

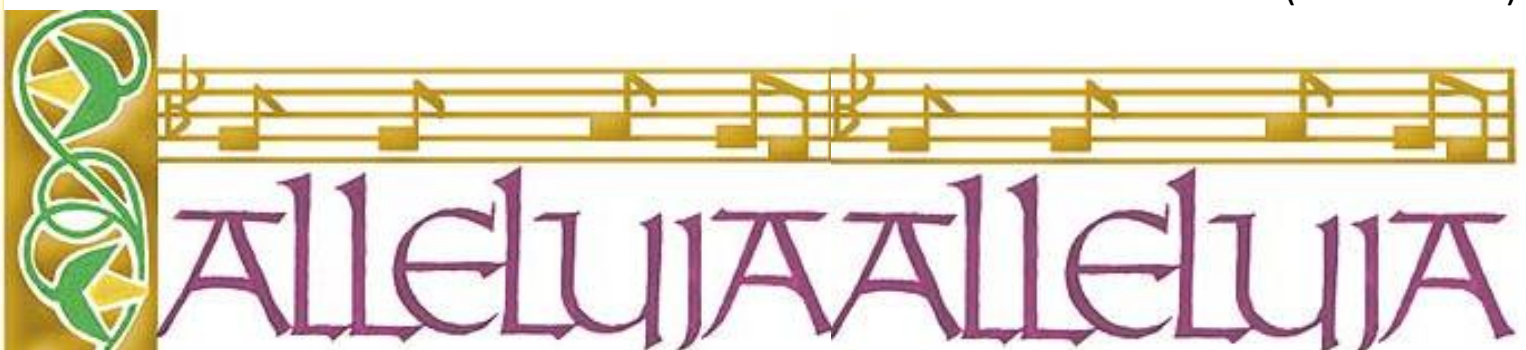
## Alleluia - Christ is risen!

There is an important symbol in the Easter Vigil where there is a moment of great richness. It is singing the new song - **the alleluia**. When a person experiences great joy, they cannot keep it to themselves. They must express it, communicate it. But what happens when a person is touched by the light of the Resurrection and thus encounters Life itself, with Truth and with Love? He or she can't just talk about it. Talking is no longer enough. He or she must sing. The act of singing is first mentioned in the Bible after the passage of the Red Sea. Israel freed from slavery. They came out of the threatening depths of the sea. They were born again. They can live again, and they are free.

The Bible describes the reaction of this great event of salvation with the phrase: "The people believed in the Lord and in Moses his servant" (Ex 14:31). There follows the second reaction which, by a sort of inner necessity, arises from the first: "Then Moses and the people of Israel sang this song to the Lord...". During the Easter Vigil, every year, we who are Christians sing this song as our song, because we too, through the power of God, have been drawn out of the water, liberated and restored to true life. The saving hand of the Lord supports us, and so we can sing from now on the song of those who are saved, the new song of those who are resurrected: **alleluia! Amen**.

Christ is risen!

**-Fr. Nilson** (Coordinator)





## “John Paul II Project” Advent Retreat - Testimony



The theme of the retreat, “Advent in the Rockies,” and the theme of the season of Advent in general is a high call, a high bar for a 24-year-old like me. Waiting, patience, one step at a time, and hope for the coming of Christ has been the Lord’s pressing demand on me for consecutive years, a theme ever-present in my time in Estes Park. The wisdom provided from the **Community of the Beatitudes** during this retreat testified to the Virgin Mary and St. Joseph’s example of patience, waiting, and excitement for the coming of the King even in their most desperate, most influential years.

Hearing the example of faith in the Virgin Mary, and St. Joseph, and the wisdom of the Advent Season calls me to action in my return to normal life-- not action in the changing of habits nor living situation, but an internal change in walking with confidence that the King has magnificent plans for me and will abundantly bless me when I am led by the Spirit.

This is the grace the Lord gave me during the Advent in the Rockies retreat -reliance- and confidence. I am excited to return home to put this newfound “reliance” to the test of time, and see if I can be led by the Spirit day after day- a tall task for a young adult like myself who seemingly has every available option for any trajectory in life.

In summary, I am leaving the retreat with the belief in my heart that the Lord will make discernment easier because He is a clear and simple God. The new song, my new prayer, during this Advent season goes like this- “Cast me down, Lord, I will worship you from low. Cast me down, Lord, all the way to obedience!”

