. About ten years ago, I had the privilege of giving a retreat to the monks at Merton’s monastery of Gethsemani in Kentucky. Just after the retreat ended, Merton’s secretary, Br. Patrick Hart, took me in a jeep out to see the hermitage that Merton occupied the last few years of his life. While we were sitting on the front porch of the small house, he looked at me intently and said, “Could you tell anyone that’s interested that Thomas Merton died a monk of Gethsemani Abbey and a priest of the Catholic Church?” He was as bothered as I am by the silly suggestion that Merton, at the end of his life, was on the verge of leaving the priesthood or abandoning the Catholic faith.

Thomas Merton was not perfect, and he might not have been a saint. But he was indeed a master of the spiritual life, and his life and work had a profound effect on me and an army of others around the world. I offer this birthday tribute as a small token of gratitude.

Father Robert Barron is the founder of the global ministry, Word on Fire, and the Rector/President of Mundelein Seminary. He is the creator of the award-winning documentary series, “Catholicism” and “Catholicism: The New Evangelization.”

Counting Cardinals

Becoming a cardinal is a call to greater love, patience, pope says

By Cindy Wooden, Catholic News Service

VATICAN CITY (CNS) — In a Valentine’s Day ceremony to create 20 new cardinals, Pope Francis offered a meditation on Christian love and, especially, what it means for those who guide and minister in the church.

“The greater our responsibility in serving the church, the more our hearts must expand according to the measure of the love of Christ,” he said Feb. 14 during the consistory, a prayer service during which he personally welcomed 19 churchmen into the College of Cardinals.

The 20 new cardinals come from 18 nations, including three — Cape Verde, Myanmar and Tonga — that had never had a cardinal before. Only one of the cardinals works in the Roman Curia: French Cardinal Dominique Mamberti, head of the Apostolic Signature, the Vatican’s highest court.

With the creation of the 20 new cardinals, the College of Cardinals expanded to 227 members, 125 of whom are under the age of 80 and therefore eligible to vote in a conclave to elect a new pope.

After the new cardinals professed their faith by reciting the Creed and formally swore fidelity and obedience to the pope and his successors, they approached Pope Francis one by one to receive their biretta, their cardinal’s ring and the assignment of a “titular” church in Rome, which makes them part of the Roman clergy.

In their first official act as cardinals, the new members of the college along with their confreres attested to their support for Pope Francis to proceed with the canonization of three women:

- Blessed Jeanne Emilie De Villeneuve, the French founder of the Congregation of the Sisters of the Immaculate Conception.
- Blessed Mary Alphonsine Danil Ghattar, the Jerusalem-born founder of the Dominican Sisters of the Holy Rosary of Jerusalem, the first Palestinian religious order.
- Blessed Mariam BAoury, a Melkite Catholic member of the Discaled Carmelites. She was born in 1846 in Iblin, in the Galilee region of what is now Israel, and died in Bethlehem in 1878.

The pope announced the canonization ceremony will be held May 17 and also will include the canonization of Italian Blessed Maria Cristina Brando, founder of the Oblation Sisters of the Blessed Sacrament.

Local parish celebrates first Burmese Cardinal

St. Joseph Parish, Battle Creek, along with the Burmese Catholic Association, held a vigil Mass to honor the appointment of the first Burmese Cardinal, Cardinal Archbishop Charles Maung Bo of Yangon, Myanmar (Burma). Mass was concelebrated by parish pastor Rev. Christopher Derda, and parochial vicar Rev. Evelio Ramirez.

A reception was held after mass to further honor the Cardinal and the Burmese culture. Battle Creek has a growing Burmese population. Today, there are approximately 2,000 Burmese immigrants living in the city, more than 200 of which are Catholic. Over 62 Burmese households now belong to St. Joseph’s parish.
Encuentro Pre-Matrimonial Diocesano
Para las parejas que se van a casar o para las parejas de matrimonio que quieren un día de reflexión, las fechas de los Encuentros Pre-Matrimoniales Diocesanos son:
Sábado, Marzo 7, 2015 (10 a.m. – 3 p.m.) en St. Joseph Parish, Kalamazoo.
Sábado, Mayo 16, 2015 (10 a.m. – 3 p.m.) en Immaculate Conception Parish, Hartford.
Sábado, Agosto 8, 2015 (10 a.m. – 3 p.m.) en San Felipe de Jesús, Fennville.
Sábado, Septiembre 26, 2015 (10 a.m. – 3 p.m.) en St. Joseph Parish, Kalamazoo.

