

NEWS FROM The Inland See

March 19–25, 2022 FOR THE DIOCESE OF BURLINGTON

Small things this Lent

This Lent will be a little different from previous ones for me. Personal responsibilities will make it difficult to make “big plans,” such as setting aside significant times of fasting, major volunteer activities or going on retreat.

To be sure, my observance will include more prayer throughout these 40 days, and I will try to be more intent on listening to God’s will for me; there sure is much to work on in my life, inside and out!

However, as for actions to accompany personal, spiritual development, instead of a grand project or Lenten resolution, I most especially hope to be attentive to the little ways, the small things I can do to strengthen my relationship with God and the people around me.

Our world tends to focus (and report on) what is grand in the world, even when it comes to doing good things. Large gestures (millions of dollars given to causes), immense efforts (collective responses to widespread needs) — these often make the headlines.

This Lent, in my much more limited corner of the world, I’m going to aim for action in the day-to-day, my immediate vicinity, where encounters with others and moments spent with God offer opportunities for growth and giving.

This focus on small things is inspired by St. Teresa of Kolkata, whose quote, “Don’t look for big things. Just do small things with great love,” is a favorite for many.

Her example of tending to the poor, one-by-one, of taking the moments of each day and filling them with seemingly minor, but beautiful, caring actions, is wonderful encouragement, especially today when it is easy to feel overwhelmed by

the fast-moving complexities of daily life.

Small, within the context of faith, does not mean insignificant. Humility, patience, gratitude — these and other virtues can be strengthened through seemingly everyday activities.

The minutes spent waiting in line at the supermarket can be transformed into a time for helping someone else if we look for the need. Perhaps someone behind in the supermarket checkout line could benefit from us giving up our place to them. Or we might allow someone else to take the closer parking spot instead of darting ahead to secure it for ourselves.

Arriving for Mass a few minutes early and gathering ourselves into a private and public space for prayer and worship, far from minor actions, prepares us to more fully hear God’s word and knit ourselves in closer fellowship with others. Expressing gratitude to friends, even if time is short for long conversations, can be powerful encouragement — no small matter in a challenging world!

Similarly, although I hope to focus on small things this Lent, I do not expect the experience to be simplistic.

Reflecting on God’s presence during a hectic day takes perseverance, even courage, if the worldly noise around is deafening. Reaching out to address a need nearby might create more scheduling “knots” that need untying — inevitable complications of being in the world, but not of the world.

However, great love, the not-so-secret ingredient in St. Teresa’s quote, cannot be underestimated. Through it, throughout Lent, small things bring warm light.

— *Maureen Pratt, Catholic News Service*



Say “No” to Article 22

1. The Gospel of Life must be proclaimed, and human life defended, in all places and all times. . . . Laws that permit abortion, euthanasia and assisted suicide are profoundly unjust, and we should work peacefully and tirelessly to oppose and change them.

— *US Bishops “Living The Gospel of Life” 32*

The Legislature of Vermont has approved Proposal 5, now called Article 22. Article 22 is a proposed amendment to the Vermont Constitution that will permit abortions for any reason, through all nine months of pregnancy up to and including the day of birth. Article 22 will be on the 2022 Vermont General Election ballot in November for an up or down vote by Vermonters. If Article 22 passes, we will have NO ability to protect the life of the unborn. Vermont will then be the first state in the country to explicitly deny unborn children the right to life in its constitution. Vote “NO” to Article 22.

Upcoming Events



03|26 SATURDAYS

SoulCore

Blessed Sacrament, Stowe • 3 - 4 pm

SoulCore is an invitation to nourish body, mind and soul through prayer and functional movement. Workout can be modified to suit ability and comfort level; the prayers are the main focus. Freewill donation. Suggested items: mat, water, weights (optional, 1-3 lbs popular).



03|27 SUNDAY

Lenten Evening of Reflections and Confessions

St. Jude, Hinesburg • 4:30 - 6 pm

Michelle Morin from VT Right to Life will give a talk on Article 22 (Proposal 5). Eucharistic adoration will follow the talk, with the availability of confessions by multiple priests. This will be an opportune time to receive the sacrament of reconciliation for Lent and to spiritually prepare for the Paschal feast of Easter.



03|29 TUESDAY

Saints and Sinners

Online • 7 pm

Join us in February when Fr. Tim Naples presents on Saint Anthony of Padua. There will be time for prayer, small group and large group discussion. For more info: vermontcatholic.org/saints-and-sinners.



