

Along the way

"Were not our hearts burning within us as he opened the Scriptures for us along the way." — Luke 24:32

A publication of **sabbath retreats**

"Modern society will find no solution to the ecological problem unless it takes a serious look at its life-style."

—Pope John Paul II

"Poverty is the worst form of violence."

—Mahatma Gandhi

"Injustice anywhere is a threat to justice everywhere."

—Martin Luther King, Jr.

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Healing the wounds

So often the healing we seek is within us. When we hurt others we wound ourselves as well, for we diminish within us the spark of Divine life that should govern all our thoughts and actions.

It is for that reason that an essential part of the **sabbath retreats** parish mission is a commitment to heal the wounds we have caused in our relationships with others, and in so doing bring important healing to ourselves.

When a parish mission does not include the celebration of sacramental reconciliation, a powerful healing ritual is celebrated which allows each person to recall a wound they may have caused and commit to an action that could bring healing to that wound.

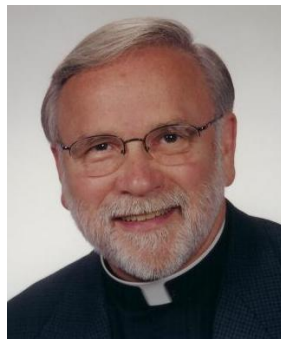
After a guided meditation on the frailty of all human relationships, a "procession of penitents" takes place during which each person quietly promises to perform that action. Lighting a taper from a Christ candle, each person says: "By this deed may I heal the wound I have caused."

Participants have found the meditation and ritual an inspiration not to let the wounds of our fragile relationships remain unattended.

— Fr. Lou Papes



By this deed may I heal the wound I have caused."



Fr. Lou Papes

Preaching the Good News

Fr. Lou Papes, ordained for the Cleveland Diocese in 1988 after twenty-four years as an educator, is currently part of the preaching ministry of Food for the Poor and a priest of the Diocese of Georgetown, Guyana.

Completing his sixth year in this specialized ministry, Lou has preached in nearly 250 parishes in over 75 dioceses in the United States. This periodic newsletter hopes to keep family and friends up to date on this ministry of preaching the Good News **along the way**.

Preaching ministry expands

Thanks to gracious invitations from the Ursuline Sophia Center in Pepper Pike and Our Lady of the Pines Retreat Center in Fremont, the preaching ministry of Sabbath Retreats is expanding.

The Sophia Center, a holistic center open to all, provides sacred space, services and programs to support each individual in her or his quest for a deeply spiritual and healthy life.

This fall Fr. Lou will offer a series at the Sophia Cen-

ter focusing on the spiritual dimension of human relationships.

Our Lady of the Pines, a retreat center in the Toledo Diocese, is operated by the Mercy Sisters on the site of their original Motherhouse in Fremont.

Father Lou will be conducting an evening for married couples in October and a men's retreat yet to be scheduled.

Also in the planning stages is a workshop for teach-

ers with Sister Mary Ellen Brinovec, OSU. "Teaching as Sacrament: Being a Sign of What We Teach," is a day of recollection for Catholic school teachers and parish catechists.

A tentatively scheduled retreat for women with Mary Ellen is also planned.

Visit these two centers on the web at:

www.ursulinesophiacenter.com

www.pinesretreat.org



Our Lady of the Pines
Fremont, OH

Caring for our planet

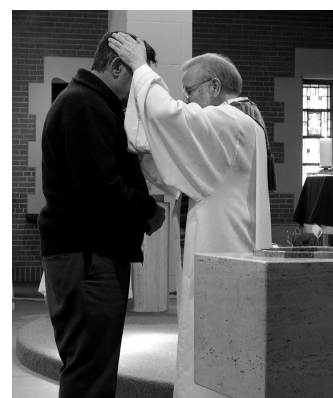
Focusing on God's precious gift of creation, we are called as children of this gracious God to be the faithful and prudent stewards of creation.

In preaching our call to steward creation, Fr. Lou has used an image he calls **The Five Planet Phenomenon**: *If every man woman and child on earth had as many cars, SUV's, vans and pickup trucks as we have in this country we would need five earths to supply the necessary resources.*

To find the source of this image a number of environmental groups were contacted. One of them, the Natural Resources Defense Council, suggested that a similar idea was known as the "Ecological Footprint Quiz."

This Ecological Footprint Quiz estimates how much productive land and water you need to support what you use and what you discard. After answering 15 easy questions you'll be able to compare your Ecological Footprint to what other people use and to what is available on this planet.