**-Caden**



## The “Eucharistic Revival” - Parish Year

The U.S Bishops have launched a three-year initiative called the “Eucharistic Revival” to renew the church by rekindling devotion to the Eucharist, the source and summit of our Catholic faith. This 2nd year, beginning with the Corpus Christi Solemnity (June 11, 2023), is the Parish year. We will especially pray to the Lord for our parish of St Catherine of Siena so that a “REVIVAL” can happen in our parish, which literally means: “Bringing alive what is dead”. And this is something only God himself can do!

At St Catherine of Siena Parish, we have



launched eight initiatives which are built around the three transcendentals:

1. **Beauty:** with the Corpus Christi procession in June; Adoration of the Blessed Sacrament in the church at our Festival in August (and 24/7 in our Adoration Chapel); and a longer time of thanksgiving after Holy Communion to help us abide in the presence of the Lord.
2. **Good:** From the Eucharist comes our service to the poor. Once a month we are preparing and serving a meal to the homeless people downtown; every other month praying for the sick during an English healing mass, and the Spanish healing mass is every month.
3. **Truth:** During our three “fellowship Sundays” during the year, we will be instructed on the richness of the Eucharist through teachings and the meditation of texts from the Magisterium on the Eucharist. Additionally, two Icons of the Last Supper with a meditation booklet are visiting English and Spanish speaking families every week, to bring this Eucharistic Revival to the heart of family life.

**-Fr. Luc** (Pastor)



“The Eucharist Revival is a call back to the heart of the faith so that we can be vessels of Christ in our families, communities, and parishes.”

— U. S. Conference of Catholic Bishops



## “Break Time with God” - Mathilde



My name is Mathilde Baudouin, I come from Alençon (Normandy) in France. I'm currently volunteering in Denver with the Beatitudes community for 3 months. This year, I wanted to devote some time to God, in order to grow spiritually and humanly.

At the end of January, I had the opportunity to go on a 3-week road trip with a colorful team! We traveled through several states (Kansas, Missouri, Michigan, and Ohio) to meet students. The road trip was a real adventure, as I discovered a little more about American culture and its different faces. I really benefited from the opportunity to rub shoulders with young American Christians, because their faith is alive and vibrant, and they are eager to deepen

their faith through, Bible groups, the sacraments, their involvement in missions, etc. These encounters have nourished me because through them I've witnessed the beauty of their faith and their joy at being Catholic. I was also touched by the fraternal welcome we received. It was like visiting friend after friend! In fact, at the end of the day, we were like one big family taking care of each other. It made me realize that the depth of faith is cultivated with the help of others. On your own, you run out of steam, get exhausted, and can easily give up, whereas together, you're supported and helped every step of the way.

On the other hand, as in any adventure, there have also been challenging and difficult moments, as the pace of life is more intense and tiring. Personal time also helped me to grow, step back and listen to God and myself.

In this way, this experience has opened doors for me, because the fact of going away has given me new perspectives and clarified my questions. I'm grateful to have met all these people and to have shared this missionary time with the amazing 2024 team: Fr Anthony, Sarah-Beth, Sr Agnès, Sr Sarah, Fr Nilson, Fernando, Matthew, not forgetting Diego and Zoe (who carried us valiantly along the roads of our journey).

I'd like to conclude with an excerpt from the Psalm 132: Behold, how good and how pleasant it is for brothers to dwell together in unity!”

**-Mathilde**

“Break Time with God” is an opportunity for young adults to live an enriching experience on a human and spiritual level, an occasion to listen to the Lord and discover the joys of community life.

## Disciples of the Lamb

### -Why did you want to join Disciples of the Lamb and what does it mean to you?

I met several members of the Community of the Beatitudes long before I heard about **Disciples of the Lamb**. I was always surprised at the joy they expressed and the fellowship they had with one another. I was particularly shocked at their desire to get to know me personally. Every time I came to vespers or to brunch with the community, I didn't want to leave. When I left, I felt more valuable to the world than when I had said hello, with a conviction to pay this joy forward somehow. I struggle to make time for prayer in my life, despite having much free time.



Being a Disciple of the Lamb does not take away this difficulty but serves to replace the accompanying sense of despair with a hope in God's enduring mercy and is a reminder that He is always with me through my struggle.

Accountability from the other Disciples serves to strengthen this hope, reminding that I am not alone on the difficult journey of spiritual development and making it easier to fulfill the commitments. I have experienced periods of spiritual highs and lows throughout my life. Before I joined the Disciples of the Lamb, I had merely been along for the spiritual ride, only feeling the highs and lows, instead of recognizing every spiritual state as a unique opportunity to express joy during the highs and faith during the lows. To me it seems that this is an indispensable part of being an authentic disciple of Christ. The Disciples of the Lamb builds ordinary people into disciples and serves as a haven of joy and communion that the Community of the Beatitudes expresses so well, especially in a time when joy and communion are difficult to find.

