



[Help is needed for a March 22-24 retreat.](#)

Please email Julie Pino at juliepino60@gmail.com or text at 602-448-8904 if you want to help. God bless!

Volunteers Needed for Sr. Lydia's Jubilee March 31st

- Photographer needed to take pictures during mass and at Jubilee.
- Saturday, March 30th—8am set up tables/chairs and washing them
- Sunday, March 31st—7am dust off tables/chairs, decorate tables and photo booth; clean up after event



3/4 Patty Vincent

3/9 Barbara Voepel

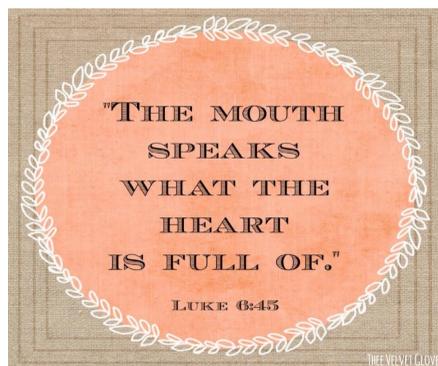
Oblate and Candidate Retreat—April 27, 2019

Matters of the Heart: Benedict's Use of "Heart" in the Rule

Retreat Director: Sister Mary Jo Polak, OSB

We know that St. Benedict first asked us to "Listen with the ear of our heart." In this retreat, we will go beyond that first line and consider the virtues of the heart that Benedict teaches throughout the Rule. Please bring your Bible and the Rule of Benedict [RB1980].

Sr. Mary Jo Polak, OSB, has been involved in retreats and spiritual direction for 25 years and has been a Benedictine Sister for over 38 years. Rooted in a background of education and pastoral ministry, her training includes certificates in spiritual direction and guidance and counseling. Over the years Sister has Mary Jo has served the community in Missouri as a formation director and Prioress.



*Remember to do an
Act of Kindness each week!*

<p>Readings—March 3rd</p> <p><u>First Reading:</u> Sirach 27: 4-7(84C)</p> <p><u>Second Reading:</u> 1 Corinthians 15: 54-58</p> <p><u>Gospel:</u> Luke 6: 39-45</p>



Sisters of St. Benedict

Our Lady of Guadalupe Bulletin



8502 W. Pinchot Ave, Phoenix, AZ 85037 Tel: 623-848-9608
<http://www.olgmonastery.com>

The Mission of the Sisters of St. Benedict is to give witness to the Gospel values and follow the Rule of St. Benedict by living the monastic life through the charisms of: Personal Prayer, Community Prayer, Hospitality, and ministering to the people of God.

**Date: 3/3/2019
Eighth Sunday of Ordinary Time**

- **Wed, March 6th**—Ash Wednesday, mass at 7pm
- **Fridays during Lent**—Mass 5pm followed by Stations, Soup supper, Reflection
RSVP for supper to: sisterlinda@olgmonastery.com
- **Saturday, March 9th**—Cooking class!
Lenten foods—sign up after mass
- **Saturday, March 16th**—Oblate/Candidate meeting: 1-4pm
- **Sunday, March 17th**—Fr. Nathan presentation of "Afterlife" — register after mass
- **Wedn, March 27th**—Taize Prayer 7pm
- **Sunday, March 31st**—Sr. Lydia's 25th Jubilee, 10:15am mass then lunch
- **Wedn, April 17th**—Tenebrae 7pm
- **Easter Sunday—April 21, 2019**
- **Saturday, April 27th**—Oblate Retreat
- **Sunday, April 28th**—Oblation/Renewal

From the desk of Sr. Linda.....

Thank you for your prayers of safety, this is the first time in my life that I've taken shelter for tornado warnings. We all survived. The conference was excellent and the retreat was very insightful.

Please keep in prayer: Terese Ford as her mom passed away this past Tuesday. Also the Crosier community: Brother Gus had a stroke last week and will probably pass soon. In addition, Father Tom Carkhuff, Prior Provential for many years for the Crosiers.

