



NEWSLETTER

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Pilgrimages ... Sister Albertine Paulus

The Serra Club meeting on December 10th was an educational one as Sister Albertine educated us on pilgrimages. After retiring from active ministry with two and one half months short of twenty years working for the Diocese of Knoxville and thirty two years of experience as a teacher, she comes by it naturally. She has taught everyone from grade school, high school, college and even adults throughout her career and she isn't finished yet. She began by saying that "everyone in on a pilgrimage called 'life' which is full of unexpected turns and twists along the way." She has learned that she must plan, and put one step in front of the other and do the best she can.

The desire to travel comes naturally from her early childhood. Every summer as a child, when her family would travel from East Tennessee to Ohio, she and her brother would take turns as the "pilot and navigator." One of them would drive while the other would read the maps. She acquired a love for maps and a love for God's earth which led to her love to travel.

While teaching college in 1971, Sister Albertine went on her first pilgrimage—a trip to Europe with eight girls and no plan. After that she went on trips while teaching at Knoxville Catholic High School. She planned a family trip to Alaska and in the 1990's a trip to Italy and the Holy Land (her favorite). While working for the Diocese of Knoxville in 2000 she led a pilgrimage to Rome during the Jubilee Year to see the four major Basilicas and a day trip to Assisi. She planned pilgrimages to the Shrines of France (Peace) in 2003, Greece and Turkey (In the footsteps of St. Paul, St John and the Blessed Mother) in 2008 and to the Holy Land (In the footsteps of Jesus) in 2006. Her current pilgrimage will be in the spring to Poland, with the possibility of a second pilgrimage to the Holy Land in the fall.

A pilgrimage is a specific journey—you set your mind and heart on it and set aside some time to focus on your journey. Most people can not travel on pilgrimages, but they can go on a pilgrimage in their hearts. You can take a week or ten days and pray, reflect on, and read on some special part of spirituality that attracts you.

As the teacher in her is strong, Sister Albertine left us with a hand-out to help us understand pilgrimages. A pilgrimage is a journey to a sacred

December Calendar

THURSDAY, January 14

Holy Mass.....11:30 AM
 Lunch.....Noon
 For reservations call
 Joyce and Frank Carballo
 (865) 980-6164

Program
 Fr. Christopher Riehl

January 28

Holy Mass.....11:30 AM
 Lunch.....Noon
 For reservations call
 Helga Deveau
 (865) 982-1566

Program
 Fr. Peter Iorio

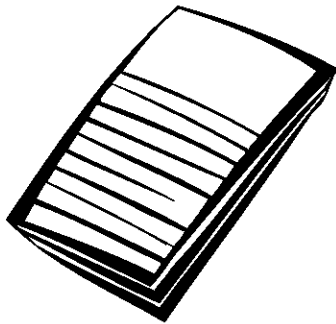
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site undertaken for religious reasons. People take pilgrimages for different reasons, some including: growing closer to God, to offer praise and thanksgiving for favors and graces received, or to seek forgiveness for sins or to ask for personal favors.

Some ideas for preparing for a pilgrimage include the following: 1) Evaluate your present relationship with God, 2) Develop a spiritual intention for the pilgrimage, 3) Set aside time each day to pray for that intention, 4) explore the holy places by reviewing Scriptural accounts, and 5) offer up difficulties and sacrifices to the travel for your particular intention.

Some practical hints for your pilgrimage 1) Familiarize yourself with the itinerary of your journey, 2) Plan your spiritual agenda to include pilgrimage prayers, personal prayer and reflection, and writing a diary or journal about your day, 3) use your Pilgrim's Book for special prayers at the shrine (or gather prayers relating to your personal pilgrimage), 4) receive the Sacrament of Reconciliation prior to or during your pilgrimage.

Following her presentation to members of the Serra Club, Sr. Albertine opened the floor to questions from the audience. The Diocese of Knoxville has a shrine, "Virgin of the Poor" located outside of Chattanooga near South Pittsburg. A suggestion was made concerning perhaps a pilgrimage to Washington D.C. to see the National Shrine and perhaps the Franciscan Monastery.



Essay Contest Winding Down Serra Club Essay Contest on "A Year for Priests" for grades 3,4, and 5 and 6,7, and 8 was extended to January 15, 2010. Over four hundred essays have been submitted thus far. These essays have been received from students at St. Joseph's School, St. John Neumann School, Sacred Heart Cathedral School, Our Lady of Perpetual Help School, and home schooled students. The winners will be announced at the January 28 Serra Club meeting.

