

MARCH 2024

San Damiano Chapel

NEWSLETTER

From the Heart of Viterbo
March 2024

Fr. Conrad, OFM

MARCH 2024: FOUR YEARS LATER

I seem to remember March 16, 2020, the day announcing the beginning of the quarantine of COVID. No one knew what lie ahead and it felt very strange.

Lent is already a subdued season and COVID made it more so – but we somehow survived ...though not without residue.

And so in 2020, Lent slowly unfolded and God got us through. This year is just as concerning with the world situation as wars loom all around us and as I remember Pope Francis proclaiming that first year of COVID a year of prayer to Saint Joseph, he shared a prayer he had been praying to Saint Joseph for the last 40 years. It is included in this newsletter. It is still very appropriate. March 19 is the feast of Saint Joseph and the anniversary of Pope Francis' installation as Holy Father in 2013,

March 1 is the meteorological beginning of Spring – and it has been great weather. It is also St David Day on which the daffodil and leek (origins are obscure) are celebrated as harbingers of Spring. With St Patrick on the 17th and Mary's Annunciation on the 25th, we have the opportunity to get relief from the world's events with feasts like these to remind us that God is always present to care for us.

And finally, this year, the Easter Celebrations, the greatest celebrations of the year are also in March. We have printed an invitation in this newsletter. You are welcome to cut it out and put it where you will be reminded of something we learned in Advent....Emmanuel...God is with us! We continue to pray for the world, our nation, our families and our university. May the Lord give you peace!

Brother Conrad

Chapel Schedule and Mass Opportunities:

Sunday Mass:

11:00 am and 6:00 pm
(San Damiano Chapel)
Sacrament of Reconciliation
available by request.

Monday:

Daily Mass at 11am
(St. Rose Convent)

Tuesday:

Daily Mass at 11
(St. Rose Convent)

Wednesday

Daily Mass at 11am
(St. Rose Convent)
Franciscan Wednesdays 6:00 pm
(San Damiano Chapel)

Thursday:

Daily Mass at 11am
(St. Rose Convent)

Friday:

Daily Mass at 11am
(St. Rose Convent)



VITERBO
UNIVERSITY

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**STBC - Sister Thea Bowman
Center**

ONLINE MASS OFFERING



**THANK YOU FOR YOUR
GENEROUS SUPPORT.**

Pope Francis' Prayer to St. Joseph

Glorious Patriarch Saint Joseph,
whose power makes the impossible possible,
come to my aid in these times of anguish and
difficulty.

Take under your protection the serious and
troubling situations that I commend to you,
that I commend to you,
that they may have a happy outcome.

My beloved father, all my trust is in you.
let it not be said that I invoked you in vain,
and since you can do everything with
Jesus and Mary,
Show me that your goodness is as
great as your power.
Amen.



Saint Joseph



Stations of the Cross

Fridays at Noon
in the Chapel
during Lent



Franciscan Wednesdays 6:00 PM

March 6 -

**Adoration and The Office of the Passion
of St. Francis of Assisi with reflection by :
Fr. Michael Weldon, OFM**

March 13 -

**Adoration and The Office of the Passion
of St. Francis of Assisi with reflection by :
Peggy DuBois, OFS**

March 20 -

**Adoration and The Office of the Passion
of St. Francis of Assisi with reflection by :
Fr. Conrad Targonski, OFM**

**March 27 -
Mass**

St. Joseph's Cream Puffs

(Sfingi di San Guiseppe)

1 cup water

1/4 pound butter

1/4 teaspoon salt

1 cup sifted flour

4 eggs

1 tablespoon sugar

1 tablespoon grated lemon peel

1 teaspoon grated orange peel

Boil water and butter. Add flour and salt. Keep stirring until mixture leaves side of pan or forms a ball in the center. Cool. Beat in eggs, one at a time. Add sugar and grated peel. Drop tablespoonfuls of dough every three inches on a greased cookie sheet, or fill muffin tins half full. Bake in a hot oven (400°) for 10 minutes. Reduce heat to 350°, and continue baking until light brown. Remove from oven. Open puff in the center of top to let steam escape. Cool and fill with:

1 pound cottage cheese

2 tablespoons grated chocolate

1 tablespoon grated orange rind

2 teaspoons almond extract

3 tablespoons milk

Sugar to taste

18 maraschino cherries

1/2 cup glazed orange peel

Mix cottage cheese with chocolate and orange rind. Add flavoring, milk and sugar to taste. Beat until smooth and custard-like. Fill puffs. Chill until ready to use. Before serving, top with cherry and orange peel.

