



Dear Friends of the Center,

Last year for Lent, I gave up GPS (Global Positioning System). It may seem fairly harmless to use GPS for getting around, but I realized that I had lived in Grand Rapids for over a year and I still had little knowledge of my city's geography. So I would rely on GPS, which would cause my eyes to shift from the road directly in front of me to the GPS on my cell phone and then back again. I wasn't giving myself the time to simply gaze at my surroundings - the new business opening along the side

of the road or the beauty of a park I passed. Driving was becoming so mechanical.

In many different ways, our lives can become mechanical. We wake up, exercise, eat our meals, do our tasks, say our prayers, and go to bed. While routine can be quite helpful for our spiritual lives, sometimes we need to mix it up so we're more attentive to the present moment.

Lent is a great opportunity for that, presenting us with a time to intentionally slow down and take in our surroundings, including the Holy Spirit who constantly surrounds us. In prayer, fasting, and almsgiving, we are called to grow in our relationship with God, helping us realize we need our earthly things less.

Lent begins on February 22 with Ash Wednesday, one of the highly attended Church days in the entire year. Why is it so popular? Because we recognize the need for change in our lives. Ash Wednesday provides that occasion. We recognize that we are sinful beings, and we want to change.

We don't want to change because it's good self-help advice or because it will simply make us the "best version of ourselves." But because it will help us become exactly who we are meant to be - children of God and disciples of Jesus. We are meant to be in relationship with the One who wants nothing more than that.

Let's take advantage of the golden opportunity of Lent. Leading up to the season, the CIC is offering "Falling in Love with God" to help us rekindle our desire for God. Then in the first weekend of Lent, Deacon Dennis Rybicki will help you begin the season with a retreat called "Transfigure."

This Lent, like every Lent, has the potential to change us. May our lives cease being mechanical ones to being more spontaneous ones, growing in love of God and neighbor.

Blessings,

Rev Mike Cruickshank, CSP

Fr. Mike Cruickshank, CSP
Associate Director of the Catholic Information Center
and Associate Pastor of the Cathedral of Saint Andrew

Pray for :

Britner Family

**February Mass for CIC
Intentions:
Sunday, February 12
5:30 p.m. at the
Cathedral**

*Please include your prayer
intentions with your green
envelope or email them to
[cicoffice@catholic
informationcenter.org](mailto:cicoffice@catholicinformationcenter.org)*

Upcoming Programs

Powerful Art: Creating and Impacting Social Change
Thursday, February 9
7-8:30 p.m. EST
Attend on site or online



Art can inspire; it can also challenge our assumptions. Explore the history and the power of how the performing arts have created opportunities for social change.

Edye Evans Hyde, founder and executive director of Ebony Road Players.

Above and Below
Wednesday, February 15
7-8:30 pm. EST
Attend on site or online



Explore the intersection of art, water conservation, and ecological justice.

Multimedia artist **Mary Sayre** is a scuba diver, sailor, and avid traveler with a unique perspective into our blue planet.

Falling in Love with God
Tuesday, February 14
10-11:30 a.m. EST
Attend on site or online



When we spend time with loved ones, we discover more about ourselves and those we treasure. It's the same with God. Discover spiritual practices for your Lenten journey - ways that allow you to fall more deeply in love with God. This presentation is part of the 55 *Plus Series*, exploring spirituality and vitality in the second half of life.

Brian Plachta is an author, spiritual mentor, and holds a Masters in Pastoral Counseling.

Transfigure: A Lenten retreat in the Ignatian tradition
Fri., Feb. 24, 6-8:30 p.m.
Sat., Feb. 25, 9 a.m.-4 p.m.
\$50, meals included
Attend on site



Lenten themes of surrender, compassion and letting go will be explored through prayer, reflection, and discussion.

Deacon Dennis Rybicki is a deacon of the diocese of Grand Rapids, happily assigned to the Cathedral of Saint Andrew.

Catholic In Recovery
Wednesdays, 7:30 p.m.
Meetings held in-person



Catholic in Recovery

Catholic in Recovery seeks to support those in twelve-step groups in their recovery from substance abuse and other addictions. Using scriptural reflection and the sacramental love

and mercy provided through the Catholic Church, this small group promotes healing and a deepening relationship with Jesus Christ, the giver of new life.

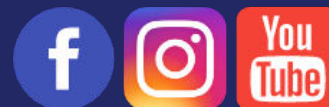
Visit catholicinrecovery.com for more information or contact Jonathan Hicks at jonhicks@gmail.com.

Your gifts through the enclosed envelope make it possible for adults to learn, celebrate, live and pray the Catholic Faith.

Scan the QR code to sign up for recurring monthly donations through online giving.



Thank you!



Follow us on Social Media for the latest updates and news.

For more information, visit catholicinformationcenter.org or call (616) 459-7267

Friendship Corner

Celebrating 75 years with the Paulist Fathers in Grand Rapids

"I began with the Paulist Fathers at the Cathedral in 2009. The Lord has blessed me with many wonderful Paulist priests...Fr. Kenny (who only took two times to remember my name), Fr. Tom, Fr. Marcos, Fr. G (John Geaney), Fr. Charlie, Fr. Mike Hennessy, Fr. René, Fr. Bill, Fr. Joachim, Fr. Mike Cruickshank and now Fr. Dat, and some great seminarians along the path as well. Each of these men have touched my days at the Cathedral and have very special gifts which have helped me on the journey. The Lord used each one in special ways and I hope I have given back to them. I always miss them when they leave even as I know they must follow the Lord and I enjoy them immensely while they are here. They are a great blessing to us all."

- Margo Dean, longtime Friend of the CIC

