Upcoming at the Casa

**Food for Thought: Lenten Course on Hunger and Food Insecurity**
With Casa Hunger Action Ministry
Monday, March 2, 6:30 - 8:30 pm

**The Joy of Journaling**
With Bonnie Wasniewski
Saturday, March 14, 9 am - Noon

**Holy Week Retreat 2020**
*Add to your Holy Week of renewal.*
See page 8 for more details.

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**The Conventual Church of Our Lady of the Angels**
*at the Franciscan Renewal Center*

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<thead>
<tr>
<th>Service</th>
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<tr>
<td>Weekend Mass</td>
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<td>Sunday</td>
<td>7:30 am, 9:15 am, 11:00 am, 7:00 pm</td>
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<td>Daily Mass</td>
<td>Monday - Saturday</td>
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<td>Monday - Wednesday</td>
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<td>8:30 am - 2:00 pm, 5:30 pm - 8:30 pm</td>
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Creating Ripples

“I alone cannot change the world, but I can cast a stone across the water to create many ripples.”

—Mother Teresa

This is one of my most favorite quotes, and I thought about it just recently, February 11 to be exact, when the Franciscans of the St. Barbara Province made history by casting a stone and creating ripples!

All staff members of the Casa attended a meeting called “Legacy Day” in which we were able to join together with staff from the other retreat centers, parishes and missions in California, Mexico and Arizona via teleconference.

Fr. Sam Nasada was our moderator. Our topic was Care For Creation. We assembled in the Community Life Center. The program was bilingual so that all of our fellow staff brothers and sisters could be a part of this. We heard from Friars Tommy King, Martin Ibarra, Keith Warner, and Ryan Thornton on different aspects of how the use of resources begins a cycle of destruction of habitats, immigration and integration. The stories and the information we heard can be compared to casting a stone across the water and we, the staff, collectively, at each separate location, created a ripple.

Each Franciscan place chose an activity that would help care for creation. Here at the Casa, we had two activities: 1. plant milkweed and nectar plants at designated areas and 2. write an advocacy letter to the leader about establishing a resiliency planning group. After the activity was completed, we regrouped with the other Franciscan places to review, share and reflect on what we did and why we were doing it. This day gave us a balance, a time to contemplate the seriousness of caring for our beautiful world and the time to do something that would help care for creation.

What an amazing morning, to be able to come together as one Franciscan group, cast out the stone and see the ripples!

Thank you, Franciscans.

Bonnie Wasniewski
Nullity Minister and Program Specialist
February 26
Mass with the distribution of ashes
7 am, 12 Noon, and 7 pm.

Customary observances during Lent focus on three areas: prayer, fasting, and almsgiving. But, it might be more meaningful to consider how these practices can support and enrich each other.

Ash Wednesday and Friday’s of Lent are days of fasting and abstinence from meat. Fasting is one of the Church’s practices of public penance. On Ash Wednesday at the Casa, we will offer a simple soup lunch at 1 pm following the noon Mass, and a simple soup dinner at 6 pm, prior to the 7 pm Mass. Come as you are and sit around a table with other members of the community in this simple meal. Donations are gratefully accepted and given to the poor. Prayer, fasting, and almsgiving.

There are unlimited ways of connecting this three-fold Lenten challenge: works of personal charity, attending Mass daily or several times a week, praying the Rosary or the way of the cross, attending an evening prayer service such as “Taize Prayer,” teaching the illiterate to read, reading to the blind, helping at a soup kitchen, visiting the sick and shut-ins and giving a young mother a break by baby-sitting. All of these can be more meaningful than simply “giving up chocolate for Lent”—although there is nothing wrong with that! It’s a good starting point. Let us all pray for the gift of integrity and the strength to keep Lent faithfully.
REFLECTION:

Jesus continues to teach us about Kingdom living with the emphasis on our inner disposition.

