









**Community Gardening**

The **Environmental Justice Ministry** at **Three Holy Women Parish** will begin the third season of our **Community Garden at St. Rita's**. We will have **information** regarding participation on the weekend of **April 2/3**. An **orientation** meeting is scheduled for Thursday **April 14** at 6:30 pm at **St Rita's**. **Garden prep** weekend is April 16/17 and initial planting is scheduled for the weekend of **April 30/May 1**.

We are pursuing this initiative recognizing that community gardening improves people's quality of life by:

- providing a catalyst for **parish, neighborhood and community development**
- stimulating **social interaction**
- encouraging **self-reliance**
- **beautifying neighborhoods**
- producing **nutritious food**
- **reducing family food budgets**
- **conserving resources**
- **providing for those who are in need of fresh food**
- creating opportunities for **recreation, exercise, therapy and education**

Above all, we are creating an opportunity to get involved in a hands on way to **Care for God's Creation**. **All members of parishes and the community are welcome.**

Please contact **Dan Lesniak**, coordinator Environmental Justice Ministry at [Lesniak.Dan@sdsms.k12.wi.us](mailto:Lesniak.Dan@sdsms.k12.wi.us) or **Bob Schuelke**, Director of Social Justice Ministries at the Parish Office, 414-271-6577 or [bschuelke@threeholyywomen.org](mailto:bschuelke@threeholyywomen.org) for further information.

**Riverwest Food Pantry** staff and clients are grateful for your continuing support in helping feed the hungry! During January we **served 733 people** at both sites (St. Casimir and Gaenslen). In February we **served 640 people**. Additionally, **112 people came in just for bread and fresh produce**. Three Holy Women and Old Saint Mary parishioners donated 4,344 lbs. of food in January and 2,219 lbs. in February. Thank you for your generous donations of food and time. A big **thank you** also to the "THW Knitters" and the "Secret Seamstress." Your efforts to help make life better for others is truly valued.

Please include some low sodium, low sugar, and low fat options, as well as whole grain carbohydrate sources, in your donations so that the Food Pantry can provide healthier food choices when requested. Thank you all for your continued generosity that helps feed so many in need!

**Food Item of the Week:**  
**Soda Crackers**

**Bulletin (Wk 18)/Insert Deadline to [mbergemann@threeholyywomen.org](mailto:mbergemann@threeholyywomen.org) by Tuesday at 10:30am**  
**Announcement Deadline to [mrobertson@threeholyywomen.org](mailto:mrobertson@threeholyywomen.org) by Thursday at Noon**

**PARISH DIRECTORY**

**PARISH OFFICE**

Mailing Address: 1716 N Humboldt Ave., Milwaukee, WI 53202-1623  
Hours.....8:00am-4:00pm  
Phone ..... 414-271-6577 / Fax 414-271-7988

**PARISH STAFF**

**Pastoral Team for Old Saint Mary, Our Lady of Divine Providence, Ss. Peter and Paul and Three Holy Women Parishes:**  
**Rev. Timothy L. Kitzke** .....kitzket@archmil.org  
**In Case of Emergency** ..... (Cell) 414-305-4859  
**Rev. Brian G. Mason, Moderator** .....masonb@archmil.org  
**In Case of Emergency** ..... (Cell) 414-702-3473  
**Rev. Michael F. Michalski** ..... michalskim@archmil.org  
**In Case of Emergency** ..... (Cell) 262-366-2570

**Rob Goodman, Deacon**.....rgoodman@wi.rr.com  
**Mary Ann Davidowski, Sacristan** ..... 414-276-5107  
**Terri Balash, Director of Pastoral Care**..... (Cell) 414-469-6173  
.....tbalash@threeholyywomen.org  
**Michele Bergemann, Director of Parish Offices**  
..... mbergemann@threeholyywomen.org  
**Emily Kang, Director of Adult Formation and Evangelization**  
..... ekang@threeholyywomen.org  
**Dan Peter, Director of Finance and Property**  
..... dpeter@threeholyywomen.org  
**Daisy Rivera, Administrative Assistant**..... drivera@threeholyywomen.org  
**Mary Robertson, Director of Music and Liturgy**  
..... mrobertson@threeholyywomen.org  
**Bob Schuelke, Director of Social Justice Ministries**  
..... bschuelke@threeholyywomen.org  
**John Fellin, Director of Maintenance**..... (Cell) 414-807-3173

