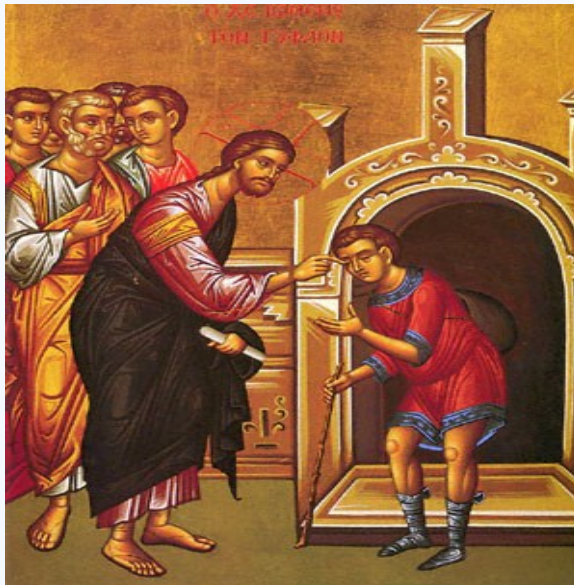


# The Order of the Sisters of St. Basil the Great

## LifeQuesters on the Web

Winter 2013

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32)



The final items on Paul's list of specific ways in which Christians should look "unnatural" from everyone else have to do with how we treat each other.

"Be kind and compassionate." Think about how everyone else is seeing the world and step in when you can to make it easier for them. Act like you care about them. Then the hardest, least normal action of all: Forgive everyone in the same way that God has forgiven you. Forgive as forgiven.

You cannot do this until :

- A) you know that you have been forgiven for great and ugly crimes against God; and,
- B) someone does something hurtful and ugly to you. Then you can practice. It's harder than it looks — but it's also entirely possible in Christ.

**Think:** Do you think it's unfair that Paul links God's forgiveness of our sin with our forgiveness of others? Do you need to adjust the way you think about your sin against

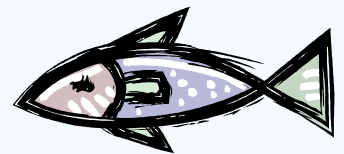
God or other people's sins against you?

**Pray:** Ask God to make your heart more compassionate toward others and more honest about how much you've been forgiven by God.

**Do:** Write two numbers: On a scale from 1 to 10 (with 1 being very little and 10 being the equivalent to an axe murderer), how much sin has God forgiven you for? On that same scale, how much sin has been committed against you?

- From *Planet Wisdom*  
Student Newsletter

First Day of the  
Great Fast is  
Monday, Feb. 11



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## Experiences, Events & Exercises



*House of Prayer - Mount Saint Macrina*

## Prayer to Our Mother of Perpetual Help



*Mother of Perpetual Help, today we face so many difficulties. Your picture tells us so much about You. It reminds us to reach out and help those in need. Help us understand that our lives belong to others as much as they belong to us.*

*Mary, we know we cannot heal every ill or solve every problem. But with God's grace, we intend to do what we can. May we be true witnesses to the world that love for one another really matters. May our daily actions proclaim how fully our lives are modeled after Yours, Mother of Perpetual Help.*

**February 22-24, 2013**  
**7 p.m., Fri. - 1 p.m., Sun.**  
**Young Adults Weekend**

Presented by: Sr. Barbara Jean & Team

Offering: \$100

Registration deadline: 2/15/13

**March 5, 12, 19, 26, 2013**  
**10 a.m. - 11:30 a.m.**  
**Lenten Book Series**

Presented by: Sr. Barbara Jean Mihalchick, OSBM

Free will offering

Registration deadline: 3/1/13

**February 28, 2013**  
**9:30 a.m. - 12:30 p.m.**  
**Busy Women's Retreat**

Presenter to be announced.

Offering: \$15, includes lunch

Registration deadline: 2/23/13

**March 2, 2013**  
**9:15 a.m. - 12:30 p.m.**  
**Lenten Day of Prayer**

Presented by: Deacon Dennis Pretash

Offering: \$25, includes lunch

Registration deadline: 2/25/2013

**April 5-7, 2013**  
**7 p.m., Fri. - 1 p.m., Sun.**  
**Women's Discernment Retreat**

Presented by: Sr. Barbara Jean Mihalchick, OSBM

Registration deadline: 3/27/13

**April 13, 2013**  
**9 a.m. - 3:00 p.m.**  
**Healing Retreat**

Presented by: Rev. William Kiel

Offering: \$35, includes lunch

Registration deadline: 4/9/13

**March 3, 2013**  
**1:15 p.m. - 4:30 p.m.**  
**Lenten Day of Prayer**

Presented by: Rev. Valerian Michlik

Offering: \$25, includes dinner

Registration deadline: 2/26/2013

**Please note that all programs take place at the House of Prayer unless otherwise specified. To register, please call (724) 438-7149.**





