



**SAINT TIMOTHY**  
CATHOLIC CHURCH



## Grow in Faith at Our Parish Mission

*Join Us March 1-3 — Retreat Led by  
Renowned Catholic Speaker Jimmy Mitchell*

**T**ime seems to go faster and faster, and before we know it, the 40 days of Lent are over and it's time for Easter. We don't want this important time to sneak up on us this year — after all, the Lord desires us to prepare for Easter in a meaningful way. To help us prepare our hearts for Easter during this time, speaker and musician Jimmy Mitchell will lead our Parish Mission at 7 p.m. on March 1, 2 and 3 in our main sanctuary. He will also speak at the weekend Masses.

According to his website — [LoveGoodCulture.com](http://LoveGoodCulture.com) — Jimmy believes "in the power of beauty to change the world." His "greatest joy is inspiring others to fall in love with God."

Over the course of the retreat, Jimmy will give presentations on the topic "Let Beauty Speak: The Art of Being Catholic in a Culture of Noise."



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*continued on back cover*

February 2020

In this Issue

- 2 Stewardship: Living Life to the Fullest
- 3 Striving For "the Best Lent Ever" Will Prepare Us to Joyfully Celebrate Easter
- 4 My Life for Your Freedom: Getting to Know Sister Lourdes of the Holy Eucharist
- 6 An Opportunity to be Recharged and Renewed: Our Second Annual Women's Retreat

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## STEWARDSHIP: Living Life to the Fullest

*Let us promote the sanctity of life through personal conversion. Our deaths in Christ destine us to live in His glory, the ultimate expression of life. Let us become the disciples we claim to be, by adopting the essence of stewardship and melding it into our very souls.*

As professed disciples of Christ, we are also stewards of our personal and communal vocations. When we declare Christ as our King and Savior, we also promise to exist as His earthly body. The universal Church depends upon its individual earthly members for evangelization and support. As stewards of Catholicism, we should respond to this call with living faith and heartfelt stewardship and employ our lives in Christ's service, thereby allowing Him to vocationally use us to our fullest potential. God designed us with specific talents in mind — by closely communicating with Jesus, His Son, we can put our talents to proper use. As stated in John's Gospel, when we give our lives to Christ, He promises to ignite them accordingly: "I came so that they might have life and have it more abundantly" (Jn 10:10).

True life demands sacrifices, which are crucial in urging us onward and upward toward Christ. When we embark upon a lifelong path of stewardship, giving our time, talent and treasure in the service of God and His Church, we allow Jesus to guide us along life's slippery slopes with the steady hand of a practiced master. Christ explains this concept in the ninth chapter of Luke's Gospel: "If anyone wishes to come after me, he must deny himself and take up his cross

daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it" (Lk 9:23-24). Only after completely giving our lives over to Christ will we experience the true majesty of life — the life each of us is destined to live.

As Catholics, we are urged to outwardly promote all stages of life, and to stand up in its defense. Considering the attention death has garnered within our society — whether we focus upon abortion, embryonic stem cell research, capital punishment or euthanasia — an understanding and respect for life must be reinstated into our culture and lives. But we must first harbor a true, personal love for life within our very souls, and live our own lives to the fullest, through Christ, in the service and promotion of His Church. We must become stewards of faith, in order to truly live as Christ planned. And we must give our time, talents and treasure — all gifts God has given us through life — before we can really claim to be alive.

Let us promote the sanctity of life through personal conversion. Our deaths in Christ destine us to live in His glory, the ultimate expression of life. Let us become the disciples we claim to be, by adopting the essence of stewardship and melding it into our very souls.

*A Letter From Our Pastor*

## Striving For "The Best Lent Ever" Will Prepare Us to Joyfully Celebrate Easter

Dear Friends in Christ,

**T**he most important day in February won't come till the very end of the month. Alert parishioners may already have realized I'm referring to Ash Wednesday, the first day of Lent, which falls on Feb. 26 this year. That means we have most of the month to plan for Lent!

I know what you're thinking right about now: "Father seems particularly happy about getting ready for Lent!" Of course, when we approach Lent in the right way, it will help us get spiritually fit to celebrate Easter. Just as an Olympic athlete goes through a long period of serious training to win a medal, so we prepare during Lent for our great Easter celebration. And "giving up" something during Lent is not supposed to leave a vacuum — rather we're invited to put something more valuable in its place.

We're all familiar with the three traditional Lenten disciplines of **prayer, fasting** and **almsgiving**. These can serve as our framework for how we approach the season of Lent. One might decide, for example, to give up a half



hour of television each evening. That doesn't mean you sit and stare at a blank wall for the half hour. Instead, fill it with prayerful reading of the Bible or a devotional book, or praying the Rosary.

Some people decide to forego desserts during Lent (fasting). But doing so to just lose weight is not the purpose of Lent! The goal is greater discipline in our spiritual lives. However, a family can put aside the money saved by skipping desserts and contribute it to a Church-related charity (almsgiving), so

that our self-denial can benefit others.

