

I'm in Control *Author Unknown*

I woke up early today, excited over all I get to do before the clock strikes midnite. I have responsibilities to fulfill today. I am important. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or...I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or...I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or...I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or...I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or...I can celebrate that thorns have roses.

Today I can mourn my lack of friends or...I can excitedly embark upon a quest to discover new relationships.

Today I can whine because I have to go to work or...I can shout for joy because I have a job to do.

Today I can complain because I have to go to school or...eagerly open my mind and fill it with rich new tidbits of knowledge.

Today I can murmur dejectedly because I have to do housework or I can feel honored because the Lord has provided shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped. And here I am, the sculptor who gets to do the shaping. What today will be like is up to me.

I get to choose what kind of day I will have!

Retreat For Widows

(open to all women)

May 19-21, 2006

Theme: *Path to Glory*
on the Glorious Mysteries of the Rosary

Presenter: FR. JOHN GUIMOND, O.F.M. CAP.

Cost: \$140.00

To register call:

Mary Reardon, WP: 920/733-2652

or

Monte Alverno Retreat Center: 920/733-8526

Retreat For Widows

Huntington-Indiana Area

March 17-19, 2006

Theme: *Joy in the Lord*
on the Joyful Mysteries of the Rosary

Presenter: FR. JOHN GUIMOND, O.F.M. CAP.

For information and registration call:
Mae Leedy, WP: 260/356-0919

Thoughts for the Day!

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as "making" a life. I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

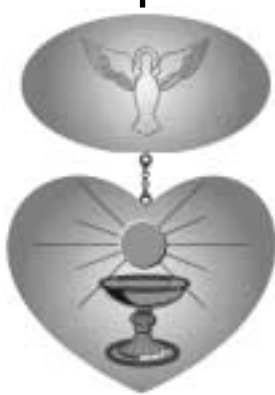
— Author Unknown

Our Mission

To serve Christ through His Church by praying for priests and others in Church Ministry, to be devoted to the Blessed Sacrament and to promote Adoration of Christ in the Eucharist. Faith outreach of each widow is dependent upon talents, health and age.

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Embroidery of Life

Everyone has some familiarity with an embroidery. Some colors are vivid, some are somber. And some people can embroider well while others can't do a half-way good job of it. And the true value of embroidery is the finished product.

I use that term as a way of looking at our life. We talk a lot about making a fresh start but in fact we remain the person we have always been, except that now we may be doing a better job of putting things together. Just as one who embroiders is not busy at the task all the time, so we are not always at our best at the living of our life. Occasionally, we may have to go back and undo something that did not come out very well but, mostly, whatever has been done has been done. There is a movement to life that is meant to be a whole from our birth to our entrance into eternity.

My reason for reflecting on this is that, as I consider the Widows of Prayer, I consider that all their life has been a journey to this particular place of prayer as the central con-

cern. I often speak of 'Holy Reminiscing' because it is good, on occasion, to look at the overall journey. The past adds meaning to the present since the past has been a preparation for the present. All that is now part of our life includes every event that we have experienced. We have no need of regrets. We correct what needs correcting and we move on. If we dwell too much on past mistakes, we frustrate our present journey toward the Holy since our mind is on mistakes and sins when it should be on the graciousness of our God who calls us to a vocation that adds meaning to our life and that will become a part of our eternal glory.

Live well the today of your life since it is part of the fabric of your eternal glorification. May the embroidery of your life be truly a masterpiece.

*Fr. John Guimond, O.F.M. Cap.
Spiritual Advisor of Widows of Prayer
of Huntington-Fort Wayne, Indiana*

What Have I Learned From The Widows of Prayer

As part of the continuing formation of the Widows of Prayer we get together every month and have been reading and discussing some interesting books. We just finished Fr. Martin Pable's book *Prayer – A Practical Guide*. The women found the book very helpful and we had some good discussions. There were discussion questions at the end of each chapter so that was a great help for us.

In the chapter about Praying with the Bible the women seemed to want to become more familiar with the Psalms since they pray the Liturgy of the Hours each day. I found a good book on the Psalms and several of the women are reading it now to help them in their daily prayers.

After finishing Fr. Martin's book we decided to try another one which was just published, *Remaining Catholic – Six Good Reasons for Staying in an Imperfect Church*. Fr. Martin

writes well and is easy to understand so the women enjoy his books. So far we have had some good discussions from this book. One of the first things that we discovered was that all of us seem to have members of our family who are not practicing their faith anymore so now we have some good insights on how we might help them.