## Saints, Scriptures & Solemnities



*The Prodigal Son*

### January 20

Sunday of Publican and Pharisee  
2 Tim 3:10-15  
Lk 18:10-14

### January 27

Sunday of the Prodigal Son  
1 Cor 6:12-20  
Lk 15:11-32

### January 30

Three Hierarchs  
Heb 13:7-16  
Mt 5:14-19

### February 3

Sunday of Meatfare  
1 Cor 8:8-9.2  
Mt 25:31-46

### February 10

Sunday of Cheesefare  
Rom 13:11-14:4  
Mt 6:14-21

### February 17

1st Sunday of the Great Fast  
Heb. 11:24-26:32-12:2  
Jn 1:43-51

### February 24

2nd Sunday of the Great Fast  
Heb 1:10-2:3  
Mk 2:1-12

## Lenten Readings

**Forgiveness & Reconciliation: How to Forgive Others and Receive Forgiveness** by Hieromonk Jonah \$1.25

**Lent and Easter with the Church Fathers** by Marco Pappalardo \$6.95

**Lenten Reflections**  
Sponsored by the Archdiocesan Committee on Spiritual Life and Renewal \$10.00

**The Women of the Passion** by Kathleen M. Murphy \$11.00

**Woman, Why are you Weeping?** By John Timmerman \$11.00

*Continued on page 4*

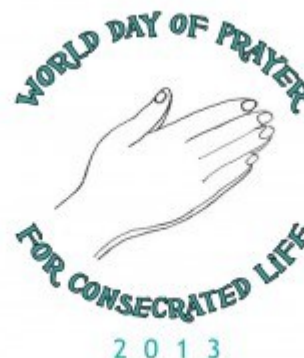
## Mount St. Macrina House of Prayer to Host Young Adults Retreat



Mark your calendar for Feb. 22-24, 2013 for the Young Adults Weekend Retreat at the Mount St. Macrina House of Prayer in Uniontown. The retreat is open to men and women, ages 18-35, and the theme is "Deepening in Faith in a Post-Modern Culture".

"The Year of Faith that the Catholic Church declared for this year calls each of us to find a means to grow in faith. The retreat will challenge participants to see life's opportunities and difficulties with Christian eyes. It will be a short-term intensive way to learn to walk more securely in Christ's way," said Sr. Barbara Jean Milhalchick, OSBM, who is coordinating the retreat.

The deadline for registration is February 15, 2013. The offering for the weekend is \$100. A deposit of \$25 is due at the time of registration. Sister Barbara Jean and a team of young people will lead the program. For further information, please call the House of Prayer at 724-438-7149.



World Day of Prayer for Consecrated Life will be celebrated in the Church on Saturday, February 2, 2013 and in parishes on the weekend of February 2-3, 2013. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

# Sisters of the Order of St. Basil the Great

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[www.sistersofstbasil.org](http://www.sistersofstbasil.org)



## 7 Strategies to Reducing Conflict

1. Focus on raising your concern, not on proving you're right

Clearly, there's a warning here to the overly assertive. Individuals in a conflict should be focused on discussion, not debate.

2. Seek first to understand, then to be understood.

Listening—to understand and connect, not to debate—is more important than persuading. And doing so might even put you in a better light.

3. Distinguish interests from positions, needs from demands.

Distinguishing interests involves focusing on why something is important to someone rather than on what the person wants and whether it is reasonable, feasible or fair.

4. Be mindful of time and timing.

There is no perfect time to raise a concern, but there are awful times.

5. Frame the conflict constructively—use of language is important.

Framing a conflict in terms of what an organization or team might gain eases the idea of battle between or among individuals.

6. Keep in mind that other viewpoints are possible.

Keeping an open mind does not mean you don't get to put in your two cents. It is important not to assume that you know everything.

7. Consider help from an outside third party (mediator, coach, facilitator, etc.)

Getting help is a sign of strength, not weakness. Even professional conflict interventionists sometimes use outside help.

- From *Creighton* magazine  
Spring 2012 issue

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## Lenten Readings (Continued from page 3)

Join our mailing list and  
subscribe to  
LifeQuesters on the  
Web:

Contact

Sister Barbara Jean at  
[sbjm45@yahoo.com](mailto:sbjm45@yahoo.com).

**Great Lent Unplugged: The Funny, Terrible, Wonderful Journey to Pascha** by Jean Hoefling \$14.95

**Walk in the Light: Spiritual Exercises in Great Lent for Young Adults** by E.M. Courey \$20.00

**First Fruits of Prayer: A Forty-Day Journey through the Canon of St. Andrew** by Frederica Mathewes-Green \$14.95

**The Forgotten Medicine: The Mystery of Repentance** by Archimandrite Seraphim Aleksiev \$5.00

**The Mystery of the Paschal Flame** by Anthony M. Coniaris and Mary Efrosini Gregory \$5.95

**A Journey through Great Lent** Edited by Very Rev. Stephen Belonick \$8.95

**When You Fast...Recipes for Lenten Seasons** by Catherine Mandell \$24.00

All books are available at the Byzantine Seminary Press, 3643 Perrysville Ave., Pittsburgh, PA 15214. 412-322-8307

Hours: Mon.-Fri. 10 a.m. - 3:30 p.m. or by appointment.

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