



A Marianist Community

QAC Spirit



Community Coordinators' Corner

Linda Folmar and Joan Ivory

A Gentle "Out with the Old"

It's been about four years since we first became aware that, at some point, the way our Community operates would be drastically changed. Each of us has experienced a range of emotions – determination to continue in some format, sadness, apprehension, hopeful expectation, nostalgia, excitement. You, of course, have noticed that I have expressed each of these myself. (Even I'm getting tired of hearing me say how long I've been a member here - LOL.) We've shared tears and joys, stories and anecdotes. All these expressions are familiar, natural and welcome. I'm sure that we will continue to remind one another of the wonderful memories we have made together over the years. For example, off the top of my head I can think of at least four couples who met within the walls of the chapel or Si Lounge and were married as a result. Yes, it's been a marvelous ride.



Queen of Apostles Community

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An Enthusiastic "In with the New"

I'm writing this on the day that Matt and Meghann submitted their most recent report regarding the "New Season" to come. Together with their transition committee, they are well on the way to guiding us to an exciting new experience in faith and service and sharing. It's a big undertaking that I know you appreciate as much as I do. I am confident that the new community will be a source of the kind of joy, caring and kinship that we have enjoyed all along.

Two Reasons to Celebrate

The 50th Anniversary QAC Day event will be a great time to celebrate both the "old" and the "new", the wonderful past and the bright future. We all have so much in common with one another, looking back and looking forward. The Leadership Team will be reaching out in the coming months asking for volunteers and participants to help make this year's QAC Day (August 27) a festive and memorable occasion. In the meantime, let us all pray for the success of our transition endeavors. God bless us all!

~ Joan



New Seasons Update

By Matt and Meghann Naveau

In late February, the New Season Committee shared the text below about our transition from parish into a Marianist lay community, and on Sunday, February 26th, we held our first Town Hall to provide a brief summary of this overview. We welcomed Rob Brodrick, National Director of the Marianist Lay Community of North America (MLC-NA), who spoke about what a Marianist Lay Community is and answered attendee's questions. We're excited to walk with the Holy Spirit in doing this work, knowing that, as Marianist founder Blessed William Joseph Chaminade said, "New times demand new methods." Please join us in continuing to pray for discernment and direction as we work together to build this new community of love.



The Naveau Family

Queen of Apostles Parish to Lay Community Transition – Working Overview

As the Queen of Apostles Community moves into a new season and ceases to be a parish, we are full of hope born from building something new while retaining the core spirit of our community: radical hospitality and the pursuit of social justice.

The people of the Queen of Apostles Community parish will create a new Catholic, Marianist Lay Community to be formally established and operational in January 2024. Fr. Chaminade taught that "new methods for new times" are needed, and the signs of our times point to the need for this new way of living our commitment to each other and the common good. There is no other community in the Marianist family just like ours, and we are excited to evolve our mission-centered way of living our faith!

Community Structure

Our new, to-be-named lay community of believers will be open to all who feel a connection with Catholic and/or Marianist spiritualities and ways of life. We will build an inclusive community where all identities feel welcomed, included, and valued. We will take special care to invite people who are not well represented among us, as well as make intentional efforts to go out beyond ourselves into the Dayton community.

We will gather weekly with activities focused on both the interior and exterior elements of our faith. Content and structure for the gatherings will embrace diversity and will be determined and led by our community. Our gatherings may include prayer, music, presenters, social justice work, education in the Marianist charism, dialogue, and more. Our gatherings will be held at a time that allows for community members to also attend Mass at a local parish.

Monthly, our community would like to collaboratively coordinate Mass with the Dayton Marianist Family. Expanding upon the existing quarterly gatherings organized by the Dayton Marianist Family Council, our hope is that these events can advance solidarity efforts among all Dayton-area Marianists. Experienced QAC liturgy planners will be a tremendous asset for this work.

With the closure of QAC as a parish, our new community will not provide regular access to sacraments and weekly Mass. And, our missionary call sends us out to meet, serve and "be church" with others. We have the opportunity to join other local parishes in a variety of ways and will actively, continuously explore and discern partnerships with existing parish families.

Our new community will form a 501(c)(3) nonprofit to support our activities.

February 21, 2023

(Continued on page 3)

Community Presence at MSJ

It is our hope that our new community will remain grounded at Mt. St. John. As the demographics and ages of our Marianist family shift, there is a need and opportunity for lay family members to take on increasing responsibilities. Our new lay community can help create and maintain a space at Mt. St. John for Marianist family activities. We envision a lively community space where all Marianists in the Dayton area – especially lay Marianists and those without an existing community or gathering space – can connect and collaborate. This Marianist hub can support existing and new activities for all three branches of the Marianist family (Marianist brothers, Marianist sisters, and lay Marianists) in the Dayton area and beyond, helping us to continue the work our Marianist brothers began here nearly 200 years ago.

New Season Leadership

The New Season Committee, including Tom Zawodny, Kelly Bohrer, Linda and Kevin Skinner, Marilyn and Tom McCrate, and Meghann and Matt Naveau, will lead the establishment of the new lay community, in conjunction with the current QAC community, its leadership, and the Marianist family. The New Season Committee can be reached at qacnewseason@gmail.com.

Timeframe

This new lay community is forming throughout 2023. The new community will begin its missionary activities through this year and will be fully operational by January 1, 2024, which coincides with the date when QAC is no longer a parish.

February 21, 2023

ST. VINCENT SHELTERS: Sunday, March 6, is our fresh produce collection. The chef at the food donation site continues to need items for sack lunches (fruit cups, chips, crackers, sliced bread), though all shelf-stable food is appreciated. If you shop at places like Sam's or Costco, please consider picking up a large can or two of fruits or vegetables (same variety if more than one can). These big #10 cans may be a hassle to transport, but they are a weekly request from the chef and are scarce at regular grocery stores.

