

FEBRUARY 2023

San Damiano Chapel

NEWSLETTER

From the Heart of Viterbo February 2023

Fr. Conrad, OFM

FEBRUARY, THE MONTH OF PURIFICATION

The Latin word “februarius” is supposed to mean purification – and though I know Latin rather well, I never heard that before. Yet it makes sense. There is another Polish proverb that says (and it sounds better in Polish) ...“it’s February, so you’d better get out your boots”.

Even though we still have to brace for more winter, boat shows, garden displays at WalMart and Menards and early Easter décor tell us we are close to spring. Ash Wednesday is the official beginning of “Ver Sacrum”...the Church’s Springtime and Lent is the annual retreat to put on our boots because it’s going to get messy. Prayer, fasting and charitable actions are the tools to get things moving and a schedule of the Viterbo Lenten services may offer you some opportunities which can assist you in your own “purification” during this holy time

There is a story about St Francis who on the day of Carnival went to the house of one of his friends where he was hosted for the night. It happened that his friend lived on a lake and then, Francis was inspired by God to spend Lent on an island in that lake. The island was uninhabited. So his friend, on Ash Wednesday night, sailed him in his skiff to the island and left St Francis there with only 2 loaves of bread. As St Francis disembarked, he asked his friend not to tell anyone he was there on this remote island and also, to return for him on Holy Thursday. So his friend departed and St Francis remained alone for the entire Lent, slept in the thicket and disposed himself to prayer and contemplation of his beloved Lord.

Without eating or drinking, except for one half of one loaf of bread – to honor Christ’s 40 days of fasting in the desert – St Francis sustained this marvelous abstinence and startled his friend who returned for him on Holy Thursday. As the story spread among the friars, a group of them built a friary on that island which is still there today. I think it would be a holy place to spend Lent.

May your observance of a purifying Lent bring you to an Easter full of new life and purpose.

Chapel Schedule and Mass Opportunities:

Sunday Mass:

11am and 6pm

(San Damiano Chapel)

Sacrament of Reconciliation
available before masses.

Monday:

Daily Mass at 11am

(St. Rose Convent)

Table of Plenty at 5pm

(Campus Ministry)

Tuesday:

Daily Mass at 11

(St. Rose Convent)

Confessions at 6:30 (during Lent)

Lenten Taize Prayer at 7

Wednesday:

Daily Mass at 11

(St. Rose Convent)

Adoration at 5pm

Student Mass at 6pm

Thursday:

Daily Mass at 11am

(St. Rose Convent)

Friday:

Daily Mass at 11am

(St. Rose Convent)



VITERBO
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Congratulations to Father Conrad on being honored as a 2023 recipient of the Iverson Frecking Award for Ecumenical service in the La Crosse community.

The annual award is given by the Bethany St. Joseph Corporation. Marc and Sue Schultz of Holmen were also honored. The awards banquet took place on January 25 at the Radisson Center.



YOU ARE ENCOURAGED
TO BRING IN YOUR
DRIED PALMS FROM
LAST PALM SUNDAY
TO BE BURNED AND
TURNED TO ASHES.
(ANY TIME BEFORE ASH
WEDNESDAY)

St. Francis Choir

Our San Damiano Community is invited to join the St. Francis Choir as part of the Triduum Choir during Holy Week. All singers are welcome. Rehearsals will take place one hour before each service. (With a possible rehearsal prior to Holy Week.) Please let Polly know if you are interested. Singers of all abilities are welcome! PNPappadopoulos@viterbo.edu

Hot Cross Buns

INGREDIENTS

2 Cups whole milk, scalded and cooled
4 to 6 cups whole-wheat flour
¼ cup Sugar
2 large eggs
1 cake yeast or 1 package dry yeast
¼ cup lukewarm water
¼ cup shortening
1 cup dried currants or raisins
1 egg beaten with 1 tsp water
Confectioners Sugar Icing

ICING FOR CROSSES

1 cup confectioner's sugar, sifted
1 tbsp. milk, or more as needed
1 tsp. vanilla



DIRECTIONS

Combine milk, shortening, sugar and eggs. Dissolve yeast in lukewarm water. When it bubbles, add yeast to milk mixture. Stir in 4 cups flour, and using an electric mixer with a paddle attachment, beat the dough hard. Add enough additional flour to make a soft dough. Stir in the currants. Cover the dough, and refrigerate until ready to use.

Remove from the refrigerator and bring to room temperature. Shape the dough into buns, and cut each top with the mark of a cross. Set aside on a lightly greased baking sheet, cover with a towel, and let rise for 1 hour.

