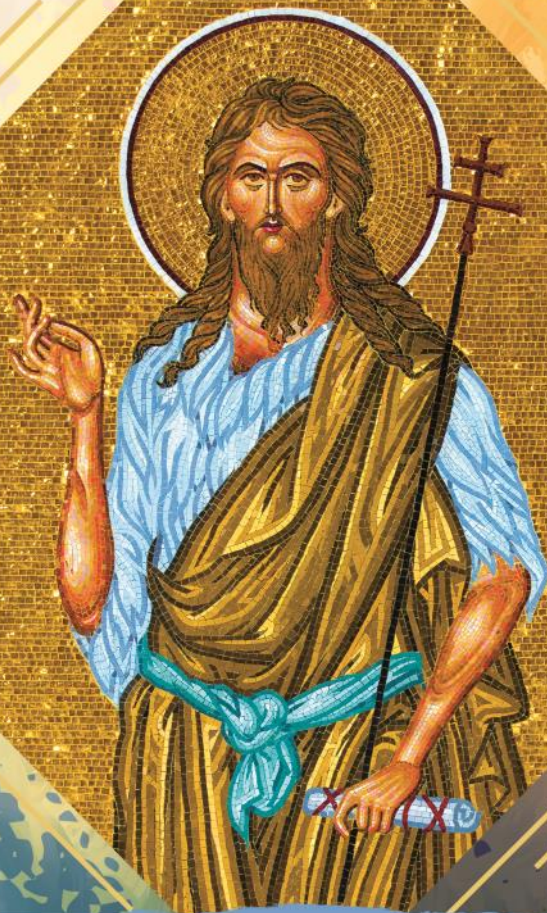


# St. Elizabeth Ann Seton

## Catholic Church



February 18, 2024



### 1ST SUNDAY OF LENT

**"The kingdom of God is at hand. Repent,  
and believe in the gospel." - Mk 1:15**

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI

**Saint Elizabeth Ann Seton Catholic Church Parish Mission Statement:**

**Inspired by our patroness Saint Elizabeth Ann Seton,  
we seek God with diligent love and find God in daily  
service with sincere faith.**

### WELCOME TO OUR PARISH COMMUNITY!

A warm welcome to St. Elizabeth Ann Seton Catholic Church! If you regularly attend Mass with us, we invite you to become registered members of our parish community. Registration forms are located in the gathering space, and online. You are also invited to stop by the parish office and complete a registration form. We would love to meet you and answer any questions you might have.

### MASS SCHEDULE

#### WEEKEND MASSES

Saturday Vigil Mass 4:00 pm  
Sunday 9:00am and 11:30am

#### WEEKDAY MASSES

Tuesday, Wednesday, Friday,  
5:30pm

#### RECONCILIATION

**SATURDAY** 2:30pm - 3:30pm  
or by appointment.  
Call the office to schedule.

### OUR PARISH

1000 Andrews Road  
Fayetteville, NC 28311  
phone: 910-488-1797  
website: [seaschurch.net](http://seaschurch.net)  
Office Hours: M-Th 8:00am-4:00pm  
Fri 8:00am-3:00pm



Like us  
[SEASChurchFayetteville](https://www.facebook.com/SEASChurchFayetteville)



Parish App through myParish  
Download in the App Store or  
Google Play



[instagram.com/  
seaschurchfayetteville/](https://www.instagram.com/seaschurchfayetteville/)

# OUR PARISH

**Rev. Arturo Cabra**

**Pastor**

[fr.arturo.cabra@raldioc.org](mailto:fr.arturo.cabra@raldioc.org)

910-912-9019

**Rev. Steven Canali**

**Deacon**

[deacon.steven.canali@raldioc.org](mailto:deacon.steven.canali@raldioc.org)

910-912-9018

## PARISH STAFF

**Carol Johnson**

**Office Manager**

[carol.johnson@seasfay.org](mailto:carol.johnson@seasfay.org)

