



# San Damiano Sun

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## San Damiano House of Prayer

### Director:

Sr. Linda Greenwood, OSF

### Assistant Director:

Sr. Kenan Rebholz, OSF

### Core Group:

Don Boisvert

Sr. Linda Greenwood, OSF

Christine Kinnon

Priscilla LeBlanc

Greg Peterson

Karyn Puleo

Sr. Kenan Rebholz, OSF

### Contact Us

San Damiano House of Prayer  
333 Pawtucket Street  
Lowell, MA 01854-0988

978-441-0988

lgosf@netzero.net

sandamiano333@gmail.com

### Visit Us

[sandamiano-houseofprayer.org](http://sandamiano-houseofprayer.org)

## A letter from Sr. Linda

As I sit at my computer on this last day of October 2016, I am glancing outside my office window, watching many leaves as they gently fall from the branches. One of my most favorite books that I read each Autumn is The Fall of Freddie the Leaf (A Story for all Ages) by the late Leo Buscaglia. In that book Freddie has a great friend, whose name is Daniel. Freddie is free to ask his many questions and Daniel is able to mentor.

Many of you know that we have decided to attend to our final chapters/verses of leading this wonderful House of Prayer. It is our plan to no longer be living here nor working at San Damiano House of Prayer by Fall of 2019.

The watching of leaves falling, the words of Freddie and Daniel, and liturgically, these weeks of recalling stories of Saints, Souls and Giving Thanks...are all providing the backdrop and meaning to this mysterious season of "letting go". They are a call to have trust in a God who will lead us...and in many ways God is already there!

All this said, please take careful note of this Newsletter. It shares the ministries that we are involved with this Fall. We will continue to need your prayers and your resources to help us along the way. Many thanks for your caring support.

Peace and all good,

*Sr. Linda Greenwood, OSF*





"Our mission is to offer Franciscan Hospitality to all who come, to provide a safe place where people of all faiths can experience peace, to offer spiritual services according to individual needs and to provide the opportunity to participate in spiritual direction, prayer, and retreats."

## Our Spirituality Ministry

### Our Spiritual Direction Training Program



In October, we began our 10th *Spiritual Direction Training Class*. Since 2008 120 certified Spiritual Directors have graduated from our training program.

Our graduates are currently meeting with spiritual directees in towns and cities throughout New England. Here at San Damiano House of Prayer we have *twelve* active spiritual directors who serve approximately *thirty* directees each month!



In addition to training, we provide essential *Peer Supervision*. These groups support our spiritual directors in their work.

#### Peer Supervision Groups:

- ✚ First Wednesday of the month at San Damiano House of Prayer from 3:30pm–5:00pm led by Amy Hunter
- ✚ Second Tuesday of the month at San Damiano House of Prayer from 1:30pm–3:00pm led by Nancy Harrington
- ✚ Third Thursday of the month at St. Andrew's Parish in Billerica from 7:00–8:30pm led by Karen Coughlin

***Our Franciscan Companions/OSF Lay Associates*** add still another piece to our Spirituality Ministry. Our Franciscan Associates and Companions meet here at the San Damiano House of Prayer on the First Saturday of the month from 12:00pm–3:00pm beginning in October and continuing through June.



“Start by doing  
what is necessary,  
then what is possible,  
and suddenly  
you are doing  
the impossible.”

St. Francis of Assisi

## Our Bereavement Ministry

Our Bereavement Ministries offer help and support to the many who are in need of grief and healing services. We offer:

- ✚ Spiritual Direction for anyone who is grieving the death of a loved one
- ✚ A Monthly Support Group for parents who have lost a child in death



### ***A Spiritual Support Group:***

Each month Sr. Linda Greenwood, OSF, Donna McLaughlin and Cathy Desfosse, through the Emmaus Ministry, facilitate a *Spiritual Support Group for Grieving Parents*. Our Spiritual Support group offers a safe and sacred place for parents to grieve the loss of a child of any age by any cause.

This group meets monthly at the San Damiano House of Prayer, *generally* on the last Saturday of the month from 10:00am to 11:30am.

- ✚ Retreat Experiences for Parents who have lost a child in Death – supporting the Emmaus Ministries in Boston
- ✚ “Attending to the Bereaved Workshop”: 15 hours of classes and 5 hours of a supervised internship experience
- ✚ Spring of 2017 – Enrichment and training for support of Widows and Widowers



### ***Retreat Ministries at San Damiano***

- ✚ Individual Directed or Guided Retreats led by Sr. Linda
- ✚ Small Group Retreats – Space allows for about 15 people for a day retreat



"May God bless you  
and keep you,  
let the face of love  
shine upon you  
and give you peace."

A Franciscan  
Blessing

## Contemplative Eucharist



On the Wednesday evenings during Advent, beginning on November 30<sup>th</sup> from 6:30pm-7:30pm

Fr. Norman Comtois celebrates the Mass in the contemplative tradition.

Contemplative Eucharist offers the invitation to pray with fewer words leaving more space for the experience of emptiness. There is an emphasis on silence, allowing space for the Holy Spirit to emerge.

Contemplative Eucharist is an invitation to bring together silence and mysticism within liturgy. The flow of the liturgy follows the celebration of Eucharist and include moments of blessing, lament, embodiment, sacred scripture, and communion.

Norman Comtois, OMI, a Catholic priest, has ministered as prison chaplain, pastoral counselor, retreat director and teacher.

## The 19<sup>th</sup> Annotation, an Ignatian Retreat

The 19<sup>th</sup> Annotation is a guided retreat conducted by Victor Melo and his daughter, Monica Melo-Ernest. It is open to all and consists of two 12-week sessions, based on the Spiritual Exercises of St. Ignatius. The group follows the life of Jesus beginning in Advent with His birth and continuing through the Easter Season with His Resurrection.

It is a retreat that truly deepens our understanding of Jesus.

The first 12-week session begins on Monday, December 12th and will continue to meet at the San Damiano House of Prayer on Monday evenings from 7:00pm-8:30pm.



*The Spiritual Exercises of St. Ignatius* grew out of Ignatius Loyola's personal experience as a man seeking to grow in union with God and to discern God's will.