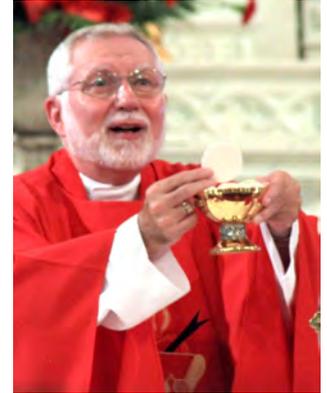
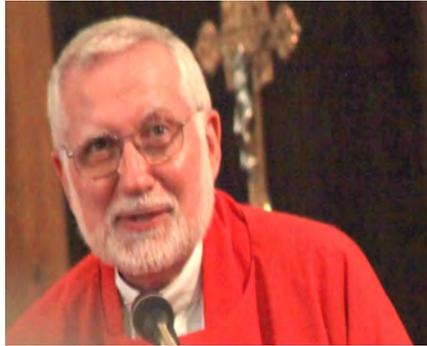
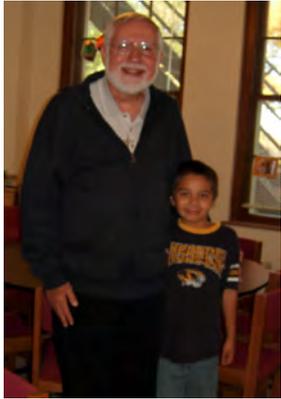




# Words of Hope

November 2013 Volume 17 Number 3

## ANNUAL GUARDIANS OF HOPE APPEAL - 2013



**Fr. Dennis Wait – Founder and Spiritual Director  
for Sanctuary of Hope (SOH)**

On behalf of Fr. Dennis, **Thank you** for your support, you are a **Guardian of Hope.**

Like last year, we are inviting donations to cover **one day (\$65) or two days \$130** of Fr. Dennis's annual salary (\$24,000). We have received nearly 200 days worth (\$13000) during the Hope Benefit. **Any amount** contributed is graciously appreciated.

Gratefully,

Linda Baska- President of the Board of Directors and Louis Finocchario Business Manager

**FINANCIAL SUPPORT FORM:**

Would you consider making a one time or pledge contribution and return this form in the enclosed envelope?

Please accept my support in the amount of \$ \_\_\_\_\_.

This is a \_\_\_ One time gift or \_\_\_ monthly or quarterly Pledge during 2013

Name \_\_\_\_\_ Address \_\_\_\_\_

e-mail \_\_\_\_\_ ( to receive notice of special programs offered by SOH.)

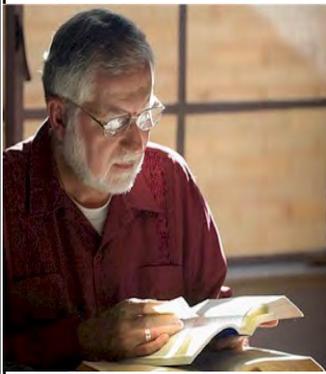
\_\_\_\_\_ I (We) commit to regular prayer (i.e. Weekly) for Sanctuary of Hope's ministry. The SOH Board invites supporters to **say a prayer at 7:PM daily** for the well-being of SOH. Thank you.

**PRAYER REQUEST**

Feel free to share a prayer request and place it in the enclosed envelope. Thank you

My (our) request is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Advancing Dawn

November 21<sup>st</sup>, 2013

The Presentation of Mary in the Temple

*Dear Friends of Sanctuary of Hope,*

On behalf of our whole community at Sanctuary of Hope Prayer and Retreat Center, I want to wish all of you and your loved ones, a most blessed and fruitful **Thanksgiving and Christmas!** We have been so blest to have so many who continue to help us with our ministry of bringing people closer to God and to each other. This has been for **my own family** of ushering into heaven, three of my cousins and one aunt, a time of **sorrow and joy**. Thanks for remembering Tony Alonge, Nancy (Mancuso) McAllister, Aunt Jennie (Alonge) Sydnor and Bill Goodack in your prayers. I have been touched by sharing with family members and seeing their love for each other and growing commitment to their faith lives. I **applaud the younger ones**, now becoming the future aunts and uncles, who have courageous hearts and desire to help their own families mature and realize their potential. I ask Jesus to forgive us, heal us, and lead us into a deeper relationship with Him and with all of life.