This recipe makes about 18 cream puffs.

You are invited to a Hands-on Bread-Baking Experience

Friday, March 22

Sr. Thea Bowman Center Kitchen

8:30 - 12 noon

Join Vicki Lopez-Kaley for a Lenten Bread Baking experience. All Community Members and Students are welcome!

Drop in or stay for the whole process: Mix, Knead, Wait as whole grain dough rises, loaves are formed, baked and transformed from Wheat to Eat.

Take bread home: a visible sign of of an invisible reality to feed us and others through us.

**Sign up through Polly at
PNPappadopoulos@viterbo.edu or
text at 608.386.8768**

Kids Corner

What do we do with our Palms?

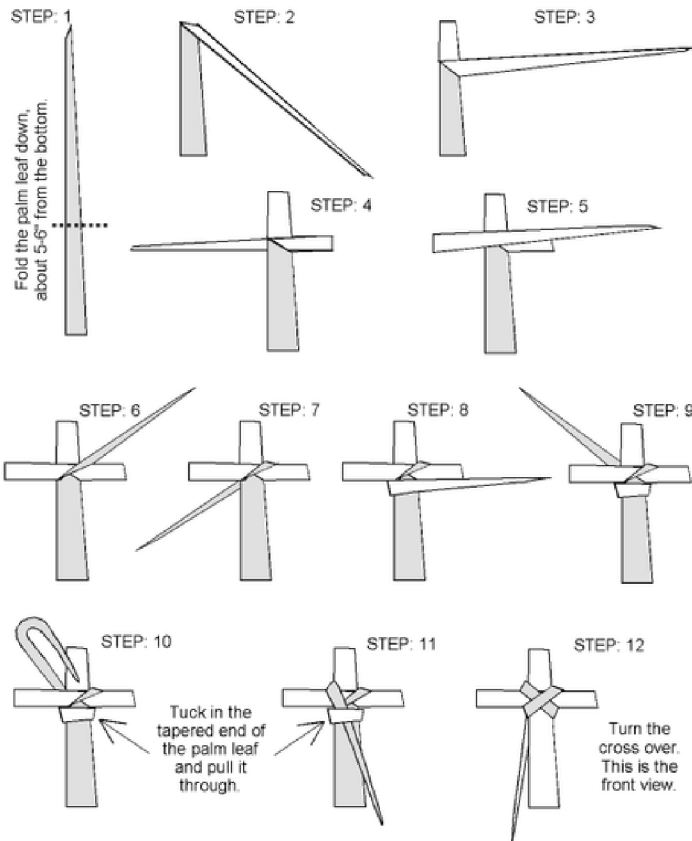
Our Palms are blessed and are to be treated with respect and never be thrown away. Palms may only be burned or buried. There are several ways to preserve our Palms!

It is a tradition in many countries to weave Palms. Below are instructions to create a palm cross and a palm fish! You can find more palm creations at <https://www.catholicicing.com/10-things-to-do-with-palms-from-palm-sunday/>.

