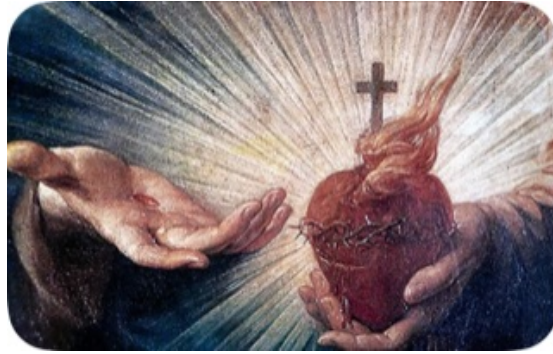




CURATIO[®]
APOSTOLATE
of Catholic Health
Care Professionals



Curatio Newsletter March 2024

"Healing from the Heart of Christ"

Curatio's Mission is to strengthen the faith of all Catholic Healthcare Professionals so that, animated from the Heart of Christ and growing in holiness, we are equipped to reclaim our sacred vocation of caring, witnessing with zeal to the Gospel of Life.

♥ *Prayer to the Sacred Heart*

O most holy Heart of Jesus, fountain of every blessing,

I adore you, I love you and with a lively sorrow for my sins.

I offer you this poor heart of mine.

Make me humble, patient, pure, and wholly obedient to your will.

Grant, good Jesus, that I may live in you and for you.

Protect me in the midst of danger; comfort me in my afflictions;

give me health of body, assistance in my temporal needs,

your blessings on all that I do, and the grace of a holy death.

Within your heart I place my every care.

In every need let me come to you with humble trust saying,

Heart of Jesus, help me.

Amen.

St. Gianna Beretta Molla, patron saint of Curatio, intercede for us!

The Exemplary Mundane Life Beauty, Joy, and Holiness in the Tedium

By: Dr. Heidi M. Giebel

I used to think that at the end of my life, when I stand before God's throne, he might chastise me for falling just short of something really grand: for example, maybe I could have written a fabulous bestselling book that would persuade millions of people to turn back to God, or at least to moral goodness. The older (and, hopefully, wiser) I get, though, the more I suspect that God will point out the times I missed my chance to give someone a hug or a listening ear—and the more I suspect that, in general, the exemplary life of virtue tends to be pretty mundane.

Moral virtue, as described by philosophers like Aristotle, is acquired by habituation: by many small, ordinary choices and actions over a long period of time. Patience and perseverance, themselves seemingly the most mundane of virtues, are necessary for developing flashier virtues like courage. (As St. Thomas Aquinas points out, God's grace is also essential—especially for the theological virtues of faith, hope, and charity [see 1 Cor. 13:13].)

Reflecting on the life of Jesus, and of the whole Holy Family, it really does seem that the virtue was mostly in the mundane. Yes, the tedium was punctuated by extraordinary supernatural moments. But the first 30 years of Jesus' life were spent primarily in ordinary family life: honoring His parents, learning and working at a trade alongside Joseph, and doing normal domestic activities with Mary. Similarly, Mary's life for many years was primarily devoted to mundane tasks of family caregiving: changing diapers (and then washing them by hand!), cooking, cleaning, and tending to sick family members. And just as Jesus, despite His divinity, grew in "wisdom and age and favor before God and man" (Luke 2:52), surely Mary also experienced many opportunities in the mundane life of caregiving for growth in patience and love as she "kept all these things in her heart" (Luke 2:19, 51). Those 30 years of growing in wisdom and virtue, and of interior reflection, amid the mundane were a beautiful preparation for Jesus' extraordinary mission during the last three years of His life—including His Passion and death—and for Mary's role in Jesus' public (earthly) ministry and beyond.

Let me tell you about a friend of mine whose exemplary mundane life is truly inspiring. I first met [*Lisa Nigro*](#) when I was seeking interviewees for [*Ethical Excellence*](#), my book about ethical virtue. (Fun fact: the Greek word we translate "virtue" actually means "excellence" more generally.) Lisa, a former Chicago police officer, had received the Presidential Citizen's Medal from Barack Obama for Inspiration Café, her restaurant serving homeless folks in her city. When she agreed to a life story interview with me, I assumed we would mostly be talking about her adventures with the café. The restaurant is indeed alive and well, and has even expanded its services. But that wasn't the main topic of conversation.

A few months before my interview with Lisa, her young adult son Nick suffered cardiac arrest and anoxic brain injury. Overnight, Lisa's priorities and responsibilities changed dramatically. She stepped back from her award-winning work with the café, from her other work in the community, and even from her social life to become Nick's full-time caregiver and advocate. Her days are spent on things like feeding, changing, driving to medical appointments, and helping with physical therapy. And she grows vegetables and raises chickens, right in Chicago, as both a source of income and a therapeutic activity for her son.

