



Journey Through Lent Praying the Psalms

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Lent is a season that gives us an opportunity to discover new and enriching ways which lead us more deeply into the life and holiness of Jesus. This year the participants of our program have been studying the Book of Psalms. Together we are realizing the richness of this special book of the Old Testament. Entering into the season of Lent, praying the Psalms helps us acknowledge and ponder the saving power of God. So many of the Psalms stress the importance of trusting in the providence of God and realizing that his love is everlasting.

The Psalms give us a language to express so many of our human emotions. There is a psalm prayer for times of grief, anxiety, frustration, pain, joy, sorrow, or gratitude of the heart. When words and thoughts are difficult to express, one can find just the right Psalm that will assist us in turning our hearts to God. These prayers help us to see that everyday life, human condition, and holiness are all intertwined.

During the next forty days, consider exploring the Book of Psalms, using them for times of prayer and reflection. We don't always need to give up something for forty days; we can benefit from delving deeper into our spiritual life which will lead us to a more intimate relationship with God, Father, Son, and Holy Spirit. We are to be signs of God's Kingdom in this world. Praying the Psalms moves us to ponder more deeply, aids our growth in holiness, enabling us to be bearers of God's love to others.

We know that Jesus prayed the Psalms. A familiar example is found in Psalm 22:2: "My God, my God, why have you forsaken me?" Jesus uttered these same words as he hung upon the cross. There are many references to the Psalms throughout the Gospels which indicate that Jesus was well versed in the prayers found in the Book of Psalms. Perhaps he was modeling for us a way of prayer that will ensure that we live each day according to God's will.

The Psalms also tell the story of salvation history. The words of the Psalm speak the state of the heart of our ancestors. They express the pain and sorrow, as well as, the blessings and joy experienced by the psalmist. So during this Lenten season, why not consider trying to insert the psalms into your prayer life. You'll find new ways of speaking to God, hear God's promises revealed, and unite your prayer with Christians around the world. Let Psalm 51:12 be your daily mantra for Lent 2018.

Mission Statement

Jesus' mission on earth was all-inclusive.

He desired his Father's love be known and experienced by all.

The Religious Education Program for People with Disabilities provides spiritual enrichment and opportunities for personal growth which nurture their steadfast faith in God.

- The Watertown Catechetical Board (revised 2016)

"A clean heart create for me, O God,
and a steadfast spirit renew within me."

Psalm 51:12





Praying the Psalms



Art Workshop



Music Workshop



Our Annual Fall Retreat was held on Saturday, October 28th at the SSJ Motherhouse. Thirty program participants and nineteen catechists and JRC staff gathered in the Hearthside Hospitality Center.

Sister Diane Marie began the day by introducing the four presenters for the day: Theresa Lorence, Julie-Gould, Alice Busler and Sister Bethany Fitzgerald SSJ. Following the welcome the day began with an Opening Prayer with a focus on the theme for the day.

The keynote for the day was given by Sister Diane who gave a presentation on the life of David, focusing on David as Shepherd, King, and Psalmist. Emphasis was placed on how God chose David because he saw the goodness in David's heart.

Sister concluded the presentation with a DVD about the encounter between David and Goliath. A discussion followed the film with emphasis placed on David's trust in God. Like David, we all need to believe and trust that God is always present to protect and care for us. David believed that nothing was impossible when God is part of our life.

The day continued with the participants moving throughout the day to three presentations. Julie and Alice conducted an art activity on Psalm 100, Theresa taught the group several hymns based on the Psalms, and Sister Bethany presented Praying the Creation Psalms.

At 2:10 the groups gathered together to view a YouTube video on a Meditation on Psalm 104 with a musical version of the Psalm by Amy Grant.

The day ended with a Closing Prayer which included a sharing after reflecting upon three questions.
+ How did Jesus touch my heart today?
+ What do I want to remember about today?
+ What will I take home to share with others?

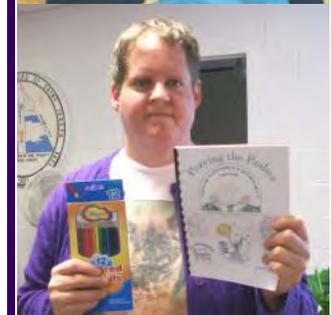
Each participant went home with a Psalm Adult Coloring Book, a pack of colored pencils, a greater appreciation of the Book of Psalms, and a joyful heart.



Creation Workshop



Music Workshop



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Sr. Noël Chabanel Hentz SSJ

A Visit to JRC PU Open House



On Wednesday November 8, 2017 Sr. Noël Chabanel and I were invited by Frances Scovel to attend the Open House at the new site for Production Unlimited. After working in the building on West Main Street for many years, Francis was very excited to show us his new workshop facility on Bradley St.

The new site is located in the old Northland Motor Technologies plant. The site has been completely renovated and, in addition to the Production Unlimited workshop, you will also find an UPS store run by JRC, other additional JRC programs and several offices.

Production Unlimited manufactures a variety of ring binders for local, state, and federal government use. The program includes bench assembling and packaging services. It offers exam booklets for colleges and universities, as well as tag makers for government agencies.

Francis was eager to show us the machine that he works at every day. He demonstrated for us how to use the machine that makes binders. He began his demo by showing us how to turn on the machine and included in his conversation the importance of safety when operating the machines.

