

NEWS FROM The Inland See

April 12–18, 2025

FOR THE DIOCESE OF BURLINGTON

Spiritual Director training update

Offering the Spiritual Exercises of St. Ignatius

This Spring, 12 men and women will complete year two of the three-year Spiritual Direction training program being offered by the Oblates of the Virgin Mary and facilitated by the Diocese of Burlington. This initiative was launched to increase the availability of trained spiritual directors in our Diocese.

The training has been substantial, including full and rigorous weekends of formation, practicums, lectures, reading, lots of time focused on praying with the scriptures, human psychology and development, completing the Ignatian Spiritual Exercises, and being prepared to lead others through the Exercises. In addition, this past year the students have engaged in spiritual direction, while under supervision.

The next step in their training will be to direct someone through the Ignatian Spiritual Exercises. This is a scripturally based retreat St. Ignatius developed to help individuals deepen their relationship with God. Each day features taking time in prayer and in the scriptures, within a structure St. Ignatius developed. The process includes regularly meeting a director (the person leading you through the Exercises). There are two ways to undertake this retreat: a 30-day directed retreat or via a “19th Annotation,” where an individual undertakes the retreat while continuing their daily responsibilities. Since most people don’t have the freedom to take 30 days away for a retreat, the 19th Annotation has been a very popular way of experiencing the Exercises. It should be noted that this is a substantial (and rewarding) undertaking.

The Exercises, when undertaken via the 19th Annotation, typically last six to eight months and require setting aside approximately one hour daily for prayer and meditation on specific scripture passages, or other themes assigned by the director.

The 19th Annotation is done at home and meetings with the director can be done in person or online. If this is something that the Lord is inviting you to consider, feel free to reach out to myself or any of the 12 individuals who will be offering this retreat, listed on the right.

The men and women who are available to direct the Spiritual Exercises:

Dcn. Bob Begley, OFS bjbegley@yahoo.com	St. Albans
Dcn. RJ Dourney rjdourney@vermontcatholic.org	Chester
Dcn. Pete Gummere pgummere@vermontcatholic.org	St. Johnsbury
Mary Anne Gummere masgummere@charter.net	St. Johnsbury
Mary Dove Herrera marydove@gmail.com	South Burlington
Dcn. Paul Kendall pkendall@vermontcatholic.org	Springfield
Mark Kutolowski mark@metanoiavt.com	Strafford
<i>(Mark will be offering the 30 Day Spiritual Exercises at the Metanoia Retreat Center)</i>	
Dcn. Phil Lawson plawson@vermontcatholic.org	Burlington/Fairfax
Dcn. Josh McDonald jmcdonald@vermontcatholic.org	Essex Junction
Angela Paquette angiepaquette@rocketmail.com	Richford
Elizabeth Stuart rdeastuart@gmail.com	Bethel
Patricia Sulva psmajac@gmail.com	Charlotte

Please join me in thanking these faithful men and women for their openness to responding to the call to serve in this ministry and pray that God will use them to help others deepen their relationship with God.

— **Deacon Phil Lawson is the Executive Director of Pastoral Ministries for the Diocese of Burlington.**
He can be reached at plawson@vermontcatholic.org.



ROMAN CATHOLIC
DIOCESE OF BURLINGTON

Upcoming Events



04|15 TUESDAY
Chrism Mass

Cathedral of St. Joseph, Burlington • 11 am

Mass celebrated by Bishop McDermott, the Oil of Chrism is consecrated, the Oils of Catechumens and the Sick are blessed, and the priests within the Diocese of Burlington recommit themselves to the Priesthood of Jesus Christ.



04|16 WEDNESDAY
Bible Study

Holy Cross, Colchester • 12 - 1 pm

Interested in joining an informal bible study group? Our bible study meets every Wednesday to discuss and discern how to put God's Word into practice in our lives. If you have questions, please call the parish office at (802) 863-3002. All are welcome to join.



04|18 FRIDAY
Knights of Columbus Fish Fry

St. Charles, Bellows Falls • 5 - 7 pm

Adult \$14, seniors and children (6-12) \$12, family (2 adults and 2 children) \$30, children 5 and under \$5, active duty military and first responders \$5. Please call in your order for take out dinners (802) 275-8471.



04|19 SATURDAY
Easter Joy SoulCore

Trapp's Lodge, Stowe • 2:30 - 3:30 pm

Please join us for this special Easter offering on Holy Saturday, a class that integrates fitness and faith. Stretching, strengthening and praying are woven together, as the instructor leads moves and meditations throughout the mysteries of the Rosary. Strengthen your spirit with pure hope and radiant joy as we approach the great feast of Easter. All are welcome. Call the Fitness Center at Trapp's to reserve your spot: 802-253-5722.



04|25, 05|02, 09 FRIDAYS
Alpha Film Series

St. John Vianney, S. Burlington • 6:15 - 8:30 pm

Alpha is a series of interactive sessions to discuss life and faith in an informal, fun, and friendly environment. Guests are encouraged to participate in a small group discussion and share their views on the topic. It's a place to connect with people and a place where you can say anything you like or nothing at all.



