



# nova notes

Newsletter of the NOVA Community October, 2006

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## Chair Notes: Who Knew??

**M**iddle aged<sup>1</sup> white Catholics can play! So we discovered at Shrinemont Sep 15 through the 17<sup>th</sup>. The Playground of God was the retreat theme and we certainly did frolic in the Virginia countryside. Friday began with dinner, poems and lots of signing. We ended the evening with singing around the campfire. We sang every word from the Sound of Music and many songs from West Side Story to name just two plays. It was very comforting to listen to the singing and the crackling of the fire and look up at the endless expanse of the Milky Way above us.

Saturday began with Tim White leading a bird walk as he does faithfully each year. Breakfast was followed by Anne Passin leading us in "Staying Green in the Spirit" which was a mystical mixture of yoga, poetry and breathing.

Jennifer Garrett, an Arlington County PE teacher, showed us how the elementary school children play when it comes to physical education. Exercises which used to be hard work are now play, play, play and more play. I bet the kids get a lot more exercise nowadays.

After lunch we went out to play in nature and discover for ourselves the beauty of our Shrinemont backyard. Some of us went to an organic farm which raises domesticated deer. It was fun hand feeding the deer and calling them by name. The farm also had over twenty different breeds of chickens from all over the world. It was a true chicken U.N. The major difference between this U.N. and the one in New York is that the chickens got along with each other. Before dinner we all brought back items we had collected from nature and shared about our experiences. We learned a lot about nature and each other.

After dinner we played bridge and board games. Various puzzles (Sudoku and jigsaw) were attacked and subdued and fun was had by all.

Sunday began with centering prayer before breakfast led by Tom Clarkson, followed by our closing ceremony and prayers. Many thanks to Jeanne and Tom Clarkson, Anne Passin, Marie Keefe, Tim White, Barbara Formoso, Eric Carroll and a cast of thousands

Our theme, the Playground of God was closely connected to the liturgies this month. Bill Callahan called on Nova not to worry about our own salvation but to reach out to our fellow man. What would it look like if we were truly playful and joyful? At the retreat we were full of joy and playful when we were by ourselves but did we really use that playfulness to reach out to others? Were we holding back? If we were truly playful at Shrinemont wouldn't the other churches at Shrinemont like St. Paul's or Trinity have come over and asked what we were about? How else did the early Christians get so many converts so quickly? If we were completely at play and full of joy we might be considered strange or disruptive. Joy can even be subversive. Shrinemont might have asked us to leave (or at least not come back). True joy can be a little frightening. On September 24<sup>th</sup> liturgy asked us to find our little child within and to let that child out. Shouldn't we let the child out in the world, not just among ourselves? This fall and winter let's step out and play in the world in a major way. It's time to put Nova on the map. By stepping out we will keep ourselves young in spirit.

Shalom

*~John Tarrant*

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<sup>1</sup> I use the common definition of "middle age" which includes people whose numerical age is beyond the midpoint of any human life span since biblical times.

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The NOVA Catholic Community Invites You To Celebrate The Eucharistic Liturgy With Us Every Sunday In Arlington, Virginia.

**Note: Our Liturgy is usually celebrated at Kenmore Middle School, Arlington Blvd. and Carlin Springs Rd, Arlington, VA. Beginning Memorial Day Weekend up to our Fall Retreat weekend, we celebrate at Lacey Woods Park, George Mason Drive near Washington Blvd, unless otherwise noted.**

[Lacey Woods]  
 Liturgies begin at 9:30 am—Gather at 9:15 am  
 [Lacey Woods]

[Kenmore]  
 Liturgy begins at 10:15 am—Gather at 10:00 am  
 [Kenmore]

**Newsletter Deadline is  
 Sunday, October 22....**

# October Birthdays, etc.

- 2 Tom Ahrens  
Mahatma Gandhi
- 4 Teddi Ahrens
- 5 Karen Ell Tax  
Ben Brady
- 6 Paul Greenfield  
Chris Swanberg
- 7 Desmond Tutu
- 11 Clyde Christofferson
- 12 \*\* David & Gloria Mog **Anniversary**
- 13 Carolyn Miller
- 14 Dan Perez-Lopez
- 15 Betsy Marron
- 21 Andrew Chase  
David Mog
- 22 Nancy Velduis
- 24 Joe McCloskey
- 25 James Hainer-Violand