Preheat the oven to 425 degrees. Brush the tops of the buns with the beaten egg. Bake for 15 minutes, or until golden brown and puffed. Remove from the oven, and cool completely before decorating with the crosses.

ICING

Mix the ingredients together, and scoop them into a plastic bag or a pastry bag. Push the icing down to one corner, and snip off a small piece of the bag. Squeeze out the icing in a "cross" shape onto the top of each bun. Set aside to firm.
Makes 18 to 20 buns.

from Cooking for Christ, by Florence Berger

The top half of the image features a close-up of a light-colored, textured surface, possibly concrete or stone. The words "ASH WEDNESDAY" are carved into the surface in a bold, sans-serif font. To the right of the word "ASH" is a simple, stylized cross symbol. In the foreground, there are several dark, dried palm fronds scattered across the surface.

ASH WEDNESDAY

February 22, 2023

Masses at
12:00 PM
and 5:15 PM



Lenten Schedule of Events

Tuesdays – 7:00 pm

Lenten Taize Prayer and Stations of the Cross

Confessions available at 6:30

Fridays –FRANCISCAN HOLY HOURS

**Noon Office of the Passion
Exposition**

12-3 Adoration

2:50 Benediction

11-1 Lenten Soup Lunch available in the Sr. Thea Bowman Center

A Prayer for Ash Wednesday

**Jesus, you place on my forehead
the sign of my sister Death:**

**"Remember you are dust,
and to dust you shall return."**

**How not hear her wise advice?
One day my life on earth will end;
the limits on my years are set,
though I know not the day or hour.
Shall I be ready to go to meet you?
Let this holy season be a time of grace
for me and all this world.**

**"Teach us to number our days aright,
that we may gain wisdom of heart."**

**O Jesus, you place on my forehead
the sign of your saving Cross:**

**"Turn from sin and be faithful
to the gospel."**

**How can I turn from sin
unless I turn to you?**

**You speak, you raise your hand,
you touch my mind and call my name,**

"Turn to the Lord your God again."

**These days of your favor
leave a blessing as you pass
on me and all your people.**

**Turn to us, Lord God,
and we shall turn to you.**



Campus Ministry

Updates and Events

Daily Adoration with the Franciscan Sisters of Perpetual Adoration

8 am to 5 pm in the Adoration Chapel at St. Rose Convent

This opportunity is available to all Viterbo community members.

*If you would like a walk through of how to begin going to adoration please feel free to reach out to Emilio Alvarez (ebalvarez@viterbo.edu)



ONLINE MASS OFFERING



THANK YOU FOR YOUR GENEROUS SUPPORT.

Pre-Lenten Retreat

Sat. Feb. 18

(11:45a.m. - 5p.m.)

Shrine of Our Lady of Guadalupe

The Day will include Mass, Adoration, Reflective Talk, Lunch, and the Opportunity to Spend Time in Prayer and Community.

Those Interested, please Emilio at ebalvarez@viterbo.edu

EVERY FRIDAY STARTING AT 6 PM IN THE SR. THEA BOWMAN CENTER!



FOOD, PRAYER, FELLOWSHIP, & THE CHOSEN SEASON TWO

AGAPE LATTE

PRESENTS

"Bless the Broken Road"

WITH JOSH LICHTY



FEB.
16TH

RCE Welcome Center Lobby
Music & Trivia @ 6:30 | Presentation @ 7

Students:
Save the Date



March 31- April 2

St. Francis Fasting

Fast from judging others; feast on the Christ indwelling in them.
Fast from emphasis on differences; feast on the unity of all life.
Fast from apparent darkness; feast on the unity of all life.
Fast from apparent darkness; feast on the reality of light.
Fast from words that pollute; fast on phrases that purify.
Fast from discontent; feast on gratitude.
Fast from anger; feast on patience.
Fast from pessimism; feast on optimism.
Fast from worry; feast on trust.
Fast from complaining; feast on appreciation.
Fast from negatives; feast on affirmatives.
Fast from unrelenting pressures; feast on unceasing prayer.
Fast from hostility; feast on nonviolence.
Fast from bitterness; feast on forgiveness.
Fast from self-concern; feast on compassion for others.
Fast from personal anxiety; feast on eternal truth.
Fast from discouragement; feast on hope.
Fast from facts that depress; feast on truths that uplift.
Fast from lethargy; feast on enthusiasm.
Fast from suspicion; feast on truth.
Fast from thoughts that weaken; feast on promises that inspire.
Fast from idle gossip; feast on purposeful silence.



Gentle God, during this season of fasting and feasting, gift us with your presence, so we can be a gift to others in carrying out your work. Amen.



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