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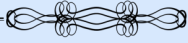
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## This Week's Intentions

### **Michael Hendrix**

By Mary & Lou Buduson

### **Anille Rinaldi**

By Mary Unger



## Collection

Last weekend's collection was \$410. Thank you for your generosity! As a guide, local residents are encouraged to tithe; graduates students are encouraged to give \$5-\$8 per week and Undergraduates \$3-\$5 per week as you are able. If you are away please consider making up your support.



## Newman Laughs



## Social Media

**Facebook:** *University of Rochester Catholic Newman Community*

**Twitter:** @UR\_Newman

**LinkedIn** *University of Rochester Catholic Newman Community*



# NEWMAN

## Catholic Community at Rochester

*Third Sunday of Lent - February 28<sup>th</sup>, 2016*

## **COOL THOUGHTS**

The following come from Father Paul Turner, pastor of St. Munchin Parish in Cameron, Kansas.

If human beings are wired for sin, God is wired for forgiveness. It's a nice combination in the long run. But in the short term there are some debilitating results: sin destroys relationships, we do not forgive others as we should, and the fear of being refused forgiveness makes us hesitant to repent.

We enter the season of Lent through the ashes of our sin. We sincerely intend to mend our ways. At the start of this season we impose a penance on ourselves to show our desire to change. But now that Lent is a few weeks old, many of us struggle to maintain its spirit.

The weather is breaking. Daylight savings time comes early. Spring training is underway. Chocolate Easter eggs are already at the grocery counter. We may have intended to perform six weeks of penance, but we are weak. We shorten the time between ashes and chocolate. We avoid the hard work of facing our sins, apologizing for them, and making the changes that will keep us from sinning again. Are we not sorry? Or have we decided that repentance doesn't matter all that much?

In the parable about the fruitless fig tree, Jesus shows God's patience. If a tree does not bear fruit, God will give it a chance through cultivation and fertilization. If it still won't bear fruit, "you can cut it down," he says, but surely God prefers a fruitful tree.

The responsorial Psalm (103: 1-2, 3-4, 6-7, 8, 11) comes as saving grace. "The Lord is kind and merciful," it proclaims. Its explanation of God's goodness seems to outdo the vision of divine mercy in the Gospel. Usually people think the God of the New Testament is kinder than the God of the Old Testament, but next week's readings could argue the case the other way. Jesus shows a God who will forgive, but who stands ready to administer divine retribution through tyrants, towers and axes. The psalm takes another view altogether.

The psalm's list of God's benefits seems endless: God pardons all your iniquities, heals all your ills, redeems your life from destruction, crowns you with kindness and compassion, and secures justice for the oppressed. God showed Moses how to live and performed mighty deeds for the children of Israel.

This proclamation is not just adoration: it is motivation. We stand in awe before a God who possesses these qualities, but we also enter more willingly the mystery of repentance and forgiveness. Jesus tries to elicit contrition by reminding people of the repercussions if they do not repent. The psalm elicits contrition by reminding people how easily forgiveness can be obtained if they do repent.

This psalm could also motivate us to forgive as God does. This is not easy. Some of us withhold forgiveness from people who have offended our dignity. Or we grant a miserly forgiveness. This is easy to spot in children, especially when parents make them apologize. Kids may say the words, "I'm sorry," but a bowed head and clenched teeth send a different message. Adults are a little more expert at concealing such feelings. We may say the words and then ignore them. Or we may never apologize for the wrongs we have done.

Sin has consequences, but so does forgiveness. Forgiveness can lift spirits, make life's road straighter, and open our heart to a greater capacity for love. It may seem as though we are wired for sin, but we are wired for forgiveness as well. We give it freely to those we love because we don't want to lose their affection; we seek forgiveness freely from the same people for the same reason.

### E-Board Notes:

Interested in spring intramurals? This season Newman will be sponsoring an intramural soccer team. This is a great way to have fun with friends, or make new ones, and take a break from the stress of school. Contact Griffin Cunningham ([gcunnin4@u.rochester.edu](mailto:gcunnin4@u.rochester.edu)) for more information or to sign up for a team

Have you ever thought about taking some quiet time away? The Abbey of the Genesee is a Trappist Monastery that offers an opportunity for silent reflection, as well as an time to tune out the noise of daily life. We are offering a Silent Retreat this spring. Contact is Mike Malpasuto ([mmalpasu@u.rochester.edu](mailto:mmalpasu@u.rochester.edu)).