03|31 THURSDAY

Lenten Presentation

Holy Family Parish Hall, Essex Jct. • 7 pm

Presentation by Rev. Richard Berube, SSE entitled, "The Passion of our Lord Jesus Christ according to Luke" — Preparing for Palm Sunday and Holy Week.



04|02 SATURDAY

Grief Support Group

Holy Family, Essex Junction • 8 - 10 am

Calling all Widows and Widowers... You are invited to join us for a support group, run by Catherine "Kate" King, UVM Mental Health Clinician (LCMHC) on the first Saturday of the month, at 8 am at Holy Family Parish. Kate has been a group therapist in the community for over 20 years and is a widow herself. Join us for prayer, discussion and peer support for working through grief. Please call Kate with questions at (802) 881-5973.



04|02 SATURDAY

Madness in the Constitution: Look at Vermont's Proposed Constitutional Amendment,

St. John Vianney, S. Burlington • 9:30 - 11 am

Learn about the so-called "Reproductive Liberty Amendment" Article 22, which will enshrine abortion on demand as a so-called right to "an individual's reproductive autonomy" into Vermont's constitution. Sponsored by the Knights of Columbus. Panel includes: Sharon Toborg, Policy Analyst from Vermont Right to Life; Deacon Peter Gummere, Bioethicist for the Roman Catholic Diocese of Burlington; Annisa Lambertson, Spokesperson for Vermonters for Good Government; Carol Kauffman, Member of Vermont Family Alliance.



04|02 SATURDAY

Chicken & Biscuits Dinner

Nativity of the Blessed Virgin Mary, Swanton
5 - 7 pm

Meal includes chicken & biscuits, stuffing, cranberry sauce, coleslaw and dessert — sit down & take out.



04|20 WEDNESDAY

Vermont Catholic Professionals Virtual Meeting

via Zoom • 8 - 9 am

'Happiness Engineer' Michael Hagan, former manager of religious education and catechesis for the Diocese of Burlington, will be the speaker at the next virtual meeting of Vermont Catholic Professionals. He currently works remotely from Vermont for Flocknote, a communications-first Church software company. During his presentation, he will talk about Church teaching related to technology and some of his experiences at Flocknote. He will encourage the Vermont Catholic professionals in attendance to consider ways they can be of service to their parish in the realm of technology. FOR MORE INFO: vermontcatholic.org/vcp.



04|20 WEDNESDAY

Practicing the Presence of God

via Zoom • 7 - 8 pm

Practicing the Presence of God... a 6 week

Diocesan wide zoom exploration of this spiritual classic by Brother Lawrence. For information, mercygrace@protonmail.com. The workshop will meet: April 20, May 4, 18, June 1, 15 & 29.



07|25, 26, 27 MON, TUES, WED

Quebec Pilgrimage

Join the Knights of Columbus Council #297 in St. Albans for a pilgrimage to

Quebec. Stops include Sainte-Anne-de-Beaupré Shrine, Our Lady of the Cape Shrine in Trois-Rivières, St. Joseph's Oratory in Montreal and St. Anne's Shrine in Isle La Motte, Vermont. The cost includes all lodging, transportation and meals. Contact Bill Greenwood at 802-527-0496 for more information.



CHALLENGES TO GROW YOUR MARRIAGE

MARCH 20-26, 2022

LOVE IS A BATTLEFIELD

Prayer is the spiritual weapon to claim victory in our spiritual well-being. Make prayer and worship the center of your marriage by asking God to hear your hearts, protect your love from evil, and bring you into communion with him — every day.

vermontcatholic.org/marriagechallenge



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TRUSTING IN GOD

We need to walk with God, rather than against Him, and trust that we can find footing on the path He sets us on. Take out those photo albums or pictures and talk about the members of your family. Share what kind of people they are (or were). Ask your children what kind of people they want to be.

vermontcatholic.org/familychampions

DIocese OF BURLINGTON CAREERS

Diocesan Central Offices, South Burlington:

- Diocesan Catechetical Leader
- Diocesan Youth & Young Adult Minister
- Respect Life Coordinator
- Superintendent of Schools

Rice Memorial High School, South Burlington:
Principal

Rice Memorial High School, South Burlington:
Director of Donor Engagement and Major Gifts

St. Monica-St. Michael School, Barre: Principal

vermontcatholic.org/careers