**Kathy Hirt** has decided to leave Sanctuary of Hope as a live-in member, but to remain as an associate member. Kathy has been a great help to us all, especially our guests, in supervising the kitchen and the meals at SOH. She continues to be instrumental in bringing forth new volunteers to help us out as well. I am always amazed by her homemade desserts, and we have all enjoyed her delicious meals. Kathy is the mother of four sons, Paul, Andy, Matt and Tim and has three grandchildren of whom she is very proud and who have even helped us with coloring Easter eggs and helping grandma with her cooking. We will miss her, but know she won't be far away, as she continues her duties as the supervisor of the lunch room at St. Joseph Catholic School in Shawnee, KS. Kathy loves her family and keeps them in her prayers constantly. Please keep Kathy, her family and her friends in your prayers too.



**Grace Willy** is our **newest live-in** member of Sanctuary of Hope. Please join me in welcoming her to our home. Grace is from Gardner, KS: she has six sisters, and one brother. She attended Johnson County Community College to study Chef Apprenticeship, which will be a help to her in working in the kitchen. She is also very creative and enjoys hobbies, like knitting, sewing, and rosary making. She has a rich prayer-faith life and is attentive to others. We are blest to have her, and ask that you please pray for her and her family, especially her twin, Kate.

As Our Lady, the Church and the world prepare to celebrate again the **birth of Jesus Christ**, the Son of God, son of man; we are offering an Advent Retreat at SOH, called: "Prepare the Way of the Lord." You are all invited. The day is Nov. 23<sup>rd</sup>, 2013, from 8 AM to 1 PM, which includes two presentations by me, celebrating the Eucharist and lunch. The retreat will be designed to help us answer the call of Universal **Holiness of life and Mission** in our environments and beyond. We can all use more pregnant pauses in our lives and the willingness to share our own discipleship with others. Again, do remember our 15<sup>th</sup> Annual **Run the Good Race on June 14<sup>th</sup>, 2014**, and bring Dad along with you to honor him, the day before Father's Day.

Here is a great quote from **St. Augustine** that I saw in a book, "The Healing of Families" by Fr. Yozefu (Joseph) from Kampala, Uganda, "The God who created us without our consent will not save us without our consent." Wow and Praise God!

Love, prayers and gratitude,

**Dios te bendiga siempre,**

Fr. Dennis Wait, Spiritual Director

## HEALTHY EATING CLASSES CONTINUE

On Thursday October 10, twenty-one people gathered to learn more about healthier eating, caring for our temple of the Holy Spirit, and experienced a healthy lunch.

Mary Finocchario led with prayer, scripture and song and much of the meal prep.

Lou Finocchario, who has received a Certificate in Plant Base Nutrition from Cornell University, shared about the importance of eating healthfully to care for the gift of our temple of the Holy Spirit. He also noted that in most religions, about 85% of all prayer requests relate to health concerns.

Persons who attended previous sessions during Lent and in April shared their experiences regarding the side effects of healthier eating. Don, age 83, had lost 55 pounds, Cecelia no longer has diabetes markers and Julie, who most of us know as SOH's retreat coordinator, has lost over 30 pounds and gained an amazing amount of energy. Each shared regarding how much more energy they are experiencing, and that the transition was not as difficult as they thought it would be. The noon day meal was a tasty surprise including freshly made vegetable based noodles substitute for spaghetti.

The next sessions will be in preparation for Lent on Thursday February 27 from 8:45 a.m. to 3:00 p.m. at Sanctuary of Hope. Another session which will be at St. Pius X Church in Mission will be on Saturday, March 1 – same hours as the above. Since we try to limit the size to about twenty, please call SOH at 913-321-4673 to register if you think this is of interest to you. There is no charge for the session, however, participants are welcome to make a donation according to whether they felt the session was helpful. Blessings!



*Merry Christmas and Happy Holidays from the staff of  
Sanctuary of Hope Prayer & Retreat Center*

## Garden Report by Jeff Stock

Grandma's house in Dysart, Iowa was so rich with memories for a three-year old boy. Shrubs and roses ringed the house and one morning an odd sight appeared under the roses of the front porch such that I had to run in and tell Grandma. Something had grown overnight and what were these odd things? She came out with her apron on and told me, "Pick em." "What?" "Reach down and pull them out of the ground!" She took them to the kitchen and soaked them for a couple of minutes in some salted water before rinsing them. While a skillet heated on the stove, she sliced them and dipped them in egg before rolling them in bread crumbs. She browned them in a dollop of butter and slid them steaming under my nose. The fragrance was something I never had smelled before but, after my first Morel mushrooms, shall never forget.