The Apple Street location is in need of sheets, blankets, towels, underwear, ChapSticks, and other cold weather items. All clothing, shoes, and hygiene items are greatly appreciated. You can also go directly to a Needs List at <https://stvincentdayton.org/donate-goods/needs-list> and donate via Amazon. "...share your bread with the hungry, shelter the oppressed and the homeless, clothe the naked...and do not turn your back..."

Thank you for your generosity!

*May the Father, the Son and the Holy Spirit be glorified in all places
through the Immaculate Virgin Mary*

Marianist Doxology

SOCIAL JUSTICE MINISTRY



MIAMI VALLEY IMMIGRATION COALITION – ANSWER THE KNOCK AT THE DOOR

by *Chris Bohmer Stewart*

“...Welcome the traveler with tales to be told
Welcome the neighbor whose hearth has grown cold
Welcome the refugee, hungry and poor
The table is laid but there’s still room for more
So answer the knock at the door...” *

A dear widowed neighbor and her husband used to do just that, literally. Mary Lou lived virtually all of her adult life in her husband’s ancestral home on the Tortugas Pueblo just outside of Las Cruces, New Mexico. (Mary Lou’s birth certificate read “Maria Luisa”, but the Las Cruces school she attended anglicized all the students’ names, but that’s a different social justice issue...). As we walked the high desert trails around her new home in Santa Fe, Mary Lou sometimes told stories of migrants knocking on the door of their old adobe, seeking water, food, directions, and respite on their journey. Mary Lou and Tony would always take them in, meeting their immediate needs with whatever they had, including Mary Lou’s incredible tortillas, homemade, of course. On occasion, her husband, a Vietnam veteran suffering grievously from the long-term effects of Agent Orange, would escort them to their next destination if the group included children, saying, “This may be illegal, but it’s not moral to let children wander in the desert.”

Few of us will ever be asked to offer the immediate aid Mary Lou and Tony so compassionately provided, but Miami Valley Immigration Coalition will be giving a presentation after liturgy on March 12, with information on how we can do our part to aid immigrants in Dayton, Ohio. This organization was introduced to us by Martie Holda who delivered food to immigrant families unable to access assistance during the pandemic. Miami Valley Immigration Coalition describes itself as “a coalition of faith communities and other organizations and individuals committed to immigrant justice.” The values they espouse include “dignity of the person, unity of the family...and equitable treatment”. Their website describes their purpose as providing compassionate service, advocacy for humane immigration reform, and educating and engaging the larger community in support and inclusion of immigrant communities. Last month, the Dayton Daily News Ideas and Voices page featured articles on what the Dayton community can do to help with refugee resettlement. One writer, Youssef Elzein, a local engineer and activist with MVIC, pointed out the Eurocentric nature of our country’s immigration policies, “leaving tens of thousands of non-European asylum-seekers fleeing conflicts and hundreds of thousands of DACA recipients in limbo...”. Such fear and suffering for people different from “us” is addressed in Pope Francis’ echo of St. Francis’ call “...for a love that transcends the barriers of geography and distance...”. In his most recent encyclical, *Fratelli Tutti*, Pope Francis writes eloquently of how St. Francis “...walked alongside the poor, the abandoned” regardless of “...differences of nationality, color, or religion...” and decries the inhumane treatment of migrants.

The three-person team of presenters and discussion leaders on March 12 will include Jan Futrell, from the Leadership Team of MVIC, who is involved in sponsoring detainees, working with St. Vincent and securing grants for housing, and is on the board of the Peace Museum. Jan and her husband Chris plan to join us for liturgy. The other presenters will be Miranda Hallett, associate professor of Cultural Anthropology and Director of UD’s Human Rights Studies, whose current focus is mass detention and deportation in the U.S. and Kelly Johnson, associate professor of Religious Studies at UD and Ferree Chair of Social Justice. This should be an outstanding team, offering valuable information and insights.

Please join us in Si Lounge on March 12 after liturgy to learn about what we can do to follow the call of Pope Francis in providing compassionate service and advocacy for our immigrant brothers and sisters and to answer their knock at the door.

Snacks will be provided.

*“Answer The Knock At The Door” - song by Zoe Mulford

ECO-TIP from Social Justice:

ECO-TIP The compostable sugar cane fiber plates and bowls that we use at our Social Justice meetings sparked a discussion about composting in general. Several committee members expressed their commitment to the values of sustainability and respect for the Earth, but had issues with composting for various reasons, such as living in condominiums. Tom McCrate had forwarded a link to Compost Dayton, a company that got its start at Mission of Mary Co-operative. For a fee they will provide a 5 gallon compost bucket and will pick up the filled bucket from your residence on a weekly or every other week basis. You can learn more at <https://www.compostdayton.com>. By the way, even if you choose not to compost, those compostable plates that sparked this discussion (Simple Truth at Kroger's, as well as others available elsewhere and online) are repurposing waste from sugar production and sparing the trees. That in itself is a small gift to Mother Earth!

QAC STEWARDSHIP

A Way of Life

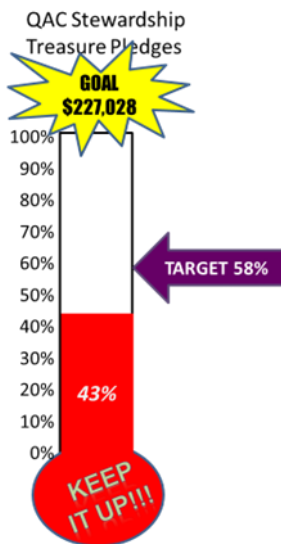
Our Response as Disciples



Kevin Skinner

We at QAC are committed to be Disciples of Christ. We allow the work of the Spirit in our lives to use our gifts as instruments in spreading the Gospel. Linda and I have been watching the series called “The Chosen”, which is about the life and ministry of Jesus as seen through the lives of those who knew him best. The interesting part of the series is that it shows that following Jesus was hard, especially for those from different backgrounds. In “The Chosen”, the disciples thought they knew what needed to be done, but found that Jesus’ call was more about listening and trusting.