Las parejas que desean casarse, recuerden que primero deben hablar con su árbitro (por lo menos 6 meses antes de la fecha que desean celebrar la boda). También recuerden que deben participar en la formación que proporcione la parroquia. El Encuentro Pre-Matrimonial Diocesano es un complemento a esa preparación que ofrece la parroquia. Los temas que se tratan son: El sacrificio del matrimonio, el llamado del matrimonio, matrimonio modelo de comunidad roquia. El Encuentro Pre-Matrimonial Diocesano es un complemento a esa formación.

Rincón de los Jóvenes hispanos/latinos
Por Veronica Rodriguez
Actualmente los diócesis en el 2015:
- Encuentro Diocesano Juvenil (Youth Rally), sábado 21 de marzo – Para todos los jóvenes de 8 años a 8 años. Presentación principal será el Obispo Michael Byrnes. El Obispo Byrnes fue asignado como obispo auxiliar de la Arquidiócesis de Detroit.
- La Conferencia Seinichta y Misericordia, el pasado 11 de marzo.

Por más información sobre cualquiera de estos eventos, puede llamar al 269-903-0197.

Fortaleciendo las Familias en la Fe (Reflexión #12)
Por Veronica Rodríguez
“Los niños aprenden a fiarse del amor de sus padres. Por eso, es importante que los padres cultiven prácticas comunes de fe en la familia, a consecuencia de las cualidades de los hijos”.

Informativo
Expedición de copias certificadas de actas de nacimiento mexicanas en consulados de México. Los Consulados de México en Estados Unidos están emitiendo copias certificadas de actas de nacimiento.

Para obtener sus copias certificadas, los mexicanos deben presentarse en una oficina consular, portar una identificación, pagar el costo correspondiente (llamar para saber la cantidad de pago).

La expedición de actas no representa costos adicionales para los ciudadanos. Los gastos procedan.

Infórmese
Actividad para hacer en familia este mes de Marzo:
- Actividad para hacer en familia este mes de Marzo: “Los niños aprenden a fiarse del amor de sus padres. Por eso, es importante que los padres cultiven prácticas comunes de fe en la familia”. Para más información sobre cualquiera de estos eventos, puede llamar al 269-903-0197.

Asistencia consular a los mexicanos que la requieran, sin importar su condición migratoria.

Lo que debería acerca de la demanda sobre la Acción Ejecutiva de Inmigración
El 17 de febrero el juez de la corte federal del distrito de Tejas declaró que la demanda puesta por 26 estados sigue y ha emitido una orden judicial para retrasar el proceso de solicitó y protección de deportaciones para millones de inmigrantes que el Presidente Obama anunció el pasado noviembre. Usted debe saber que:
- **El DACA actualizado en el 2012, permanece sin cambios.**

El Ministerio con los Campesinos Migrantes
El Ministerio con los Campeiones Migrantes. Durante el ministro con los campesinos el jueves 19 de julio de 4:30 – 8:00 p.m. en el Cen- tro Pastoral Diocesano, 215 N. Westndege Ave, Kalamazoo, MI 49007. La reunión es para todos los voluntarios que ayudarán con el Ministerio con los Campesinos Migrantes. También sugerenciones para conocer a otros voluntarios. Si desea ser voluntario o si tiene alguna pregunta, llame al 269-903-0197.