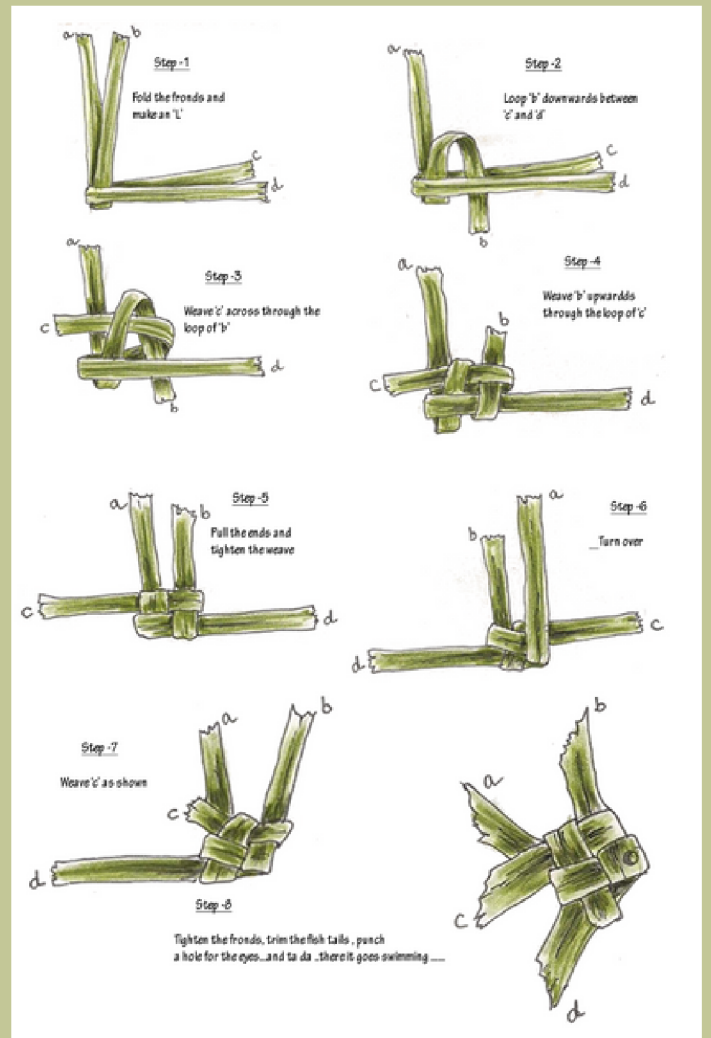


Palm Leaf Cross Directions

Supplies: One palm leaf strip about 24-26" in length, 1/2" in width, tapering to the end.



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SEEK AND YOU WILL FIND: A CATHOLIC SACRAMENTS ADVENTURE!

by Kristina Schoh

Viterbo Alum Kristina (Smaby) Schoh (2010 Business Management Graduate) and former Miss Wisconsin has brought to life a new children's book highlighting the sacraments of the church.

Seek and You Will Find: A Catholic Sacraments Adventure is published by Voyage Comics and Publishing, with illustrations by Michael LaVoy, Chief Creative Officer.



The book received Imprimatur (permission to publish in the Catholic Church) from Bishop Callahan in February. It is available for pre-order currently and will ship March 31. Kristina will be visiting San Damiano to share her work with us.

ALL YOU HOLY SAINTS, PRAY FOR US!

MARCH SAINT OF THE DAY

FRANCISCAN SAINTS FOR THE MONTH OF MARCH

March 2
St. Agnes of Prague
 Virgin, Poor Clares
 (1205-March 6, 1282)

Bl. John Kearney,
 Priest, Order of Friars Minor,
 Martyr
 (1619-March 11, 1653)

March 3
Bl. Innocent of Berzo
 Priest, First Order Capuchin
 (March 19, 1844-March 3,
 1890)

March 12
Bl. Angela Salawa of Cracow
 Virgin,
 Third Order Secular
 (September 9, 1881-March 12,
 1922)

Bls. Liberatus Weiss, Samuele
Marzorati
 and **Michele Pio Fasoli**
 Martyrs of Gondar, Ethiopia,
 Priests, Order of Friars Minor
 Capuchin
 (d. 1716)

March 16
Bl. Torello of Poppi
 Third Order Secular
 (1202-March 16, 1282)

March 5
St. John-Joseph of the Cross'
 Priest, Alcantarine Franciscan
 (August 15, 1654-March 5,
 1839)

March 17
Bl. Mark of Montegallo Priest,
 Order of Friars Minor
 (1426-March 19, 1496)

March 6
St. Colette de Corbie
 Foundress Colettin Poor Clares
 (February 13, 1381-March 6,
 1447)

March 18
St. Salvator of Horta Lay
 Brother,
 Order of Friars Minor
 (December 1520-March 18,
 1567)