We begin lent on Wednesday. This liturgical time is my favorite time. A great opportunity for us to slow down and spend more time with God in reflection, reading, and forgiveness. The older I become the more I realize the great role forgiveness plays in all of our lives. God's forgiveness of us for all of our sins is a perfect example of how important it is for us to forgive those who have hurt us, to forgive ourselves for those times we have hurt others and have not lived up to our Christian values. Seriously consider what focus you need to take during this Lenten season to grow closer in love with God. With deep gratitude for you and your family, thank you for being a part of the Monastery and Benedictine life.
Blessings,
Sister Linda, OSB
Prioress

Ash Wednesday—March 6, 2019 The first day of Lent

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too.

Ash Wednesday comes from the ancient Jewish tradition of penance and fasting. The practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return." Alternatively, the priest may speak the words, "Repent and believe in the Gospel."

Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year's palm Sunday Mass. It is important to remember that Ash Wednesday is a day of penitential prayer and fasting. Some faithful take the rest of the day off work and remain home. It is generally inappropriate to dine out, to shop, or to go about in public after receiving the ashes. Feasting is highly inappropriate. Small children, the elderly and sick are exempt from this observance.

It is not required that a person wear the ashes for the rest of the day, and they may be washed off after Mass. However, many people keep the ashes as a reminder until the evening. Recently, movements have developed that involve pastors distributing ashes to passersby in public places. This isn't considered taboo, but Catholics should know this practice is distinctly Protestant. *Catholics should still receive ashes within the context of Mass.*

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

The ashes are made from the blessed palms used in the Palm Sunday celebration of the previous year. The ashes are christened with Holy Water and are scented by exposure to incense. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance.

Veronica Lucas' dad is looking for part-time home health help. This will be 4-8 hours per week. If interested contact Veronica at: 602-909-3459.

*Lupe's Thrift Store is OPEN Fridays and Saturdays
and we need your donations!*



These items are needed: furniture, appliances, kitchen items

Lupe's hours are 8am-Noon Fridays and Saturdays

Thank you!

Presentation on March 17th Fr Nathan will celebrate Mass, followed by lunch, presentation at 1:00 pm

Plan 1: Purchase book from Monastery: Fr. Nathan: *Afterlife, Interruption* \$20.00 includes Registration for 1 person Lunch: I will bring my own lunch _____ I will purchase from Pita Jungle: *salads, chicken dish, hummus, mediterranean antipasto platter, pita bread, potatoes, fruit, etc* \$8.00 _____ for adult \$5.00 _____ for child

***Plan 2:** Do not want to purchase book but will attend: \$12.00 _____ Registration Fee Lunch: I will bring my own lunch _____ I will purchase from Pita Jungle: *salads, chicken dish, hummus, mediterranean antipasto platter, pita bread, potatoes, fruit, etc* \$8.00 _____ for adult \$5.00 _____ for child

Plan 3: Purchase book: Catherine & Gui Garcia: Ocean Metaphor \$20.00 includes Registration for 1 person

Lunch: I will bring my own lunch _____ I will purchase from Pita Jungle: *salads, chicken dish, hummus, mediterranean antipasto platter, pita bread, potatoes, fruit, etc* \$8.00 _____ for adult \$5.00 _____ for child

Three men were questioned by an Angel: "When you die and like in your coffin, what would you like people to say about you?" 1st man: "when I'm lying in my coffin, I would like someone to look at me and say: "He was a good husband, He really loved his wife!" 2nd man: I would like someone to look at me and say: He was a good Father. He provided for his children!" 3rd man: "when I'm lying in my coffin, I would like someone to look at me and say: 'He's still breathing!'"

Everybody wants to live as long as possible. Everyone wants to go to Heaven but nobody wants to die ant that's the only way to get there. The ashes in the form of a cross, put on our forehead Ash Wednesday, is the church reminding us that we are going to die. The important thing is to BE READY!