As we continue our journey to becoming a new Marianist Lay Community, we also need to listen to the Spirit and trust what we are being called to be. We should pray about our disciple response, and be open to building something new, where we could evolve our mission-centered way of living our faith!



QAC FINANCIAL SUMMARY - JANUARY, 2023			
	Monthly	Year to Date	Year to Date (Budget)
Collections	\$ 16,765	\$ 98,689	\$132,435
Other Income	\$ 250	\$ 4,378	
Total Operating Income	\$ 17,015	\$103,067	
Operating Expense	\$ 14,407	\$119,848	
Income Expense	\$ 2,608	\$(16,781)	
Report now EXCLUDES the following YTD non-operating items:			
Income loss due to investment losses		\$(18,923)	
Thank you for your generosity!			

This scale shows our weekly offering (Sunday collections) and our planned budget (target) for the 2022/2023 fiscal year, which started July 1, 2022. Please remember that 10% our weekly offering goes to our Social Justice Ministry.

Thank you for your support!

For those unable to attend Sunday Liturgy, please don't forget that we still need your financial support. Please mail in your weekly donations (address on front cover) or better yet, set up Online giving.

View the instructions to setting up online giving at
<http://www.youtube.com/watch?v=dRMfgKncvhM&feature=youtu.be>

CORRECTION IN VIDEO—QAC Zip Code was changed, so please disregard the last four of the zip code



Follow us on our Facebook page at www.facebook.com/Queen-of-Apostles-Community-117192511632358/



Seniors' Corner

by Chuck Bauer

March has two days that I hold special - the First Day of Spring and St. Patrick's Day. The first makes me start thinking (fantasizing) about fishing, and the second is to enjoy several days of great entertainment. Spring starts on March 20. When I wrote my January Seniors' Corner on December 20, it was the start of winter and I was pondering over the start of winter and the cold, darker, shorter days with the sun setting at 240 degrees WSW southern sky. To investigate the changes, I used the time and date website (<https://www.timeanddate.com/sun/usa/dayton>). Checking for the first day of spring, the sun will set at 270 degrees due west and the day will be 12 hours long. **A piece of trivia per Bing for the north and south pole:**

*"At the spring equinox (March 20) and the autumn equinox (September 21), **the Sun will move right along the horizon from east to west**, moving along the Southern sky. Half of the Sun will be above the horizon, and half of the Sun will be below the horizon all 24 hours. It's like a constant sunset."*

St. Patrick's Day entertainment starts at **Carroll High School with St. Pats Fest** on Friday, March 10, with a fish fry and adult games \$20/\$25, and continues on March 11 with a free family fun day. Continuous entertainment on March 11' with good groups from 2:00PM to 11:00PM in the Tent Stage and the Auxiliary Gym. Hope to see you there in the evening <https://www.carrollhs.org/stpatsfest/entertainment.cfm>.

St. Patrick's Day – Friday, March 17th

Father Son and Friends 9:30AM -1:00PM at Flannigan's Pub, 101 E Steward St, Dayton/UD
Dulahan - 12 noon till 2:00PM at **Fairborn's St. Pats Fest** on Broad Street and Main Street

I haven't decided where I will go. If my grandson is in town during UD Spring Break, we may go to Flannigan's. If he is not in town, I will go by myself to Dulahan in Fairborn. Of course, I will bake and bring some soda bread.

Spring is here! Enjoy the beautiful weather. The early spring bulb flowers are starting to come up already as I write my article on February 20. Keep happy, healthy, and safe! Thinking of you!

Chuck

Fun Puzzle Books **Hundreds of Jigsaw Puzzles** **Baffling Brain Teasers**



PUZZLES PLUS

Great Variety of Games
2 Beavercreek Locations!

1273 N. Fairfield Rd Tue-Sat 10am-5pm

The Greene Mon-Sat 10am-9pm
110 Plum St Sun 12pm-6pm

QAC Family always gets 20% off!

Share your creative works with QAC!

We would love to feature your artwork, writing, photo or other creativity in an upcoming Spirit.

Send your inspiration to gacspirit06@att.net by the 24th of each month.

March

Happy Birthday

- 1 TERESA BLANKEN
- 1 AMANDA LYNN GALE
- 1 MICHELLE PETRIE
- 2 BARBARA LOBBESTAEI
- 6 BARBARA MORGAN
- 6 KEVIN MURNANE
- 8 JERRY WEISBECKER
- 9 ANDREW SEIBERT
- 14 COLETTE MISENKO
- 16 PAT CHMIEL
- 17 CAITLIN WORTHINGTON
- 21 AL FIKE
- 22 PAT HERMAN
- 22 MATT SEIBERT
- 24 DENNIS HERNIT
- 25 MARTI QUAKENBUSH
- 25 VALERIE WEISBECKER
- 27 CHLOE NEER
- 27 LINDA PITZER
- 29 DAN HUSER
- 30 DAVE ULRING

Happy Anniversary

- Mar 2 - Pat & Jerry Reichard*
- Mar 9 - MaryLou & Bill Meers*
- Mar 16 - Susan & Dennis Fraker-Hernit*
- Mar 20 - Terri & Ron Blanken*
- Mar 21 - Tracy & Ken Moran*
- Mar 25 - Marti & Tom Quakenbush*

*May the
Lord Bless
You and
Protect You*

Religious Education News...

Quadragesima! 40 days! Lent is a 40 day season of prayer, fasting, and almsgiving that began on Ash Wednesday and will end at sundown on Holy Thursday. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting.