910-912-9011

c: 910-818-9145

**Kevin Mitchell**

**Director of Religious Education**

[kevin.mitchell@seasfay.org](mailto:kevin.mitchell@seasfay.org)

910-912-9015

**Holly Scott Sujack**

**Youth Minister**

[holly.scott-sujack@seasfay.org](mailto:holly.scott-sujack@seasfay.org)

910-912-9014

**Beth O'Leary**

**Parish Life Coordinator**

[beth.oleary@seasfay.org](mailto:beth.oleary@seasfay.org)

910-912-9016

**Kate Kane**

**Bookkeeper**

[kate.kane@seasfay.org](mailto:kate.kane@seasfay.org)

910-912-9012

**Jason Schauer**

**Facilities Manager**

[jason.schauer@seasfay.org](mailto:jason.schauer@seasfay.org)

910-912-9017

**Jill Austin**

**Music Director**

[jill.austin@seasfay.org](mailto:jill.austin@seasfay.org)

c:910-366-2634

**Mark Gronski**

**Safe Environment Coordinator**

[mark.gronski@seasfay.org](mailto:mark.gronski@seasfay.org)

## COUNCIL CHAIRS

**Pastoral Council Chair**

**Colin Jorsch**

e: [cojorsch@gmail.com](mailto:cojorsch@gmail.com)

**Finance Council Chair**

**Larry Iwanski**

c: 678-429-5547

e: [larry.iwanski@gmail.com](mailto:larry.iwanski@gmail.com)

## MINISTRY SCHEDULE

### Sat. Feb. 24 @ 4:00pm

R1: Christie Yencho

R2: Diane Scherr

SH: Dawn Leone

CA: Deacon Steve

HF: Tom Donnelly

CB:

S1:

S2:

Sacris.: Bill Castillo

### Sun. Feb. 25 @ 9:00am

R1: Tyler Heimann

R2: Monica Stephenson

SH: Gina Jorsch

CA: Deacon Steve

HF: Mary Ann Valente

CB: Dominic Canali

S1: Jake Gaguzis

S2: David Heimann

Sacris.: Paulette Sanford

### Sun. Feb. 25 @ 11:30am

R1: José Plaza

R2: Larry Iwanski

SH: Sheila Flynn

CA: Deacon Steve

HF: Marvel Rushing

CB: Maggie Kane

S1: Derek Auriemmo

S2:

Sacris.: Blanca Plaza



### SCAM ALERT!!

-if you receive a text message or email that

appears to be from Fr. Arturo asking for a phone call, money, gift cards, etc., please DISREGARD and DELETE it is a scam! The requests appear genuine. If you receive email or text and you are not certain it is legitimate, please call the office before responding.

## WEEKLY CALENDAR

### SUN FEBRUARY 18-1ST SUNDAY OF LENT

9:00am Mass

11:30am Mass

### MON FEBRUARY 19

6:00am Pray to Start Your Day-Chapel

9:00am Senior Fitness-PH

7:00pm Columbiette Mtg.-PH

7:00pm Scouts Mtg-PH

### TUE FEBRUARY 20

5:30pm Mass

6:00pm Cub Scouts-PH

### WED FEBRUARY 21

9:00am Senior Fitness-PH

5:30pm Mass

6:10pm Choir Practice-CH

### THUR FEBRUARY 22

6:00am Pray to Start Your Day-Chapel

7:00pm Adult Formation-PH

### FRI FEBRUARY 23

5:30pm Mass

6:00pm Simplicity Meal-PH

7:00pm Stations of the Cross-CH

### SAT FEBRUARY 24-2ND COLLECTION

#### BLACK & INDIAN MISSIONS

9:00am Catechist Meeting-PH

10:00am Youth Choir Practice-CH

2:30pm Reconciliation-CH

3:30pm Rosary-CH

4:00pm Mass

### SUN FEBRUARY 25-2ND COLLECTION

#### BLACK & INDIAN MISSIONS

9:00am Mass

10:15am Faith Formation Sessions-PH

10:15am RCIA-DRE Office

11:30am Mass

4:45pm Confirmation Prep-PH

6:00pm Youth Ministry-PH

6:00pm Adult Formation-Chapel

## IN MEMORIAM

Please Pray for the repose of the souls of our recently departed.