We are asked to develop a disposition of love. He asks us to go beyond the easy love of those who like us and stretch it to those who positively hate us. It does not ask me to be in love with or have warm feelings for someone doing me harm. How do we do this? Through prayer! We pray for those who hurt us to become loving and caring people and for us to be able to see the God within each person rather than to respond to hate with hate. The power of prayer—believe in it!

CONVERSATION:

I know I am loved by others when...

PROCLAMATION/DISCUSSION:

Read Matthew 5:38-48 and discuss:
• What surprises you about the Gospel?
• What does Jesus ask us to do with our enemies?
• Why do you think He says this?
• How is He asking us to live?

ACTION:

Create a “neighborhood collage” by drawing, or cutting out from magazines, pictures of people from around the world. Talk about the diversity and the “sameness,” as we are all God’s children. How can you love your neighbor? Is there something you can share or a kindness that you can do?

CONCLUDING PRAYER:

O kind and merciful Lord, help us to strive to be more like Your Son and to love one another. Amen.
Extraordinary Ministers of the Eucharist

There’s a place for you!

The men, women, and youth of the EM Ministry at Our Lady of the Angels assist in ministering Christ’s Body and Blood at all liturgies. They do this with excellence through study, prayer, skill, and preparation.

Our EM’s receive spiritual, theological, and practical preparation to fulfill their role with knowledge and reverence.

If you would like to learn more about how you can be a part of this immensely important ministry, contact norbert@thecasa.org.

— 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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We received 279 collection envelopes.

Books and Blessings

Bookstore & Spiritual Boutique at the Casa

Featuring original art, gifts, jewelry, statuary, greeting cards and books that feed the heart and soul. Located in the Capistrano building.

Monday - Wednesday 10:00 am - 2:00 pm
Thursday - Saturday 10:00 am - 6:30 pm
Sunday 8:30 am - 2:00 pm and 5:30 - 8:30 pm

Please stop by. We look forward to serving you! Visit us online at Booksandblessingsgiftshop.com.

For more information about our Counseling Ministry, please call 480.948.7460, ext. 134 or email: counseling@thecasa.org
**How Will You Practice Lent 2020?**

**Food for Thought Lenten Course**

*Four Mondays in Lent* 6:30-8:30 pm  
(March 2, 9, 16 and 23)

**Live Your Lent with a Purpose**

- Take only a few hours each week to deepen your Lenten journey.
- Spend part of your Lent learning, sharing, praying and engaging with others.

This course asks that you commit four weeks to reflect on Jesus’ reminder in Matthew 25: “I was hungry, and you gave me something to eat…”

**Fee:** $40. **Pre-registration required.** Call Amy at 480.948.7460 ext. 132 or [register online](#).

**When did we see you Hungry?**

**God Calls Us All to Service How is God Calling You?**

Next weekend, February 29 and March 1, the Faith in Action (FIA) Ministry will be in the Hospitality area after all the Masses to share with the OLA community all of the service opportunities that are available. There are a wide variety of projects focusing on critical issues and on individuals and communities in need. Working alongside other Casa community members on these ministry teams helps to cement community bonds while serving those in need.

Stop by the table to pick up information on the 12 different FIA teams and learn why members of these ministries find it so rewarding.

**Pray, Fast and Give Alms**

**Pick up your Almsgiving Envelope on Ash Wednesday or the following weekend.**

Lent is a time when Christian communities pray, fast, and give alms as they listen more intently for God. According to the Church teaching, almsgiving is "a work of justice pleasing to God." During Lent, we offer you a way to connect all three practices. We invite you to post the almsgiving envelope in a prominent place in your home. Where there are ways to connect your fasting with your almsgiving, put a donation in the envelope. Pray for our Native communities and those who serve them. Return that envelope on March 28 & 29, and we will send your donations to our Native American communities and use for local hunger needs.

**Dearest People of Our Lady of Angels,**

Your brothers and sisters and Fr. Tommy King, OFM thank you for opening up your hearts to the many poor in Guaymas, MX during the Casa Franciscana Outreach appeal in January. Special thanks to Fr. Joe, Fr. Peter, Charlie Brown and Patti Sills-Trausch. Not only did you help to support the Mission's vital programs, but also over 300 children through their photos, which were taken into your homes to receive your special prayers. God bless your loving hearts.

