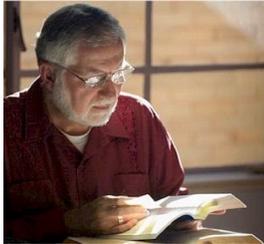


# Words of Hope

February 2012 Volume 16 Number 1

Established in 1996

Celebrating 16 Years of Service



## The Advancing Dawn

February 17, 2012

Dear Friends of Sanctuary of Hope,

Welcome to the spring of 2012! We were blest to have a very favorable winter and look forward to the new growth during this Lent to Easter time. Our hope for this year is to invite all of you to help us promote Sanctuary of Hope to new friends, businesses, organizations, churches, synagogues, mosques, prayer gatherings of all kinds, those working with healing energy (**healing** is a key adjective that describes our mission here) and anyone who wants to grow in their personal relationship with God. We are blest to be located **close** to the interstate system and right in **the heart** of the inner city of Kansas City, Ks. The vision God gave me, now 18 years ago, was: "Dennis, bring the people to me and I will take care of them."

At present, we have six live-in members on staff, with a possible new live-in joining us soon. Our commuter staff is comprised of six other people. Our **Associate Members** are about twenty in number and they meet regularly on the fourth Friday of each month, from 6:00 to 8 PM. If you are interested in being an associate member, you can call our main number (913-321-4673) or you can contact Paul Helmer, chair of the associates, at [paulhelmer@sbcglobal.net](mailto:paulhelmer@sbcglobal.net). Associates don't live at SOH, but are called to help out when and where they can with the many needs that arise. Such needs include hospitality for our guests, receptionist duties, assisting with our ongoing programs of spiritual formation and keeping the grounds and buildings in good order. They also run errands and secure places where we can share our abundance with those who have so very little. Associates also commit each year **to pray** for SOH, give of their time and talent and promote the ministry in the community.

We also have standing committees that meet monthly and this might be of interest to you as well. Our key committees are: Spiritual Life, Facilities/Grounds, Publicity, Logistics and Development. **Spiritual Life** plans the schedule for events we offer here and/or which other groups offer. Workshops and/or retreats such as grief workshops, centering prayer, retreats for women, men, married couples, families, singles, youth, Hispanic, clergy, healing touch, quantum touch, Sacramental preparations, RCIA, Cursillo, Charismatic Renewal, staff leadership, Beginning Experience, Project Rachel, Hearing Impaired, and many others are offered. **Facilities/Grounds** is basically what it says and the need is ongoing. Their responsibility is to maintain

Fr. Dennis Wait  
Sanctuary of Hope  
Inner City—Inter Faith  
Retreat Center

2601 Ridge Ave.  
Kansas City, Kansas  
66102-4617  
913-321-HOPE (4673)

## Sanctuary of Hope Board of Trustees

Spiritual Director  
Fr. Dennis Wait

President of Board  
Gary Walton

Vice President of Board  
Linda Baska

Secretary to Board  
Shirley Sulit

Treasurer of Board  
Michael Cazares

Board Members  
Frank Bustamante  
Mary Ann Rangel  
Bob Gardner  
Jane Walton

Eugene Lipscomb  
Pastor Steven Barnes  
Dr. Lynette Sparkman-  
Barnes

Newsletter may be viewed  
in color on the web site:

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

the grounds. The grounds include a mile of trails, our flower and vegetable gardens, the water garden, the pond, mowing the grass, planting new trees, shrubs, and wildflowers. General upkeep of the facilities includes interior and exterior painting, the repair and replacement of windows, tuck pointing, upgrades in electrical, plumbing, and fire protection areas and management of our computer system. **Publicity** is basically getting the word out about our mission at SOH, using our website and the SOH newsletter, as well as annual events such as Run the Good Race and the 3M concert (Meditation in Music and Movement) and calling upon organizations to support us with a variety of presentations, speakers, and videos to various groups, and use of other media to present the mission of SOH. **Logistics** is working to improve the existing rooms we use, our building space and furniture upgrade, home furnishings, and décor of the interior of the buildings. **Development** is finding ways to finance the above programs, meet operation costs, purchase equipment, fund scholarships, and increase our financial reserve to secure SOH for years to come.

