



Lourdes Letter

Founded July 16, 2002

The newsletter for friends of Saint Bernadette and Our Lady of Lourdes!

LET US MAKE THE SIGN OF THE CROSS LIKE BERNADETTE

From Baptism to burial, the life of those of us who are baptized takes place under the Sign of the Cross. Expressing our relationship with God, this sign marks our entry into life as a Christian, initiating a lifelong pilgrimage with Christ through the end of our earthly journey.



The Sign of the Cross was important in the life of Bernadette. At the beginning of the 18 apparitions she was blessed to receive in the Grotto at Lourdes, the Mother of God taught Bernadette to make this fundamental act of faith as prayer. From then, her love of Jesus was enlightened, nourished and directed by it. From her first Heavenly encounter, the life of Bernadette became a paschal path lived with Jesus in the mystery of the Cross under the gaze of God.

At the Grotto, before ever speaking with Bernadette, the Mother of God taught her to make the Sign of the Cross,

to make it well and pray the Sign of the Cross often. From then on, everyone who saw Bernadette make the Sign of the Cross understood the importance of this act of faith.

Bernadette made the Sign of the Cross slowly, in a sweeping gesture with great reverence. Unhurried, she raised her right hand so her fingers touched the highest point of her forehead contemplating God the Father. Then, she lowered her hand, her fingers barely touching her waist recollecting Jesus, the Son. Once again, she raised her hand, touching her fingers to her left and then right shoulder contemplating the Holy Spirit.

As Bernadette presented herself in prayer before God, she gave the impression of fully covering herself with the Sign of the Cross, reminding us we “put on” Christ whenever we make the Sign of the Cross.

The context of the Annual Spiritual Theme is provided by Père Régis-Marie de La Teyssonnière.

FALL-WINTER 2010

ISSUE NO. SEVEN

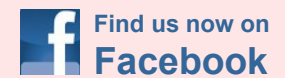
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Visit Us on the Web!

To provide you more and easier access to information, we updated our website:

www.LourdesVolunteers.org



EXTENDING THE INVITATION TO WOUNDED WARRIORS AND VETERANS ON EWTN LIVE!

Lourdes Volunteers invited Chaplain Major Dan Farley and Medical Command Officer Major Brian Weber to join our Founding Director, Marlene Watkins as the featured guests on EWTN Live! February 10 in honor of the Feast Day of Our Lady of Lourdes and World Day of the Sick. As the Spiritual Director and the Medical Director for our Military Pilgrimage

for wounded warriors and ill or disabled military service members and retirees, Father Dan and Brian, both combat veterans themselves, reached out to veterans suffering from the effects of military service. The Military Pilgrimage journey offers peace and healing from the wounds of war in the comfort and company of fellow military from around the world joined in prayer.



Medical Command Officer Major Brian Weber and Military Chaplain Major Fr. Dan Farley on set with Marlene Watkins and Fr. Pacwa.

Lourdes Volunteers Youth, Young Adult and Youth Leaders on EWTN



On Veterans Day, November 11, Lourdes Volunteers youth and young adult volunteers were the guests of the EWTN Life on the Rock show hosted by Father Mark and Doug Barry. Lourdes Volunteers Vice-President Col. (Ret) David Braden with Franciscan University Austrian Campus student Caty and St. John's University student Omar shared their experiences serving with the Hospitalité Notre-Dame de Lourdes at the train station, airport and in the baths. Omar spoke about the hospitality service at the NY

JFK airport assisting pilgrims between terminals as they arrive and depart on pilgrimage to Lourdes. Pam Barton flew in from Stuttgart Germany to share her experience as our new Youth Catechesis Leader with her son, Cadet Sean, now studying at St. Norbert's in Wisconsin and Kerry of Louisiana who together join military youth serving sick and handicapped pilgrims from the United States in June. Pilgrimage Director Pam Ryan with Franciscan University at Steubenville student Kelsey and Lt. Carlos Diaz Porras talked about serving our American wounded warriors on military pilgrimage with volunteers from the University and military service—all in honor of our veterans on their day!