For more information about Faith in Action Ministries, contact us at 480.948.746. Patti Sills-Trausch at x130 or [socialconcerns@thecasa.org](mailto:socialconcerns@thecasa.org), or Laura Libertore at x156 or [laura@thecasa.org](mailto:laura@thecasa.org).
A Look Ahead to March Programs

Mar. 5  Compassionate Communication
Mar. 6 - 8  A Resilient Warrior’s Journey Forward
Mar. 19  Saint John's Bible
Mar. 25  Celtic Spirituality
Mar. 27  Building the Beloved Community
Mar. 27 - 29  Emmaus Retreat for Grieving Parents

Food for Thought: Lenten Course on Hunger and Food Insecurity
Monday, Mar. 2, 6:30 - 8:30 pm
Casa Hunger Action Ministry

This course occurs over four Mondays in Lent: March 2, 9, 16 and 23.
In the United States, over 40 million people, including 7 million children, live in households that struggle to put food on the table. In this course, through a group experience of dialogue, active listening and prayer, participants engage and grapple with food insecurity. Various print resources as well as online and in-class videos, offer new insights; participants’ awareness is increased about the causes and consequences of food insecurity.
Sponsored and facilitated by the Casa Hunger Action Ministry.

Fee: $40 per person.
Pre-registration required.

The Joy of Journaling
Saturday, Mar. 14, 9 am - Noon
Bonnie Wasniewski

Come for a morning that will give you basic knowledge, tools and that little nudge that can help you discover the joy of journaling and get you started writing!

Fee: $45 per person, includes lunch. Bring your favorite pen and journal or paper.
Pre-registration required.

For more information or to register for any of these programs please visit thecasa.org or call 480.948.7460 ext. 132
Holy Week Retreat 2020

HOLY WEEK RETREAT PART 1
God’s Mercy in Our Midst
Sunday, April 5, 2020, 7 pm
Monday, April 6, 10 am, 3 pm, 7 pm
Tuesday, April 7, 10 am, 3 pm, 7 pm
Wednesday, April 8, 10 am, 3 pm, 7 pm (Taize prayer)

The peaceful, prayerful surroundings of the Casa only add to your Holy Week of renewal. Commuters are welcome and may share in lunch and dinner for a fee per meal. For the most complete retreat experience, book one of the Casa’s peaceful lodging rooms with private bath.

Massages are available at additional cost, paid directly to the masseuse, on Monday and Tuesday only.
Spiritual Directors are available Monday through Thursday, 1 – 3 pm, by appointment.
Sign-up sheets for these optional services will be in the presentation room.

Fees: No fee for sessions. Pre-registration required.
For lunch, $10; dinner, $15. 48-hour advance registration for meals. Lodging, including meals: $100 Single, $80 double, per night, per person, Sunday night through Wednesday night. Stay as many nights as you wish within this span. Call 480.948.7460 x132 for meal reservations and general registration. Check-in Main Lobby: 8:30 am – 7 pm.

HOLY WEEK RETREAT, PART 2
Holy Thursday, April 9, 2020, 10 am, 3 pm
Reconciliation Good Friday, April 10, 10 am, 3 pm
Holy Saturday, April 11, 10 am, 3 pm

On Holy Thursday, we commemorate Jesus’ example of washing the Feet of the disciples, the Last Supper, and the institution of the Holy Eucharist, then prayer in the Garden of Olives. On Good Friday, we remember Golgotha, carrying the cross, a Suffering Savior and a Sorrowful Mother, and death by crucifixion. Holy Saturday is the eve of New Birth. We let Holy Scripture tell our story as we welcome our new Church members with Baptism and Faith Promises. Then we celebrate “Christ has risen, truly He has risen!”

Fee: With lodging, $375 single; $230 double per person. Check in Main Lobby: 8:30 am – 7 pm.
Check–out: Easter Sunday, April 21 by 10 am. Pre-registration required.