We are also blest to have a **Board of Trustees** that oversees the whole operation of SOH and is responsible for getting our vision communicated to our neighborhoods and beyond. We are always in need of new board members, and if you are interested, please call our main office or contact Gary Walton, our President, at [garyw19592@att.net](mailto:garyw19592@att.net). Our present Board is comprised of 12 members. We can use three more right away. The Board is the main thrust behind The Hope Benefit, our annual dinner, dance and auction, which is our major fundraiser. We are proud to announce that we had our best year in 2011 and are so grateful for the generosity and turnout of our people and new guests. Our organization is a 501(c) 3 and we are tax exempt, so donations (finances, goods and services) can be claimed for your tax purposes.

All these entities that I have mentioned are critical to the ongoing growth and development of the Sanctuary of Hope Prayer and Retreat Center. We look forward to one day having a labyrinth on the grounds, some hermitages on the property, using this place more during the week and also on weekends, having a see-thru honeybee hive, helping children, youth, and all ages appreciate the **presence of God** in nature and how best to use our resources for conservation of energy and manpower.

Have a most glorious and joyful Easter in the Risen Jesus Christ, who came to bring us all abundant life and new growth!

Love, Prayers and Gratitude,  
Fr. Dennis Wait, Spiritual Director  
And the Sanctuary of Hope Staff

### Calling All Cooks!

We have decided to publish a community cookbook filled to the brim with the best recipes from the best cooks and we need your favorite recipes. All of the profits from the sale of this cookbook will go towards operating expenses for Sanctuary of Hope.

We would like to have your favorite recipes as soon as possible. Please type or print clearly your recipe and send to Sanctuary of Hope Retreat Center, 2601 Ridge Avenue, Kansas City, KS 66102 to the attention of Stephen Sullivan or e-mail it to us at [stephen@sanctuaryofhope.org](mailto:stephen@sanctuaryofhope.org). Please provide clear instruction and ingredients. We also need your phone number, address and e-mail. Only names will be published in the cookbook. Deadline is June 1st.

We are anticipating a great demand for this cookbook, so we want to be certain we are ordering enough. It would help us immensely if you would indicate how many copies you would like reserved in your name. Call us at 913-321-4673 or e-mail [stephen@sanctuaryofhope.org](mailto:stephen@sanctuaryofhope.org).

# Download God, Upload Prayer

## *God, Can You Hear Me Now?*

Kathy Jennings

Zing! Went the strings of my heart as **symphony harpist, Debbie Clark**, gently stroked the strings and transported us to the realm of ethereal bliss! As we meditated on the soothing, serene, calm, peaceful, tender tonalities that massaged our soul, mesmerized our consciousness, and melted away all the stress and strain of our daily lives, we were transcended to timeless tranquility. Like a bubble floating and dissipating, as each harmonic floated away and trailed off into the distance, we eagerly waited for the next notes to caress our sensitivities and carry us to that celestial place of enrapture. Her closing piece, Schubert's Ave Maria, summoned the angels who were truly present in front of the Tabernacle, and God heard our uploaded prayers!



**Powerful Praise** sacred mime artists, **Warren Harvey, MarShelle West and Kirk Ritchie Jr.**, delivered an inspiring, uplifting, interpretation of the preacher's sermon. Their raw, kinetic responses to the gospel music provided us with a movement visualization that often erupted into a cathartic expression of praise! We not only heard the words to "You are everything" by Byron Page, we were induced to *experience* the anxiety, doubt, perseverance, trust and victory with them.

We were intrigued watching the graceful hands of **Minyi Zheng** (KC Chinese Music Ensemble) caress the 21 strings of the *gu zheng*. The hypnotic Oriental melodies permeated our being and pierced our souls. The enchanting, melodious sounds of the *gu zheng* reached our brain and transmitted us to a Chinese Paradise.



**Rui Wang**, wowed us with her mastery of the *er hu*! On only two strings, Rui fascinated us by displaying the gamut of human emotions that can't be imitated. The heavy, sad sigh of the human voice, laughter, the onomatopoeia of birds, the galloping of horses feet, the wind rustling through the trees, and rainfall. Rui has skillfully mastered the *er hu* for 10 years. She was accompanied by cellist, Yanni Mao.



*Sursum Corda (Lift up your Hearts)* Director **Jared Ostermann** led the *a cappella* ensemble into an intricate tapestry of interwoven voices swelling, then receding like the waves of the ocean. Their program, dedicated to Mary, featured *Alma Redemptoris Mater* (Soul of Mary), The Magnificat and Ave Maria. *Sursum Corda* is deeply committed to preserving the rich heritage of Latin works whose origins can be traced back to ancient times.