**Sanford Rackley**

**Ted Allen**



# PRAYER & SPIRITUALITY

## MASS INTENTIONS

**Saturday—February 17, 2024**

4:00pm Pro Populo\*

**Sunday—February 18, 2024**

9:00am †York Mobley Winstead (Fr. Arturo)

11:30am Prayers for the Greene Family (Shannon Munnerly)

**Tuesday—February 20, 2024**

5:30pm †Charlie VanStone (by Charlene VanStone)

**Wednesday—February 21, 2024**

5:30pm †Ed Williams (by Gloria Williams)

**Friday—February 23, 2024**

5:30pm †David Wilson (by Donna Devico)

**Saturday—February 24, 2024**

4:00pm †Manuel Tayao (by Josefina Tayao)

**Sunday—February 25, 2024**

9:00am †Otto Florschütz, III (by Fr. Arturo)

11:30am Pro Populo\*

**Tuesday—February 27, 2024**

5:30pm †Shanna Sholly (by Arlene Herr)

**Wednesday—February 28, 2024**

5:30pm †Margarita Sanchez (by Jessica Ortiz-Sanchez)

**Friday—March 1, 2024**

5:30pm †Don & Helga Soland (by Walt & Barbara Dietrich)

\*For the People of the Parish

## Mass Readings—February 25, 2024 Second Sunday of Lent

First Reading: Genesis 22:1-2, 9a, 10-13, 15-18

*"The sacrifice of Abraham, our father in faith."*

Responsorial Psalm: Psalm 116:10, 15, 16-17, 18-19

*"I will walk before the Lord, in the land of the living."*

Second Reading: Romans 8:31b-34

*"God did not spare his own Son."*

Gospel: Mark 9:2-10

*"This is my beloved Son."*



As we journey during this Lenten Season, let us take time to reflect on our marriage. What can we do to make our marriage even better?

Enrich your marriage by taking part in a Worldwide Marriage Encounter Experience on

Mar 8-10, 2024 in VIRTUAL WEEKEND, NC and May 3-5, 2024 in HICKORY, NC. Early sign up is recommended.

For more information visit our website at:

<https://NCMarriageDiscovery.org> or contact us at [applications@NCMarriageDiscovery.org](mailto:applications@NCMarriageDiscovery.org) or 704-315-2144.

## Prayer Requests

**Please remember all the sick & home bound of our parish in your prayers, especially...**

**Sick:** Col. Fr. Kelly, Fr. Thomas Gaul, Andrew Scarano, Carrie Groves, Gail Surles, Jesse Susuico, BJ Kramer, Michael Mahalik, Gail Rackley, Marvel Rushing, Mary Mays, Nelson Colon, Susan Preston, Michael Deep, Ginko Reeder, Robert & Joe Acosta, Daniel Botero, Lou Hall, Sam Hart, Regina Bellscheidt, Robert Pollard, Pat Tremblay, Mary Burnham, Peggy McCray, Donna Thompson, Jean Lund, Tina & David Young, Renate Trevino, Mario & Cooki Triolo, Barbara Anderson, Augustine Gnanago, Mary Ellen Rinklin, John Patrick Lohran, Luis Ortiz, Mary Alt, Frank Kennedy, Jeanne Moore, Patti Humbert, John Lewis, Diane Ramsey, Oscar Larrea, David & Joanne Hunt, H.T. Evans, Allen Elmore, Fern Dulac, Don & DeeAnn Fontes, Peggy Hale, Mac McCloskey, Pat Chambers, Craig Zaleski, Brian Cramer, Ken Pierce, Greg & Lillian Pechmann, Carlota Cleron, Corrine Powers, Mynra Colon-Alcaraz, Josh & Jenny Kahn, Devin Stanford, Mike & Dianna O'Meara, Kathryn Kuziel, Darleen Lockard, Stephanie & Bruce Burch, Michael Hunt, Kendra Balcom, Kerry Cronin, Mac Lender, Frank Cannizzaro, Margie Ray, Maura Kane, Sharon McLin, Michelle Lancaster, Mary Grace, Marie Joyner, Bonnie Cockerham, Ann Sorenson, Gloria & Michelle Wilson, Amaro & Mamie Burgos, Claudia Dobbs Joyner.