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# Liturgies

OCTOBER MUSIC LIAISON ...  
Charlie & Amy Bailey

NOVEMBER MUSIC LIAISON ...  
Linda Rosenberg

## October 1 – 26<sup>th</sup> Sunday/Ordinary Time

Jim Scullion, OFM – Marie Keefe

Numbers 11:25-29

Psalm 19:8, 10, 12-14

James 5:1-6

Mark 9:38-43, 45, 47-48

## October 8 – 27<sup>th</sup> Sunday/Ordinary Time

Francis DiSpigno, OFM – Michelotti's

Genesis 2:18-24

Psalm 128:1-6

Hebrews 2:9-11

Mark 10:2-16 or 10:2-12

## October 15 – 28<sup>th</sup> Sunday/Ordinary Time

Quinn Connors, O.Carm -- Christoffersons

Wisdom 7:7-11

Psalm 90:12-17

Hebrews 4:12-13

Mark 10:17-30 or 10:17-27

## October 22 – 29<sup>th</sup> Sunday/Ordinary Time

Ken Himes, OFM – Kate Doherty

Isaiah 53:10-11

Psalm 33:4-5, 18-19, 20, 22

Hebrews 4:14-16

Mark 10:35-45 or 10:42-45

## October 29 – 30<sup>th</sup> Sunday/Ordinary Time

Ray Kemp, SJ – Social Action (Dianne, et al)

Jeremiah 31:7-9

Psalm 126:1-6

Hebrews 5:1-6

Mark 10:46-52

## November 1 -- All Saints Day

Readings (not at Kenmore)

Revelation 7:2-4, 9-14

Psalm: 24:1-6

1 John 3:1-3

Matthew 5:1-12



## November 5 – 31<sup>st</sup> Sunday/Ordinary Time

Francis DiSpigno, OFM – Ormando Kanes-

Deuteronomy 6:2-6

Psalm 18:2-4, 47, 57

Hebrews 7:23-28

Mark 12:28-34

## November 12 – 32<sup>nd</sup> Sunday/Ordinary Time

Bill Callahan – Nancy & John Veldhuis

1 Kings 17:10-16

Psalm 146:7-10

Hebrews 9:24-28

Mark 12:38-44 or 12:41-44

## November 19 – 33<sup>rd</sup> Sunday/Ordinary Time

Jim Scullion, OFM – Walt Landry

Daniel 12:1-3

Psalm 16:5, 8-11

Hebrews 10:11-14, 18

Mark 13:24-32

## November 26 -- Christ the King

Joe Nangle, OFM – Lowreys

Daniel 7:13-14

Psalm 93:1, 1-2, 5

Revelation 1:5-8

John 18:33-37

# Important Dates & Activities

## DEEPENING FAITH REFRESHING KNOWLEDGE

Adult Formation for 2006-2007

We will continue our video series in October with the second of ten monthly programs in the series: The Mystery of Faith: An Introduction to Catholicism. This series features Fr. Michael Himes who teaches theology at Boston College. The topic, location and date are to be announced! Look for handouts at liturgy and announcements on our website in the 'Events' section. The first session was held Saturday evening September 30 on the topic "Tradition". After the 30 minute video, there will be a guided and lively discussion. Future topics will include: "Grace", "Church", "Reconciliation", "Baptism", "Eucharist", "Church", "Sacraments of Vocation" and "Salvation". If you would like to host one of these presentations in your home (you just need a VHS player and TV and some seating), please contact Peggy Becker. You can choose the date and time – Saturday evening, Sunday afternoon or evening – and you can choose the topic if you like. Peggy can be reached before 10am or after 9:30 pm at 703 914-1330 or email: [xoobrent@cox.net](mailto:xoobrent@cox.net).



### Want To Learn How To Cook?

For seventy? The Christ House crew can teach you how to cook a meal for seventy very hungry people in about an hour. And serve an entire dining room in less than 10 minutes! If this sounds like a skill you'd like to acquire, your opportunity to do so comes on Monday, October 16<sup>th</sup>. That's when NOVA members will prepare and serve dinner at the Christ House shelter in Alexandria.

Because of newly enforced health department regulations, we do all food prep in the Christ House kitchen. We start cooking at about 3:30 or 4:00 pm for the first dinner seating at 5 pm. If you want to "feel the heat", get into the kitchen! To be personally, physically involved, you've got to come to the Christ House kitchen. If there are folks who want to be involved, hands on, call Kopp for details and directions.