Dear fellow Serrans and Friends of Serra,

Many thanks to all who helped carry on in my absence - I'm home now with therapy three times a week - on a walker but hope to shed it soon. Sorry I missed Sister Albertine's interesting and inspiring talk arranged by Brigid Johnson - thank you both. Collette Seitz presided ably following Ferrel Smith's agenda. Another thank you to them and to Ferrel for scheduling the lunch teams for the next six months. Angie Feltz edited, printed and mailed the newsletter - very colorful and uplifting - thank you, Angie. Pat Mercer called the members resulting in a good turnout for the meeting - another grateful thank you. Thanks to Joe Orzechowski for his faithful guardianship of the coffers. Last but not least, to Father Al for celebrating the gift of the Eucharist at our meetings - what a blessing.

I appreciate the coverage the ETC has given our essay contest. The final deadline is January 15. Please see Collette's article.

My prayer for the New Year is for a happy and healthful year for each of you as we continue to support our priests, religious, deacons, and seminarians. God bless you, Hazel Brimi

Year of Priests ideas and Vocation 2010 dates

Nothing means more to me or gives me greater joy than to celebrate Mass each day and to serve God's people in the Church. That has been true ever since the day of my ordination as a priest. Nothing has ever changed this, not even becoming Pope."

—Pope John Paul II

How can I spiritually adopt a priest?

Adopting a priest spiritually is very simple. You can adopt a priest spiritually by offering up to God various spiritual deeds for the sanctification of a particular priest. Given below are a few examples. Praying and interceding for the priest (see below some model prayers which could be used daily). This is the core of spiritual adoption.

- Praying the rosary.
- Praying the Chaplet of Divine Mercy.
- Participation in the Eucharist.
- Offering Masses for the intention of the priest.
- Making Visits to the Blessed Sacrament.
- Making Eucharistic adoration.
- Offering up to Almighty God your little sacrifices, sufferings, privations of life, etc for the sanctification of the priest whom you adopt.
- Fast, abstinence, penances, mortifications, etc.
- Making a sincere examination of conscience and a good confession.
- Doing acts of reparation for the sins of the priest.
- Doing acts of kindness to the priest including gestures of appreciation.
- Visiting holy places like Marian shrines, grottos, places of pilgrimage.
- Doing acts of charity for the needy.
- Speaking well of priests in spite of their imperfections.
- Avoid listening to and spreading gossip about priests.

<http://www.usccb.org/yearforpriests/index.shtml>

2010 Dates to remember
for Vocations

National Vocation Awareness Week Jan 10-16, 2010—Information from NCCV has been mailed to pastors—check with your pastor for the package to be used in your parish

DOK - Vocation Promotion Council—Jan 16th @ 1 pm in the Chancery

World Day for Consecrated Life Feb 7, 2010

World Day of Prayer for Vocations Apr 25, 2010

National Priesthood Sunday October 24, 2010

SERRA CLUB OF KNOXVILLE

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Welcome to Serra Territory

Serra International is a volunteer organization of Catholic men and women of various ages, races, occupations and backgrounds. There are more than 20,000 Serrans in 44 different countries embracing more than 1800 Clubs.

Our Territory is worldwide, yet with a local focus in each Catholic community. Serra's mission is to help foster and encourage vocations to the priesthood and religious life. Pope John Paul II has said, "Serra is the lay vocations arm of the Church."

We take our name from the Franciscan missionary Blessed Father Junipero Serra, the 18th century founder of a string of missions along California's El Camino Real.

Founded in 1991, the Knoxville Chapter of Serra puts faith into action in many ways, to help encourage and support religious vocations.

Pray for the intentions of Bishop Stika, all of our priests, deacons, religious and all of our seminarians. Pray also for an increase in vocations.

Prayer for the Canonization of Blessed Junipero Serra

Heavenly Father, we ask you to look lovingly on the missionary journey of your faithful servant, Blessed Junipero Serra. His steadfast efforts in founding nine missions in California and the conversion of thousands of Native Americans have inspired the formation and work of Serra International. This ministry in Father Serra's name is to encourage and affirm vocations to priesthood and vowed religious life. We pray that you bless this holy and courageous Franciscan missionary and grant him the ultimate honor of Sainthood in your heavenly kingdom.

We ask this in the name of thy Blessed Trinity and of Mary, Queen of Vocations. Amen.

*OUR MEETINGS WERE
 BRIGHTENED BY OUR
 Guests.....*

Sister Albertine Paulus

And

Kathy DeWine

Let Us Pray For the Recovery of ...

fellow Serrans Hazel Brimi—Joe Bush
 Serran's friends Andrea Cox's Mother Martina O'Brien

" We pray to the Lord"

Watch here for our Upcoming Programs

January—14th Fr Riehl
 — 28th Fr Iorio

February—

March—

April—

May—

June—24th Annual Dinner