God has done a similar amazement here in the "Kitchen Garden" at Sanctuary of Hope. After we had harvested several cuttings of various lettuces and greens and the summer heat began to wilt them, we noticed large leafy vines sprouting and beautiful big orange blossoms appear for our bees to visit. Soon, little green bulbs took the place of the flowers on the vine, and we realized that squash and melons had sprouted from the compost we incorporated from our compost heap. These vines started to cover the area and grow up on the pepper plant, the air conditioners, and the perimeter fencing of the garden. We kept the vines off the air conditioners to prevent them blocking the flow of air, but the vining spinach went up a conduit to the third story eave. Father Dennis thought they might meet up on the Chapel roof with the vining wildflower growing up a lightning rod cable on the other side of the building. When the vines grew up and then down the other side of the fencing, nearly closing off the gateway into the garden, we pruned and redirected as best we could. The flowers and ensuing fruit were so abundant that it seem a shame to cut and do away with anything. But then it crossed the sidewalk and entered the lawn and Father was having a difficult time getting to his vehicle and expressed concern for the guests.

Yesterday Grace Willy, our newest live-in at SOH filled basket after basket with huge Acorn squash and a couple of late cantaloupes to go with others we had been harvesting since late summer. She had the same look and temperament of a Laura Ingalls' character as her apron load was transferred to the baskets and with which she would run inside to the kitchen to empty and return breathless to refill with God's spontaneous generosity.

The Holy Grounds Books and Gifts Store has some beautiful Christmas cards for sale which benefit the mission of Sanctuary of Hope. These cards can be ordered in packs of 6 for \$10. Each card has some hand applied element and you will not find them anywhere else. Please stop by our store to view the full selection or contact SOH for further information. Spread the word and support SOH.



# Time for

the *18<sup>th</sup> Annual Music, Movement & Meditation Concert* featuring:



*Saxonphonia*

&

*The Motet Singers*

## Sunday February 9th, 2014

2:00 – 3:15 p.m. Chapel  
(913) 321- HOPE 321-4673  
Freewill donation

[www.sanctuaryofhope.org](http://www.sanctuaryofhope.org)

26 01 Ridge Avenue  
Kansas City, KS 66102

## MARDI GRAS BENEFIT DANCE

When: Saturday, March 01, 2014 7:00-11:00 pm

Where: Holy Cross Catholic School  
8311 W 93rd St  
Overland Park, KS 66212

Cost : \$20 per person in advance  
\$25 per person at the door

Master of Ceremonies: Jerry Viviano

Music : Donated by Zepster, The DJ

Appetizers made at Sanctuary of Hope by Kathy Hirt and Friends  
Beer; Wine, Sangria, Soft Drinks and Water will be served.

All Proceeds will go to Sanctuary of Hope Retreat and Prayer Center

Event Chair: Kathy Hirt

Please send checks to Sanctuary of Hope Retreat Center 2601 Ridge Ave Kansas City, KS 66102 attention: Kathy Hirt



# PEACE, LOVE, JOY - OUR VOLUNTEERS

By Colleen Cook

This year's volunteer appreciation dinner was held on Saturday, September 28<sup>th</sup>. Thank you to the staff for their creativity in planning this event. The tables were beautifully decorated with white tablecloths along with beautiful flower centerpieces.

On behalf of Sanctuary of Hope, Fr. Dennis thanked all the volunteers for their ongoing service. He then recognized eight volunteers who have provided SOH with many years of service. "Thank You" certificates were presented to: Jerry Altman, Theresa Best, Ed Deane, Willie Etta Jennings, Stan Kaminski, Bill Loechler, Jennifer Dusil Loechler and George Miller. It was a very enjoyable evening.

We recently benefited from several groups volunteering on either work days or other times during the week. These hours were spent working our trails, removing air-conditioning units, raking leaves, and decorating for the season, etc.

