



Spiritual Care Notes: September 2019

Greetings from Janet in Spiritual Care! For the past year our Chapel Minister, David Hutchings has provided the monthly Newsletter and we miss him here at Maristhill and his inspirational writings, but the Lord has called him to other good works. I will keep you updated as I hear back from him! We are in the process of hiring a new Spiritual Care Associate – or two – to serve in his absence.

Agnes Lugira continues here in the Spiritual Care department to provide the Saturday Eucharistic Prayer Services as well as bring the Eucharist to those unable to attend the Prayer Service and visit anyone else in need of her tender and compassionate presence! Blessings to Agnes in all that she does.

September transitions from the hot days of summer to the cooler evenings of fall. Many are headed to the ocean before the summer officially ends. Pope Francis has declared September as a month to reflect on saving our oceans. I hope you have one more chance to head to the beach and sit and relax while gazing over a vast ocean view. I can't think of a better place to meditate or pray than sitting or walking along our gorgeous sandy beaches! May we all pray that that our politicians, scientists and economists work together to protect the world's seas and oceans.

Labor Day is Monday, September 2, 2019. Whether you are seaside or next to a loved one and local – remember to pray for all those sick and don't forget to pray for our ailing and failing bodies of water. Both prayer and contemplation (with or without the ocean) are good for body, mind and spirit.

In the Catholic faith, we remember 14 Saints during the month of September. I will focus on Saint Gregory the Great; Pope, Saint and Doctor of the Church. St. Ambrose, St. Augustine, St. Jerome, and Saint Gregory are noted as the four great Doctors of the Latin Church. Catholic Culture.org states that Saint Gregory was first senator and prefect of Rome, then in succession monk, cardinal and pope, and governed the Church from 590 to 604. He also is responsible for bringing the Roman Catholic faith to England.

Saint Gregory is also responsible for the Gregorian Chant. As you pass the chapel (and hopefully hear the music of the Gregorian chant), pause a minute to pray for a good day, good health for yourself, your loved ones and for the environment. Along with prayer and meditation, music is also good for the body, mind and soul. As the weather cools and refreshes your body, may it also refresh your spirit.

Blessings upon All the people at Maristhill and beyond!

Janet Hutchison

Director of Mission and Spiritual Care at Maristhill