

E-VöC

evoke: 1. to call forth 2. to re-create imaginatively



Sisters of Charity
of Cincinnati



CALENDAR

March 24, 2013
Palm Sunday
March 31, 2013
Easter

Change it up for Lent

By S. Janet Gildea



Lent is our annual opportunity to plow up the fields of our spiritual life. After the months of ordinary time and a hope-filled season of Advent and Christmas, it is time to dig up dead roots and turn under the dry remains of last year. The traditional Lenten disciplines of prayer, fasting and giving alms that we learned as children can still help us in this process of deepening our life with God.

In adulthood we take responsibility to find the opportunities for Stations of the Cross and parish missions. We can still benefit from “giving up” candy, ice cream, soda or alcohol. We can remember that we do not live on bread alone when we fast on Ash Wednesday and Good Friday and abstain from meat on all the Fridays of Lent. We can still make little sacrifices that turn into a donation for Catholic Relief Services or other charities.

This year maybe you could consider how you can re-design these practices for a change. Your preferred practices of prayer might be tried and true, but what might God be offering you that can open new pathways to encountering God’s love? Taizé prayer, centering prayer, lectio divina or a Way of the Cross that weaves its way through the inner city are some examples. A priest recently shared his retreat experience: “I don’t usually do this, but on retreat, in the privacy of my room with my iPod, I put on my favorite music and let myself pray with movement.” Change it up!

Fasting can be “from” or “for” something. This Lent maybe you can fast from snap judgments of others or from driving over the speed limit. Have you considered fasting for an issue of social justice? Perhaps you could fast for legislation for immigration reform or gun control, and add a letter or phone call to elected officials to put some “meat” on your fast. Or you could fast for a deeper reverence for life and connect it to educating yourself and others about that goal. As Gandhi said, “Be the change you wish to see in the world!”

Extra acts of service to others can be works of charity as well as acts for a more just world. Cultivating awareness, doing those acts with clear intention, requires much more than money in a basket. Could you tithe your time? Just imagine giving one-tenth of your free time each week during Lent to a local service organization or charity as windfall of grace. This is much more than spare change!

We’re just about halfway through Lent. How’s it going for you so far? Ready to change it up?

Visit these online resources for Lent:

- Busted Halo: www.bustedhalo.org
- Sacred Space: www.sacredspace.ie
- Center for Action and Contemplation: www.cacradicalgrace.org



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Where are the Sisters Today? Sister Teresa Marie Laengle

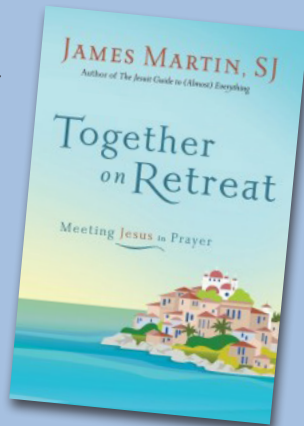


Since 2008, S. Teresa Marie Laengle (right) has served at Bergamo Center in Beavercreek, Ohio, offering monthly spiritual direction as well as retreats for the Ignatian Spirituality Project. To learn more, [click here](#).

A Good Read

Together on Retreat: Meeting Jesus in Prayer by Fr. James Martin, SJ

One are the excuses that you can't get away for a retreat or that it's too expensive! Best-selling Jesuit spiritual author, Jim Martin, has created the first of its kind "e-retreat" for your Nook, Kindle, iPad or computer. Fr. Jim presents themes and offers reflection questions as well as guided prayers that can be used individually or with a group. We are big fans of this author who is an editor-at-large for *America* magazine and also finds time to be the "chaplain" for *The Colbert Report*!



For more information on *Together on Retreat: Meeting Jesus in Prayer*, visit [HarperCollins](#). To see Fr. Martin demo the eBook, view this [video](#); preview the opening chapter [here](#).



(From left) Affiliate Tracy Kemme, S. Janet Gildea, S. Carol Wirtz, Associate in Community Romina Sapinoso and Affiliate Andrea Koverman with Fr. Jim Martin at the Religious Education Congress in February.

My Mentor — S. Mary Assunta Stang



S. Mary Assunta Stang

S. Mary Assunta was treasurer of the Community when I entered and she had a reputation as a very wise woman, particularly in her knowledge and experience with finances. One day during my second year of Novitiate she called me into her office to ask if I would be interested in learning about "data processing." It was 1968 and I knew nothing about the subject except that it was an up-and-coming field in business. It eventually became computer science! I accepted her invitation and from that day forward our friendship developed. Before I knew it she had me traveling all over the country where we had hospitals to teach the staff about data processing and computers. S. Mary Assunta was someone who recognized and called forth my gifts. She was a support and someone to rely on, to encourage and challenge me to the next step. I found her to be one who said "All will be well. Just trust!"

- S. Peggy Deneweth



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E-Vic is the electronic newsletter from the Vocations Team of the Sisters of Charity of Cincinnati for single women wondering what new thing God is calling forth in their lives. To unsubscribe, [click here](#).

If you are interested in learning more about life as a Sister of Charity, visit our website at www.srcharitycinti.org or contact S. Monica Gundler at (513) 504-5592.