**Homebound:** Ken Deutsch, Frank McMahon, Louise Lorbati, Rosemary Cartner, Joan Selkridge, Vivian Marth, Lydia & Mike Speranza, Donald Saam, Jo Donnelson, Raquel Dubreuil, Judy Cox, Jane Ramundo, Mary Hausle, Virginia Caudel, Yolanda Rivera, Annette Smith, Angela Okorieocha, Mildred Escobedo.

**Please call the office to add/remove names.**



**Do you know of a parishioner that is in the hospital, a care facility or homebound?**

We often do not know when someone is in the hospital or that they are in a nursing home or assisted living facility unless the parishioner or a family member contacts us. The parish sick and homebound ministry visits those that are homebound or in a care facility, and brings Holy Communion from Lay Ministers. **It is important that you let us know where you are or that you would like us to visit you.** Even if it is only temporary due to chemotherapy/medical treatments, rehabilitation, or if the need is long term, contact Beth to set up weekly visits from the parish.

# LEARNING & GROWING

## FAITH FORMATION

Director of Religious Education: Kevin Mitchell  
[kevin.mitchell@seasfay.org](mailto:kevin.mitchell@seasfay.org) / 910-912-9015



Faith Formation Schedule:

**February Sessions: 25th**

**March Sessions: 3rd, 10th, 17th**

### Empty Oatmeal Containers Needed!



The children and youth preparing for 1st Communion are learning about the sacred vessels used during holy Mass, especially those used in relation to Holy Eucharist.

We need **empty 2lb. oatmeal containers** for a special project.

A total of **35** containers are needed by **March 1st**.

Empty containers can be brought to the parish office or placed in the minister's room in the church.

**Thank you!**



**RCIA (Rite of Christian Initiation of Adults)** Carole Samperton—  
[carole.samperton@seasfay.org](mailto:carole.samperton@seasfay.org)

Do you wonder what's involved in joining the Catholic Church? Are you a member of another religion and want to know what it is that Catholics believe? Is your spouse or friend a faithful Catholic whose way of life and peace of mind impress you? Want that same sense of fulfillment? Are you a Catholic who has never received the sacraments of Eucharist or Confirmation? **Sessions meet Sunday Mornings 10:15-11:15am in the parish hall.** Please contact the RCIA team. More information can be found on our website: <https://www.seaschurch.net/RCIA>

## Baptism Preparation

**Sunday, March 17th  
2:00pm in the parish hall.**



Session required for parents and godparents.  
Call the parish office to register.

## YOUTH MINISTRY

Youth Minister: Holly Scott Sujack  
[holly.scott-sujack@seasfay.org](mailto:holly.scott-sujack@seasfay.org)

It's never too late to participate in Youth Ministry! Come to any session and speak with Holly or Deacon Steve.

**January Sessions: 28th** **Sessions: 25th.**

**March Sessions: 3rd, 10th, 17th**

Sessions meet from 6:00-7:30pm in the parish hall



### Confirmation Preparation Sessions:

Sessions meet from 4:45 – 5:45 p.m. in the parish hall.

**February Sessions: 25th.**

**March Sessions: 3rd, 10th, 17th**

Reminder: Baptism & Sponsor forms due ASAP.



If you are interested in any aspect of faith formation—from children to adults—please contact Kevin Mitchell in the office. We would love to expand our programs, especially young adult/adult formation. Please reach out if you are interested in this ministry.