Kopp Michelotti 703-241-0789

### Save the Date....

**November 4  
Nova General Meeting**

**Time and place tba....  
Don't miss it!!!**

*Thanks to Peggy Meyer for submitting  
this quote....*

**"Death has a tendency to  
encourage a depressing view of  
war."**

*~Donald Rumsfeld*

A woman was trying hard to get the catsup to come out of the jar. During her struggle the phone rang so she asked her four-year old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now.

She's hitting the bottle."

# Important Dates & Activities



**Joe Nangle, OFM**  
**October 21**  
**6:00 pm — 10:00 pm**  
**To Receive**  
**Anselm Moons, OFM Award**  
**for Outstanding Service**

At Franciscan Mission Service      Annual  
Fundraiser  
St. Francis Hall  
1400 Quincy Street, NE  
Washington, DC 20017\*

Guest Speaker - Ken Himes, OFM  
Buffet Dinner

Silent Auction - Items from countries where  
FMS serves

Suggested Donation: \$50 per person  
[RSVP by October 1!!! To 202-832-1762 or  
at [fms5@juno.com](mailto:fms5@juno.com)



**Washington, DC 9/10/2006**

## **SIGN VOTF PETITION** **For Accountability Within Our Catholic** **Church**

The National Voice of the Faithful organization is preparing a petition requesting interested people to sign this petition, which they plan to present to the US Conference of Catholic Bishops as they start their annual meeting this November.

Signing is easy and can be done online at [www.votf.org](http://www.votf.org) then click on the "Sign our petition" link. This petition not only addresses our views, but also requests 3 specific actions to be taken by the Bishops which were adopted by the VOTF conference this past year. These actions are spelled out in the petition.

### **Unity Walk, September 10**



# Meetings — Reports, Summaries...

## PAX CHRISTI USA's 2006 NATIONAL CONFERENCE DUQUESNE UNIVERSITY— PITTSBURGH, PA

**S**ome four hundred fifty people of peace gathered at Duquesne University last weekend to learn from one another how to be better peacemakers and seekers of justice in this troubled world. This year's theme was: *God's People Can Wait No Longer: Twenty Years Since "Economic Justice for All"* (This refers to the pastoral letter issued by the U.S. Catholic Bishops in 1986.) Bishop Zavala, president of our National Council, spoke to us on Saturday morning about applying the teachings of Jesus to the many injustices causing undue suffering for so many of our sisters and brothers throughout the world.

We had heard another keynote address as we began the conference Friday evening... The speaker was Barbara Major, a dynamic community developer who is determined to bring about equity and justice for every displaced person of New Orleans. She urged us to put away our regrets that we can't do more for the victims of Katrina and get to work at bringing equality and justice to all people wherever we live today.

Six seminars were offered on Saturday; each attendee chose three.

- *The Cost of Empire: Economic Consequences of the War in Iraq* by Phyllis Bennis
- *Living the Liturgy: Ritual, Worship, and the Call to be Peacemakers* by Marty Haugen
- *The Global Melting Pot: The Economics of Ethnocentrism* by Dr. Arturo Chavez
- *Creating a Just Economy: People of Faith and Workers Unite!* By Chris Marston
- *Educating for Justice: Poverty, Dignity and Catholic Social Teaching* by Donna Grimes
- *The Bridge Between Ecology and Economic Justice* by John S. Rausch

The ones I attended were very interesting and edifying.

Then nine caucuses (panel discussions by experts) were offered. Unfortunately, there was only enough time for each of us to attend one of these. I chose the one on immigration.

A "Pax Christi USA Book Award was given to Fr. John Perry for *Torture: Religious Ethics and National Security*. His purpose is to show that torture should always be considered immoral. Sr. Mary Lou Kownacki, OSB was named "Teacher of Peace". Cathleen Crayton, Fr. Joe Nangle, OFM, Beatrice Parwatar and Janice Vanderhaar were honored as this year's "Ambassadors of Peace".

Books and CDs were on display along with brochures and materials about many related organizations. A collection of fair trade products were available for purchase.