Ever wondered how much "nature" your lifestyle requires? You can find out by logging onto the Ecological Footprint Quiz: www.earthday.net/footprint/info.asp



Word ~ Ritual ~ Sacrament

Mission Statement

sabbath retreats

offer both a catechetical experience
as well as a spiritual encounter

make a connection between our lived experience
and the Story of God's love in the Sacred Scriptures
and the Rituals of the Church

root both in a sacramental spirituality

celebrate a Eucharist that does justice

Staying in touch

Please stay in touch with Fr. Lou and his preaching ministry by
visiting his website, E-mailing him or dropping him a line by snail-
mail. Your comments and suggestions are welcome.

Fr. Lou Papes

sabbath retreats

1576 Winton Ave.

Lakewood, OH 44107

Phone: 216-227-8618

E-mail: loupapes@ameritech.net

Website: www.sabbathretreats.org

Voices from the pews

Nativity of Our Lord, Broomfield, CO

- ~The mission was a wonderful combination of music, word, ritual and thought-provoking lecture. Your joy is showing.
- ~Very straight-forward, no tricks-no, gimmicks, low key, good stuff! A real shot in the arm.
- ~Thank you for your presentation of inclusiveness, your work for all peoples, your creativity in the mission and especially for your upbeat attitude.

Saint Monica, Santa Monica, CA

- ~ I loved the way all of us were included and engaged. We were all participants in the mission.
- ~ The retreat was fantastic. The presentations offered ideas I simply never thought of before. Thanks for the stories.
- ~ You have made my wife and me understand our relationship with God and our obligation to our fellow men and women.

Christ Our King, Mt. Pleasant, NC

- ~ If only the Catholic Church could tell of God's love as you have, the young would come back and stay.
- ~ Different—thought-provoking. It also made me think 'differently' about the POOR. I will remember the mission as well as the poor.
- ~ Excellent at getting and holding attention. Touched the heart, stirred up the desire to change.

St. Alphonsus, Greendale, WI

- ~ Fr. Lou was awesome! He touched my soul with a strong message each night delivered with gentle passion and persuasion. I loved the handouts/worship aids. The selections to reflect on were inspiring.
- ~ The Prodigal Son (drama/presentation) reminded me that it's not only my family that needs to return; I do also.
- ~ It rocked! It really moved me and touched my heart. Thank you. Awesome! (Teen)

At the end of
each parish
mission the
participants are
asked to evaluate
the presentations
and rituals. Visit
our website for
more voices from
the pews.

5000 houses in 2005

Thousands of families pray and wait and hope for the miracle of a house. A Food For The Poor house costs only \$2,000, but to the poor, it is a true miracle. Because of the overwhelming need for decent housing throughout the Caribbean and Latin America, Food For The Poor plans to build 5,000 homes for poor families this year in a campaign we call 5,000 Miracles.

When a little boy gave our Lord two fish and five loaves, Jesus miraculously multiplied it to feed the crowd of 5,000. Today, as brothers and sisters in Christ, we can offer up our humble gifts together and build 5,000 homes for destitute families in His honor.

Send your tax-deductible gift today to

Food for the Poor
550 S.W. 12th Avenue,
Deerfield Beach, FL 33442

Please indicate Fr. Lou's identification number
on your check: **22186**

www.foodforthe poor.com



Before



After

WE'RE ON THE WEB!

WWW.SABBATHRETREATS.ORG



Behold, I make all things new!

sabbath retreats

1576 Winton Ave.

Lakewood, OH 44107

Return Service Requested

Preaching Schedule

April, 2005

April 2-3	St. Catherine of Siena	Salt Lake City, UT
April 9-10	St. Mary	Paw Paw, MI
April 16-20*	Christ the King	Philadelphia, PA
April 23-24	Shrine of St. Therese	Pueblo, CO

* Sabbath Retreats Parish Mission: Disciples for the 21st Century

May, 2005

April 30-May 1	St. Mark	St. Mark, IN
May 7-8		
May 9-13	Pilgrimage	Guatamala
May 21-22	St. Francis	St. Albans, WV
May 28-29	Resurrection	Bozeman, MT

June, 2005

June 4-5	Nativity	Washington, DC
June 11-12	St. Catherine	Ravenna, MI
June 18-19	St. James	Chatham, NY
June 25-26	St. Mary	New Buffalo, MI

July, 2005

July 2-3	St. Denis	Chicago, IL
July 9-11	Our Lady of the Sacred Heart	Watertown, NY
July 16-17	Queen of the Miraculous Medal	Jackson, MI
July 23-24	St. Henry	Lincoln Park, MI
July 30-31	St. Timothy	Walkersville, MD

August, 2005

August 6-7	Sacred Heart	Leavenworth, KS
August 13-14	St. John	Liverpool, NY
August 20-21	St. John	Glandorf, OH
August 27-28	St. John the Evangelist	Indianapolis, IN

September, 2005

Sept. 3-4	St. James	Syracuse, NY
Sept. 10-11		
Sept. 17-18	St. Mary	Waterloo, NY
Sept. 24-25		