These are just a couple examples. There are many ways of combining prayer, fasting, and almsgiving into our daily lives during the Lenten season. The object is to develop a spiritual routine that challenges us but still fits into our lives with our individual responsibilities and schedules.

By the way, most of us will stumble at some point during our Lenten journey. Our first instinct will be to throw up our hands and give up. What we should do is just pick up where we left off and continue to do our best as we proceed on the Lenten journey.

Of course, most of February is Ordinary Time. But that gives us time to figure out what we should do in the areas of prayer, fasting and almsgiving so we can have our best Lent ever and arrive at Easter spiritually fit.

Sincerely yours in Christ,



Rev. Kenneth J. Malley







# My Life for Your Freedom:

## Getting to Know



*Sr. Lourdes with her family*



*Sr. Lourdes of the Holy Eucharist, HMSS, with her parents following her profession this past August*

St. Pope John Paul II once stated that Christian families were the “primary and most excellent seed-bed of vocations to a life of consecration to the Kingdom of God.” This certainly proved true for former St. Timothy parishioner Sister Lourdes of the Holy Eucharist, HMSS. Born into a devoutly Catholic Puerto Rican family, Sr. Lourdes says that she was blessed to grow up in a home where faith was truly the center of family living.

“I actually attended public school, but my mother insisted on giving me catechesis at home,” Sr. Lourdes says. “She always emphasized the three traits of humility, sacrifice and perseverance while my father instilled in me faith, love and patience. So that was sort of the ground work that was being instilled in me at home as a child.”

Thanks to these early principles, Sr. Lourdes said that she always had a strong faith life. This was further cultivated through her participation in St. Timothy’s weekly Bible studies as a teen, in Sunday Mass, and other parish events.

“I just began to fall in love with the Mass itself,” Sr. Lourdes says. “I realize more and more how much I was affected growing up by the homilies and how the priests would speak. It was in the liturgy — the Mass — and the overall devotion that the parish upheld where I gained so much of my formation from the faith. I also began truly looking forward to Lent because I loved praying the Stations of the Cross with my family and church community.”

## Now Sister Lourdes of the Holy Eucharist

Formed by these early experiences, the seeds had been sown for Sr. Lourdes' religious vocation long before she recognized the calling herself. As a student at the University of Florida, she became increasingly involved in the school's Catholic community. Yet even still, she continued to remain attached to and somewhat divided by her secular friendships. That is, until her junior year when her life was permanently transformed through an intimate encounter with the Lord.

"I was experiencing a very hard time with friends and found myself just feeling very disappointed," Sr. Lourdes says. "I was praying in front of the crucifix at home and I asked God to help me understand how I could love these people so much even though they hurt me so deeply. That was when He revealed to me that on the cross He died for and poured out His love to all of these people who mocked Him, laughed at Him, and



Newly professed Mercedarian Sisters of the Blessed Sacrament

*"Now, finally, I was in this place where I strongly felt the Lord inviting me to go as deep into His heart as I could. His heart is an abyss, so I realized I could keep going deeper forever. My entire life was meant to be a response to that single invitation."*

— Sister Lourdes of the Holy Eucharist, HMSS

just thought His sacrifice was a joke. And yet He loved them and continued to pour Himself out. Then I heard the Lord say, 'Can you stay here with Me to love them?' and I just couldn't say 'no'. I could only say 'yes.'"

Filled with tremendous peace from this encounter, Sr. Lourdes began going to church and spending time in front of our Lord every second she could, realizing it was there in His presence where she could most fully unite herself with Christ and intercede for her loved ones. Over time, this led Sr. Lourdes to begin exploring different religious orders as her calling to the religious life became increasingly clear.

"Now, finally, I was in this place where I strongly felt the Lord inviting me to go as deep into His heart as I could," Sr. Lourdes says. "His

heart is an abyss, so I realized I could keep going deeper forever. My entire life was meant to be a response to that single invitation."

Eventually, she was led to the Mercedarian Sisters of the Blessed Sacrament, captivated by their Eucharistic charism which leads the sisters to continuously surrender themselves to our Lord in order to become more like Him.

"At one point during my discernment I even found a bracelet from the Mercedarian Sister of the Holy Eucharist that said, 'My life for your freedom,'" Sr. Lourdes says. "And I realized that this really summed up the core of my prayer since my childhood — my desire to give my life so that those I loved and knew would be able to encounter and experience the Lord's love for them, that they would receive hope and be free."

*If you would like to learn more about Sr. Lourdes, her vocation story, and the Mercedarian Sisters of the Blessed Sacrament, please visit [www.mercedariansisters.org](http://www.mercedariansisters.org)*





# An Opportunity to be *Recharged and Renewed:*

It's completely understandable — in the busyness of everyday life, many women find themselves completely caught up in caring for others. Whether in their families, their jobs, or even ministry roles at the parish, it's often easy for women to become consumed with “giving” and neglect to prioritize their own wellbeing, spiritual and otherwise.