Dave Robinson gave a presentation that I found most alarming. He showed slides which he had taken when he visited Iran and talked with many of its friendly people. He said it's quite possible that our leaders will decide to bomb this country using 2 or 3 of our most powerful nuclear B-61-11s. The bomb dropped on Hiroshima yielded 12 kilotons; each of these would yield 340 . A large area of Iran would be vaporized. An estimated 2.6 million would die within 48 hours. The fallout over Afghanistan, Pakistan and part of India would leave millions in agony with radiation sickness and parts of their bodies burned away. The water, soil and food would be radioactive. *I am convinced that our most important task at this time must be doing whatever it takes to make sure this horrific catastrophe doesn't happen !!! \**

The highlight of the retreat, for me, was the frequent worship -- liturgies consisting mainly of songs composed by Marty Haugen and other contemporary musicians. Marty was there with us teaching and leading the singing. The lyrics seem to be the very best way to understand what the kingdom we seek is all about. The music enables me to express from my heart what I want to say to God . What a joyful privilege it was to spend this time with these loving, courageous servants of God and hear their stories!! Faithful Christians like these are surely our best hope for a just and peaceful world.

~Peggy Meyer

\* Read more about this in Dave's article in *Catholic Peace Voice*, summer 2006, page 3.

# Meetings — Reports, Summaries...

## Nonviolence – Joe Annunziata

In his presentation on nonviolence Joe put his personal creed out there for our consideration and comment. I offer you a summary of his Credo in his own words.

Non-violent human behavior is one of the main objectives of God's creation. The Book of Genesis suggests that, given the luxury of free will, humans have to work hard at using it constructively and that all self-serving acts done at someone else's detriment are violent acts. The Ten Commandments reflect a practical level of socialization and interactive behavior whereby abuse among members of the same community would be destructive of the orderly conservation of the community. The mission of Christ is to show that God wants humanity to go to a further Commandment to more positively help, comfort, forgive, love members of other communities, even those that are enemies.

Our slow progress toward lesser violent behavior is the coming of the peaceable Kingdom of God where there is no violence. This is the mission of Jesus that he asked his followers to carry on. The practice of nonviolence is the essence of Christianity. The most striking love he taught and practiced was to love our enemies, love those who persecute and humiliate us. The rationale for the love which Jesus expects us to have for every human being is the fact that that person was created by God and is loved by God. The least among us, the sinner, the so-called "terrorist" must be loved. Jesus' first requisite for loving was to forgive.

The early followers of Jesus took him at his word that love meant doing no harm to anyone. The changeover from the nonviolence of the early church to killing in justified warfare occurred as Roman philosophy permeated church leaders. Augustine and Ambrose borrowed from Cicero in formulating the conditions which could justify organized killing in defense of the community. In their 1983 peace pastoral, the Catholic bishops of the United States praised the nonviolent witness of Gandhi, Dorothy Day and Martin Luther King Jr. They acknowledged, however, that "just war teaching has clearly been in possession for the past 1500 years of Catholic thought." They explained the transition to the

just war theory this way: "Faced with the fact of an attack on the innocent, the presumption that we do no harm even to our enemy, yielded to the command of love understood as the need to restrain an enemy who would injure the innocent." This concept was the genesis of the just war doctrine.

With the proliferation of nuclear weapons and the apparent ease with which violence is condoned everywhere in the world, Christians, and others, could make a good case for renouncing all "justifications" for violence and encouraging universal acceptance of nonviolent procedures as the only humane way of resolving disputes. Future world peace lies not with the imposition of force but with patient education, an adequate hearing of differences before an even-handed international forum, the outlawing of all weapons, and the moral suasion of international public opinion which has a bias in favor of maintaining world peace.

~*Marcelline Niemann*



Jeanne Clarkson and our Papal Nuncio!

# Peace Making

## PeaceMaking at Nova

This summer Nova launched a peacemaking project which includes an intention to remember everyone who has suffered or died in our military actions in Afghanistan and Iraq. Although we lit a green candle before liturgy, you may want to dedicate your own at home. It is important to stay vigilant, alert, prayerful, and active. This column hopes to report on the Iraq casualties on a monthly basis. We are called to be peace-makers!

**CASUALTIES:** Did you know that eight women in military died during the Vietnam War. That is the number for a war that lasted more than 16 years! In the Afghanistan and Iraq interventions, it's been reported that at least 65 women have died of 3000 total Americans. For websites that provide reports:

[www.dod.gov](http://www.dod.gov) (Click on Casualty Reports under Press Resources at the left of the screen)

[www.icasualties.org](http://www.icasualties.org) provides a wealth of statistics, just for the Iraq War. (Casualties by day, by week, by month, by state, by branch of service, etc.)

As of September 29, more than 2700 Americans have died in both conflicts (Iraq and Afghanistan) and more than 230 other allied military people have died. More than 20,000 Americans have been wounded. In addition, the Iraqi civilian toll is devastating. With great difficulty, the death toll for civilians has been estimated between 43,536 and 48,543 people. The civilian death toll has risen inexorably for the entire duration of the US-led military presence in Iraq following the initial invasion. That is the grim reality uncovered by ongoing tracking of media reports by the Iraq Body Count project (IBC).