Sanctuary of Hope  
Invites you to attend our annual  
***"Honor Thy Mother Breakfast"***

To be held on Saturday, May 12, 2012 at the Reardon Center in Kansas City, Kansas.  
Seating will be limited, so please make your reservations soon by calling us at 913-321-4673 or  
e-mailing [julie@sanctuaryofhope.org](mailto:julie@sanctuaryofhope.org). Tickets must be pre-paid by May 1st.

**Men remember your wives  
Honor that special Grandmother  
Ladies a Special friend in your lives  
A beautiful way to remember a special Mom  
Just because you are a MOM!**



Join us for the  
**13th Annual Run the Good Race and Pancake Breakfast**  
to be held on our grounds on **Saturday, June 16, 2012**

Run or walk to help contribute to the mission of Sanctuary of Hope while building the good image of the community. Gather up your friends for this event and come out for a good time!

A delicious pancake breakfast is included for all registered runners and walkers. For family, friends and welcome guests, the breakfast will be \$5.00.

Please put this date on your calendars and invite your friends and family to join us!

Look for more information to be posted soon on our website [www.sanctuaryofhope.org](http://www.sanctuaryofhope.org).

You can also call the office at 913-321-4673 and ask for Julie.



# Our Intentions and Visions for the Greater Good

Lou Finocchario

What are my intentions for today? Sometimes I am not aware of any, and the day still unfolds somehow. Sometimes we have very strong intentions and attempt to make (force) things happen in a certain way. What if we were to combine the good in each of these approaches?

This is a lead into the theme of the power of clearly articulated intentions within the context that our intentions contribute to a higher good. We ask for particulars, as well as share a vision for ourselves, family and our world, within the context that we know that a higher power is operating with a vision that is way beyond ours. From a spiritual perspective, our prayers often are our intentions and visions. Clearly envisioning our intention--within the context of "letting go" (with a confidence that grace guides us) is the invitation.

Some visions may seem impossible; i.e. the fall of apartheid in South Africa, the crumbling of Communism in Russia, the Civil Rights movement, conversions, transformations of lives among people we know. Would not our creator welcome our minds and hearts in action, to usher in visions... such as a compassionate, caring and creative world for all?

The following is a specific example--an excerpt from a Vision of Leadership, taken from a Vision Alignment Project:

We see a world in which those in control of our power centers have the highest of intentions for all on this physical plane: All environments, all creatures, all cultures and societies. We see these powerful and good intentioned leaders in their native habit of love and compassion, making wise choices and setting an example for all physical creatures, in an effort toward peaceful advancement for all. We see our good intentioned leaders in a state of good physical and emotional health.

We see our community institutions, learning centers, and social gathering places as environments of interaction with one another in compassionate, happy and positive ways, leading to advancement and expansion of society and technology, for the benefit of all.

We see in particular, our financial institutions as well intentioned organizations, offering ethical, humane means of speedy advancement through the use of monetary credit and other forms of structured and focused energy. We see the highest good for society in this.

## AND WE SEE GOOD LEADERS STEPPING FORWARD NOW



In memory of Tom Gilbert, Jr.-a Sanctuary of Hope founding member who helped write a 30 page proposal to Archbishop Keleher to begin our mission. Tom was founding editor of our **Words of Hope** newsletter and the original webmaster of the Sanctuary of Hope website ([www.sanctuaryofhope.org](http://www.sanctuaryofhope.org)). Tom and his wife, Jeanne, were so supportive of our mission and we are ever grateful to them.

Eternal rest grant unto him, Oh Lord!

## Letting Go

Jeff Stock

Thus far we've had such a mild winter that only memories of seasons past allay fears of global warming. Iowa always had great conditions for waxing the Radio Flyer fresh snow and favorite hillsides. With a four year old sagacity and plenty of whining, the day came for me to steer the sled down the course run. Perhaps if my big brother, Craig, had not been on my back, the three block sprint home with a bloody gash on my lip wouldn't be part of this tale. Grave foreboding of Self -Will Run Riot and the habit of blaming others to come for this prodigal.

St. Francis prayed, "in dying we awaken to Eternal Life" yet some of us seem to require a Cosmic 2x4 on the noggin to surrender. When the pain of staying the same becomes greater than the imagined pain of change (Resistance to change causes pain), we Let Go And Let God Be God. Denial can be so strong that never mind that a bouquet of broken dreams and burned bridges will blind us from the Heavenly Banquet our Father God has prepared for us. Until we unclench our controlling mitts and turn empty hands palms up, we cannot receive the Gift of Grace.

