Upcoming at the Casa

Balancing Body, Mind & Spirit
With Don Fiore
Saturday, February 1, 9 am - 4 pm

Introduction To Centering Prayer
With Sharon Taszarek and Carole Whittaker, PhD
Saturday, February 15, 9 am - 1 pm

God’s Mercy: Reflections
With Fr. Steven McMichael, OFM Conv.
See page 7 for more details.

<table>
<thead>
<tr>
<th>The Conventual Church of</th>
<th>Our Lady of the Angels</th>
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<tbody>
<tr>
<td></td>
<td>at the Franciscan Renewal Center</td>
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<tr>
<td>Weekend Mass</td>
<td>Saturday 5:00 pm</td>
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<td></td>
<td>Sunday 7:30 am, 9:15 am, 11:00 am, 7:00 pm</td>
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<tr>
<td>Daily Mass</td>
<td>Monday - Saturday 7:00 am</td>
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<tr>
<td>Holy Day Masses</td>
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<tr>
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<td>Centering Prayer</td>
<td>Thursday 7:45 am</td>
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<td>Front Desk Hours</td>
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<tr>
<td>Books &amp; Blessings</td>
<td>Monday - Wednesday 10:00 am - 2:00 pm</td>
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I have always struggled to learn new languages. It just doesn’t come easy to me.

Our family vacation to Mexico gave me the new experience of not being able to understand or speak the prevalent language around me. Most of the people at the hotel were primarily Spanish speaking and for the first time, I had a taste of what it must be like to be a Spanish speaker in the United States with little or no ability to speak English.

My desire to be able to communicate with these beautiful people in their own language was huge. And I made a sincere effort while there to learn as many words and phrases as possible. I experienced humility and gratitude as the people, whose country I was a guest in, patiently and lovingly guided me through their language. At times they would find other ways to communicate with me. Sometimes through gestures or simply by showing me what they were trying to tell me.

I have often seen displays of frustration and even indignation when witnessing the reverse situation here at home. This experience taught me something very important: As humans we have a responsibility to learn to communicate respectfully with ALL other humans. If not by speaking their language, then, at the very least, by not being judgmental that they don't speak ours.

Peace,

Donna Kinzie
Family Catechesis Coordinator & Infant Baptism Coordinator
Mass with the Anointing of the Sick
Saturday, February 1 at 10:30 am

All are welcome to attend this special Mass.

When the Sacrament of Anointing of the Sick is given, the hoped-for effect is that, if it be God’s will, the person be physically healed of illness. But even if there is no physical healing, the primary effect of the Sacrament is a spiritual healing by which the sick person receives the Holy Spirit’s gift of peace and courage to deal with the difficulties that accompany serious illness or the frailty of old age.

Is anyone among you suffering? He should pray.
Is anyone in good spirits? He should sing praise.
Is anyone among you sick?
He should summon the presbyters of the church,
and they should pray over him
and anoint him with oil in the name of the Lord,
and the prayer of faith will save the sick person,
and the Lord will raise him up. (James 5:13-20)

Special Collection This Weekend
The Annual Gospel of Life Appeal

Contributions to this appeal support the local Church’s mission to uphold the right-to-life of all people from conception to natural death.

If you do not use our envelope program, or if you forget your envelope, you can find an envelope in the Narthex or at the Front Desk.

Other upcoming special collections in 2020:
- Jan. 25 & 26 Guaymas Mission Appeal
- Feb. 1 & 2 Charity & Development Appeal (CDA)
- Lent San Carlos and San Solano Missions
- Mar. 21 & 22 Catholic Relief Services

Winter Ordinary Time

Today is the Second Sunday in Ordinary Time. Ordinary Time (meaning ordered or numbered time) is not a season like Lent and Advent, nor does it have a set number of days or weeks: it is composed of either thirty-three or thirty-four weeks. It is an ordering of Sundays whose number depends on the date of Easter, as well as those Sundays that are superseded by any solemnities that fall on a Sunday in each year. Ordinary Time, during the winter, is an arbitrary designation and includes those days that fall between the Feast of the Baptism of the Lord and Ash Wednesday. In fact, the day after the Baptism of the Lord begins the first week in Ordinary Time; hence the following Sunday is the Second Sunday in Ordinary Time.

The rhythm of the liturgical seasons reflects the rhythm of life—with its celebrations of anniversaries and its seasons of quiet growth and maturing. If we are to mature in the spiritual life and increase in faith, we must descend the great mountain peaks of Christmas and Easter in order to “pasture” in the vast verdant meadows of Ordinary Time.

