

Also of Interest

Centering Prayer

Join us in the Cenacle on Wednesdays at 1:00 p.m. and/or on Zoom every Monday at 3:00 pm.

For more information, please contact: Marianne Metzner: mariannemetznerlpc@gmail.com

Senior Ministry Bible Study Groups

Breaking Open The Word Group – Discusses Sunday Readings. Meets weekly, via ZOOM, on Tuesdays resuming September 9th, 1 p.m.

Senior Ministry Board Members:

Cathi Brown
Al & Mary Chambers
Mary Gail Hein
Laurie Metzler
Paul Root
Doris & David Sykora
Van Willey

A Blessing for Old Age

May the light of your soul mind you
May all your worry and anxiousness
about becoming old be transfigured.
May you be given a wisdom with the
eye of the soul to see this beautiful
time of harvesting.

May you have the commitment to
harvest your life, to heal what has hurt
you, to allow it to come closer to you
and to become one with you.

May you have great dignity
May you have a sense of how free you
are

And above all may you be given the
wonderful gift of meeting the eternal
light and the beauty that is within you.

May you be blessed, and may you find
a wonderful love in yourself for your-
self.

From *Anam Cara: A Book of Celtic Wisdom* by John O'Donohue

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Marti Salas—Pastoral Associate
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St. Catherine of Siena

Act Justly, Love
Tenderly, Walk Humbly



**January—May
2026**

www.stcatherine-austin.org/senior-ministry

Calendar of Events

January

Jan 15 - Artificial Intelligence— Listen as Ron Whisnet discusses the future of AI.

Jan 29 – Fr. Lou and the Church - Listen to Fr. Lou Brusatti's first session this semester as he teaches about the principles of Catholic Social Teaching. He will include updates on current church topics and have information about what Pope Leo has been doing.

February

Feb 12 – Introducing Islam: Core Teaching, Concepts, and History Part 2 – As requested, Dr. Guner Arslan, PhD, Founder of Dialogue Institute, is returning to speak to us. He will present a brief review and then go into further depth about Islam and its relationship to Christianity. He is open to answering all questions.

Feb 26 - Fr. Lou and the Church - Fr. Lou Brusatti's series on Social Justice continues as well as an update on the activities of Pope Leo.

March

Mar 12 – Stations of the Cross for Seniors — Join us in the Cenacle as we meditate on Stations of the Cross that speak directly to seniors in this Third Stage of life.

Mar 26 - Fr. Lou and the Church – Fr. Lou Brusatti's series on Social Justice continues as well as an update on the activities of Pope Leo.

Our Mission

St. Catherine Senior Ministry is dedicated to enhancing the lives of seniors by providing meaningful and interactive spiritual, social, educational, outreach and inter-generational experiences that allow seniors to prosper and grow in union with God.

Our Beliefs

Seniors are vital members of our parish family

Seniors are supported and encouraged on their spiritual journey within our parish family

Seniors have many gifts, talents and life experiences to offer our parish family

Seniors provide new perspectives, wisdom and purpose to all parish members and areas of parish life.

Our Goals

To foster community

To encourage spiritual growth

To broaden intellectual horizons

To provide opportunities to be involved in parish outreach ministries

April

Apr 9 – How is your perspective about your health different now that you are older – Sheila Bermudez, parishioner, will discuss topics such as Gratitude and Emotional Wellness, Social Connections and Purpose, and Seasonal Wellness.

Apr 23 – Fr. Lou and the Church – Fr. Lou Brusatti ends his series on Social Justice, as well as an update on the activities of Pope Leo.

May

May 7 – Meet Marti Salas – Come hear Marti talk about her life and her new position as Pastoral Associate for Faith Formation.

May 21 – Fr. Lou and Ending Celebration – Fr. Lou Brusatti will join us for discussion and brunch to celebrate our successful semester.

For more information or to get on our mailing list Please contact Jennifer Gamblin in the church office

Jennifer.gamblin@stcatherine-austin.org
512-892-2420 x-322

These events are open to all ages!