Francis is very proud of his accomplishments at Production Unlimited. He showed us around the building and pointed out other work areas that he was assigned to at one time. It was obvious to us that working at PU has given Francis a sense of self-worth. He enjoys his job and camaraderie with his co-workers.

Francis Scovel is one kind, hard-working and exceptional young man. He has been a member of the Special Religious Education program for more than forty years. He attends both the Inter-faith and the Catholic Program each week.

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

Christopher Reeve

Christmas Celebration

This year's original Christmas celebration was scheduled for Tuesday, December 12th in the Fellowship Hall of the First Presbyterian Church. Due to inclement weather, the celebration was postponed until Saturday, January 6th. However, when that day arrived, the snow, ice, and freezing temperatures made it necessary to cancel the event once again. Now I had to move to an alternative plan.

Our next class was scheduled for January 9th so I distributed the gifts to the participants after our regular session along with ice cream and homemade cookies and brownies made by our catechist Nicole Alman.

The participants received wooden crosses from the Holy Land, a small nativity statue and candies. They were grateful for their gift bags but disappointed that they were not distributed by Santa. In addition, the pizza and dancing will have to wait until the end of year celebration in May.



Kevin Hill and Sheri Baker enjoy sharing their gifts.



Stephanie Williams and Chip Yott waiting patiently to open their gift.



Hazel Graham shows her cross to catechist Sandy McKee.



Samantha Todhunter smiles for the camera.



Everyone enjoyed opening their gift bags and eating ice cream and homemade cookies and brownies.



We missed having Santa but did our best to enjoy finally getting together to celebrate Christmas.



Christopher O'Leary and Jen Crowner participants of the Saturday Friends of Jesus program.

Christmas Gifts 2017

Mr. and Mrs. Clifford Carr	\$100.00	Mrs. Claire Leonhardt	\$ 25.00
Mr. and Mrs. Gary Charlebois	\$ 50.00	Mr. and Mrs. Ralph Marzano	\$ 200.00
Mrs. Marianne Dyer	\$ 50.00	Mr. and Mrs. Ted Mascott	\$ 200.00
Mr. John Hill	\$ 200.00	Ms. Alice McDermott	\$ 50.00
Mr. Clayton Jank	\$ 200.00	Mrs. Linda Piddock	\$ 25.00
Mr. and Mrs. Bill Jesmore	\$ 200.00		
Mr. and Mrs. James Lafferty	\$ 25.00		



Thank you for your gift. Your kindness and generosity are most appreciated.



Fifth Annual Fall Auction



We are grateful to all those who supported this year's Fall Auction. In particular, I would like to acknowledge our auctioneer Mel Busler, Cathy Deline and Mary Henry who co-chaired the event, Mike Deline, as well as, the committee who began preparing for the auction in July.



Although we did not have the crowd that we had last year, the evening was enjoyed by all who attended. We did not quite make what we had budgeted, but the support we received from the area businesses, the parishioners of Our Lady of the Sacred Heart, and our many friends was affirmation that there are many who understand the value of our program for people with disabilities. Thanks!



Special Thanks to Area Businesses for Their Support

- Adams Golf Course
- Apollo Restaurant
- Artisan Pottery Studio
- Art's Jug/Sboro's
- Best Friends Doggy Day Spa
- Carthage Federal Savings & Loan
- Cheney Tire Inc.
- Chiappone's Tire Warehouse
- Ci Ci's Pizza
- Clarence Henry Coach
- Crystal Restaurant
- Curtis Furniture
- DPAO
- Ed Russell Service
- Farmhouse Maple

- Fast Lube of Watertown
- Goodyear ASC#1142
- Harbor Hotel
- Home Deli
- Ives Hill Country Club
- Ladies Group of Sacred Heart
- Jake's Lawn Care
- Jefferson Concrete
- Mc Donald's State Street
- Mc Donald's Arsenal Street
- Moe's Southwest Grill
- Mr. Rick's Bakery
- Nice & Easy
- Olive Garden
- Pine Cleaners

- Pla Mor Lanes.
- Red Lobster
- Rust Check of Watertown
- Sacred Heart Bingo Team
- Salon 1033
- Sherwood Florists
- Spook Hill Bar & Grill
- Sundance Leisure
- Texas Roadhouse
- The Scrub Hub
- Tina's Kup-n-Kakes
- Vito's Gourmet
- Watertown Savings Bank
- Wendy's
- Willowbrook Golf Course



Thanks for helping to make the Fall Auction a great success!

Psalm 96 Activity

Each week during our small group session the participants work on an activity that helps them to visualize the lesson. Last week we were working on understanding the message of Psalm 96. Two ideas were focused upon as we prayed with this psalm. We are called to worship God who is worthy of our praise. Secondly, we must tell everyone about the amazing things God does for us.

After spending some time studying and praying Psalm 96 each small group gathered to take a verse from the psalm and create a collage of pictures which would express the meaning of the verse. One group chose verse 8, "Give the Lord the glory He deserves!" Their collage expressed the meaning of the verse both by using pictures and sayings that their catechist found on the internet. After reading several sayings to the group they choose the ones that they felt best expressed the meaning of verse 8. My favorite, "Sometimes I look up, smile and say, 'I know that was you, God! THANKS!'"

Coming back together, each group showed and explained their finished product. Everyone was quite proud of their work and did a great job explaining the meaning of the verses they chose. These pictures give you an idea of the success of their activity.



Great is the Lord!