

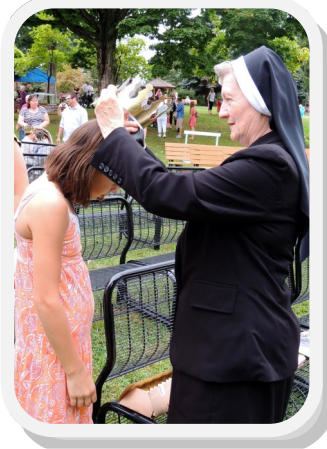
78th Annual Pilgrimage

Theotokos, Guide on the Journey of Life

The 78th Annual Pilgrimage in Honor of Our Lady of Perpetual Help was held Sept. 1 and Sun., Sept. 2 at Mount Saint Macrina.

As in previous years, the Sisters welcomed all those Pilgrims who come from distant places whether by cars, vans, buses, or airplanes.

For further information about the Pilgrimage, please visit the Sisters' new website at www.sistersofstbasil.org.



Upcoming Programs at the House of Prayer

Book Series

Oct. 22; Nov. 5, 12, 19 (10-11:30 a.m.)
Presented by:
Sr. Barbara Jean Mihalchick, OSBM
Registration due: Oct. 17
Free will offering

Women's Weekend Retreat

Oct. 26, 28 (7 p.m., Fri. - 1 p.m., Sat.)
Presented by:
Sr. Carol Petrasovich, OSBM
Registration due: Oct. 22
Offering: \$130.00

Busy Women's Morning Retreat

Nov. 10 (9:30 a.m. - 12:30 p.m.)
Presented by: Janet Escobedo
Registration due: Nov. 5
Offering: \$15, includes lunch

Egg Etching Retreat

Nov. 17 (10 a.m. - 4 p.m.)
Presented by: Sr. Rita Keshock, OSBM
Registration due: Nov. 10
Offering: \$40, includes lunch

Pre-Christmas Day

Dec. 8 (10:15 a.m. - 1:00 p.m.) - Rev. James Hess, O. Cam
Registration due: Dec. 3
Offering: \$25, includes lunch
Dec. 9 (1:15 p.m. - 4:30 p.m.) - Sandra Collins, Ph.D.
Registration due: Dec. 4
Offering: \$25, includes supper

www.sistersofstbasil.org is now Live!



The Sisters' new website is now live. So, now you can visit www.sistersofstbasil.org for the latest news and information.

It is a blend of iconography, the spirituality of the Byzantine Catholic Church and the natural beauty of Mount Saint Macrina.

"We are very excited about the capability of our new website which offers the opportunity for us to post our latest news and upcoming events; prayer reflec-

tions; and, information about the Order and our ministries, including our annual Pilgrimage," said Sister Seraphim Olsafsky, OSBM, Provincial.

The Sisters will also be able to receive prayer requests and donations on the new site. There is also a light-a-candle feature on the site that allows for visitors to light a virtual candle and say a prayer.

"We are also pleased to offer a virtual tour of the Shrine of Our

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Lady of Perpetual Help. For those who have not yet visited the Shrine or even if you have visited the Shrine, the ability to see a 360 degree view of the Shrine is an awe-inspiring experience," added Sister Seraphim.

Photo albums depicting current events at Mount Saint Macrina and displaying images of the grounds will also be exhibited on the site.



Sisters of the Order of St. Basil the Great

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Where to Find it in the Bible

The Bible is God's Word and contains His answers to the problems and questions that are common to us all. But it's a big book, which may make it difficult to find what you're looking for. So, if you need spiritual help, read these passages of Scripture:

Afraid: Matthew 10:16-31; Hebrew 12:1-2

Assurance: Romans 8:16, 38-39, 1 John 5:10-13

Comfort: John 16:33; 2 Corinthians 1:3-4; 12:9

Crisis: Deuteronomy 33:27; Psalm 121; Hebrews 4:16

Death: John 14; 1 Corinthians 15:51-58; 2 Corinthians 5:1-8; Philippians 1:21-23

Depressed: Psalm 34; 139; Romans 8

Discouraged: Psalm 23; 42; Isaiah 40; Matthews 5:1-12

Doubts: John 20:24-31; Hebrews 11

Forgiveness: Psalm 51; 130: 3-4; Acts 13:38-39; 1 John 1:9

Lonely: Psalm 27; Hebrews 13:5; 1 John 1:7

Tempted: Psalm 1; 1 Corinthians 10:12-13; James 4:7

Truth of God's Word: 2 Timothy 3:15-17; 2 Peter 1:19-21

Worried: Matthew 6:25-34; Philippians 4:6-9

...if you're taking life with a grain of sand...



"It's not the mountain ahead...it's the grain of sand in your shoe."

When I saw that on a greeting card, Lord, I realize that it was the story of my life. I can weather the storm and thunderclaps, but if the sun does not shine on my parade,

or if it drizzles on my daydream, then I start to self-destruct.

I can handle the devastating traumas, but not the irritating trifles.

Forgive my impatience, Lord. Teach me how to cope, how

to survive the little stresses in life; how either to smile in spite of the sand in my shoe or find a way to get rid of it without complaining and boring everyone with my troubles.

Give me the stick-to-itiveness to work out the trifles and the farsightedness to realize that the moment of aggravation will pass.

As another greeting card said, "Give me patience Lord — but hurry."

Prayers for a Troubled Planet

Here we are, Lord--
a planet at prayer

Attune our spirit
that we may hear
and bow before your creative power;
that we may face our violent discords
and join with your energy to make heard
in every heart your hymn of peace.

Here we are, Lord --
a polluted planet.

Purify our vision
that we may perceive ways to
purify our beloved lands,
cleanse our precious waters,
de-smog our life-giving air.



Here we are, Lord --
a militarized planet.

Redeem our fears
that we may transform our
warfields into wheatfields,
arms into handshakes,
missiles into messengers of peace.

Here we are, Lord --
an exploited planet.

Heal our hearts, Lord,
that we may respect our resources,
hold priceless our people
and provide our starving children
an abundance of daily bread.

- by Sister Joan Metzner, MM