GriefShare is a 13-week, Christ-centered, biblically based support group seminar.

A grieving person can join at any time during the 13 weeks. The session shows a video presentation followed by small group discussion about the video. The

GriefShare videos present experts,

ministers, and Christian counselors discussing grief and recovery subjects helpful to people in grief. Real people share their stories of what has helped them deal with the pain of losing a family member or friend through death.

During the week between meetings, group members complete a daily Bible study and practical exercises to help them heal from grief. GriefShare is for people who have lost a spouse, child, family member, or friend through death. You can find out more information about our series by going to our website under the family life ministry tab. The series began Monday, February 12, 2024. We are offering Morning session at 10:00AM until 11:30AM and evening session from 6:00 to 7:30pm. To register or for questions, please contact Maureen Devan at: [GriefShareStPat@yahoo.com](mailto:GriefShareStPat@yahoo.com)



# OUR COMMUNITY



**KNIGHTS OF COLUMBUS**  
**SONS OF MOTHER SETON COUNCIL 9847**  
Grand Knight- Michael Gintz  
gintzml@gmail.com / 770-845-8589

The Knights of Columbus is an organization of Catholic men, 18yrs. and older, who are committed to making their community a better place while supporting their Church. The Knights are involved in the local community, and support the church and its causes, all while deepening their faith. They also believe in protecting and enhancing their family life. Meetings are held the second Wednesday of the month in the parish hall. To join, or for more information, contact Mike Gintz, any Knight, or [go to KofCNC.org](http://KofCNC.org) and [click join us](#).



**COLUMBIETTES**  
President-Carole Samperton  
910-391-0354/ [csamperton@nc.rr.com](mailto:csamperton@nc.rr.com)

The Sons of Mother Seton Columbiette Auxiliary #9847 is a Catholic women's ministry. We are dedicated to our faith, family, friends, parish and community. For more information on our organization, please go to our webpage: <https://columbiettes9847.com/> and our facebook page: <https://www.facebook.com/Columbiettes9847/>  
If interested in joining this Auxiliary, please contact any Columbiette or President Carole Samperton.

## SETON SENIORS

POC-Donna DeVico: 910-822-1970

We are an organization of seniors, 55 and older. You do not have to be a member of St. Elizabeth Ann Seton parish to join our group! We are organized through the Cumberland County Parks and Recreation and participate in many of their activities. We are a lively group with a full agenda of fun, laughter and fellowship-please consider joining us!

**Join us for our next meeting: March 14th at 10:30am.**

## PRAYER SHAWL MINISTRY

**Tuesday, February 27th at 10:00am - Parish Hall**

All are welcome to join us! Your creations are meant to provide hope, comfort and healing to those most in need of a tangible reminder of God's love for them. Through the work of your hands and your prayers, the prayer shawl you create will be a reminder of God's ever present love.



**ALTAR ROSARY SOCIETY**  
POC- Priscilla Butler 910-920-3806

We are a group of adult Catholic ladies that minister to the physical and spiritual needs of the parish community as deemed appropriate by the pastor. All ladies of the parish are welcome to join us at any meeting.

**Our next meeting will be March 21st at 5:30pm in the deSales Chapel.**



## MUSIC MINISTRY

Music Director- Jill Austin  
[jill.austin@seasfay.org](mailto:jill.austin@seasfay.org) / 910-366-2634

*"Be filled with the Spirit, addressing one another [in] psalms and hymns and spiritual songs, singing and playing to the Lord in your hearts..."*  
- Ephesians 5:18-19

**February Rehearsal: 21st at 6:15pm in the church.**

More info at: <https://www.seaschurch.net/music-ministry>



## SCOUT TROOP 82

Scouts are for youth ages 11 and older who have completed 5th grade. Meetings held Mondays from 7:00pm-8:30pm

Charter Organizational Rep.- Dawn Leone: 910-213-6726  
[dawnleone1991@gmail.com](mailto:dawnleone1991@gmail.com)

Troop 82 Facebook page: [facebook.com/ScoutsTroop82NC](https://facebook.com/ScoutsTroop82NC)

## CUB SCOUT PACK 82



Cub Scout Pack 82 is for youth ages 5-10.