“Taizé Prayer Around the Cross”
Wednesday, January 22 at 6:30 pm

Making time for quiet reflection is important, especially in our very busy and noisy lives. Taizé prayer consists of meditative singing and periods of silence in order to reach a contemplative state.

All are welcome to join in this beautiful and unique prayer!

We gather in the church on the 4th Wednesday of each month.

The prayer service lasts about 35 - 40 minutes.
7 Spiritual Practices for Everyday Life

It takes about three weeks to form new healthy habits. Help your family become spiritually balanced by picking and choosing (or creating your own) from these activities each day. Keep a chart, and at the end of three weeks, see how you did! Did the spiritual scale balance out in a positive way?

- **Experience something natural.** Go outside, spend time with a pet, tend a garden, gaze at the stars. Give thanks for God’s great gifts.
- **Pause throughout the day** to take three deep breaths. If desired, repeat a psalm refrain such as “Be still and know that I am God” (Psalm 46:10) as you breathe.
- **Count your blessings.** At the end of the day take an inventory of the people, experiences and sensations that were part of your day. Give thanks for the ways that you were blessed.
- **Let the words of others inspire you.** Read Scripture or prayer, reflect on a book or website. Allow those words to guide you through the day.
- **Connect with someone** who feeds your soul. Call, text, email, write a note or pay a visit to a friend. Remind yourself anew of the grace of good people in your life.
- **Fast from the news.** For the entire day, refrain from reading, watching or listening to news. Instead, pay attention to the sights, smells, sounds and tastes that the day brings. Give thanks for the gift of senses.
- **Give yourself totally to the task at hand.** No daydreaming, complaining or wishing away the work you have to do. Instead, revel in the wonder of using your hands, your mind, your ideas and creativity. Give thanks for the gift of work.


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**Family Faith Formation**

**Jan. 19**

2nd Sunday of Ordinary Time

**REFLECTION:** Today, we hear John the Baptist cry out, giving witness about who Jesus is. John uses the titles “Lamb of God” and the “Son of God,” leaving no doubt as to who Jesus was. Jesus is Lord and Servant! Jesus as Lamb of God goes back to the great Jewish feast of Passover. John’s meaning for us is that Jesus is the new lamb who sacrifices His life for us. John clearly tells us that Jesus is the Son of God—the truth revealed at His Baptism. John’s witness is an excellent example of what it means to be a disciple. Through our own Baptism, Jesus’ mission becomes our mission! We, too, are called to point to Jesus and make Him known to the world by the witness of our lives, especially in our families.

**CONVERSATION:** How and where do I recognize Jesus in the world today?

**PROCLAMATION/DISCUSSION:** Read John 1:29-34.

What names are given to Jesus?

Why does John tell the others about Jesus’ Baptism?

How does Jesus baptize?

**ACTION:** Who is Jesus? Provide outlines of commonly used symbols for Jesus, such as a butterfly, fish, candle, cross on white paper and scissors. Have everyone choose one symbol they think best represents Jesus and decorate it. Discuss why they chose that symbol.

**CONCLUDING PRAYER:** Thank You, God, for loving us. Thank You for sending Your Son, Jesus, to become one of us. Help us to live as followers of Jesus. Amen.
Spoken by Greek philosopher Aristotle over 2,300 years ago, one of the most ancient quotes about volunteering reminding us that serving others is hardly a new concept. It is what mankind has always known to be right.

— Pat Bennier, Director of Volunteer Services

For volunteer opportunities, contact Pat Bennier at volunteer@thecasa.org or 480.355.0361

Thank you for your stewardship!

Mass Offerings

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<th>Amount</th>
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<td>1.5.19</td>
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<tr>
<td>1.6.18</td>
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<td>1.7.17</td>
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We received 265 collection envelopes.

Support Groups

No appointments required. All Are Welcome.

Monday:
6:30 - 8 pm: Divorce/Separation/Relationship Endings

Tuesday:
5:30 - 7 pm: Grieving the Loss of a Loved One
6:30 - 8 pm: Depression and Anxiety

For more information about our Counseling Ministry, please call 480.948.7460, ext. 134 or email: counseling@thecasa.org
Warmth for Those who Live on the Streets

Thank you to all who donated blankets for those who are homeless. We collected 537 blankets over the Christmas Eve and Day Masses. Thanks also to the individuals and families that helped to organize, fold and distribute the blankets to André House. These blankets are greatly appreciated, as André House gives out two blankets every day. If you were not able to bring a blanket over the holidays, you can still donate by putting one in the André House bin in the lobby at any time.