One thing that I have noticed as we spend these times together discussing these books, we have learned more and more about the faith journey of each one of us. Our discussions have really been faith sharing sessions and that is wonderful. When we share our faith with one another it always helps to strengthen our own faith. So I think that our sessions each month have been very fruitful.

*Fr. Kieran Hickey, O.F.M. Cap.
Spiritual Advisor of Widows of Prayer*

The Meaning of the Insignia of Widows of Prayer

Our insignia is a gold heart with a chalice, host and rays extending from it. A gold bar at the top has a dove inscribed in it, depicting the Holy Spirit. This insignia is a symbol of who we are and a lifestyle that binds us together. It gives a message to the world as to who we are and what the world can expect of us.

The chalice and the host remind us that we are a people who center our spirituality around the Eucharist. We share one Body and one Blood – we are relatives to one another in the Lord. This is the reason why religious call each other brother and sister.

The dove depicts the Holy Spirit, the fashioner of community in the world and fashioner of holiness in the people of God.

Our insignia reminds us that we have chosen a life of joyful prayer, a life striving for holiness. It is a reminder that we are bound to a faith community by the manner in which we choose to live our life. We allow God's Presence to guide us along the ways He desires us to follow. It is a sign that we are willing to trust God to lead our life – to be what He wants us to be, and to fulfill His Will in our life. We are on a pilgrimage of holiness that will lead us to heaven.

The host and the chalice tell people we are a Eucharistic group, a group in unity among ourselves and with all members of the Church. We are women of the Church, serving the Church, and praying for the Church and it's leaders. As the Church feeds us with the Eucharist, so we feed the Church with prayer.

The example of our lives of prayer and good works for priests and other Church leaders also feeds our families. The more we fulfill our vocation of prayer the more we enrich the Church and the more we ensure the salvation of our loved ones.

Our life as Widows of Prayer is the heavenly insurance policy of the rest of our families. They can collect from our accumulated merits to insure their own entrance into heaven. Our insignia is our symbol of openness to God – of prayer in and for the Church and of an intercessory position on behalf of our families.

In life we sometimes speak most eloquently, not by what we say but by what we do and how we choose to appear before the world. Being a Widow of Prayer is not just a good way to finish one's life. It is a wonderful way to begin a new life filled with Holy Glory. The past is ended and the future is now beginning. Our task is to be faithful to what God has called us to do.

If you are a widow and would like to learn more about Widows of Prayer, call 920/733-2652 if you are in the Appleton or surrounding area of the Diocese of Green Bay. In the Fort Wayne, Indiana area call 260/422-2960. In the Huntington, Indiana area call 260/356-0919.

Mary Reardon, WP

Prayer of Intercession – Gleanings from Fr. John's Teachings

As Widows of Prayer we are fulfilling the role of Apostles and Evangelists in the Church, for we are bringing others to Jesus through our intercessory prayer. Eph 4:11

Give the Lord time for prayer. Make a contract with Him regarding your time for prayer each day. Let nothing interfere with that time. Give the Lord your full attention in prayer.

Your children can get more benefit from one hour of prayer than anything else you can give them.

When a prayer of intercession is answered, don't let pride enter in. It can get in the way of holiness. Praying as a group in intercession preserves humility.

Attitude is important. Actively love the person as you pray for them. See them in your mind. Never be judgmental or critical. Continue to pray for that person with a generous heart.

If you promised to pray for someone, *do it*. Keep a prayer list so you don't forget.

Prayer is Trinitarian:

"When you pray say Our Father..." Luke 11:2

"No one comes to the Father except through me." John 14:6

"The Spirit, too, helps us in our weakness..." Romans 8:26

Therefore we bring our petitions to the Father, through Jesus, in the power of the Holy Spirit.

Dorothy Ward, WP



My Calling as a Servant Leader of the Widows of Prayer in the Huntington Indiana Area

An argument arose among them as to which one of them was the greatest! (Luke 9:46)

We all love to hear words of praise and appreciation and accept with humility when we know in our heart that any well-done job is meant to give glory to God.

As with St. Joseph when he welcomed Jesus as his son with great humility and openness. Never once seeking praise for his calling. St. Joseph embraced not only God's plan for his life but also the divine grace he needed to fulfill that calling.