### Volunteering Opportunities:

#### ***Comfort Blankets and Baby Caps***

Do you knit, crochet or sew? Hospitals are always in need of caps for newborns and premies, and children love to have a small blanket for cuddling during happy times and sad times. We have the yarn. We just need you. Sign-up after Mass or contact Sr. Leandra.

#### ***St. Joseph's House***

Looking for a place to volunteer? Help us have a community impact by volunteering with St. Joseph's House. Contact Icxel Valeriano ([ivaleria@u.rochester.edu](mailto:ivaleria@u.rochester.edu)) if interested.

#### ***Sojourner Children Volunteering***

Sojourner Center helps homeless women with difficult pasts (that have been abused, are refugees, etc.) to rebuild their lives by giving them shelter and life skills lessons for six months. Nevertheless, their children normally come with them and they need volunteers to do activities with the children while their moms are taking the lessons. Depending on the amount of people interested this could be a weekly or biweekly commitment. If you want to know more about this volunteering opportunity, please contact Icxel Valeriano ([ivaleria@u.rochester.edu](mailto:ivaleria@u.rochester.edu)).



### Newman Weekly Schedule:

#### **Tuesday: NEWMAN NIGHT**

4-6:00PM: Study Break (River Level, Interfaith Chapel)

6-7:00PM: Free Dinner (River Level, Interfaith Chapel)

7-7:30PM: Rosary Group (River Level, Interfaith Chapel)

#### **Wednesday:**

10-10:30PM: Instamass (Friel Lounge, Sue B. Dorm)

#### **Thursday:**

12:30-12:50PM: Mass (Sanctuary Interfaith Chapel)

7:30-8:30PM: Meditation Thursday: Meditative Coloring (Friel Lounge, Sue B. Dorm)

#### **Friday**

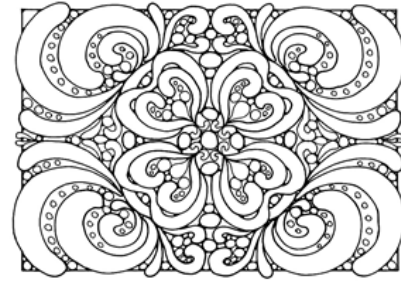
7:25-9:30PM: St. Joseph's House Volunteering

#### **Sunday:**

10:30-11:30AM: Mass (River Level, Interfaith Chapel)

**7-8:00PM: NO MASS**

### Can Coloring Really Help Me Relax?



From choosing colors to the gentle, repetitive motion of your hands as you bring color to paper, coloring can be seen as a form of "active meditation". Oftentimes when you think of meditation you think of sitting still for a long period of time. With active meditation it is just the opposite. Repetitive motions such as coloring (or running, walking, dancing or even drawing) can help strengthen your focus and easily shift your attention back to a relaxed state. Stressful thoughts and future worries can be simply pushed aside as you take time to enjoy the present. When is the last time you did this for yourself, or have you ever? Give it a try. Join us on Thursday, March 3 at 7:30 Friel Lounge in Sue B. (<http://www.aurora.edu/student-life>)

### How are you doing with your techno-fast?

For this Lent, you can still take some time on Mondays to unplug your cell and social media devices for 12 or 24 or less hours (or even 9-5PM). Take that time to devote some heart to heart facetime with God. We "techno-fast" as a community, in solidarity, and know that the reflection, silence and generosity serve as deeply rewarding and spiritually refreshing.

### REPRESENT: Newman Poster Contest

Let's put Newman on the map. The Newman Poster Contest deadline is drawing near. Bring your creativity to the drawing board. Simple guidelines and are on the back table. Check out Newman email for complete details. Winning poster gets a Chipotle gift card!!

### Catholic Vocabulary

**AMEN:** The only part of a prayer that everyone knows.

**BULLETIN:** Your receipt for attending Mass.

**CHOIR:** A group of people whose singing allows the rest of the congregation to lip-sync.

**HOLY WATER:** A liquid whose chemical formula is H2OLY.

**HYMN:** A song of praise usually sung in a key three octaves higher than that of the congregation's range.

**RECESSIONAL HYMN:** The last song at Mass often sung a little more quietly, since most of the people have already left.

**INCENSE:** Holy Smoke!

**JESUITS:** An order of priests known for their ability to find colleges with good basketball teams.