



# SPIRITUS WEEKLY UPDATE

WEEK OF MARCH 20TH, 2025

**NEXT GATHERING SUNDAY APRIL 6TH**

SPIRITUS COMMUNITY GATHERING

SUNDAY 4/6

MEETING BEGINS AT 3:00PM

MADELEINE ROOM

## SHARING OUR MARIANIST STORIES

If you follow all things Marianist, then this is something that you probably already know and listen to regularly. But the North American Center for Marianist Studies (NACMS) produces a podcast and it is nearing its 50th episode. If you haven't given it a listen, Lent is a great time to set aside 30 minutes to listen, learn, and reflect on some of their topics that they have to offer. If you are someone who is looking for something a that is more prayerful, they also have 4 different Lenten reflections for you to enjoy. Please take a moment to explore this wonderful resource we have available as a Marianist Lay Community.

<https://www.nacms.org/podcasts>

[HTTPS://SPIRITUS-MLC.ORG](https://spiritus-mlc.org)



# PRAYERS AND INTERCESSIONS FOR OUR COMMUNITY

**For all those in our community, those that we love, those who are alone, those who are grieving, those in war torn areas, those without anyone to pray for them and anyone else in need of loving support, prayer, or comfort.**

**Please pray for Teesie Lupp.** She has been diagnosed with kidney cancer. Prayers and support for both her and Adam at this time.

**Please keep Tom Zawodny in your prayers.**

*For all the prayers written in our book of petitions.*

**For Phillis Hamilton's and her family,** her daughter, Mary passed away after a long fight with cancer.

**Prayers for Katie Metzmaier** has been diagnosed with a facial nerve pain called trigeminal neuralgia that causes horrible migraines. On March 24th, she will be undergoing a specialized test to determine if they will need to do surgery. Prayers for calmness for Katie & family leading up to the test. For faith, strength, fortitude & acceptance of the results of the tests and whatever comes next.

**For Katie Metzmaier's friend, Layla (11) .**

## Lenten Prayer for New Life

Loving and Gracious God, as I stand at the threshold of new beginnings, I humbly ask for your guidance and strength. Renew my spirit, heal my wounds, and fill my heart with hope. Help me to let go of the past and embrace the possibilities that lie ahead. May this spring be filled with joy, purpose, and a deeper connection to you.



# COMMUNITY INFO

Spiritus Gathering Setup...Please Sign Up: A scheduling tool that allows us to plan for volunteers who can help with the setup and/or serving as greeters for our Spiritus gatherings has been in place for quite a while, but is not being utilized. Knowing in advance who can help with the setup, alleviates any concern that we won't have enough volunteers to help. By clicking the link below or using the QR code provided, you can easily sign up for a future gathering, which will also send a reminder to you in advance of that gathering. If you need any help with the scheduling, please contact Linda Skinner at [scheduling@spiritus-mlc.org](mailto:scheduling@spiritus-mlc.org). Thank you so much for your help!



**Mark your calendars!  
Spiritus will have a  
community Mass  
Easter Sunday at 10:30  
am in the Queen of  
Apostles Chapel.  
April 20th, 2025**

**Don't forget to sign  
up for the 2025 US-  
COPAJU ANNUAL  
CONFERENCE  
March 26th - 28th at  
the University of  
Dayton. It starts next  
week!**

**Click HERE to  
register. Check the  
email from 3/18 for  
more info**



# UPCOMING SPIRITUS EVENTS

- March 25th – Annunciation Mass with Dayton Family Council, 7PM, Queen of Apostles Chapel.
- March 26-28th – US Chapter of Committee of Pan American Judges for Social Justice (COPAJU) conference, University of Dayton
- April 6th – Spiritus Prayer Gathering, Madeline Room, 3:00 PM
- April 19th – Family Easter Egg Hunt 10:00 AM- Mount St. John
- April 20th – Spiritus MLC Community Mass, 10:30AM, Queen of Apostles Chapel.

## REMOTE VIEWING

Check the website (link at bottom of each page) for link to remote viewing for Sunday.

**Viewing of all past meetings are available on the Spiritus website. Just click the banner at the bottom of the page for access.**

If you are interested in being trained to stream meetings, please see Kevin Skinner or send inquiries to [contact@spiritus-mlc.org](mailto:contact@spiritus-mlc.org)  
To rewatch all past meetings click on the link for our website at the bottom of the page.



# UPCOMING SPIRITUS EVENTS

## EASTER EGG HUNT

**SATURDAY APRIL 19TH**

**TIME 10:00AM**

**MOUNT ST. JOHN - ACTIVITIES AND  
REFRESHMENTS IN THE CHAMINADE CENTER,  
MADELEINE ROOM**

DON'T FORGET TO JOIN US  
FOR MASS ON EASTER SUNDAY  
AT 10:30 AM AT  
QUEEN OF APOSTLES CHAPEL

SPONSORED BY



**SPIRITUS**  
A MARIANIST LAY COMMUNITY



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## Lenten Donations

At our Spiritus gatherings on 3/16 and 4/6, we will be collecting Lenten donations.

**FAMILY PROMISE**- diapers (size 5,6,7), “any and all cleaning supplies”, napkins, bleach/Lysol, Kool-Aid, hair brushes/combs, plastic cutlery, aluminum foil.