Jesus, you never abandon us. Grant us the grace so that we can fulfill all your plans for us.

Dear Jesus, you made it clear that those who are greatest are the ones who serve, not the ones who have fame, fortune or authority. Help me adjust my priorities to put others first. Place within me a genuine desire to serve. Enable me to recognize the daily opportunities I have to reach out to those in need in my family, in my church and in my community. Guide me as I strive to follow your example to become a servant leader. Amen (Luke 22:24-27)

Mae Leedy, WP

Quotes from “Widows of Prayer”

When I was widowed 37 years ago, my sons were 14, 13, 12. My daughters were 5, 4 and 10 months. I just found this quote again the other day. It helped me.

“It’s all right – questions, pain, stabbing anger can be poured out to the Infinite One... Our wounded ragings will be lost in him and we will be found. For we beat on his chest from the circle of his arms.” From “When Life Takes What Matters” by Susan Lenzkes

As a Widow of Prayer I have found that the hours that sounded like a lot really aren’t. It seems like I’m always adding to my prayers.

Lola A. Dorsett, WP

Adoration Before the Blessed Sacrament...

It has always been something I have enjoyed even back when I was in high school and we had a small chapel there – before classes in the morning – before exams – and even sometimes between change of classes, we would stop by to make a visit for maybe five minutes. It was always just a short prayer and then a dash to the next class. However, through the years, the busyness of my life seemed to take up much of my time, and the practice of Eucharistic visits dwindled. Now, since it is encouraged by the Widows of Prayer that we make this part of our prayer time – this practice has truly come alive for me again.

We are very fortunate here in Fort Wayne to have several churches with Exposition of the Blessed Sacrament 1 or 2 days a week as well as the Perpetual Adoration Chapel at St. Jude’s open 24 hours daily, and people really do come at all hours.

It is for me a place of complete quiet which is conducive to prayer as well as a time for just resting in the arms of Jesus.

“Mighty and wonderful are your works – Lord God Almighty.” Rev. 15:3

Mary Voors, WP
Member of Widows of Prayer Fort Wayne –
Lady of the Blessed Sacrament Group

Great News! Chapel of Divine Mercy

The renovation of the Chapel of Divine Mercy at St. Pius X Church is finished. Heating/cooling and insulation problems have been rectified, and the seating capacity has been increased. A crucifix and stained glass windows of Mary and Joseph have been added as well as a reliquary containing a first class relic of St. Faustina.

A big “thank you” to the adorers of the Chapel (who come from several area parishes) and who, by their financial contributions, made these necessary changes possible.

To sign up for a weekly hour of adoration, call 920/733-2652.

“Come to me all you who labor and are burdened and I will give you rest.” Matthew 11:28

What is Resilience?

Resilience is the process of adapting well in the face of adversity, trauma, death of a loved one or other stressful happenings. It means “bouncing back” from difficult experiences. Resilience can be learned and developed by anyone.

The following are a few points to remember that will help build resilience:

- 1. Make Connections:** Good relationships with close family members, friends or others are important. Faith based organizations, like Widows of Prayer, provide support and can help to reclaim hope.
- 2. Avoid Seeing Crises as Insurmountable Problems:** You can’t change the fact that stressful things happen, but you can change how you respond to these events.
- 3. Accept that Change is a Part of Living:** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.
- 4. Move Toward Your Goals:** Do something regularly – even if it seems like a small accomplishment – that enables you to move toward your goal.
- 5. Look for Opportunities for Self Discovery:** People often learn something about themselves and find they have grown as a result of their struggle with loss. People who have experienced tragedies and hardships may gain better relationships or a greater sense of personal strength and a heightened appreciation for life.
- 6. Nurture a Positive View of Yourself:** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.
- 7. Maintain a Hopeful Outlook:** An optimistic outlook enables you to expect good things will happen in your life. Try visualizing your blessings instead of your trials or fears.
- 8. Take Care of Yourself:** Exercise regularly. Meditation and spiritual practices help people build connections and restore hope. Pray more and complain less.

The key is to identify ways that are likely to work well for you as part of your personal strategy for fostering resilience.

On Friendship

A true friend knows your weaknesses but shows you your strengths; feels your fears but fortifies your faith; sees your anxieties but frees your spirit; recognizes your disabilities but emphasizes your possibilities.

William Arthur Ward, Educator