Ego is spelled with a capital "I" but fourteen years of recovery from alcoholism and drug addiction has changed me. Radio Flyer red wagons more suited to this weather have long handles for directing and pulling. If we let go the handle, God and His Holy Spirit will pull and direct the wagon and leave one free to enjoy the ride and the view. A spiritual director demonstrated the benefit of sacrifice as preparation for times when Gods Will doesn't seem to jive with our own.

**Frequently the realization that not getting what we want is a good thing and not getting what we deserve will prompt a drop-on-our-knees prayer of gratitude for His Mercy.**

## Holy Grounds Books and Gifts

Holy Grounds Books and Gifts, located near the front office of Sanctuary of Hope, continues to offer one of a kind artist items and books. With spring just around the corner, we have many items that will be perfect for that First Communion, Confirmation, Ordination or Wedding. We hope you keep us in mind as you plan for these holy occasions. We have some beautiful new rosaries

that are handmade using unusual beads and crosses. They are a wonderful gift for many events. Also our pottery clutching crosses, each an original design, work well for all ages and can be displayed on a desk, table or wall. We have refreshed our wall art pieces and you will find some fabulous photos and collages that will add inspiration and sparkle to your home or make a memorable gift for someone else. We continue to have a great supply of new and used inspirational books as well as unique soaps and jewelry. If you have not

stopped in the gift shop in awhile, we welcome you to check us out and remember that a large portion of all our sales are returned to Sanctuary of Hope. The Holy Grounds Books and Gifts Shop is open during office hours. If you have seen something in the past and have been unable to return for the item, we are happy to work with you and can arrange for an item to be mailed. We look forward to seeing you!



## Save the Date

Fr. Dennis Wait  
40<sup>th</sup> Anniversary of Priesthood  
May 26<sup>th</sup>, 2012  
St. Mary/St. Anthony Church  
615 North 7<sup>th</sup> Street  
Kansas City, KS 66101

4 PM Parish Mass  
Reception and meal  
To follow in the Church Hall

*"I came so that they might have life, and have it more abundantly."*

*John 10:10*

**Sanctuary of Hope is in need of a brush hog  
for the mowing of our fields and brush areas.  
If you know of anyone who could donate one to us,  
we would be eternally grateful!**



## 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 from 6:00-8:00 p.m.

- March 24 Silent Saturday 9:00 a.m.-Noon
- March 29 Feast of Hope Celebration 7:00-9:00 p.m.
- April 5 Holy Thursday Mass 7:00 p.m.
- April 6 Good Friday Services 7:00 p.m.
- April 8 Easter Sunday Mass 8:00 a.m., followed by light brunch, please RSVP
- April 22 Peace Prayer Walk 1:00-3:00 p.m.
- May 12 Mothers' Day Breakfast at Reardon Center
- May 19 Paths to Peace 9:00 a.m.-2:00 p.m.
- May 26 Silent Saturday 9:00 a.m.-Noon
- May 26 Fr. Dennis Wait's 40th Anniversary of priesthood celebration 4:00 p.m. Mass followed by reception
- June 16 13th Annual 5K Run the Good Race & Pancake Breakfast

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



NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 598  
KANSAS CITY,KS

Return Service Requested

Sanctuary of Hope  
(913) 321-4673

**SAVE THE DATE!!**  
**November 10th, 2012**  
*(Second Saturday)*



**The Hope Benefit  
Dinner, Dance  
and Auction**  
Sanctuary of Hope's  
Gala fundraising event!

**13<sup>TH</sup> ANNUAL  
RUN THE  
GOOD RACE**

**5K CROSS  
COUNTRY**  
1000 FEET OF UPHILL

**5K ROAD  
RACE**  
DO THE DOUBLE

Design by Andrew Alexander / Printing Concepts by AC Printing Co.

**CROSS COUNTRY COURSE TAKES  
Road Course 6 mi**

**SANCTUARY OF HOPE**  
2801 HOWE DR. KANSAS CITY, MO  
[WWW.SANCTUARYOFHOPE.ORG](http://WWW.SANCTUARYOFHOPE.ORG)

**SATURDAY  
JUNE 16<sup>TH</sup>** 2012

**RUN BOTH COURSES  
DO THE DOUBLE**

**BARBER  
FINANCIAL GROUP**  
A WEALTH MANAGEMENT FIRM