<http://www.iraqbodycount.net>/ Figures released by IBC today, updated by statistics for the year 2005 from the main Baghdad morgue, show that the total number of civilians reported killed has risen year-on-year since May 1st 2003 (the date that President Bush announced "major combat operations have ended"):

Civilian Casualties in Iraq				
Yr	Dates	Total # of days	Deaths	Avg (daily deaths)
1	5/1/03-3/19/04	324	6331	20
2	3/20/04-3/19/05	365	11312	31
3	3/20/05-3/1/06	346	12617	36

## A Prayer to End the War Against Iraq

by Art Laffin, Pax Christi USA-

*Loving God,  
We beg your forgiveness for the war the US is waging against the Iraqi people, for destroying Iraq's infrastructure by massive bombings, for the use of highly toxic weapons that contaminate Iraqi land and water and cause major increases in cancers among children. Forgive us for imposing economic sanctions that have kill over one million Iraqis, mostly children. Forgive us for placing oil interests above human welfare. Heal us of our moral blindness and fill our hearts with love. Help us to renounce all killing, to stop demonizing our adversaries, to value all life as sacred, and to see the Iraqi people as our brothers and Sisters. Empower us to engage in nonviolent action to end this slaughter of the innocents.  
O God, make us channels of your peace and reconciliation.  
Amen.*

## ACTION

\*\*Pray daily for the Iraqi people, for the end of the United States' occupation of Iraq, and for forgiveness for the effects of nearly 15 years of war and sanctions the US has imposed on Iraq.

\*\*Join Voices for Creative Nonviolence (formerly Voices in the Wilderness) in remembering the 100,000+ Iraqi civilians killed in this war. Visit <http://www.iraqmortality.org/> for more information.

\*\*Sign the Declaration of Peace from Voices of Creative NonViolence online at <http://declarationofpeace.org/>

I had a student at the University of Maryland a while back who wrote a 13-word paper that for both brevity and breadth – the rarest of combinations – has stayed with me: “Question: Why are we violent but not illiterate? Answer: Because we are taught to read.”

~Colman McCarthy



# NOVA Retreat 2006

**Wow**. What a Weekend: Jerry and I have the luxury of being able to leave early on Friday. We leave before noon and stop for lunch at the Wayside Inn in Middleburg for their famous peanut soup. We get to Shrinemont in time for a nap for me and Jerry goes for a run. We've had the same room, number 13 since 1986. Later Cece and I made a quick trip to the Trading Post where I picked up a couple things for my grandkids. When we got back, the community had pretty much arrived in time for dinner. Meals are tasty and it's fun to have a conversation with different people at each meal.

We met for the first evening at 7:30 and started right off with "How can I keep from singing." (Tim, Tom and Barbara were wonderful as always all weekend.) We did some fun things with percussion instruments and Jeanne taught us a chant we used during the retreat. "Ole Deo Gracias." After "Michael, row the boat ashore" and "Swing low sweet chariot", Jeanie read the poem "The Playground of God." (See next page) This set the tone for the **Coming Out Party**, which was the 2006 Nova Retreat. A real community building experience. Meg introduced us to the Graffiti wall and asked us to write thoughts, drawings and whatever on it to share. Lastly we shared our photos with one other person and talked about our happy childhood times with them.

Those of us who wanted proceeded to Eric's campfire, amid much joking of Eric's love for building fires, and it was a perfect fire. We ate s'mores and enjoyed a real serenade of show tunes led by Marie Schum-Brady who seems to know complete musical scores. On the way back to the room, we found a gathering of folks having wine and snacks on the corner of the hotel porch. We joined them. Soon Kate, Katherine, and Chris arrived with Grace, having waited for her for several hours because of a problem at the Home. Kate gets the nod for a true act of kindness.

Saturday morning some folks went bird watching with Tim. After breakfast, we began our day with "Morning Has Broken." Ann gave us our schedule and lovely thoughts on the meaning of being Green in spirit: connecting to sources bigger than self; winds of grace are available, just raise your sail; makes for new vision; wider lens; we are less fearful; nurture a more hopeful tolerant vision for action. Then two wonderful exercises with music and movement: "By Breath" and "The Sacred in All."