无助的孩童，呼唤着一个完全的转变。让我们一起祈祷，让这个转变在我们的生活中发生。让我们一起祈祷，让这个转变在我们的世界中发生。让我们一起祈祷，让这个转变在我们的宇宙中发生。让我们一起祈祷，让这个转变在我们的生活中发生。让我们一起祈祷，让这个转变在我们的世界中发生。让我们一起祈祷，让这个转变在我们的宇宙中发生。
**Lent Events Calendar**

**BATTLE CREEK**

St. Jerome Parish:  
Lenten Luncheon talks — every Wednesday at 11:30 a.m., following 10:45 a.m. Mass. A light lunch will follow.  
Speakers as follows:  
March 4 – Rev. Stephen Philip, St. Rose of Lima Parish  
March 11 – Rev. Craig Lusk, St. Mary Parish, Marshall  
March 18 – Rev. Francis Marotti, St. Philip Parish  
March 25 – Rev. Christopher Derda, St. Jerome and St. Joseph Parishes

**St. Philip Parish:**  
Fr. John Fleckenstein examines Bishop Bradley’s pastoral letters — dinner and talk at 6 p.m.

March 4 – What I Have Heard and Seen Pt. 2  
(Fr. Francis Marotti)  
March 11 – We Dare to Say Pt. 1  
March 18 – We Dare to Say Pt. 2  
March 25 – The Church a Center of Hope Pt. 2

**CASSOPOLIS**

St. Ann Parish:  
Every Wednesday — Journey Through the Bible class – 2 p.m.  
Every Friday – Stations of the Cross – noon

**EDWARDSBURG**

Our Lady of the Lake Parish:  
March 11 – Images and Stories for the Lenten Season with Steve Warner – 6:30 p.m.  
March 11 – Vespers – 7 p.m.

**KALAMAZOO**

Holy Family Chapel, Nazareth  
March 1 through March 22 – Vespers – (every Sunday).  
3:00 p.m.

St. Joseph Parish:  
March 19 – Communal Penance Service – 7 p.m.

St. Monica Parish:  
Feb. 12 through April 9 – Lenten Adult Study: Jesus of Nazareth. Holy Week by Pope Emeritus Benedict XVI  
March 18 – Communal Penance Service – 7 p.m.

St. Thomas More Parish:  
March 6 through March 27 (Fridays) – Soup and Spirituality – 12-2 p.m. and 6-8 p.m.

**MATTAWAN**

St. John Bosco Parish:  
Every Friday – Stations of the Cross – 7 p.m.  
March 13 and 27 – Spaghetti Supper – 5-7 p.m.

March 18 – Communal Penance Service – 6:30 p.m.

March 27 – Living Stations Tableau – 7 p.m.

March 26 – Communal Penance Service – 6 p.m.

**ST. JOSEPH**

St. Joseph Parish:  
Spirituality on Screen: A Lenten Film Series – Rose Center  
March 7 – The Mission – 7 p.m.  
March 21 – The Tree of Life – 7 p.m.

March 18 – Lenten Mass with Bishop Bradley – 7 p.m. Downtown church


March 13 and 27 – Lenten Pasta Dinners at LMC Elementary School – 5-7 p.m.

**WATERVIET**

St. Joseph Parish:  
Every Friday – Stations of the Cross – 5:30 p.m.  
March 1, 8, 15, 22 – The Acts of the Apostles and the Early Church: St. Paul’s His Travels and Teachings – 9:45-10:45 a.m. or 7-8 p.m.

March 11 and 12 – Lenten Talk with Fr. Santhiyagu, soup/sandwich supper begins at 5 p.m., lecture at 6 p.m.

March 26 – Communal Penance Service – 6 p.m.

Blue Moon sale for St. Augustine Cathedral School expands to two-days  
The 19th Annual Blue Moon sale is back and bigger than ever. Now expanded to two days, check out one of Kalamazoo’s largest sales under one roof. Located in the Crowley Center at St. Augustine School, 600 W. Michigan Ave., the sale will run Friday, March 20 from 6-8 p.m. and Saturday, March 21 from 7 a.m. to noon. The Blue Moon sale features something for everyone — vintage or retro-style items, household items and appliances, jewelry, toys, electronics, books, tools and more. This is the only fundraiser for St. Augustine Cathedral School PTO.