Service to Others

The Hunger Action Ministry offers these winter 2020 service opportunities. Serve with/at:

- Saint Vincent de Paul (SVDP) Family Dining Room and Dream Center on January 28 (4 - 6:30 pm)
- Desert Mission Food Bank February 10 and March 20.

Contact Dolores or Kathy for details and more information, at: hungeraction@thecasa.org.

The Casa Grounds for Solidarity Ministry, fair trade coffee ministry, is always in need of new volunteers to help sell Cafe Justo coffee once a month. The next sale is February 8 and 9. Contact Eileen: casagrounds@thecasa.org.

The Casa Habitat Ministry needs builders at 7:30 am for Saturday, February 8, 15 and 29. Wear closed-toe shoes, and regular work clothes in layers. The construction crew must be at least 16 years old. To build, email: thecasahabitat@thecasa.org.

Details on the thecasa.org FIA Ministry pages.
Jesus As Prophet in Christian-Muslim Dialogue
Offered Twice:
Thursday, Feb. 20, 10 - 11:30 am
Thursday, Feb. 20, 7 - 8:30 pm
Fr. Steve McMichael, OFM Conv.
Jesus has been seen as the obstacle to the relationship between Christians and Jews. This presentation focuses on how in contemporary scriptural studies and theology challenge this belief. Jesus’ role as prophet may be a bridge to a more profound relationship between Christians and Muslims.

Fee: $20 per person daytime or evening sessions. Pre-registration is required.

God's Mercy: Reflections
Offered Twice:
Friday, Feb. 21, 10 - 11:30 am
Friday, Feb. 21, 7 - 8:30 pm
Fr. Steve McMichael, OFM Conv.
God's mercy has been the subject of the papacy in recent years, especially that of Pope Francis. The concept of mercy also appeared in medieval theology and spirituality. This presentation focuses on how God's mercy appears in the works of such women as Hadewijch, Angela of Foligno, and Catherine of Siena.

Fee: $20 per person daytime or evening sessions. Pre-registration is required.

Spirit & Life: New Spiritual Insights of the Writings of St. Francis of Assisi
Saturday, Feb. 22, 9 - 11:30 am
Fr. Steve McMichael, OFM Conv.
The Writings of Francis are the focus of several recent studies among Italian Franciscan scholars. This presentation brings to light the fruits of this writing on Francis’ two “Chartula” (parchments) that are in Assisi and Spoleto (that contain the Praises of God and the Blessing for Brother Leo), and the Canticle of Creatures. One will see that these writings of Francis can still convey to us “Spirit and Life.”

Fee: $25 per person.
Pre-registration is required.

Special Pricing!
Attend all three Fr. Steven McMichael workshops for $60.

Veterans Reconnect Event
Thursday, Jan. 30,
7 - 8:30 pm
Jamie Valderrama
Fee: Free. Pre-Registration is greatly appreciated.

Introduction to Biblical Archaeology
Friday, Jan. 31, 9 am - Noon
Kathy Feld
Come discover what the Franciscans began 800 years ago and continue today. Journey with Kathy in the class from Dan to the Negev Desert with stops at fascinating archaeological sites along the way.

Fee: $45 per person, includes lunch. Pre-registration required.

Balancing Body, Mind & Spirit
Saturday, Feb. 1, 9 am - 4 pm
Don Fiore
Learn how to strengthen your body through easy physical movements and good nutrition, and sharpen your mind with Feng Shui principles in this all-day workshop.

Fee: $60 per person, fee includes lunch. Pre-registration required.
Introduction To Centering Prayer
Saturday, Feb. 15, 9 - 1 pm
Sharon Taszarek and Carole Whittaker, PhD
This workshop will provide the foundation for developing a personal practice of Centering Prayer as a practice that leads to contemplation.
Fee: $35, snacks and refreshments provided; lunch is not included.

Pre-registration required.

The Joy of Journaling
Saturday, Mar. 14, 9 am - Noon
Bonnie Wasniewski
Fee: $45 per person, includes lunch. Bring your favorite pen and journal or paper. Pre-registration required.

 Franciscan Vision Series: St. Francis, Master of Prayer, part 2
Saturday, Mar. 21, 9 - 11 am
Fr. Michael Higgins, TOR
Fee: $95 per person. Pre-registration required.

