

# Avila News

PRAYER, SACRIFICE, SERVICE, AND STUDY

FORTY-SIXTH YEAR VOLUME IV

MARCH, APRIL 2018



## REGULAR MEETING AND HOLY HOUR

Wednesday,  
March 21, 2018

PLEASE GATHER IN  
FOUNDERS' ROOM  
BETWEEN 9:45-10:00AM

HOLY HOUR WILL BEGIN  
AT 10:15AM

Followed by Community  
Mass with Seminarians,  
Luncheon, and Speaker.

### SPEAKER:

Sr. Marie Ellen Kuhel, OSU

As always, friends/guests are most welcome! Please call **Marlyn Tunnell, 440-442-7538** no later than noon on **Monday, March 19**, if you cannot attend or to make **additional reservations**. **Guest donation is \$9.00**. Please remember to bring your Holy Hour Prayer Book. **Members:** Please leave your full name and phone number when calling to cancel reservation. Also, please note that **ALL Avila Members** have a standing reservation and need to call in cancellations when necessary. **Members who are unable to regularly attend meeting and cannot call to cancel luncheon reservations might consider becoming a sustaining member.** Thank you!

## President's Corner

"YES"...in this time of the liturgical year, our word of yes is quite important. We think of St. Joseph on March 19 with his word of "YES" to God to be the adopted father of the Incarnate Son of God. We think on March 25 the Annunciation of the Lord when the Virgin Mary was visited by the angel Gabriel giving her the call by God to be the mother of His Son. "I am the handmaid of the Lord, let it be done to me according to your Word." She said, "YES." Both Mary and Joseph in humility and obedience accepted the Will of God and fully surrendered in love to Love.

As Avilas, we pray for this "YES" to be spoken in heart and soul by those God called to a vocation to the priestly or religious life. We pray for those already serving to be sustained by God's grace for their total sacrifice to God and others. We pray for those discerning God's call to say "YES" freely and completely. However, there is a "YES" for all of us. We are all called to holiness and may the examples of St. Joseph and the Blessed Mother bring us all to be holy.

*Virginia Kovacina  
Avila President*

## JANUARY AVILA GATHERING

Fr. Kevin Estabrook, a priest in the Diocese of Cleveland since 2009, was our guest speaker. He has served as Parochial Vicar at St. Columbkille, St. Angela Merici parishes and is currently at St. Clare parish in Lyndhurst. Father grew up in Madison with his home parish being Immaculate Conception. He credits his vocation to the example of his grandparents and their faithfulness to their faith. He also was influenced by his pastor at the time at Immaculate Conception, Father Luigi Miola. While taking instructions for Confirmation, Father Miola presented the faith in a clear and articulate way that gave Father Estabrook the desire to consider the call of God for his life. Father Miola invited the possibility to him of a vocation to the priesthood and suggested his attendance at the vocation program at the seminary. During Father Estabrook's visit at the seminary, the commitment of the seminarians to discern the call of God for their lives impressed him. He entered Borromeo as a college sophomore in the Fall of 2001. During the seminary Father Estabrook was assigned various ministries. He served in assisting at the Cuyahoga County Jail, Marymount Hospital, Holy Redeemer in Collinwood, Holy Trinity in Avon, New Directions Treatment facility for adolescents struggling with chemical dependency, and as a transitional deacon at Holy Cross (Our Lady of the Lake) in Euclid.

*(continued)*



*(continued -January Avila Gathering)*

Father emphasized that our example of sharing our beliefs in the Catholic faith is very important to family, friends and others who might not be as committed as we are to the Truth of Catholicism. As a priest, Father shared that wearing the Roman collar brings to him questions about religion in many different places. It is an opportunity when asked to offer confession, a prayer for healing or a blessing at an airport, gas station, funeral home or even a supermarket. The priesthood is a sign of Jesus Christ's presence with us, his abiding love. We need reminders in this secular age that God is with us. It is a privilege for a priest to walk into critical moments of peoples lives.

The final thought Father shared was his work as a chaplain with Courage International. He gives spiritual support to those with same sex attraction to live in chastity, prayer, and devotion, offering fellowship and support in accordance to the Roman Catholic Church. Father closed in saying that St. John Vianney said that the "Priesthood is the love of the heart of Jesus Christ." He thanked the Avilas for their prayers and support for priests and priestly vocations and urged all to continue to pray for one another.

*Thanks to Virginia Kovacina for this report.*

***Kudos to Adeline Trzaska***

***on recognition of 45 years volunteer service***

***at Marymount Hospital!***

**2017-2018 Avila Roster Corrections/Additions**

**Laura Lang, 815 Woodbridge Trail, Sagamore Hills, 44067  
330-467-2675, laura24franz@gmail.com, St. Barnabas Parish**

**Diane Wilburn, 1 Gateway, Euclid, 44118, St. Clare Parish**

**Vera Casey: 440-331-5546, veracasey@irishimports.com**

**Jerri Donohue: jerridonohue@aol.com**

**William & Patricia Hoffman: 440-428-7147**

**Jeanne Maroun: jeannemaroun@hotmail.com**

**Lita Tinio: lieferdi@roadrunner.com**

**Margaret Wolfe: mwolfe1@zoominternet.net**

**DATES TO REMEMBER**

**Bishop's Seminary Brunch - Sunday, March 18, 2018  
Contact Virginia Kovacina if you would like to attend.**

**Avila Board Meeting - Wednesday, April 4, 2018**



***Dominic Avenoso, father of Mary***

***Greg Evans, husband of Joan***

***Nancy Hach***

***Pat Hesland***

***Leona, daughter of  
Mary Ann Trask***

***Adeline Trzaska***



***May the dear Lord Jesus,  
who went about doing good and  
healing all, bless all of our Avila  
members and their families and  
friends who are sick, and let them  
recover their health soon. Amen.***