Meetings are held Tuesdays 6:00pm-7:00pm

Committee Chair, Matthew Clark: 910-364-7479 / [armymutt@gmail.com](mailto:armymutt@gmail.com) or

[pack82.fayetteville@gmail.com](mailto:pack82.fayetteville@gmail.com)

Cubmaster Lawrence Murphy: 910-354-5458 or

[lawrencemurphy006@gmail.com](mailto:lawrencemurphy006@gmail.com)

Scouting is a fantastic program for youth that is based on the following attributes: Trustworthiness, Loyalty, Helpfulness, Friendliness, Courtesy, Kindness, Obedience, Cheerfulness, Thriftiness, Braveness, Cleanliness and Reverence. The programs focus on the outdoors-camping, hiking- but also offers opportunities to explore a wide spectrum of topics from robotics and computer programming to archery and climbing. General info and videos available at: <https://www.scouting.org/programs/cubscouts/>

## SENIOR FITNESS

POC- Stacey Cashwell

**Sessions meet each Monday and Wednesday at 9:00am!**

Senior Fitness meets weekly. Sessions are FREE and open to anyone 50+ (although no one is turned away). Sessions last 1 hour and focus on balance, strength and some cardio. Participants supply their own hand weights and are encouraged to wear clothing in which they can move freely. Stacey is a certified aerobics and senior fitness instructor as well as a registered nurse.



# AN OFFERING OF GIFTS

Please note that the weekly numbers may sometimes be delayed by a due to bulletin deadlines, availability of numbers, etc.

## January 27/28 Offertory:

In pew /mailed in: \$3,811.00  
Online Jan. 22-26: \$5,207.50  
Total \$9,018.50

## January 20/21 Offertory:

In pew/mailed in: \$4,280.19  
Online Jan. 8-12: \$3,719.35  
Total \$7,999.54

**Whether you give using offertory envelopes, donate online, with checks or give cash,** your financial support of the parish is essential and appreciated! Your contributions make it possible for the parish to continue to move forward and build up our ministries! Also, as our buildings continue to age, your financial help is crucial for repairs, maintenance, and necessary upgrades.

[Thank you for your generosity and support of St. Elizabeth Ann Seton parish!](#)



Our parish offers electronic giving through WeShare. The WeShare platform, is an Easy, Safe and Secure way to support

St. Elizabeth Ann Seton parish. To set-up a recurring weekly or monthly gift, or to make a one-time donation directly from your bank account or credit card, please visit:

<https://www.wesharegiving.org/app/giving/WeShare-2848?tab=home> to get started! Contact Carol for help.



## BAA Continues

The 2024 Bishop's Annual Appeal funds many ministries that allow us to serve our communities, not just our parish community, but our larger Catholic family. We are celebrating 100 years of our Diocese: Learning from our History and Shaping our Future.

Our parish goal this year is \$65, 240.25. We ask each family to prayerfully consider pledging \$350.00 to the Appeal. If you have any questions please reach out to Kate Kane in the parish office. [Kate.kane@seasfay.org](mailto:Kate.kane@seasfay.org) / 910-912-9012. More information can also be found on the Diocese website: [Bishop's Annual Appeal | Diocese of Raleigh](#)

## Contribution Statements

2023 Contribution statements for tax purposes are available.

We do not automatically send them out. If you need a statement, please contact Kate Kane and she can mail or email it to you. [Kate.kane@seasfay.org](mailto:Kate.kane@seasfay.org) / 910-912-9012



## 2nd Collection Next Weekend for the Black and Indian Missions

The Black and Indian Mission Office is comprised of three distinct but inter-related organizations, each with its own purpose and history, but all seeking to fulfill the one Mission to the Missions! Founded by the Catholic bishops of the United States, each organization cooperates with local diocesan communities to spread the Good News of Jesus Christ and respond to real and pressing needs on the ground. Learn more here: [Home | Black and Indian Mission](#)

**PLEASE NOTE:** Offertory Baskets will not be passed during Masses for the 2nd Collection. Please look for the marked boxes in the gathering space, and drop your donations there.



