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The Faithful Flyer, 03-25-2012

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Empty the Cup

"Let go and Let God!" To be honest, I never really cared for that expression. I had always refused to let a cliché catchphrase challenge my desire for control. It is human to hang on to the familiar—both the things that serve us well and those that don’t. With constant information, decisions, communication, and tasks flooding our lives, I fear that we may lose sight of what’s truly important.

As the season of Lent continues, try meditating on the power of letting go. Empty ourselves. Lent is a preparatory time during which we aim to make more room in our lives for God by becoming more intentional in thought, action, and prayer. The very act of fasting from food or activity is about emptying ourselves. This is not only a wonderful spiritual practice but also a healthy one, preparing our hearts and minds for gifts of grace.

We will still continue to face daily demands in our lives. The busyness may never end. Let this sense of emptiness be not a tiring task on our list, but a gift from God to ourselves in the midst of all that we do. Enjoy the "empty" in the forms that speak to us: a quiet and sacred space, a blank page in our journal, a friend’s listening ear, an open counter as we begin to cook, a Saturday afternoon with no place to be. After all, the season of Lent is not about how successful we are at keeping Lenten promises, but about finding God’s grace in all that we are and all that we do. Empty our cup and don’t rush to fill it again. Let God.

Maggie Prosser
Campus Ministry Calendar

March
26  Miryam Award
27  Table of Plenty
31  M-Fest

CSC SERVICE Saturdays
Volunteer with other UD students to engage with our Dayton community. Join the Center for Social Concern for a service project on Saturday, April 21. Transportation is provided. Visit www.udayton.edu/ministry/csc and stop by Liberty Hall 107 to register!

Questions? Contact Kelly Bohrer at kbohrerl@udayton.edu

Table of Plenty
Tuesday, March 27, 12:00pm Liberty Hall Room 08
Please join us for this month’s discussion on the climate for LGBTQ students at UD and other Catholic campuses. Lunch will be provided by the CSC staff. We hope you will consider joining us! RSVP by March 23 to Sue Terbay at 937-229-2524.

Miryam Award Ceremony
Monday, March 26, 4:30pm
To honor this year’s winners: Elizabeth Reeves, Alisa Bartel and Alex Kreidenweis and the many others who were nominated for the Miryam Award this year, please join us in the Immaculate Conception Chapel for prayer service at 4:30pm. The reception and award presentation will immediately follow in Chaminade Hall. To RSVP for the reception, call Sue Terbay at 937-229-2524.

Gathering to Pray During Lent
Friday mornings, 8:30-9am, Liberty Hall Rm. 114
Please join us as we set aside a few moments out of our busy day for prayer and reflection this holy season of Lent. Coffee and tea provided. Questions? Contact Lauren Farrell at farrell1@udayton.edu

Just Food?
Tuesday, April 3, 6pm, Liberty Hall
Come and explore questions of food justice and conscious eating during this Lenten Season sponsored by the Center for Social Concern and Community Wellness. Because we will be providing food, please RSVP to Mary Niebler at 937-229-2012 or mniebler1@udayton.edu by Monday, April 2.

A Walk for Justice and Peace
Good Friday, April 6, noon – 2pm
Come walk the Stations of the Cross connected with contemporary social justice issues. It will begin at Courthouse Square (Third and Main Streets), rain or shine. Join us for all or part of this walk around downtown Dayton.

A Taizé Experience at UD
Tuesday, March 27, 7:30pm, Immaculate Conception Chapel
Please join Bro. John of Taizé for an evening prayer in the style of Taizé; using scripture, music and silent meditation. There will be an opportunity to meet Bro. John after the prayer service.

Triduum
Worship Schedule for April 5-8
HOLY THURSDAY MASS OF THE LORD’S SUPPER
Immaculate Conception Chapel 7pm ONLY
GOOD FRIDAY OF THE LORD’S PASSION:
Immaculate Conception Chapel 3pm
SATURDAY MORNING PRAYER WITH RITES FOR THE ELECT
Immaculate Conception Chapel 10:00am
SATURDAY EASTER VIGIL OF THE RESURRECTION
Immaculate Conception Chapel 9pm
(Easter Vigil of the Lord’s Resurrection)
SATURDAY SUNDAY OF THE LORD’S RESURRECTION
Immaculate Conception Chapel 10am ONLY

Holy Week Choir
Sing with us in the chapel during the Triduum. It’s not necessary to commit to all four celebrations. Our only rehearsal will be on Sunday, April 1 at 1pm in the chapel. Questions? Contact Jim Pera at 229-2052 or jpera1@udayton.edu

M-Fest 2012
Saturday, March 31
Come to ArtStreet for M-Fest, a music and art festival to raise mental health awareness. There will be student vendors, crafts, raffles, art, stories of mental health, and performances by Lauren Eylise, Amy Love, Music Therapy Club, the UD Dance Team, Good English, and Customer Service and the Gem City Horns! Entrance costs $5 or $10 with a t-shirt!
Sponsored by Active Minds.

Lighthouse Retreat
April 13-15
We invite sophomores, juniors and seniors to explore spirituality, self, and relationships through ritual and community reflection. Relax as the team guides you through fun, creative and sacred experiences. Cost: $55. For more information, contact Allison Leigh at 937-229-4813 or aleigh1@notes.udayton.edu

Believers Bootcamp Spring Retreat
April 13-15
Join UDIM as they journey with Jesus and learn the essentials of how to know God & walk with God; grow relationships with Christ and engage the world as His disciples. Registration at http://www.udayton.edu/ministry/retreats/retreat_registration.php Cost is $35. Questions? Contact Rev. LaKendra Hardware at 229-5800 or lhware1@udayton.edu

Lenten Collection Will Benefit Marianist Programs Abroad
Another recipient of money collected for Marianist’s abroad this Lent will be MIRACLE in Koronga, Malawi. MIRACLE is the “Marianist Institute of Rural Artisans for Christian Life Education.” It is a job skills training program for unemployable orphans who have lost their parents to the AIDS pandemic sweeping sub-Saharan Africa. Integral to MIRACLE is religious and value education. With employable skills, small loans, and gifts of work tools, miracles happen. Despair is replaced by hope. Please look for ways around campus to donate to this cause during Lent.