· PRAY · FAST · GIVE ·

The 4th grade and high school religious education classes will lead a simple Stations of the Cross on Sunday, March 19 at 9:30 AM in Si Lounge. All are welcome to join us.

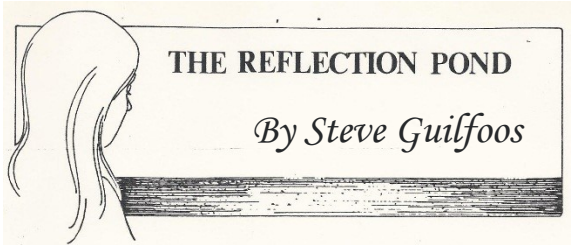


RE Schedule for March and April:

- ◇ March 5 ◇ April 2
- ◇ March 12 ◇ April 16
- ◇ March 19 ◇ April 23

Note: No RE on April 9 - Easter





A Tree In Spring

Its spring again
And the trees renew
New leaves ... new flowers
Only to grow all year long
Until the fall ...
When they all die off
Doesn't the tree remember
That each year it grows only to die off ...

"Hey Mr Poet man, this is Tommy Tree
We do remember, you can find
Our memory in the rings of yearly growth
I remember how I provide shade
For all the neighborhood
Little Sally and Billy have picnics
And they bring their dog Rufus
They play and even take naps in my shade
Yes, the leaves and flowers do die off
... They fall at my roots
And feed me their nutrients
So I can again grow more new flowers and leaves"

So, in the spring the trees renew
New leaves ... new flowers
So too, each year we renew
And we grow ... and learn ...
... And understand God's plan
... At least a little bit more ...

QAC Day of Caring

Many volunteers, including the confirmation class, helped setup for our Day of Caring.



Cianna preparing the fruit for the salad

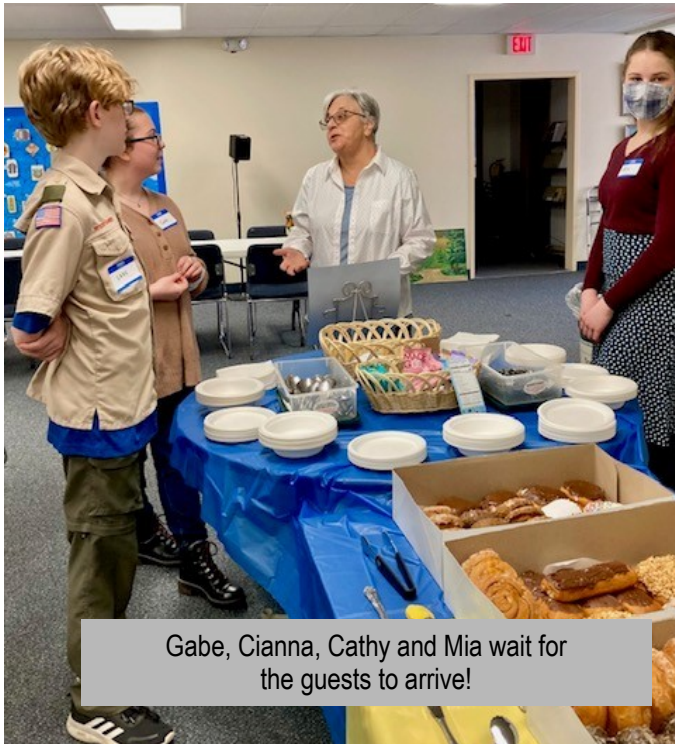


Mia skillfully mixing the fruit salad



Gabe and Cianna checking the setup. Gabe served at his Boy Scout Day of Caring breakfast and at QAC!

QAC Day of Caring (continued)



Gabe, Cianna, Cathy and Mia wait for the guests to arrive!



Cathy, Chris and Sarah announce the generous donations!

\$900 donated! Thank you, QAC, for your generosity to the Greene County pantries and shelters on this Day of Caring! You care, you rock!



More information to come!



Holy Week Schedule

- April 2 - Palm Sunday - 10:30am
- April 6 - Holy Thursday - 7:00pm
- April 7 - Good Friday - 7:00pm
- April 8 - Easter Vigil - 8:30pm
- April 9 - Easter - 10:30am

Name Your Own Holiday

We asked QACers, “if you were able to Name Your Own Holiday, what would that be”. We received one response and so the lucky winner for our contest is Chris Bohmer Stewart.

Congratulations Chris, and thank you for submitting such a wonderful holiday suggestion! Chris won a \$25 Visa gift card.

Chris Bohmer Stewart

Mine would be **International Share Your Art Day**. Imagine a worldwide block party filled with banjos, sitars, and marimbas. The sounds of Gospel, hip hop, bluegrass, and South African mbube would fill the air. Irish step dancing would be joined by indigenous hoop dancers and pint-sized would-be ballerinas and ballroom dancers from the senior centers. People would be doing plein-air painting, while fiber artists would share their weavings, quilts, and embroidery. Neighbors would share their favorite curries, barbecue, enchiladas, and cookies, while actors performed and poets recited.

Sarah would probably want a National Taco Day, but I think that's already a holiday...