Lourdes Volunteers is approved to receive payroll contributions directly through the Combined Federal Campaign; a national charitable donation service (similar to United Way) that allows federal, postal and military employees to help us as **CFC #70296**. *THANK YOU for your support!*



Missionary Interns

Two university graduates joined our office team this summer with a one-year service commitment to support our mission as interns. Modest housing, a humble stipend, medical insurance and Lourdes pilgrimage offer life experience for professional development with spiritual benefits.

Katie Staudt from Ohio and Alex Lewis from Indiana



Travel Tips → Screening Savvy

- Dress comfortably for travel, avoid extra layers or excessive buttons, and wear slip-on shoes, if possible.
- Pack carry-on luggage with easy access to liquids less than 3 oz. together in a one quart clear plastic bag.
- Increased security measures may require more personal searches. Be ready to cooperate in support of TSA measures to safeguard travelers and our country.
- Keep medical scripts with all prescription drugs and/or syringes.
- Carry-on bags cannot exceed 25 lbs or 45 inches total HxWxL dimensions.

"...In the Footsteps of Bernadette" with Père Régis-Marie

The pastoral theme at Lourdes for 2011 is not about Our Father, but first about the Our Father and about prayer with Bernadette.

For us, to pray well is always difficult. Maybe it is because we forget that to pray means to be with God, Our Father, Jesus Our Saviour and the Holy Spirit, Our Paraclete.

Bernadette knew how to pray because she was taught by Mary, the Mother of God. Let us contemplate Bernadette kneeling before the Blessed Virgin and we will see the Blessed Virgin bowing in front of God. Both with Mary and with Bernadette, let us be with Our Father and later, let us ask Him what He wants to give to us, what is the best

for us. Saying the prayer of the Lord, let us be as the Blessed Mother and also as Bernadette not only asking, but at the same time also ready to receive.

It is in laying down our own life that we are able to welcome not only the gifts of God, but God who in Jesus Christ laid down His life for us.

Pastoral Theme Insignia



*"I imagine
that Our Lady
herself is giving
me to Jesus."
St. Bernadette*

Experiencing A Day in Lourdes with Virtual Pilgrimage in America

Most Americans will not travel to Lourdes. With the modern technology of today, Lourdes is now traveling throughout North America!

Trained Sanctuaries Guides share the Message of Lourdes with projected images of the Grotto and holy places of the Sanctuaries to re-create the experiences of pilgrimage. Touching actual pieces of the Grotto Rock and receiving Lourdes Water—as if in the Grotto and at the water taps—combined with

Eucharistic Adoration and blessing joining “pilgrims” together to pray a decade of the Rosary in a Candlelight Procession; the spirit and essence of pilgrimage is captured in less than 90 minutes. Virtual Pilgrimages in Catholic schools, hospices, prisons, colleges, universities and to organizations or groups is offered at no charge, supported by free-will offerings at parishes throughout little towns and big cities across North America and our military communities throughout the world.



Touching the Grotto Rock



George Washington Meets the Swiss Guard at Lourdes!

A “Promise of Joy” card is included in our travel documents inviting pilgrims to make a prayer thanking God for the spiritual journey and unique opportunity to get to know Him more, to embrace with joy all we encounter throughout pilgrimage and for the blessing to be patient, compassionate and loving as we discover God in each other. We pray for a grace to *welcome the unexpected* and to see His blessing in everything. We ask to be awed by

holiness and to return home renewed and spiritually refreshed. We pray this often when we need to remember to be joyful or thankful. Both our prayer and promise were answered unexpectedly on military pilgrimage when we met the Swiss Guard and heard the Irish bag piping to our wounded warriors and to meet “General George Washington” in an historian, Viet Nam Vet and of our volunteers. We love it when Our Lady introduces us to her friends!

