

# The Inland See

NEWS FROM

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 “19<sup>th</sup> 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 19<sup>th</sup> 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 19<sup>th</sup> 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 19<sup>th</sup> 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:

<b>Dcn. Bob Begley, OFS</b> bjbegley@yahoo.com	St. Albans
<b>Dcn. RJ Dourney</b> rjdourney@vermontcatholic.org	Chester
<b>Dcn. Pete Gummere</b> pgummere@vermontcatholic.org	St. Johnsbury
<b>Mary Anne Gummere</b> masgummere@charter.net	St. Johnsbury
<b>Mary Dove Herrera</b> marydove@gmail.com	South Burlington
<b>Dcn. Paul Kendall</b> pkendall@vermontcatholic.org	Springfield
<b>Mark Kutolowski</b> mark@metanoiavt.com	Strafford
<i>(Mark will be offering the 30 Day Spiritual Exercises at the Metanoia Retreat Center)</i>	
<b>Dcn. Phil Lawson</b> plawson@vermontcatholic.org	Burlington/Fairfax
<b>Dcn. Josh McDonald</b> jmcdonald@vermontcatholic.org	Essex Junction
<b>Angela Paquette</b> angiepaquette@rocketmail.com	Richford
<b>Elizabeth Stuart</b> rdeastuart@gmail.com	Bethel
<b>Patricia Sulva</b> 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](mailto: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 year's 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](https://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](mailto: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](https://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](https://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](https://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=yYF5FKSQ1HkrQxhmChFzGbaorascxR.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: [aaclair@vermontcatholic.org](mailto:aaclair@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.