Here at St. Timothy, we think it's important to give the women of our parish an opportunity to take time away, relax, be refreshed, and deepen their relationships with God and other faithful women.

This year, we invite our women parishioners to consider taking part in our second annual Women's Retreat, which will take place March 13-15, at the Bethany Center.

“A lot of times these women are giving, giving, giving — and they have nothing for themselves to recharge,” says parishioner Amanda Lantz, the founder and director of the retreat. “My hope is to give them time to come and relax, to reflect, recharge and to find fellowship in women around them — to realize we're not alone.”

The retreat is designed for women in all stages of faith — from those who have been Catholic their entire lives, to those who have just discovered or come back to the Church. Women also come from a variety of life



*Retreat attendees come from a variety of life experiences, from those who are single, to those who are married with young children, to those who are grandmothers and beyond.*

experiences, from those who are single, to those who are married with young children, to those who are grandmothers and beyond.

“I think this is relevant, whether you're really deep in your faith or just starting off, or curious and looking,” Amanda says. “We're going to be reflecting on God's love for us and that's for anybody and everybody.”



*Our second annual Women's Retreat will take place March 13-15 at the Bethany Center.*

## Our Second Annual *Women's Retreat*

The retreat will include a speaker, praise and worship, time for personal prayer and reflection, fellowship, Eucharistic Adoration, Reconciliation, and more. The theme for this year is “Another In the Fire” and Amanda hopes that it will encourage the women in knowing that they are never alone.

“[I want women] to know that they’re not alone, they are loved and that God has great plans for them,” she says.

For many, the opportunity to spend time in prayer, reflection and fellowship is exactly the “recharge” they need.

“I think a retreat is something we don’t realize we need until we’re in the retreat and then we’re like, ‘Oh! I really needed this!’” Amanda says. “We get so wrapped up in our day-to-day hustle-and-bustle and routine, that we forget to take care of ourselves, to spend time with the Lord and in fellowship with the Body of Christ.

“Without God and the church community, we can get lost and distant in our faith,” she adds. “A retreat gives you time to sit still and be purposeful and focused on what God is trying to tell you in the moment. Every woman will get something different because we all have our own things that we need.”

Amanda encourages women to consider attending the retreat, especially if they’ve never attended one before.

“If you’ve never been on a retreat before, this is a good experience to start with,” Amanda says. “The grounds are so beautiful — the fellowship is so beautiful. It’s a great way to get to know people and dive deeper.

“I want to offer a time and space where women can come to reconnect with God and each other, and refocus and go forward, wherever they are in their life,” she adds. “Give it a try. It could be surprisingly beneficial.”



*For many, the opportunity to spend time in prayer, reflection and fellowship is exactly the “recharge” they need.*



*The annual Women's Retreat is an opportunity for women to spend time in prayer and fellowship, deepening their relationship with the Lord and one another.*

For more information, or to register, visit [www.thebelovedevents.wixsite.com/anotherinthefire](http://www.thebelovedevents.wixsite.com/anotherinthefire). The retreat will begin Friday, March 13, at 6 p.m. and end on Sunday, March 15, at noon, in the Bethany Center. The cost is \$182 for a double (shared) room and \$294 for a single (private) room.



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## Parish Mission: March 1-3 *continued from front cover*

“What better way to prepare than to enter into the season of Lent with heroic determination,” Jimmy says. “By turning up the heat on our lives of prayer and our frequenting of the sacraments, this season of purification increases our capacity for God once Easter hits.”

Although our evening schedules are often busy, a Parish Mission offers the opportunity to attend a mini-retreat — all without having to travel anywhere or spend the night away from home. Instead, we can be on retreat while attending to our normal activities during the day.

Jimmy says that it also gives us the opportunity to grow as a parish.

“If you feel the weight of living in a culture of noise and relativism, if you're looking for an opportunity to encounter God personally, if you want to be inspired to become a great saint

in these troubling times, this Parish Mission is for you,” Jimmy says.

Jimmy will tell stories of climbing into caves in Austria and also share original songs dealing with death and resurrection.

Both Fr. Malley and Jimmy hope we take the time to prepare ourselves for Easter through this wonderful opportunity. It will certainly be a great chance to reflect on how to quiet the noise in our culture.

“After diagnosing our culture of noise, we will unpack the power of beauty to not only bring about our own deepening of conversion, but also its power in the evangelization of culture,” Jimmy says. “You will leave this Parish Mission inspired and empowered to be a great saint in these dark and despairing times.”

You are invited to attend the Parish Mission March 1, 2 and 3 at the main sanctuary! No registration is required and all are welcome.

### *Mass Schedule*

Saturday Vigil: 5:30 p.m. • Sunday: 7:30, 9, 11 a.m. & 5:30 p.m. • Daily: Mon-Sat 9 a.m., Wed 6:15 p.m. • Holy Days: 9 a.m. & 7 p.m. Vigil: 7 p.m.