 Franciscan Vision Series: St. Francis, Master of Prayer, part 2
Saturday, Mar. 21, 9 - 11 am
Fr. Michael Higgins, TOR
Fee: $95 per person. Pre-registration required.

The Legacy Workshop Series

Part I
Your Story, Your Legacy: Exploring Your Spiritual Legacy
Saturday, Feb. 22, 9 am - Noon
Mary Dunn
No Fee. Space is limited. Pre-registration required.

Part II
Your Story, Your Legacy: Writing Your Legacy Letter
Saturday, Feb. 22, 1 - 3 pm
Mary Dunn
Fee: $20. Space is limited. Pre-registration required.

Part III
Preparing Your Estate Plan
Saturday, Feb. 29, 9:30 - 11 am
Fee: $20 per person. Pre-registration required.

Part IV
Planning for End of Life
Saturday, Mar. 7, 9:30 - 11:30 am
Fee: $20 per person. Pre-registration required.

Register for the complete series for just $65 per person. Includes Part I (no fee), Part II with lunch, Part III and Part IV. Add a second person, registering at the same time, for just $25 more.

For more information or to register for any of these programs please visit thecasa.org or call 480.948.7460 ext. 132
Visibly Franciscan

We are visibly Franciscan. The FRC has this visibility in our buildings, on our website and our marketing and development materials that identify us as a “ministry of the Franciscan Friars of the St. Barbara Province,” as Catholic and as having a Franciscan founder, history and legacy that we are carrying on.

We have scholarships available for our fee-based programs and services so that no one is turned away for lack of funds. We reach out to the sick, lonely and marginalized. Our service to the poor is based on being in-relationship with them.

We have spaces set aside for prayer and reflection that are accessible to staff and visitors. We encourage spiritual development, start meetings with prayer or Franciscan reflection. We understand all Creation as brother and sister. We have implemented specific initiatives to care for our mother earth.

We demonstrate our priority for right relationships by practicing subsidiarity. We strive for reconciliation after conflict. As individuals and as a ministry, we accept that our point-of-view is one of many. We accept that we live in an imperfect world and that change takes time. We are generous of spirit.

We are grateful for God, our community, our staff and volunteers, Creation and the uniqueness of those we encounter. We recognize the good, we emphasize the good, and we reinforce the good found all around us. We value the importance of sustaining our mission through acts of service as volunteers, Mass collections, enjoying our many retreats and workshops, inviting people to our Discover the Vision tours and praying in gratitude for our community.

Peace and Good,
Charlie Brown, General Manager

For information regarding the RENEWING LIVES initiative, please call 480.355.0357 or email sarah@thecasa.org

Join THE LA VERNA LEGACY SOCIETY
Where All Are Welcome!

Your legacy is important.

That's why you take time to plan and provide for the people and causes that mean the most to you. If you’ve included the Casa in your will, trust, a beneficiary designation or other legacy gift, please let us know. We want to honor you with membership in the La Verna Legacy Society, and more importantly, we want to make sure you’re thanked today and your legacy is honored tomorrow.

Contact Mary Dunn at 480.355.0345 or mdunn@thecasa.org.
Consider Remembering Your Parish in Your Will. For further information, please call the Parish Office.

PETER MADINE
(602) 350-6156
Medicare Specialist

ACHIEVING YOUR PEACE OF MIND
JPMADINE@WINDSORASSURANCE.COM
WWW.WINDSORASSURANCE.COM

WHY IS IT
A man wakes up after sleeping under an ADVERTISED blanket and pulls off ADVERTISED pajamas, bathes in an ADVERTISED shower, shaves with an ADVERTISED razor, brushes his teeth with ADVERTISED toothpaste, washes with ADVERTISED soap, puts on ADVERTISED clothes, drinks a cup of ADVERTISED coffee, drives to work in an ADVERTISED car, and then refuses to ADVERTISE believing it doesn’t pay. Later if business is poor he ADVERTISES it for sale.

WHY IS IT?
**Faith Sharing Groups**

**Casa Prayer Partners Ministry** petitions prayers and prays for our human family. Send requests to: CasaPrayerPartners@gmail.com.

**Casa Rosary Prayer Group** Tuesdays, 6 pm in the Meditation Chapel to share our prayer intentions, and those of the community.