## Art & Environment Ministry

This ministry helps to foster and create a physical environment of beauty and reverence in the worship space and the gathering area throughout the liturgical year.

Many talents are needed in this ministry. Design, sewing, set up, plant care, and more! We are always looking for parishioner involvement in this area. If you are interested in helping with this most important ministry, please contact Beth O'Leary: 910-912-9016 or [beth.oleary@seasfay.org](mailto:beth.oleary@seasfay.org).



## Hospitality

*Do not neglect hospitality, for through it some have unknowingly entertained angels.*  
(Hebrews 13:2)

The Hospitality Ministry is comprised of a group of parishioners who work together to plan, organize and host many parish social events. Many different talents are utilized.

We need people who like to prepare food, decorate, help serve, set up, clean up,

organize and lead, among other talents. If you have time, gifts and talents that you would like to share with the parish, please consider becoming a part of this important parish ministry. Please contact Beth O'Leary in the parish office to learn more or to see how you can help.

**If you helped in the past with funeral receptions and other events, and are willing or able to continue-please reach out and let Beth know.**

# LENT OPPORTUNITIES



## Area Penance Services:

February 22nd—St. Patrick—7:00pm  
 February 26—St. Ann—5pm-7pm  
 February 27th—St. Elizabeth Ann Seton—6:30pm  
 March 5th—St. Andrew (Red Springs) - 6:30pm  
 March 12th—St. Ann—1pm-3pm  
 March 12th—St. Anthony of Padua (So. Pines) - 6:30pm  
 March 12th—Sacred Heart (Dunn) -6:30pm  
 March 13th—St. Elizabeth of Hungary (Raeford) - 6:30pm  
 March 14th—Sacred Heart (Pinehurst) - 11am-1pm  
 March 19—St. Frances deSales (Lumberton) - 6:30pm  
 March 20th—Good Shepherd (Hope Mills) - 6:30pm  
 March 21st—St. Stephen (Sanford) - 6:30pm



## LENTEN RICE BOWLS

CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official relief and development agency of the United States Conference of Catholic Bishops. Through CRS Rice Bowl, faith communities in every diocese

throughout the United States put their faith into action through prayer, fasting and almsgiving. Lenten alms donated through CRS Rice Bowl support the work of CRS in roughly 45 different countries each year. 25% of all donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty

Visit our website for more Lent opportunities:

[Lent Opportunities | St Elizabeth Ann Seton \(seaschurch.net\)](http://Lent Opportunities | St Elizabeth Ann Seton (seaschurch.net))

## FRIDAYS DURING LENT

MASS- 5:30pm



## SIMPLICITY MEALS

6:00pm in the parish hall.

A simple meal of meatless soup and bread (PB&J for the children).

We gather together as a community to enjoy a sacrificial meal, remembering those among us who do not have enough to eat. We request you consider making a cash donation equal to a eating a meal out. At the end of Lent, all donations are given to Operation Inasmuch's Breakfast Program which feeds the homeless in our community. Each week a different parish organization hosts. The Scouts host the February 23rd meal.



## STATIONS OF THE CROSS

7pm in the Church

Come for a prayerful meditation of Jesus' final earthly hours.



STOP:	START:
SPEAKING	LISTENING
PLANNING	ACTING
COMPLAINING	INSPIRING
WORRYING	HOPING
DOUBTING	BELIEVING
DOING NOTHING	WORKING HARD
FROWNING	SMILING
BEING SUSPICIOUS	TRUSTING
BEING RUDE	UNDERSTANDING
HATING	LOVING
RESENTING	BEING GRATEFUL