Franciscan University Steubenville

Since 2004 Franciscan University students have come in the spring and fall from their Austrian campus to offer service to the Sanctuaries as North American Volunteers with the Hospitalité Notre-Dame de Lourdes. In response to passionate requests for an opportunity to serve from the Ohio campus, a new service launched to assist wounded warriors with Lourdes Volunteers on Military Pilgrimage.



Wish List

We are in need of items both large and small to help the apostolate.

Please contact us if you would be interested to make a donation.

SYRACUSE OFFICE:

- Staples Gift Certificates
- Frequent flyer award tickets
- Xerox 7760 print cartridges
- Lourdes Water volunteers
- Computer Projector
- LourdesLetter print sponsor

IN LOURDES:

- Camera with telephoto lens
- Volunteer photographer
- Hand-made lap blankets
- Guadalupe House gardener
- Nurses dress uniforms
- Computer assist in Lourdes

Hospitalité Commitment-Consecration

After five years each with one week of service and formation with the Hospitalité Notre-Dame de Lourdes, a formal Commitment can be made at Mass with a lifetime promise to serve one week each year, whenever possible.

Following three additional years offering of annual service, with a pastoral recommendation, a Marian Consecration can be made in the Catholic Church at Holy Mass.

The first North American Lourdes Volunteer made this Consecration in April 2010!



To Comment, Request Copies,
Inquire or Make a Donation:

☎ Phone: (315) 476-0026
US Toll-Free 1-866 LOURDES

Visit us on the Web!
www.LourdesVolunteers.org

OUR MISSION:

“To extend the invitation
of the Immaculate Conception as given
to Bernadette in the Grotto at Lourdes;
to serve the sick and suffering
at Lourdes and at home,
following the loving example of
St. Bernadette in simplicity,
humility and obedience.”



Our Lady of Lourdes Hospitality North American Volunteers, LTD.
P. O. Box 3820, Syracuse, NY 13220 USA

Lourdes Letter

the Newsletter for friends of St. Bernadette and Our Lady of Lourdes

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First National Medical Volunteer Meeting to Assist Lourdes Pilgrimage February 26, 2011 * New Orleans, LA

A special invitation for medical professionals
to explore the opportunity and privilege
to assist special needs pilgrims to Lourdes;
to study the transport and supportive care
for sick and handicapped or wounded warriors
with fellow physicians, nurses and team leaders
sharing pilgrimage experience to further develop:
*roles, responsibilities, policies and procedures,
organization, planning and training.*



\$139 includes meeting, meals and hotel:
* 2 nights Brent Hotel shared occupancy
* transfers, 2 breakfast, 1 lunch & 1 dinner

For information call Kathleen at (315) 476-0026

2011 LOURDES Pilgrimage Schedule



April 2-9	Franciscan University at Austria—Hospitalité Service
May 16-26	Military Volunteers Advance Team—Dulles
May 18-24	US Military Pilgrimage—JFK, Dulles, Atlanta & Houston
June 3-13	Hospitalité Volunteer Service—Detroit & NY-JFK
June 10-20	St. John's University for Hospitalité—New York-JFK
June 17-27	Bl. Marianne Pilgrimage Volunteers—New York-JFK
June 19-25	Military Youth Bl. Marianne Pilgrimage Service
June 19-25	Bl. Marianne Special Needs Pilgrimage—New York-JFK
July 8-18	Hospitalité Volunteers—NY-JFK & Los Angeles-LAX
July 8-22	Hospitalité Service with Paris & Nevers—Dulles & SFO
September 9-19	Hospitalité Service—New York-JFK, Miami & Houston
October 14-24	Hospitalité or Pilgrimage Service—NY-JFK & LAX
October 15-22	Franciscan U at Austria—Hospitalité or Pilgrimage
October 16-22	St. Bernadette Special Needs Pilgrimage—JFK & LAX

TAX CREDIT: Volunteer Service pilgrimage expenses
and donations are tax deductible on 1040 Schedule A
within IRS guidelines. Please consult your tax advisor.