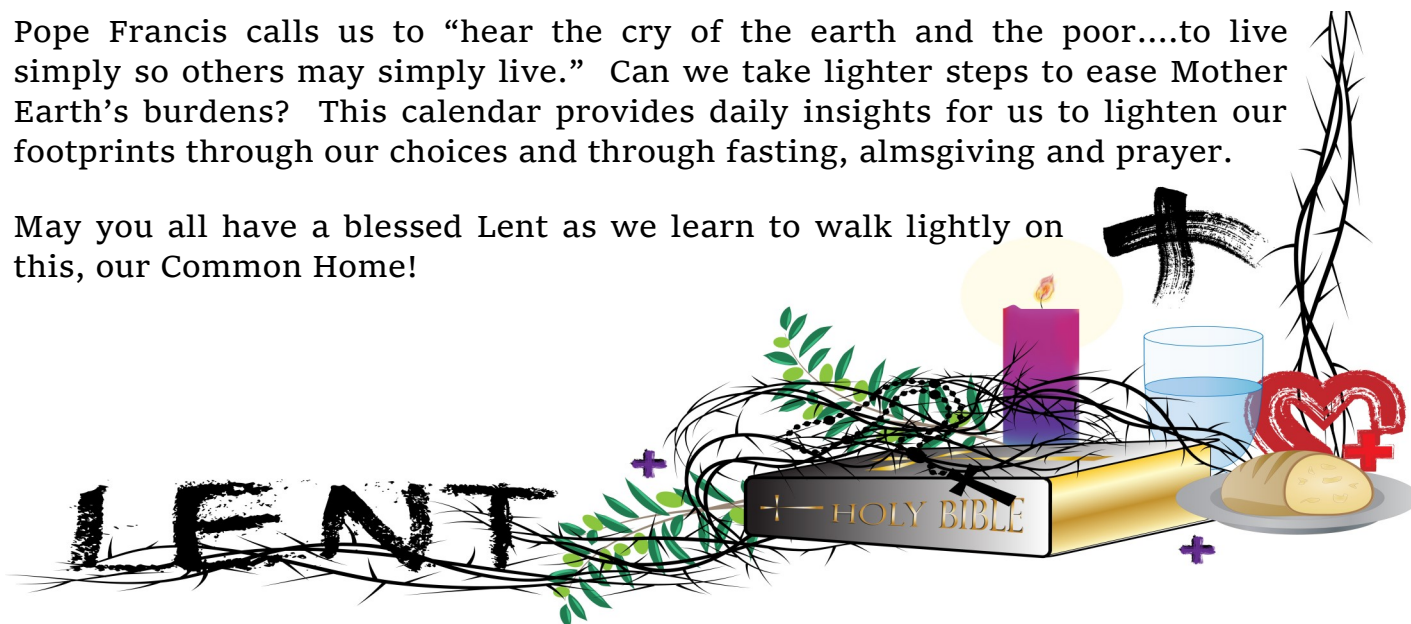
OUR 2023 LENTEN CALENDAR

By Cathy Adler

Over many years we have had a Lenten calendar in the Spirit as a guide for daily intentions throughout the 40 days of Lent. This year's calendar, shown on the next page, comes from the Catholic Climate Covenant site and speaks about ways to diminish our carbon footprints here on earth. The footprints we leave on earth, our only home, should be made to honor and care for it. Our earth is at a tipping point, and it needs us to lighten its burden by taking steps to decrease our consumption of her goods.


Pope Francis calls us to “hear the cry of the earth and the poor....to live simply so others may simply live.” Can we take lighter steps to ease Mother Earth's burdens? This calendar provides daily insights for us to lighten our footprints through our choices and through fasting, almsgiving and prayer.

May you all have a blessed Lent as we learn to walk lightly on this, our Common Home!