**-Ben**

**"Friends of the Lamb"** (adults) and **"Disciples of the Lamb"** (18-30 yo) are associated with the Community of the Beatitudes, and share its spirituality and apostolates.

## Mission in Alaska



Sister Sarah and I were invited to replace Father Jacques Philippe (yes!) in visiting a sanctuary dedicated to little Thérèse in Alaska, to lead a day of retreat on the first weekend of Advent. It was also Saint Francis Xavier's feast day!

We were welcomed by a small, fervent group, very happy to have 2 French ladies at a little Thérèse's house!

Why little Thérèse in Alaska? The first vicar apostolic of Alaska was a French Jesuit, Bishop Joseph Crimont, who contributed to

the beatification of Thérèse in Rome (1923). And as bishop he declared St Thérèse patroness of Alaska!

"But Thérèse is really everywhere!" one of my nieces told me. What a gift for us to have been able to go so far to a sanctuary dedicated to her.

*-Sr Sarah and Sr Hélène*



### Jubilee of Young People

Rome July 28 – August 03, 2025

A pilgrimage as massive as that of a **Jubilee Year** in Rome! This transformative event takes place only once every 25 years, and will be a tremendously wonderful spiritual and fraternal experience to renew and ignite more profoundly your faith! Contact us!



## “Jesus our Hope hermitages” is the place for you

Do you need a time in contemplative silence, in a beautiful cabin, you and God alone? Do you need time to rest from the world or find answers to deep questions or situations in your life?

It is nestled in Jefferson County, southwest of Denver metro, 40 minutes from downtown. At an elevation of 6,800 feet, these consecrated grounds are situated on 62 acres of rugged woodland dedicated to



God. Jesus Our Hope hermitages named after St Clare and St Francis provide sanctuary not only for people of all faiths, but also for a wonderful selection of birds and wildlife. St. Francis hermitage is spacious and supplied with a full kitchen, 4 bedrooms, 3 bathrooms, and a chapel with the Blessed Sacrament. It includes all the comforts of a home, without the distractions of TV and cell phones. In the spirit of Saint Francis of Assisi, this cabin is surrounded by tall pines and aspens that allow one's spirit to reach out to the heavens and be comforted by Our Lord.

Most retreatants come to the hermitages for time alone; others come in groups for prayer, reflection and discernment. St. Francis cabin includes a meeting room for 20 people, making it an ideal location for one day retreats for church groups, parish staff, and small organizations that want to meet God in an uninterrupted setting. The cabin can also accommodate ten people overnight. We added a second hermitage, smaller, the ground floor of St Clare cabin. Perfect for one person.

Whether you walk the trails, sit quietly in the gazebo or find a spot yet undiscovered, the solitude and beauty of nature is a constant reminder of the love God for you. God will speak to you there and you will return to your daily life blessed and renewed.

In 2015, Community of the Beatitudes of Denver was entrusted the ministry of directing Jesus our Hope. They provide hospitality, Spiritual Direction and Spiritual Guidance to those coming to the Retreat Center.

**Jesus Our Hope Retreat House**  
*"Be still and know that I am God"*

**For more information and reservations: [jesus-our-hope.org](http://jesus-our-hope.org)**



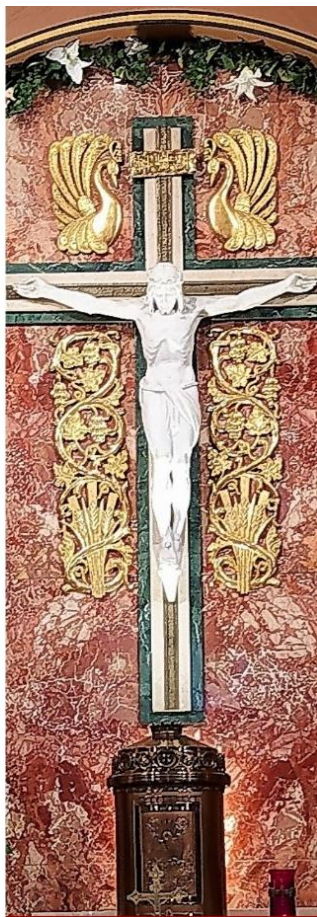
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