March 7
Bl. Christopher of Milan Priest,
 First Order Franciscan
 (d. 1485)

March 19
St. Joseph
 Foster Father of Our Lord

March 9
St. Catherine of Bologna
 Poor Clare Sister
 (September 8, 1413-March 9,
 1463)

March 20
Bl. Hippolyte Galentini
 Confessor Third Order
 Secular
 (d. 1620)

St. Frances of Rome
 Franciscan Third Order
 Secular,
 Oblates of St. Benedict
 (1384-March 9, 1440)

March 21
Bl. John of Parma Minister
 General,
 Order of Friars Minor
 (c. 1209-March 19, 1289)

March 11
Bl. John Baptist Righi of
Fabriano
 Priest, Order of Friars Minor
 (1469-March 11, 1539)

St. Nicholas of Flüe
 Minister General,
 Order of Friars Minor
 (c. 1447-March 21, 1487)

March 22
St. Benvenute of Osimo
 Bishop,
 Order of Friars Minor
 (d. March 22, 1282)

March 23
Bl. Jeremy Lambertenghi Priest,
 Third Order Secular
 (d. 1513)

March 25
Feast of the Annunciation of the
Blessed Virgin Mary

March 28
Bl. Jane Mary of Maille
 Third Order Secular
 (April 14, 1331-March 28, 1414)

March 30
Bl. Amadeus IX of Savoy
 Third Order Secular
 (February 1, 1435-March 30,
 1472)

Bl. Ludovico of Casoria Priest,
 Order of Friars Minor
 (March 11, 1814-March 30, 1885)

St. Peter Regalado Priest,
 OFM Conventual
 (1390-March 30, 1456)

1.	St. David of Wales
2.	St. Agnes of Bohemia
3.	St. Katharine Drexel
4.	Third Sunday of Lent (Saint Casimir)
5.	St. John Joseph of the Cross
6.	St. Mary Ann of Jesus of Paredes
7.	St. Perpetua and St. Felicity
8.	St. John of God
9.	St. France of Rome
10.	St. Dominic Savio
11.	Fourth Sunday of Lent (St. John Ogilvie)
12.	Blessed Angela Salawa
13.	St. Leander of Seville
14.	St. Maximilian
15.	St. Louise de Marillac
16.	St. Clement Mary Hofbauer
17.	St. Patrick
18.	Fifth Sunday of Lent (St. Cyril of Jerusalem)
19.	St. Joseph, Husband of Mary
20.	St. Salvator of Horta
21.	Blessed John of Parma
22.	St. Nicholas Owen
23.	St. Turibius of Mogrovejo
24.	St. Oscar Arnulfo Romero
25.	Palm Sunday (Annunciation of the Lord)
26.	St. Catherine of Genoa
27.	St. Gregory of Narek
28.	St. Catherine of Bologna
29.	St. Ludovico of Casoria
30.	St. Peter Regalado
31.	St. Stephen of Mar Saba

Go Tell All Nations

“When Necessary, Use Words”

At the end of this month we will be celebrating the anniversary of the greatest event in human history, the death and Resurrection of Jesus. I would like to list a few facts about the Resurrection that are usually not discussed.

1. The Resurrection is a completed fact. Because of the power of the Resurrection, all bloody sacrifices in honor of any deity have stopped.
2. The power of the Resurrection is not dependent on who believes it. It is the divine initiation of the Kingdom of Heaven among us. It is universal in its effectiveness.
3. We who are living now have been given the gift of life after the Resurrection. We were born after the absolute defeat of evil.
4. According to the Bible, we (all humans) have been given the mandate to continue the movement begun at the moment of the Incarnation and solidified at the Resurrection.

On the day of the Resurrection, the angels said “Go tell the disciples that He is risen”: at the Ascension the angel said “Why are you looking up to heaven? (You) go tell all nations and spread the Kingdom of God.”

You may say, “but I don’t want to preach religion.” That’s where St. Francis’ admonition, “When necessary, use words” comes into play. All we have to do is be who we are-children of God and his visible images. If we do this we will live as love expressed. We won’t need words

Have a wonder-filled Easter.