2023 Lenten Carbon Fast Calendar, Pt 1

Created by Church of St. Francis Xavier's Environment Ministry, NYC

SUNDAYS - Set to go	Mindful MONDAYS	To-do TUESDAYS	Re-boot WEDNESDAYS	Thoughtful THURSDAYS	Fasting FRIDAYS	Sunset SATURDAYS
<p>FEB. 19 ECOLOGICAL SPIRITUALITY In a few days, we will begin our Lenten journey. Throughout these 40 days, we will be challenged to reduce our carbon footprint and increase our efforts to protect our common home.</p>	<p>20 In our spiritual lives, we will consider how our actions affect the natural world & our atmosphere and how our consumption habits may be harmful to others. Pray for our common home. laudatosimovement.org & catholicclimatecovenant.org</p>	<p>21 In our active lives, let's find new ways to care for God's creation. Get to know the goals of the Laudato Si' Action Platform, and commit to furthering one or more of them. Individuals & families can join, as well as your institution. laudatosiactionplatform.org or Godsplanet.us</p>	<p>22 <i>Asst Wednesday.</i> "Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible."  St. Francis of Assisi</p>	<p>23 Nature reveals to us the hand of God. Take a few moments each day of Lent to appreciate it and make it part of your prayer. Notice new life budding, the intricate patterns of a plant, the sound of different birds, the changes in a tree, the sound of water.</p>	<p>24 Reflect on yourself as part of the animal kingdom and the animals as our companions and kin. Read stories from "Wild Hoper: Stories for Lent from the Vanishing" by Gayle Boss. Laudato Si' tells us everything is connected; these stories reveal that truth.</p>	<p>25 The "Laudato Si' Movement", by its name, invites us to engage in both prayerful contemplation of God's Creation (Laudato Si = praise be) & bold action (Movement) ...giving us a new spiritual mode: contemplation. More at laudatosimovement.org. Sign up for their emails.</p>
<p>26 "ECOLOGICAL EDUCATION" can take place in a variety of settings: at school, in families, in the media. Political institutions and social groups are also entrusted with raising people's awareness. So is the Church." LS 214</p>	<p>27 Keep a Lenten journal. Each Monday, write down your goals for the week...e.g. study an environmental issue, start a new habit, or set aside more time for prayer. Jot down your thoughts today and throughout the week. Note related news items.</p>	<p>28 Begin by educating yourself about how and why we care for creation, and how our consumption fits into the big picture. Fr. Daniel Horan tackles this complex issue in small bites with 14 short, easy-to-follow Laudato Si' Tutorials on YouTube.</p>	<p>MARCH 1 "It is not your business to succeed, but to do right. When you have done so, the rest lies with God." C.S. Lewis, author of "The Lion, the Witch and the Wardrobe"</p>	<p>2 What's a degree or 2? Learn more about global warming. Start with climate scientist Dr. Katharine Hayhoe's short videos. "Global Weirding": Read "The End of Ice" by Daar Jamal. Take the Laudato Si' Movement's Animator Training. LaudatoSiAnimators.org</p>	<p>3 Research plant-based diets. EatingWell.com offers a Clean-Out-the-Fridge Vegetable Soup recipe and "27 Easy Plant-Based Recipes for Beginners." Or start with a smoothie or salad recipe, but just start. It's good for you and for the planet.</p>	<p>4 The children's book "Honeybee" by Candace Fleming and Eric Rohmann is about the life cycle of the honeybee. It's a great springboard for a conversation about the importance of our pollinators & how to protect them. More at weareteachers.com</p>
<p>5 ECOLOGICAL LIFESTYLES: "There is a nobility in the duty to care for creation through little daily actions." LS 211</p> 	<p>6 Switch to renewable energy (wind, solar) to reduce your big carbon footprint from electricity. Get your building to switch. Your utility company delivers the energy & bills you. In NYS, compare companies at Power to Choose www.documents.dps.ny.gov/PTC</p>	<p>7 We can avoid single-use take-out clamshells. Just Salad models this. Read about it & get your nearby NYC restaurants to participate in reusable take-out containers with DeliverZero.com. Other cities have joined the growing trend with GoBox, BoldReuse etc.</p>	<p>8 " Start by creating a single habit - like always carrying a water bottle. After you've got that down, you start another habit. You build up gradually. Otherwise you'll be overwhelmed," advises social scientist Gabby Salazar, who studies motivation.</p>	<p>9 Retail therapy or landfill tragedy? 10 million tons of fast fashion end up in landfills every year + 3 m tons are burned. Thrift shops discard what doesn't sell fast or ship it overseas, undermining local clothing producers. Buy timeless clothing that lasts in lieu of fast fashion.</p>	<p>10 Traditionally, we abstain from meat on Fridays in Lent. Build on this good habit. Meat production, especially beef, is a big source of methane, a potent greenhouse gas, and cause of deforestation. Chicken has a much lower impact. Aim low!</p>	<p>11 Looking for a Saturday movie? "The Letter", available on YouTube, is excellent for family or parish. It's Pope Francis' invitation to all of us to embrace integral ecology. To host a parish screening, see LaudatoSiMovement.org for promo resources.</p>
<p>12 ECOLOGICAL ECONOMICS "To ensure economic freedom from which all can effectively benefit, restraints occasionally have to be imposed on those possessing greater resources and financial power." LS 129</p>	<p>13 We all participate in the throw-away culture & hyper-consumerism. Before buying or throwing away, think about the sustainability R's: reduce, reuse, repurpose, recycle and refuse. Make it a spiritual responsibility to the earth.</p>	<p>14 Our lifestyle actions alone will not solve the problem. Corporations must be accountable for the problems they have created. We can help by divesting our accounts from coal, oil and "natural" gas. See GreenFaith.org & LaudatoSiMovement.org</p>	<p>15 "Will you be on the right side of history? Will you end this moral and economic madness?" Vanessa Nakate, 26 year-old Ugandan climate activist addressing world leaders at the UN Climate Summit, COP27.</p>	<p>16 Qas transaction of crypto currency uses the equivalent of 75 gallons of gas in energy! The mines, often located in poor communities, use enormous amounts of electricity to run 100's of computers 24/7, & create e-waste and noise. Invest elsewhere!</p>	<p>17 Save money. Plan ahead to prevent food waste. 33% of global food is wasted & most ends up in landfills creating methane, a potent greenhouse gas. Buy only what you need and use first what will spoil first. Compost scraps.</p>	<p>18 Try a CSA, Consumer Supported Agriculture, a direct farm to consumer system; you buy a share of a local farmer's crops & receive fresh produce weekly. Supports small farms & healthy soils if the CSA uses regenerative agr. See localharvest.org</p>

Calendar created by [St. Francis Xavier in NYC](http://St.FrancisXavierinNYC.org). Used with permission.

Sarah Stewart ('Taco') - Basketball Star! by Jack Simpson

Along with Marilyn and Dan Nagle, Nimfa and I had the wonderful opportunity to watch QAC's own Sarah Stewart (nickname-"Taco") compete in the Flying Eagles game against the Bellbrook/Sugarcreek Firefighters at Colin's Lodge in Bellbrook. 'Taco' has been playing basketball there for years and has become a great player and an even better teammate and friend.

The coaches are very knowledgeable and adept at teaching basketball skills and sportsmanship. They put Sarah and her friends through a variety of drills (that reminded some of us of our younger days) along with much praise and the occasional word of advice. The players were familiar with the drills and all showed high spirits and lots of energy.

After the obvious enthusiasm exhibited by the players during the practice and drills, it was not surprising to see the fast pace of play displayed during the game. The firefighters never had a chance. Sarah and her teammates played hard on both ends of the court and with the number of fast breaks there was a lot of running from all concerned. Sarah who obviously prides herself on her defense, passing and teamwork. She is good.

If any QACers find time in their Monday evening schedules and would like to watch some spirited basketball (and perhaps reminisce about your own experience with basketball drills, practices and games), check with Sarah and Chris to get the details. You don't even need a ticket. It's free! But you do need to know how to clap and cheer for everyone.

Go Taco! And Go Flying Eagles!



Update from the Murnanes...

I've been asked, "What is it like to grocery shop there?"

While it is fair to say that we do not have a nice Kroger, Meijer, or Walmart, we do have "Cost Price", "K and K Island Pride", "E-Z Price" and "Payless" - each of which carry some produce, grocery items and meat/fish. These stores cater to various segments of the population which has led to a few surprises for me. As an example of some of the unique offerings we can find in the local markets, one offers a bag of frozen chicken feet or a gallon jug of frozen pork blood while another sells bulk/unpackaged frozen fish and chicken parts. Another surprise, among other varieties, is that frozen pizza comes with a macaroni and cheese topping.