We adjourned to the outdoors for play with Cece's friend, Jennifer Garrett (a PE teacher) who provided hula hoops, colored parachutes to toss bean bags, scarves to juggle. More fun than you can imagine. We

built Geospheres with hula hoops and you wouldn't believe who volunteered to crawl through. Jennifer ended this session with low impact yoga and cooperative exercises.

Our suggestions from Marie for the afternoon were to walk, read, rest and commune with nature and bring back something to share from what we learned from nature. We met again at 4:30pm. We broke into groups of 4 to share our afternoon experience with each other and the whole group. This was very impressive, I am sorry I didn't take notes.

We met again at 7:30pm for fun and foolishness including Gloria's "viddy viddy" (ask her). Tom's "clap clap", Mary Grace's "lap sitting", Barbara's four part concert (drums, shakers, rattles and scrappers) and chants (a real roof raiser), and then campfire songs, Phil's "Abraham Brown wore a coat to the Ground", Barbara's "Coral Bells" and lastly the 1973 Nova members stroll down memory lane (Meg's idea) doing six songs from "Flounder." The two-hour performance of skits and music we did that year. Then came the games, cards, snacks and drinks until bedtime.

Sunday morning was a lovely quiet celebration of a very special weekend. No liturgy but we began with "Down to the River to Pray" and "There is only one River". A Scripture reading on Creation by Tom. Cece and Kopp read "The Playground of God." For the prayers of the faithful. We lit candles for each intention and sang "Ole Deo Gracias." We retrieved our pictures, which were displayed on the tables with the candles. Again we performed the "Sacred in All" lead by Ann. Eric read from Teilhard de Chardin:

"Blessed be you, universal matter,  
immeasurable time, boundless ether,  
triple abyss of stars and atoms and  
generation; you who by overflowing  
and dissolving our narrow standards  
of measurement reveal to us the  
dimensions of God."

We have Tom and Jeanie Clarkson, Cece and Kopp Michelotti, Ann Passin, Marie Keefe, Gloria Mog, Barbara Formoso, Tim White, Meg Tuccillo, Nancy Veldhuis and lots of other people (sorry if I missed anyone) to thank for the best retreat and best community building experience we could have had.

*~Rose Barrett*

# NOVA Retreat 2006 (continued)

## The Playground of God

If I could share my treasures with you  
I would constantly send you blessings  
From the depths and beauty of each day.

I would seal your smile with sunshine;  
I would leaf your walk of life  
With the tenderest of greens  
And the deepest of autumns.

I would catch at least three rainbows,  
And set a seagull on each one  
To sail you constant hellos  
From the heart of the Transcendent.

I would whisper wonderings  
From silent nooks of mountain tops  
And the humming heart of the sea.

I would call forth the deer  
And all tender animals  
To run with you in happiness.

I would ask each tree  
In her most majestic mood  
To cover you with constant care.

I would breeze in billowy clouds  
To share their rainy wanderings  
When you need to feel washed new.

I would take you by the hand  
And hold your heart near mine,  
To let you hear the constant love  
Bounding forth from me

And most of all

I would join my heart with yours  
And have you share the path of love  
That God has caused and carved  
In the shadows of my soul.



# Shrinemont 2006 by Barbara Formoso



The sounds of the spirit  
Resound here. Here we  
Hum with familiar fondness;  
Sing with the joy of caring;  
Laugh out loud simply because  
I love you.



The singing doesn't stop  
It rings and rings and sings,  
And fills us up.  
Add some drums and clangs  
And we are one.



The sound of the spirit  
Spills over and over with  
Squeals of delight as  
Hoops and scarves spin and fly.



The sound of love  
Is so dense  
It becomes a thing  
To touch, to smell, almost to taste.  
This sound of love is real.



October, 2006



## Nova Calendar...

Sunday, 10/15 ...5:30 pm – **Nova Liturgy Meeting** : Annual Meeting. See page 7, September newsletter for more details.

Sunday, 10/15 ...6:00 pm – **Pax Community**: *Experiencing Spirituality: Contemplation and the Fullness of the Human*. See September newsletter, page 7 for details.

Monday, 10/16 ... 3:30 pm -- **Learn to Cook at Christ House**...see page 4

Saturday, October 21 ... 6:00 pm – **Joe Nangle, OFM** award dinner, see page 5

Saturday, November 4 -- tba.....**Nova General Meeting** see page 4

Sunday, 11/12 ...6:00 pm – **Pax Community**: *The Mystic Journey*. See September newsletter, page 7 for details.