The Hope Benefit was held on Saturday, November 9<sup>th</sup>. Without our volunteers, this event would not have been successful. In planning this event, volunteers and staff spent countless hours (we are trying to count them) in preparation. Then, the actual event required even more volunteers. Thanks to all of you for your many hours devoted to the success of The Hope Benefit.

Please consider becoming an SOH volunteer. There are lots of opportunities to do a variety of work and have some fun while doing so. Workdays are a great time to volunteer with a friend, your family, a group or by yourself. The workdays are scheduled for the second Saturday or each month, starting at 8:00 a.m., working until noon and then having lunch provided by SOH. Please join us. Peace, Love, Joy!



*Many thanks to all who were able to attend our 8th Annual Hope Benefit Dinner, Dance and Auction on November 9th. The delicious dinner provided by the Hilton Garden Inn, along with the gorgeous decorations and wonderful music made for a fantastic evening. We are so grateful for the support we received from all of our sponsors and donors. As usual, Sanctuary of Hope would never be able to continue serving those in the inner city and beyond if not for the generosity of our supporters. All of the donations for the auction, ads the program and prayers for a successful evening are so very much appreciated.*



dreamstime.com

WE WOULD LIKE TO THANK ALL OF THOSE WHO HAVE RESPONDED WITH SUCH KINDNESS AND GENEROSITY TO OUR WISH LIST THIS PAST YEAR. WITHOUT YOUR CONTINUAL SUPPORT, SANCTUARY OF HOPE WOULD NOT BE ABLE TO FULFILL OUR MISSION TO PROVIDE A PLACE OF PEACE AND SOLITUDE.

WE THANK YOU WITH ALL OF OUR HEARTS!

**We also would like to apologize for our error in not including Dr. Lisa Gonzales, D.D.S. in the list of our 14th Annual Run the Good Race Sponsors. Thank you Dr. Gonzales for your on going support of Sanctuary of Hope.**

## COMING EVENTS

Work Days are held the second Saturday of each month from 8:00 a.m. until 1:00 p.m.  
Lunch is provided to all volunteers.

Our Associates meet the fourth Friday of each month 6:00-8:00 p.m.

- |             |  |
|-------------|--|
| November 28 | Thanksgiving Day Mass 8:00 a.m. , followed by light breakfast              |
| December 1  | Sanctuary Sundays presented by Contemplative Outreach 1:30-5:30 p.m.       |
| December 8  | The Star of Bethlehem Concert 3:00- 4:00 p.m.                              |
| December 21 | Can There be Holiday Joy in my Grief? 9:00 a.m.-3:00 p.m.                  |
| December 25 | Christmas Mass 8:00 a.m. followed by light breakfast                       |
| January 18  | New Year Evangelization Retreat led by Fr. Dennis 8:00 a.m.-1:00 p.m.      |
| February 9  | Annual Meditation in Movement & Music Concert 2:00-3:15 p.m.               |
| February 27 | Healthy Eating—Caring for our Temple of the Holy Spirit 8:45 a.m-3:00 p.m. |
| March 1     | Fr. Dennis Lenten Retreat 8:00 a.m.-1:00 p.m.                              |
| March 1     | Mardi Gras Celebration benefiting SOH at Holy Cross School                 |
| March 9     | Healthy Eating at St. Pius Church in Mission, KS 9:30-10:45 a.m.           |
| March 30    | Lenten Music Program   |

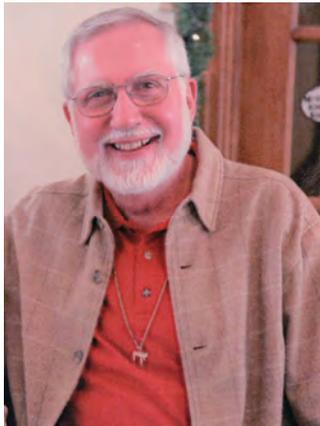
**For further information about any of the above events, please go to our website at [www.sanctuaryofhope.org](http://www.sanctuaryofhope.org) or call us at 913-321-4673**

Sanctuary of Hope  
P.O. Box 172018  
Kansas City, KS 66117-1018



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Sanctuary of Hope  
(913) 321-4673

Come walk on our trails and enjoy God's peace  
and beauty during all seasons.



For an aerial view of our grounds go to  
[www.sanctuaryofhope.org](http://www.sanctuaryofhope.org) and click on the About tab