Many items sold here take me back to our three year assignment in Japan, as many items have labels in Japanese, Korean and/or Chinese. But in general, if I am willing to shop around a bit, I've been able to find the things we need. There are also things that don't need a national brand, but you won't always know the actual price until you reach the checkout - a sort of "checkout surprise" feature of the local shopping experience.



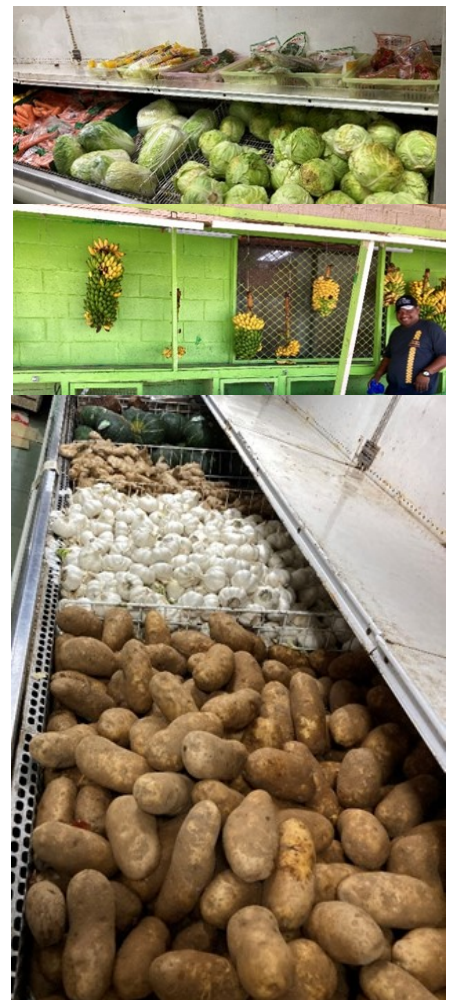
Normally, K and K flies in some leafy produce from Guam once a week. However, difficulties between Asian Pacific Airlines and the FAA preclude that at present. Produce isn't the only thing affected by this problem though. United Airlines just flew 18,000 pounds of backed up mail to Hawaii and has promised to help bring in medicine and medical supplies as long as they are not on a pallet. We hope that will include the parts needed to fix the x-ray machine at the hospital.

Curiosity made me ask at the outdoor market about price -- papaya was \$2.55 per pound and weighed about 8 pounds, breadfruit was \$2.75 per pound and probably weighed 6 pounds or so. For reference, breadfruit and papayas can both grow to be about 20 pounds.

It's important to put this into context based on the local income levels. As I've shared before, the minimum wage for workers (referred to a "kajur") is \$3 an hour, but some employers refuse to pay that and instead pay only \$1.50 an hour to their workers. So, a day's wages (eight hours) will make it possible to buy one bottle of laundry detergent or Children's Tylenol, but not both.

Despite this high cost of living, the people are as generous as they can be expected to be when it comes to supporting the religious organizations, of which there are many. The weekly collection at our Catholic parish here, posted in the bulletin, included \$973.95 in the first collection and \$293.70 in the second collection.

Living here is a constant reminder of how blessed we are to have been born in the United States, and also a constant reminder of Father Tom's homily just before we left to "see Lazarus at our doorstep." If I may, please help us spread the word regarding the observance of Nuclear Victims Remembrance Day on March 1. More details can be found in last month's SPIRIT.





ARTWORK BY PAT ACKER

Most know that Pat is a member of QAC, but some may not be aware that Pat is an artist and author. One of her most notable books is called "The Dying Teach Us How to Live." Be sure to check out Pat's website, illuminangels.com, to view her gallery which includes original artwork, vinyl prints, and photographs. Take time to read stories on her blog and peruse her shop. Featured below are a few pieces of Pat's art.



I Hear You



Church in Italy



Answering the Knock



Sacred Heart Through The Cross



Mary of the Cosmos

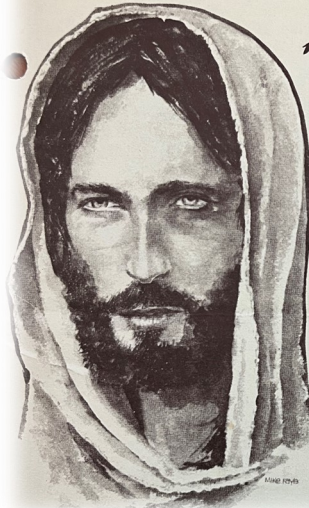


Mary of the Garden

From the QAC Spirit Newsletter archives....