S. Malinda

TRIDUUM CHOIR

YOU ARE INVITED TO JOIN THE ST. FRANCIS CHOIR FOR OUR
TRIDUUM SERVICES.

HOLY THURSDAY - 5:15 PM

GOOD FRIDAY - 5:15 PM

EASTER VIGIL - 8:00 PM

EASTER DAY - 11:00 AM

ALL COMMUNITY MEMBERS ARE
WELCOME -
SINGERS AND INSTRUMENTALISTS.
CONTACT POLLY FOR MORE
DETAILS AND TO SIGN UP!



Campus Ministry

The Latest News, Updates, and Faith-Filled Stories



Greetings from Campus Ministry!

Campus Ministry has been busy this semester, especially during this season of Lent. Our students recently came back from our Magnify Retreat, where over 41 participants shared faith and built an intentional community. This beautiful experience was only possible through the prayers and support of our campus community. Thank you for supporting our students through the many facets of your participation – pray, support, and ongoing presence!

Peace and All Good,
Campus Ministry

Keep in touch with us!

TEXT VUCM TO 84576

OR CONNECT WITH US ONLINE AT:
vucm.flocknote.com



Prayers for Holy Week

Sunday

Loving God,

I am just beginning to realize how much you love me.

Your son, Jesus was humble and obedient.

He fulfilled your will for him by becoming human and suffering with us.

I ask you for the desire to become more humble so that my own life might also bear witness to you.

I want to use the small sufferings I have in this world to give you glory.

Please, Lord, guide my mind with your truth.

Strengthen my life by the example of Jesus.

Help me to be with Jesus in this week as he demonstrates again his total love for me.

He died so that I would no longer be separated from you.

Help me to feel how close you are and to live in union with you.

Monday

God of love,

My prayer is simple:

Your son, Jesus, suffered and died for me.

I know only

that I cannot have real strength unless I rely on you.

I cannot feel protected from my many weaknesses

until I turn to you

for forgiveness and your unalterable love.

Help me to share this strength, protection and love with others.

Tuesday

God of such unwavering love, how do I "celebrate"

the passion and death of Jesus?

I often want to look the other way and not watch,

not stay with Jesus in his suffering.

Give me the strength to see his love with honesty and compassion and to feel deeply your own forgiveness and mercy for me.

Help me to understand how to "celebrate" this week.

I want to be able to bring my weaknesses and imperfections with me as I journey with Jesus this week, so aware of his love.

Wednesday

My savior,

do you invite me to share in the glory of the resurrection?

Please stay with me as I struggle to see

how accepting the crosses of my life will free me from the power

of the one who wants only

to destroy my love and trust in you.

Help me to be humble and accepting like your son, Jesus.

I want to turn to you

with the same trust he had in your love.

Save me, Lord. Only you can save me.

Thursday

Loving Provider,

you gather me in this upper room with your son, to be fed by your love.

At that supper, Jesus told us to "love one another" and I know that is the heart of his gift, his sacrifice for me.

I ask that I might find the source of my own heart, the meaning for my own life, in that Eucharist.

Guide me to the fullness of your love and life.

Friday

My Lord,

your son has suffered so much, shed so much blood.

I was born with so many faults and my nature is so full of weakness, and yet your son Jesus has died on the cross.

For me.

I know your grace has the power to cleanse me of my many sins and to make me more like your Son.

Thank you for your goodness and love for me.

I ask you, Father, to watch over me - always.



THE SAN DAMIANO CHAPEL AT VITERBO UNIVERSITY
JOYFULLY INVITES YOU TO

SOLEMN CELEBRATION OF THE SACRED TRIDUUM

GREAT AND HOLY THURSDAY
MARCH 28 AT 5:15 P.M.

GREAT AND GOOD FRIDAY
MARCH 29 AT 5:15 P.M.

AND THE GREATEST OF THE NIGHTS,
THE EASTER VIGIL
SATURDAY, MARCH 30 AT 8:00 P.M.

EASTER SUNDAY, MARCH 31
AT 11 A.M. AND 6 P.M.