**BRIGID’S PATH** - 4 Oz Dr Brown bottles, hand sanitizer, scent-free detergent (Dreft), Pampers Swaddlers Sensitive -1 and NB, paper towels, baby wipes, copy paper, toilet paper, Desitin (purple box), Clorox or Lysol disinfectant wipes, single serve coffee pods, dry snacks (granola bars, chips, etc), sturdy paper plates, baby teethers, postage stamps, hand soap refill bottles.

**DAKOTA CENTER BABY SHOWER** - diaper bags, backpacks, baby shampoo and lotion, onesies, sleepers, hats, diapers (sizes NB-5), baby wipes

For moms - deodorant, toothpaste, lotion, nursing pads

We are also encouraging tax deductible financial donations to **Miami Valley Immigration Coalition** (via their website or mail c/o LEAD 505 Riverside Dr., Dayton, OH 45405) or to **Catholic Social Services Refugee Resettlement** (via website or mail to 922 W Riverview Ave, Dayton, OH 45402). Both are in desperate need of funding at this time.

Thanks and peace, Chris



## Urban Solidarity Initiatives: Many Opportunities to Get Involved!

- Respite Bag Sign-up Dates Are Still Available: Please consider signing up for one of the following upcoming dates to deliver Respite Bags to Food for the Journey Project (FJP): April 15, April 29, June 3, July 15, July 29, August 5 and additional dates in the fall. In addition to filling bags with shelf stable snacks, please consider adding a few of these items during the winter months, either in the same bag as the snacks, or in a separate Ziploc bag that can be given out separately. Suggested items include: lip balm, throat lozenges, travel size hand lotion, band aids, masks, toothbrush, travel size toothpaste, or hand warmers.

### Support Dakota Center:

- The Dakota Center is seeking donations and volunteers for their Baby Shower on Saturday April 19th from 11-2 pm. They need 5-10 volunteers to help with the resource fair to direct moms to the organizations. Also please consider collaborating with your community to fill a laundry basket, diaper bag, or backpack with items for baby or mom! Suggestions for the baby bag include baby shampoo and lotion, onesies, sleepers, hats, and of course lots of diapers (size newborn-5) and wipes! Fill a mommy bag with deodorant, toothpaste, lotion, and nursing pads. Thanks for your help!



# MARIANIST FAMILY ACTIVITIES AND PROGRAMS

Check out the new edition of  
Marianist Family Online!  
<https://www.marianist.com/familyonline/>

## STAY CONNECTED !

MARIANST FAMILY - <https://www.marianist.com>

MARIANIST SOCIAL JUSTICE COLLABORATIVE - <https://marianistsjc.net>

MARIANIST LAY COMMUNITY OF NORTH AMERICA - <https://www.mlcna.org>

MARIANIST ENVIRONMENTAL EDUCATION CENTER - <https://meec.center>

NORTH AMERICAN CENTER FOR MARIANIST STUDIES - <https://www.nacms.org>

# SPIRITUS CONTACT UPDATES

If there is anyone who is seriously ill or facing a significant surgery or procedure the Sacrament of the Anointing of the Sick is available.

You can call the Spiritus office and leave a message if it is something that can be scheduled in advance, or if more time sensitive, you can reach out to Fr. Tom. His telephone number is 937-903-0943.

Also if anyone needs to receive Eucharist at home please notify Linda Folmar at [Linda\\_folmar@sbcglobal.net](mailto:Linda_folmar@sbcglobal.net).

If you need to change any contact information, please let us know by responding to this email or by writing any changes that you need to have made on the clipboard available by the nametags at each Spiritus gathering. We want to make sure that everyone is getting information in a way that is helpful and suits them.

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# SPIRITUS CONTACTS

## LEADERSHIP TEAM

Matt Naveau - Community Coordinator -  
matt.naveau@spiritus-mlc.org

Linda Skinner - Temporalities Coordinator  
linda.skinner@spiritus-mlc.org

Chris Sitko - Formation Coordinator  
csitko24@aol.com

Chris Bohmer-Stewart - Social Justice Coordinator  
bohmerstewart\_1@hotmail.com

Tom McCrate - Finance Coordinator  
tom.mccrate@spiritus-mlc.org

Linda Folmar - Spirituality Coordinator  
linda\_folmar@sbcglobal.net

Steve Guilfoos - Community Rep  
sguilfoos@woh.rr.com

Cathy Dempsey - Community Rep  
catherineal61@gmail.com

Marilyn Nagle - Community Rep  
marilynjnagle@yahoo.com

Fr. Tom Schroer - Spiritual Advisor  
tschroer1@udayton.edu



# Spiritus

## Annual Discernment

### 2025

I am interested in further discerning my role as:

#### Community Volunteer Opportunities

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- Planning Spiritus Gatherings
- Helping with Temporalities (setup, last one out, hospitality, etc.)
- Finance Team
- Operating Streaming Equipment
- Community Outreach Ministry
- Social Justice Team
- Other \_\_\_\_\_

#### Leadership team roles

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- Community Coordinator
- Spirituality Coordinator
- Formation Coordinator
- Temporalities Coordinator
- Community Rep (3 needed)
- Social Justice Coordinator
- Treasurer
- Spiritual Advisor

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_



Please return this form to Matt or Maggie or email it to [contact@spiritus-mlc.org](mailto:contact@spiritus-mlc.org). Forms due by April 6.