The Spirit of QAC

March



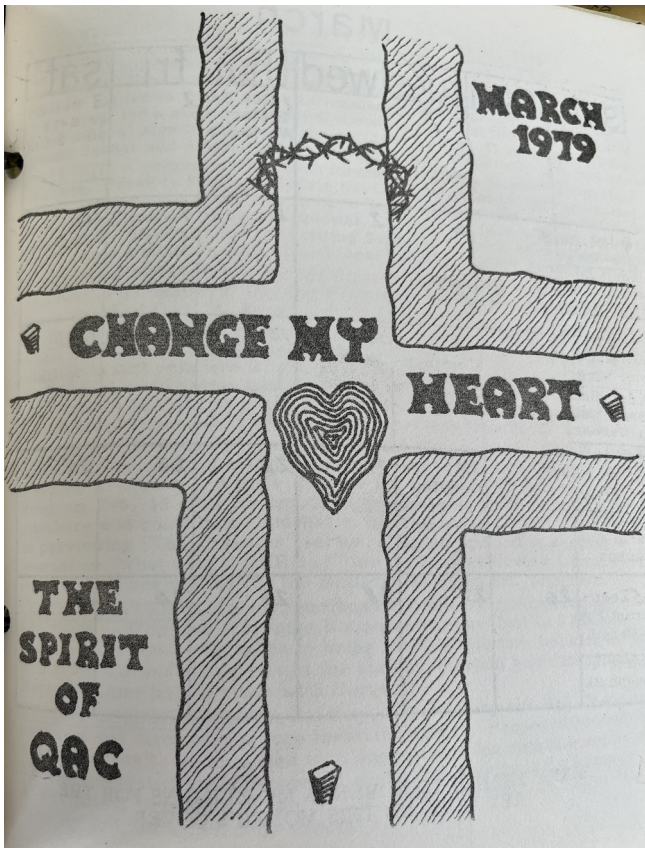
May this season of repentance bring us the blessings of your forgiveness, the gift of your light and open our hearts to your love.

LENTEN SOUP SUPPER PROGRAM

These evenings provide an opportunity for our growth as a faith community. As Christians we are called to gather for prayer, reflection, and sharing of our hopes, dreams, and beliefs. We have activities planned for children Kindergarten - 6th grade, and the nursery will be staffed for children 5 and under. Your family's presence will be a gift for all who attend.

March 4 6:30 Soup Supper
7:30 Topic: How can we deepen our spiritual life as a community? Fr. Gene and Bob and Charlette Buescher Discussion to follow.

March 1983 The Spirit of QAC Newsletter Cover



March 1979 Spirit of QAC Newsletter Cover

(Because he clings to me, I will set him free
(I will protect him because he knows my name
(He shall call upon Me and I will hear him;
(I will be with him in time of trouble,
(I will deliver him and honor him.
(I will fill him with length of days.
(And I will show him My Salvation.

Psalm 91:14-16

(Sometimes we use the word "cling" in a negative way. A clinging vine is a person who clutches another so tightly that both are trapped. We can also use the word in another, a positive, way.

(I think of a morning glory which clings to a wall, and is now free to spend its energy climbing to the sun, instead of in restless wandering.

(Or, of a small child holding fast to his father's hand, free of any fear of what lies ahead.

(Or, of a married couple, who across the years grow in knowledge of one another and often begin to resemble one another.

(Lent is a time for clinging close to Jesus, for focusing on what we see and hear happening to Him, for assimilating within ourselves His attitudes, values and experiences.

(So, that we can be transformed with Him at Easter.

Joanne Paul

This poem was written by Joanne Paul, mother of Beth Paul. It appeared in the March 1980 Spirit of QAC Newsletter. Joanne passed away in September 2004.

Kid's Corner

The Kids' Bulletin

The Kids' Bulletins are available every Sunday at <https://thekidsbulletin.com>. Check the website for Gospel readings and more, including fun activities and puzzles!

Find all of the words hidden in the puzzle below. Words may appear diagonally, horizontally, vertically, or backwards. Answers can be found on the QAC website under Spirit Newsletter.

A	M	J	S	Y	A	D	Y	T	R	O	F	K
N	P	H	R	B	L	E	S	S	O	P	G	Y
G	H	O	V	R	S	A	F	A	X	Z	N	T
P	U	L	S	J	E	S	U	S	L	Y	I	E
T	M	Y	J	T	R	H	K	B	H	A	V	M
B	I	O	T	W	L	W	Q	N	O	D	I	P
R	J	I	M	L	L	E	N	T	L	I	G	T
E	N	L	C	I	E	D	S	G	Y	R	S	A
P	E	S	B	L	V	N	E	N	W	F	M	T
P	A	W	C	Y	S	E	A	I	E	D	L	I
U	S	A	P	J	N	S	L	R	E	O	A	O
S	T	S	K	R	M	D	L	P	K	O	S	N
T	E	H	A	J	A	A	D	S	E	G	U	N
S	R	E	M	A	R	Y	M	E	R	W	Q	M
A	V	S	J	P	L	R	E	A	S	T	E	R
L	I	G	H	T	H	E	B	R	M	E	N	T
A	G	F	A	S	T	I	N	G	O	M	R	X
G	I	Q	F	M	P	L	V	O	C	X	E	T
Z	L	E	E	G	G	S	J	D	E	R	I	F


Almsgiving
Apostles
Ash Wednesday
Ashes
Bless
Desert
Easter

Easter Vigil
Eggs
Fasting
Fire
Forty Days
God
Good Friday

Holy Oils
Holy Thursday
Holy Week
Jesus
Last Supper
Lent
Light

Lily
Mary
Prayer
Temptation

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Produce Sunday - March 5 th			1 <i>Nuclear Victims Remembrance Day</i>	2 7:00 PM <i>Leadership Team Meeting</i> 7:30PM Choir <i>Practice</i>	3	4
5 2nd Sunday of Lent 8:45AM Adult Faith Formation 9:00AM Religious Education 10:30AM Mass (Live Stream Available)	6	7	8	9 7:30PM Choir <i>Practice</i>	10	11
12 3rd Sunday of Lent 9:00AM Religious Education 10:30AM Mass (Live Stream Available) Social Justice Presentation after Mass	13	14	15	16 7:30PM Choir <i>Practice</i>	17 <i>St. Patrick's Day</i>	18
19 4th Sunday of Lent 8:45AM Adult Faith Formation 9:00AM Religious Education 10:30AM Mass and Sacrament of the Sick Anointing (Live Stream Available) <i>St. Joseph's Day</i>	20 	21	22	23 7:30PM Choir <i>Practice</i>	24	25 <i>Feast of the Annunciation of the Lord</i>
26 5th Sunday of Lent 10:30AM Mass (Live Stream Available) Community Meeting after Mass	27	28				