**“The vision of marriage” is the theme for free workshop**  
Diocesan Associate Director, Socorro Truchan, will conduct a free marriage workshop on Saturday, March 28th, from 8:30 a.m. to 1 p.m. at St. Catherine of Siena Parish, Portage. The event is free and childcare is provided. The workshop is open to all couples and anyone who works with children and families. Truchan will explore the vision of marriage based on covenant, abiding permanence, sexual honesty and mercy. Contact: Socorro Truchan, 269-903-0199; struchan@dioskooz.org

**EVENTS OUTSIDE THE DIOCESE**

**Mid-life Singles (mid-30s to 50s):** register today for the “Reflect” weekend retreat at the St. Francis Retreat Center, DeWitt, MI (10 miles north of Lansing), on March 20-22, 2015. Cost is just $160 for meals, lodging, and materials. Call (989) 450-0993, e-mail reflect.michigan@gmail.com, or visit www.ReflectRetreat.com for details.

**Theology of the Body Day with Dr. Janet Smith offered in Ann Arbor**  
Have you ever wondered why God created us male and female? And what our sexuality has to do with the purpose of life, our being called to image God and to evangelize by our lives? The Diocese of Lansing is offering its second annual Theology of the Body Day with Dr. Janet Smith. She will discuss Theology of the Body and The Eucharist based on John Paul II’s teaching on Saturday, March 29th at Old St. Patrick Parish in Ann Arbor from 8 a.m. to 5:15 p.m. The talks and discussions will be geared to young adults and adults interested in exploring this theology. Registration for this event is found online at www.dioceseoflansing.org/vocations or Register directly at http://www.eventbee.com/v/fo2b2015

**Theology of the Body retreat offered in Chicago**  
In conjunction with the Institute for Priestly Formation and Creighton University, The Theology of the Body Institute is offering a five-day retreat, April 26-May 1, at the Techy Retreat Center in Chicago. A “Head and Heart” Immersion course, the week will offer a study of Theology of the Body taught by Bill Donaghy, focusing on life, love, marriage, family, vocation and what it means to be human. The retreat will include interactive lectures, networking opportunities, daily Mass, adoration and confession opportunities and more.

Cost is $1,275 for a double occupancy, $1,575 for single. Registration deadline is April 3, but space is limited. For more information, contact Tess Akre at (215)302-8200 ext. 102, take@tobinstitute.org, or visit www.tobinstitute.org.

**Bishop Bradley to headline 13th Annual Peace Service in Kalamazoo**  
Bishop Bradley will be the featured keynote speaker for the 13th Annual Peace Service on March 22nd at 5 p.m. The event, sponsored by the Kalamazoo Coalition for Peace and Justice, will be held at the First United Methodist Church, Kalamazoo.

Last fall Bishop Bradley joined with 17 other bishops from across the United States for a “Prayer Pilgrimage for Peace to the Holy Land.” During his presentation he will share insights from the trip which included meetings with Muslim, Jewish and Christian leaders as well as civic and government officials including former Israeli President Shimon Peres. Refreshments and discussion will follow the presentation. For more information contact Harold Bea, 269-381-6439 or Shadia Kanaan, 269-327-2203.

**Celtic Spirituality Retreat Day**  
Saturday, March 14: 9am - 3pm  
**Betty Moogher, CSJ**  
Come on a journey through the sacred landscapes of Celtic spirituality as we explore the writings, poetry, music and meditations of several Celtic authors including John O’Donohue, J. Philip Newell, Margaret Sill and the Iona Community.

**Explore your Creative Spirit**  
Saturday, April 11  
**Jeanette Banashak**

This workshop provides you with new tools and practices to nurture your creative and spiritual life including a professional assessment of your own creative problem solving style.  
“It taught me tools to move through life & interpersonal relationships.”

“It provided me with a greater understanding of creative problem solving improving my problem solving approaches with others.”

For more information or to register call (269)301-5970 x310  
wadcz@tobinstitute.org

**“Waiting in Joyful Hope”**

**MARCH 2015**

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Blue Moon sale for St. Augustine Cathedral School expands to two-days  
The 19th Annual Blue Moon sale is back and bigger than ever. Now expanded to two days, check out two one of Kalamazoo’s largest sales under one roof. Located in the Crowley Center at St. Augustine School, 600 W. Michigan Ave., the sale will run Friday, March 20 from 6-8 p.m. and Saturday, March 21 from 7 a.m. to noon. The Blue Moon sale features something for everyone — vintage or retro-style items, household items and appliances, jewelry, toys, electronics, books, tools and more. This is the only fundraiser for St. Augustine Cathedral School PTO.
“Waiting in Joyful Hope”

Your Health Today

Don’t Let Your Diabetes Manage You

If you’ve been diagnosed with diabetes, you’re far from alone. According to the American Diabetes Association (ADA), 29.1 (or 9.3 percent of the population) million Americans had diabetes in 2012.