**TRUSTEES & PARISH COUNCIL**

**Rosemarie Moser, Trustee Treasurer**.....414-276-1095  
**Patricia Suminski, Trustee Secretary** ..... 414-271-8723  
**Kathy Zaffiro, Chairperson**.....414-964-9413  
**Jeff Aguirre, Vice Chairperson** .....719-338-8542  
**Andrew Musgrave, Secretary** .....414-801-8780  
**Deacon Rob Goodman, Ex-Officio** .....414-744-3751  
**Bob DeVita, Member at Large**.....414-272-9802  
**Katie Falk, Member at Large** .....414-372-8992  
**Patrick Fennelly, Member at Large** .....414-704-7288  
**Michael O'Byrne, Member at Large**.....414-351-3288  
**Andrew Ziebell, Member at Large**.....414-702-9316

**CATHOLIC EAST ELEMENTARY SCHOOL**

2461 N Murray Ave., Milwaukee WI 53211  
**Gail Kraig, Principal** ..... (Cell) 920-238-5233  
..... gailkraig@archmil.org  
**Barbara Chmielewski, School Secretary** ..... 414-964-1770  
Website..... www.mycatholiccast.org

**EAST SIDE CHILD & YOUTH MINISTRY**

2480 N Cramer St., Milwaukee WI 53211 (K-12 Religious Education)  
E-mail ..... escym@sbcglobal.net  
**Ralph Stewart, Director** .....414-962-3776  
**Marcia Szczawinski, Administrative Assistant**.....414-962-3776

**EASTSIDE SENIOR SERVICES**

2618 N. Hackett Ave., Milwaukee, WI 53211  
**Jane Raymer, Director**.....414-961-0661



**Week 3: Go Deep**



PRAY: Parish Lent booklet page 9  
 ACTIVITY: *Evening of Reflection and Guided Meditation*, Wed. Mar. 30, St. Rita, 6:30-8:30 p.m. & *Reaching Out to the Nursing Home*, Sat. Apr. 2, Prospect Place Nursing Home, 9:45 a.m.



**Activity of the Week: Evening of Reflection & Reaching out to the Nursing Home  
 Wednesday, March 30, 2011 Evening of Reflection and Guided Meditation with Terri Balash**

This evening of reflection will help individuals fully enter into the story of the woman at the well, through guided meditation. There will be quality time to sit quietly in prayer, walk the labyrinth, and much more. It is my hope that this simple evening will enhance your prayer life and give you a deeper sense of peace, wholeness, and love.

**Place:** St. Rita Church, 1601 N. Cass Street  
**Time:** 6:30 pm – 8:30 pm Please gather in the church.

**Saturday, April 2, 2011 Reaching out to the Nursing Home**

Let us continue our good works and reconnect with the community of Prospect Place. Prospect Place Nursing Home is one of the nursing homes for whom Three Holy Women Parish provides ministries to nourish the residents’ spirituality. On the fourth floor of the nursing home we gather together twice per month for prayer and Mass. The fourth floor has beautiful picture windows that enable the residents to see our church steeple and create a special bond with our parish. This special bond grew even deeper through our Lenten experience last year.

On Saturday April 2, at 9:45 am at Prospect Place Nursing Home, 1825 N. Prospect Ave., we will be reaching out to the residents. Please join us for prayer, a simple project, and a better understanding of personal transformation.

**Timeline for the Day:**  
**9:45 am** Meet at Prospect Place Nursing Home to receive simple instructions  
**10:00 am** One-on-one time with residents to work on a simple craft project  
**11:00 am** Prayer Service  
**11:30 am** Depart for home with the spiritual tools to Go Deep

Contact Terri Balash at 414-469-6173 or [tbalash@threeholyywomen.org](mailto:tbalash@threeholyywomen.org) if you are interested in joining us for this outreach experience.

***What is a Labyrinth? Why the shape that it is?***

The labyrinth is just one of the many traditions of prayer which have been part of Christian tradition for two millennia.



This particular labyrinth was found in the floor of the Cathedral of Notre Dame at Chartres, France. It was set there at the end of the crusades when it became too dangerous to make a pilgrimage to Jerusalem. It became a way one could walk in pilgrimage without leaving one’s home area. From the Sinai wilderness to ascending and then descending the Mount of Transfiguration, stories are told of approach to God, encounter with God, and return from God. The winding path of the labyrinth suggests these circuitous and often difficult or challenging journeys.

***Why use a labyrinth at all?***

The labyrinth is a physical tool which helps shape one’s prayer. Its winding non-linear path affects us by “loosing” the grip of our linear rational mind. This allows room for the heart’s concerns to become an equal basis to thought for praying.

***Why have a Church Labyrinth?***

A labyrinth is an opportunity for a different type of devotional prayer and more active participation in the community.

- strengthens opportunities for contemplative prayer, meditation and spiritual exploration.
- helps find a sense of peace, a non-verbal experience
- stress reduction – retreat from pressure of life, quiet the mind and open the heart
- each walk is different for each person
- one path – way in is way out
- form of pilgrimage- allows each person to find that which is meaningful to them
- a spiritual aid, a prayer tool