***Rosemary Cochran and Family  
on the death  
of daughter-in-law Laurie.***

***Judith Cooper and Family  
on the death  
of son-in-law David Marsh.***

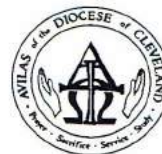
***Mary Ann Trask and Family  
on the death  
of brother Edgell England.***

***Ann Marie Zelenka and Family  
on the death  
of brother David.***

***Happy St. Patrick's Day!  
Alleluia. He Has Risen!  
Happy Easter!***

***God Bless!  
Maureen McHugh  
Publicity Chairperson***





"There is but one road which reaches God and that is PRAYER;  
if anyone shows you another, you are being deceived." *Saint Teresa of Avila*

March 2018

Please include the special intentions of the members of the following groups  
in your Holy Hour this month:

March	4, 2018	Order of Blessed Virgin Mary of Mercy (O de M)
March	11, 2018	Permanent Deacons of the Diocese of Cleveland
March	18, 2018	Poor Clare Collettine Nuns (PCC)
March	25, 2018	Poor Clares of Perpetual Adoration (PCPA)
April	1, 2018	Little Sisters of the Poor (LSP)



Lent is a great time for reflection and prayer in preparation for the coming of Easter. It is a time to rid ourselves of bad habits and replace them with habits that are life-giving. We can focus on three traditional Lenten actions, habits that we can develop that can cause a ripple effect in our lives.

**Prayer:** The essence of prayer is silence. Take time away from words this Lent. When we practice silence as part of our prayer time, a space opens up into which God can speak. Instead of simply adding a few extra prayers each day, seek periodic momentary periods of alone time, reflecting within ourselves, leaning back, breathing deeply and knowing God more deeply.

**Fasting:** Fasting is often seen as a negative act. We are giving up what we like and sometimes even what we feel we need. Lent is a time to lessen our desires and needs so we can appreciate more deeply all that is already in our lives. Sacrifice, an important element of Lenten discipline, then becomes so much more. Like a plant, when we prune something properly, it blossoms more deeply, not less. Hopefully, what we choose to prune - be it something to eat or drink, or a behavior that is not serving us or others well - can cause a sacred blossoming to take place. When we intentionally put the brakes on consuming - whether it be food, drink or material goods - we introduce a new habit that challenges the old, shifting the focus away from ourselves and our own "needs" and enabling ourselves to be more attuned to God and to the needs of others.

**Almsgiving:** Increase your generosity toward others this Lent, not to earn grace, please God or draw attention to our own holiness, but to experience grace. Generosity enables us to rise above ourselves and to live, as St. Ignatius of Loyola said, as "a person for others." See almsgiving from the perspective of giving of ourselves, doing something for others without expecting anything in return - not even a smile or a thank you - permitting us to learn one of the essences of grace: giving and expecting nothing in return.

When these three traditional Lenten habits are practiced, a ripple effect of selflessness occurs, and we no longer think of ourselves as the center of the universe. And that is the beginning of the habit of holiness. Don't miss great opportunities that present themselves this Lent, easy to do in this stressful fast paced world. Greater inner freedom, a richer sense of compassion and a deeper relationship with God are waiting.



"There is but one road which reaches God and that is *PRAYER*;  
if anyone shows you another, you are being deceived." *Saint Teresa of Avila*

April 2018

Please include the special intentions of the members of the following groups  
in your Holy Hour this month:

April	1, 2018	Little Sisters of the Poor (LSP)
April	8, 2018	Sisters of the Precious Blood (CPPS)
April	15, 2018	Society of the Precious Blood (CPPS)
April	22, 2018	Sisters of Providence (SP)
April	29, 2018	Religious of the Good Shepherd (RGS)
May	6, 2018	Religious Women and Men of the Diocese of Cleveland

***Easter is upon us! Rejoice in the triumph of Christ! Alleluia! He is risen!***



Easter is the most joyous feast of the year, the cornerstone of our faith. The Church is filled with the light of Christ! By rising from His tomb after His crucifixion, Christ conquered death so that we all might be freed from our sins and one day share eternal life with Him in Heaven!

Easter is the beginning of our new life with Christ. We are reminded of Christ's promise, "*Your hearts will rejoice, and no one will take your joy away from you.*" (John 16:22). Having meditated on Jesus's life, passion and death during Lent, we can now rejoice at His Resurrection at Easter much as Mary Magdalene and the disciples must have done when they saw Him risen! With Christ's help we can free ourselves from the shackles of our sins and one day share eternal life with Him. Just as He conquered death, then so can each of us, if we persevere in prayer and sincerely try to do His will!

Although our Lenten Journey is complete, we must not forget to create times of prayer in our daily lives when we can spend time with our Risen Lord. In our Easter prayers, let us keep "our eyes on the prize," knowing that our bodies shall rise in power and incorruptibility to join our souls if we have attained eternal life with God.

The prospect of this immense and everlasting happiness should encourage us to be steadfast, "*knowing that in the Lord your labor is not in vain*" (1 Cor 15:58).

Let us ask the Risen Christ for courage and strength we need to take His light into the world.