For more information or to register for any of these programs please visit thecasa.org or call 480.948.7460 ext. 132
Watching the Bubble Trees

My life as a grandmother continues to bring me such joy. I’ve heard all the stories about how grandchildren are so much fun and how different it is to raising your own children. And they are all true! I was very close to my grandmother, and I aspire to be the same the kind of grandmother that she was. William, almost 3 and Everett, 7 months are gifts.

A very unexpected gift came in December from our son and daughter-in-law. They bought the house across the street from us! Best Christmas present ever! We are blessed to live just two doors down the street from my parents and now the kids are there, too. Four generations being a village to love and care for each other.

Our family loves to read, all different kinds of books but reading has a place in all our hearts. William and Everett are blessed to have parents who have read to them from the beginning. They even have a reading nook in their new house. One of William’s favorite books is about dragons and tacos. The dragons plant taco trees so they never run out of tacos. One afternoon, William was blowing bubbles and suddenly dumped the bubble container out on the lawn. I started to explain that we would run out if we poured out the bubble “juice,” but before I could, William shared he was planting bubble trees so he would never run out.

A few weeks after he planted his bubble trees, William and I were on the patio. Randy and Everett were playing in the house, so it was just the two of us. My boy, who is constant movement and energy, came up and crawled up in my lap. He layed his little red head against my shoulder and relaxed into me. And then he said “Oma, let’s just watch the bubble trees grow.” It was a perfect moment. I am grateful to have shared it with William. God is good.

—Lora Nelson, Finance Ministry

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

INVITATION TO
DINNER WITH THE FRIARS

Learn About Sowing Your Legacy
Growing the Casa’s Future

Please join the friars and the La Verna Legacy team for dinner at the Franciscan Renewal Center.

Sunday, March 22, 2020
4:30 pm

Enjoy friendship and a complimentary dinner.

(This is an educational event with no obligation.)

Seating is limited, so reservations are required.

RSVP by March 13 to endowment@thecasa.org or 480.355.0345
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 Casa@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.

SAVE THE DATE:

KINO BORDER INITIATIVE DINNER

Saturday, March 14, 2020 at 5 pm
Brophy College Preparatory Great Hall

FST Raffle Sale Student Appeal

WIN Your San Francisco Vacation

Raffle Tickets are $100.
Available after all the weekend Masses on February 22 - 23 and February 29 - March 1.

The friars ask for your support in this raffle to help continue Franciscan Graduate Education.

Mass Intentions
February 23, 2020 – February 29, 2020

Sunday  Pro-populo  7:30 am
  Eugene McCormick  9:15 am
  Nancy Hardy  11:00 am
  Ashley Halle  7:00 pm

Monday  Michael Keane  7:00 am

Tuesday  Casey McMillin  7:00 am

Wednesday  Michael Keane  7:00 am
  Greta Weisser  12:00 pm
  Jim Winters  7:00 pm

Thursday  Theresa Kastel  7:00 am

Friday  Joseph Giovenco  7:00 am

Saturday  Olga O’Reilly  7:00 am
  Joseph Giovenco  5:00 pm

For weekly readings, please visit usccb.org.

Mass Intentions for Next Week


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

Upcoming Special Collections

Feb. 28 & 29:  Almsgiving
Mar. 21 & 22:  Catholic Relief Services
Apr. 25 & 26:  Catholic Home Missions

About the Franciscan Renewal Center

The Franciscan Renewal Center began in 1951 as a place for retreat programs. Affectionately known as the “Casa de Paz y Bien” or simply “the Casa,” it is today a Catholic renewal center, offering opportunities for spiritual growth, healing and transformation and service to others.

The Casa is an active religious community of the Order of Friars Minor—part of the worldwide Franciscan family, following in the footsteps of Sts. Francis and Clare of Assisi. The Casa is a wholly owned entity of the Franciscan Province of Saint Barbara, based in Oakland, CA, that works cooperatively with the Roman Catholic Diocese of Phoenix. Discover more at TheCasa.org.