

Sent: Thursday, February 19, 2015 7:28 PM

Subject: REGNUM CHRISTI NEWS OF THE WEEK -- FEBRUARY 19



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**February 19, 2015**

**Dear Friends in Christ,**

**This is appearing a day early this week because early tomorrow I will be on a plane to Omaha for *Kindle The Fire – the Heartland Regnum Christi Convention*. I'm looking forward to seeing some old friends and making some new ones.**

**Lots of solid tools for Lent this week. And if you are looking for ways to recharge your spiritual batteries, you might want to check out the [upcoming events](#) at the Legion of Christ College of Humanities, where new opportunities seem to be popping up all the time. Spiritual retreat for men is **March 20-22.****

**God Bless,**

**Jim**  
[jfair@arcol.org](mailto:jfair@arcol.org)

[Ash Wednesday](#)

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## Kelly Suter: Mission based in faith

Regnum Christi member Kelly Suter is a nurse who has taken her medical skill and faith to places most people would never brave



Nurse Kelly Suter has been on a mission to serve others virtually her entire life. Most recently, she worked on an extended mission in an Ebola clinic in West Africa, where she was featured on 60 Minutes and the cover of a national nursing magazine. Back home with family in Michigan, she is taking a break and took time to answer a few questions about why she does what she does – and what might be next.

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**“THE WIDOW’S MIGHT: A  
RETREAT GUIDE FOR LENT”**



The newest Retreat Guide from [RC Spirituality](#), [The Widow's Might: A Retreat Guide for Lent](#), is now available at [www.RCSpirituality.org](http://www.RCSpirituality.org).

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## Lent and My Mission

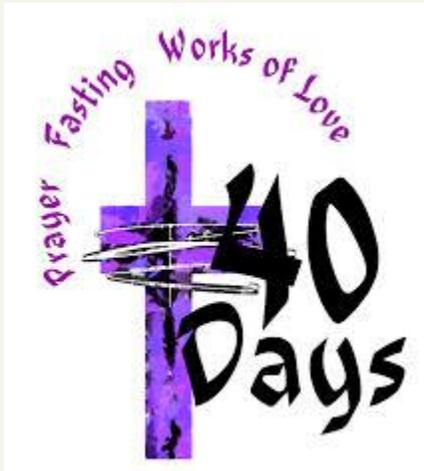
First part of a video series

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## Tips for Lent

By Fr Michael Sliney LC



Ash Wednesday is nearly upon us! For Catholics, it means the beginning of Lent but I invite our non Catholic brothers and sisters to join us as well because we are all meant to prepare spiritually for Good Friday and Easter Sunday. Here are a few thoughts to help you live your Lent in the spirit of Catholic, Christian tradition and work on developing those spiritual muscles.

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## Marial Corona -- reporting from the current mission trip to Haiti

By Marial Corona



DAY ONE: Greetings from Port-au-Prince! Our flights were a bit delayed, but we all made it. After more than 12 hours traveling we were happy to arrive at Wall's International Guest House, where we are lodging. For all the missionaries, this is their first mission trip here. Our staff, Fr. Thomas Murphy, LC, Katelyn Moroney and Marial Corona have been here several times.

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## Haiti Mission Update -- Day 3

By Marial Corona



Greetings from Port-au-Prince! Each day just gets better!

Today we went back to the Children's Home and everyone was much more at ease, and therefore able to enjoy more. Many also had the surprise that the children recognized them; it is very impressive how quickly friendship bonds are formed – both the missionaries and the children love each other with so much purity and disinterest that something beautiful happens. A missionary had a ukulele and went crib by crib, with two others, serenading the children. Others were dancing with the babies – it was a magical day! Not much is needed to make the others happy. We are also becoming experts at feeding babies, since each of us gets to feed two or three babies three times a day. We also had time for chores: hanging clothes (babies use cloth diapers here) and moving boxes with food supplies.

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## Can I be paralyzed?

By Paola Trevino



I have been in Haiti for the past week with a couple of psychologists. We are helping at two hospitals for mentally handicapped people. It's has begin an amazing experience of God's love, mercy and compassion. These children, men and women are so pure, so simple, and so innocent. At the beginning I suffered just by looking at them, but after a couple of hours with them I realized that they are the happiest and fulfilled people. Even though they are aware of their limitations, the majority of them were born that way so they haven't experienced what it means to walk, talk, move on their own...and that makes them appreciative of the little things that they can accomplish each day, like moving a hand, or reaching for a piece of candy or forming a few words. They are content with what they can do; they are not hoping for more. Within their limitation they have learned to be happy and within that they have been able to find fulfillment.

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## Cézannes

By Fr Simon Devereux LC



*"Live calmly and do not worry excessively, because in order to work more freely in us, the Holy Spirit needs tranquility and calm." -- St. Pio*

Last Wednesday we took the seminarians to the Metropolitan Museum in NYC. Seeing the Monets, van Goghs and Cézannes were so uplifting. Yet, each of us is infinitely more valuable than any of those paintings for we are the work of the Divine Artist.

Today praise God for you are wonderfully made! (Psalm 139)

## Ash Wednesday

By Fr Simon Devereux LC



*"The world's thy ship and not thy home." - St. Therese of Lisieux*

Today we begin Lent with the imposition of ashes. This time is spent accompanying Jesus in the desert, preparing for his Passion, Death & Resurrection. It's much more than just giving up chocolate; it's about becoming the person God dreams you will be.

Today ask the Holy Spirit what good habit He wants you to form this Lent.

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