**Casa Singles** Single, Divorced, Widowed—AGES 40+, meets on the 2nd Friday of each month at 7 pm. For more information and to be added to the email list, contact rick@thecasa.org.

**Contemplative Prayer** Thursdays, 7:45 am in the Meditation Chapel. All are welcome.

**Cornerstone at the Casa Meditation** Wednesdays 11:30 am in the Spiritual Direction/Cornerstone Center and Mondays 8:30 am in Room B. All are welcome.

**Interfaith Healing Prayers:** Fridays, following 7 am Mass. Room varies—please contact Front Desk or healingprayer@thecasa.org. All are welcome.

**Men in Spirit** This group of Christian men meets the first Saturday of every month for 7 am Mass, breakfast, then discussion, study, lectures and guidance. Contact: Al Sapia-Bosch or Chuck Jirauch: MenInSpirit@thecasa.org.

**The Order of Secular Franciscans (OFS) Peace Fraternity** meets at the Casa on the second Sunday of the month from 2 - 4 pm. This canonical Order of the Catholic Church is open to lay Catholics. Contact: Pat Kennedy, OFS, at 602.284.9343.

“`To you who have been consecrated in Christ Jesus and called to be a holy people.” Could it be that you or someone in your family is being called to consider priesthood or consecrated life? Contact the Vocation Office at 602.354.2005 or dphx.org/vocations.

**Nonprofit Meetings and Conferences**

Nonprofit organizations are offered an exclusively serene gathering place for meetings, conferences and special events. For more information about hosting your next nonprofit event at the Casa, contact Indra Rodney, Director of Meetings & Conferences at 480.355.5632 or indra@thecasa.org.

**Upcoming Special Collections**

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<th>Jan. 25, 26:</th>
<th>Guaymas Mission Appeal</th>
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<td>Feb. 9, 10:</td>
<td>Charity &amp; Development Appeal (CDA)</td>
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<td>Feb. 28 &amp; 29:</td>
<td>Almsgiving</td>
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<td>Mar. 21 &amp; 22:</td>
<td>Catholic Relief Services</td>
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**Mass Intentions**

**January 19, 2020 – January 25, 2020**

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<th><strong>Sunday</strong></th>
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<tr>
<td>Pro-populo</td>
<td>John McGinley</td>
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<tr>
<td>George Nickey</td>
<td>7:00 am</td>
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<tr>
<td>Michael C. McCauley</td>
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<td>Walter and Sofia Schmalzer</td>
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<th><strong>Tuesday</strong></th>
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<tr>
<td>Randy and Mary Schupp</td>
<td>Tom Pleiman</td>
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<td>Dick Stewart</td>
<td>7:00 am</td>
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<tr>
<td>Tom Pleiman</td>
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<th><strong>Saturday</strong></th>
<th><strong>March 21 &amp; 22:</strong></th>
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<tr>
<td>William Chester</td>
<td>Catholic Relief Services</td>
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<tr>
<td>Andrea St. James</td>
<td>7:00 am</td>
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<tr>
<td>Lena Greco Arena</td>
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For weekly readings, please visit usccb.org.

**Mass Intentions for Next Week**

**Sunday:** Pro-populo; Joanne Ceimo; Mary Rose Fagan; Vicki Nowaczyk. **Monday:** Frances Cucinella. **Tuesday:** Aaron Moore. **Wednesday:** Joy Templeton. **Thursday:** Connie Mariano Turner. **Friday:** Doug Bruner. **Saturday:** Lena Greco Arena; Nancy Hardy.

The intentions listed here will be the intentions of the priest and will not be announced to the gathered assembly.

**About the Franciscan Renewal Center**

In 1951, the Casa de Paz y Bien began as a Catholic retreat center in Scottsdale. Now, as the Franciscan Renewal Center (still affectionately called the Casa) we offer opportunities for spiritual growth, healing and transformation that moves lives into the service of others.

The Casa was founded by and is today an active religious community of the Order of Friars Minor—part of the worldwide Franciscan family, following the footsteps of Saints Francis and Clare of Assisi. The Casa is a wholly owned entity of the Franciscan Friars Province of Saint Barbara, based in Oakland, California, that works cooperatively with the Roman Catholic Diocese of Phoenix.

Activities at the Casa include daily Mass, Sunday services, private retreats, gathering space for non-profit groups, as well as volunteer ministries that assist the poor or vulnerable, empower individuals to improve their circumstances, care for the environment, and build community fellowship. Discover more at TheCasa.org or call 480.948.7460.