04|26 SATURDAY
2025 VT Spring Women's Retreat

Christ the King, Rutland • 8:30 am - 3 pm

This years theme is: The Blessed Mother, Our Guide and Companion. The Keynote speakers will be the Marian Sisters from Lincoln, Nebraska. Pricing (lunch is included): Adults \$30, college students \$15, 18 and under are free with a paying adult. Register at: vermontcatholic.org/event/2025-vt-spring-womens-retreat



04|26 SATURDAY
Present in the Pain Retreat: Retreat for Grieving Mothers

Blessed Sacrament, Stowe • 9:30 am - 4 pm

Women who have experienced the loss of a child through

miscarriage, stillbirth, or death at any age from infancy to adulthood are welcome to register and attend this time of teaching, discussion, and prayer. Presented by Eileen Tully, the retreat will focus on Our Lady of Sorrows as an example for mothers suffering this uniquely difficult loss. Cost is \$30 which includes lunch. Please register by April 13. Contact Eileen at respectlife@vermontcatholic.org or (802) 658-6110, x1201



04|27 SUNDAY
Knights of Columbus Breakfast

St. Pius X, Essex Junction • 8:30 - 11 am

\$12 for 12 years old and over or \$25 per family of 4. Proceeds will benefit the Knights of Columbus Bishop Rice Council 2946 charity fund. All are invited.



04|27 SUNDAY
Divine Mercy Sunday

St. Anthony, Burlington • 1 - 3 pm

Listen, He is calling you to return to Him, repent, and hear His voice, "Jesus I trust in You."
Participating parishes: Cathedral of St. Joseph, Christ the King/ St. Anthony, St. Mark, Holy Cross, St. John Vianney, St. Catherine of Siena, The Catholic Center at UVM, and Saint Michael's College. Join us for Adoration with Exposition and Benediction, Reconciliation (Confessions), silent prayer, Rosary lead by World Apostolate of Fatima VT, concluding with praying the Divine Mercy Chaplet. We invite Catholics and individuals who have been absent from the church and want to return to receive the Graces of His Mercy in the Sacrament of Reconciliation. Jesus is there waiting for you in the confessional.



04|30 WEDNESDAY
Vermont Catholic Professionals Networking Event

Diocesan Offices, S. Burlington • 5:30 - 7 pm

Join us for an early evening networking event. Our speaker will be James Watson, a solutions architect at Honeywell, who will speak about A.I. Snacks and beverages will be provided. Please register at: vermontcatholic.org/event/vermont-catholic-professionals-april2025.



05|03 SATURDAY
Pre-Cana Retreat

Our Lady of Angels, Randolph • 9 am - 4 pm

\$20 per couple. Register at: vermontcatholic.org/event/pre-cana-retreat-3.



05|03 SATURDAY
BINGO at All Saints, Richford

All Saints, Richford • 11:30 am - 3 pm

Doors open at 11:30 am and the games begin at 1 pm. Homemade lunch, desserts & beverages will be offered. Pull tickets will be available! Proudly sponsored by the Knights of Columbus, Council #2610.



05|10 SATURDAY
Cemetery Committee Bingo

St. Peter, Vergennes • 5 - 8 pm

Doors open at 5 pm, Bingo starts at 6 pm. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. Sponsored by St. Peter's Cemetery Committee to benefit the on-going efforts for cemetery improvements.



05|04 SUNDAY
Eucharistic Healing Service

St. John the Evangelist, St. Johnsbury • 3 - 4:30 pm

Eucharistic Healing Service with the Adoration of the Most Blessed Sacrament and with praying over by Fr. Lance Harlow.



05|04 SUNDAY
Newly Married Couples Event

Blessed Sacrament, Stowe • 3 - 6 pm

Join us for an afternoon of fellowship for newly married couples. The afternoon will begin with an address from Bishop McDermott. Couples will have the opportunity to interact, sharing their experiences of married life so far. Finally, the event will conclude with an optional potluck. We are hoping to have folks bring a few dishes that are both gluten and dairy free to accommodate the needs of the community. This event is specifically for couples who have been married in the last 5 years. To register and sign up to bring a dish to the potluck, please visit this link: forms.gle/HNUtv6MCt4bAz6Bs5.



05|04 SUNDAY
St. John Henry Newman Series of Sermon Seminars

via Zoom • 7 pm

The seminars on the sermons of John Henry Newman will take place on Zoom at the indicated times and dates. The sermon will be read at the meeting; no need to prepare beforehand. Depending on the moderator, the sermon will be either interspersed with comments or read straight through with discussion to follow. The sessions will be between an hour and a half to two hours. Hope to see you there!

Fr. Henry Furman

Parochial and Plain Sermons, Volume V, Sermon 8
"The State of Innocence"

Zoom link: <https://us06web.zoom.us/j/94528155091?pwd=yYF5FSkSQ1HkrQxhmChFzGBaorasxR.1>



05|09 FRIDAY
Joy of Marriage Date Night

St. John the Baptist, Enosburg Falls • 6 - 8 pm

These events are for married and engaged couples, featuring fellowship and presentations. Register by emailing: aaucclair@vermontcatholic.org.



05|11 SUNDAY
Knights of Columbus Breakfast Buffet

St. Peter, Vergennes • 8 - 10 am

\$12 adults, \$7 children 8 to 12.



05|14 WEDNESDAY
Grief Ministry and Support

All Saints, Richford • 6 pm

Coordinated by Deacon Armand Auclair.



05|18 SUNDAY
Bereavement Ministry

St. John the Evangelist, St. Johnsbury • 1 pm

An opportunity to pray and share with others who have lost a loved one, in comfortable setting.