While this statistic may seem overwhelming, there’s plenty diabetics can do to manage their condition—and live a longer, healthier life.

The Power of Knowledge

A diagnosis of type 1 diabetes means your pancreas is no longer capable of producing insulin. Therefore, it will be your responsibility to monitor your blood glucose (sugar) levels and administer the insulin your body needs. Most people with diabetes have type 2, which is associated with older age, obesity, family history of the disease, previous history of gestational diabetes, physical inactivity and ethnicity. In type 2 diabetes, the pancreas usually makes enough insulin, but for unknown reasons, the body does not use it correctly.

Those with diabetes often do not have symptoms or there is a gradual development of symptoms. However, if undetected, type 2 diabetes can cause serious health complications—which is why it’s very important to know how to spot the signs. Symptoms of type 2 diabetes may include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination
- Unexplained weight loss or recent weight gain
- Fatigue
- Blurred or decreased vision
- Headaches
- Loss of consciousness (rare)
- Slow-healing sores or cuts
- Itching of the skin
- Frequent yeast infections
- Velvety dark skin changes of the neck, armpit and groin
- Numbness and tingling of the hands and feet
- Impotency

Life Through Prevention

You can do a lot to reduce your chances of getting type 2 diabetes by shedding extra pounds. Research shows that exercise and a healthy diet can prevent diabetes in people with impaired glucose tolerance. The medications metformin and Precose have also shown to prevent the onset of type 2 diabetes in individuals with pre-diabetes.

If you already have diabetes, exercise and a nutritionally sound diet will limit the negative effects of the condition. Eating healthier means:

- Enjoying a variety of foods, including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meats or meat substitutes
- Trying not to eat too much food or too much of one type of food
- Spacing your meals evenly throughout the day
- Not skipping meals

If you smoke, quit, as quitting is one of the best ways to stave off the devastating complications of diabetes, including heart disease. Most importantly, visit your doctor regularly to monitor your condition for lifelong health.

For more on managing your diabetes, contact Dr. Tom Saad, board-certified family medicine physician with Borgess Family Medicine, at (269) 552.0100.

St. Therese donates to food pantry

St. Therese Catholic School students Haley Graves, grade 5 and Robby Wierenga, grade 2, present Bill Howe from Christian Neighbors Food Pantry in Wayland a check for more than $300. The money was raised at the Catholic Schools Week carnival, which included games, face painting, a bouncy slide and food. Christian Neighbors Food Pantry was founded in 1991 by Diane Smith, serving those in need for almost 25 years.

Annual youth rally heads to Paw Paw and celebrates the theme “I am Catholic”

Hundreds of youth from across the diocese will gather on March 21st at Paw Paw High School for the annual diocesan youth rally, Faith Explosion 2015. The event will be headlined by popular Theology of the Body speaker Colin MacIver.

The faith-filled day brings together middle school and high school youth to explore the theme, “I am Catholic” from 11 a.m. through 7:30 p.m. The day includes a closing Mass with Bishop Paul J. Bradley.

Tim McNamara is excited for this year’s youth rally for a chance to celebrate being Catholic.

“Our Catholic faith is filled with so much, since it was given to us by Him who gives everything that is good,” he said. “This year, we are celebrating the fact that faith has the answers to all things life can throw at us because we have a God who works with us on our journey in life.”

Group registration must be done online at: https://kzooyouthrally.eventbrite.com by 10 pm on Friday, March 13th. No new registrations will be accepted after Friday, March 13th. Only substitutions can be made after that date. Payments can be done by credit card online or by check offline. Please make offline payments with one check.

Cost is $45 per student and $35 per chaperone.
All payments and paperwork must be received by the Diocese by Monday, March 16th. For more information contact: Tim McNamara, 269-903-0139; tmcnamara@diokzoo.org.