Lisa's previous lifestyle was impressive—she was energetic, caring, determined, and persevering. But even more inspiring, especially for ordinary people like me, was her

willingness to set that life aside and direct her gifts toward the wellbeing of her family: to use her energy and care to endure so many medical crises and sleepless nights, to use her determination and perseverance to push back against medical and insurance professionals who didn't see Nick's dignity and potential to benefit from treatment. (His condition *has* improved significantly, although he remains profoundly disabled.) Lisa has found a way to flourish in the exemplary mundane life, to continue to grow in wisdom and virtue.

Dom Hubert van Zeller, in a book entitled *Praying while You Work* (and subsequently republished as *Holiness for Housewives*—I thought the original title was better), provides some really lovely reflections on how to live the exemplary mundane life of virtue. I'll close with one of my favorite quotes, from p. 271 of that book:

You can either pray your way into your working day or you can work your way into your prayer. By the first I mean saying a prayer before each duty, and so directing it toward God without further attention to its directly spiritual possibilities. By the second I mean making a spiritual thing out of the work itself. The first says: "This next hour or two is going to be perfectly vile. I pray, Lord, that I may keep my head and that You may be praised by what I do. I shall not be able to think of You, but You won't mind that." The other says: "If this morning is going to be of any use to God, it must be spent in a way that shows that I accept every moment of it as coming from His hand. It is not so much that I must sanctify *it* as that I must let it sanctify *me*. It may or may not mean that I shall be able to remain conscious of the presence of God...but it should mean that I spend the time more for Him than for myself or for anyone else." Of the two, the second seems to be the more satisfactory. But more satisfactory still is to practice both.

Dr. Heidi M. Giebel is a professor at the Department of Philosophy University of St. Thomas and also serves as a Curatio Apostolate Advisor.

Watch Dr. Heidi Giebel's talk from World Day of the Sick 2024 here!

Recent Events in Review!



World Day of the Sick 2024 at St. Charles Borromeo led by Archbishop Hebda



Curatio Lenten Retreat 2024 at St. Helena led by Fr. Milless.

In Thanksgiving!

Curatio extends such gratitude and thanksgiving to our Bishop and priests who serve at the altar of the Lord, who devote their lives to the service of the flock so that we may be able to receive the bread of life

as to bring it to those we care for in our work as healthcare professionals.

Lord bless our minds that we may think on things that are eternal, bless our eyes that we may see your goodness in the sorrows, bless our mouths that we speak mercy, bless our hands and feet and pierce them, that we may be ever more witnesses to your sacrificial love.

Prayer for priests

Lord Jesus, You have chosen your priests from among us and sent them out to proclaim your word and to act in your name. For so great a gift to your Church, we give You praise and thanksgiving.

We ask You to fill them with the fire of your love, that their ministry may reveal your presence in the Church.

Since they are earthen vessels, we pray that your power shine out through their weaknesses. In their afflictions let them never be crushed; in their doubts never despair; in temptation never be destroyed; in persecution never abandoned.

Inspire them through prayer to live each day the mystery of your dying and rising. In times of weakness send them your Spirit and help them to praise your heavenly Father and pray for poor sinners.

By the same Holy Spirit, put your word on their lips and your love in their hearts, to bring good news to the poor and healing to the brokenhearted.

And may the gift of Mary your mother, to the disciple whom you loved, be your gift to every priest. Grant that she who formed You in her human image, may form them in your divine image, by the power of your Spirit, to the glory of God the Father. Amen.

– from the Sisters of St. Clare

UPCOMING EVENTS

Save the dates!

Please join us for prayer and networking with fellow Catholics in Healthcare.

What are Curatio members saying about Mass Meet & Munch?

“Reflecting about today – excellent dialog and camaraderie. Deep topic. Joy is present even while recognizing the many challenges. Curatio is definitely helping me grow spiritually. Catherine C “

See you April 20th!



Mass Meet & Munch



Save the Dates
3rd Saturdays of the Month
Check bulletins to verify
times of Masses



Join us
CURATIO
Mass, Meet & Munch

January 20th @ 8:15am Nativity of Our Lord, St. Paul, MN
April 20th St. @ 8:00am Church of St. Helena, Mpls, MN
July 20th @ 8:15am Nativity of Our Lord, St. Paul, MN
October 19th @ 8:00am Church of St. Helena, Mpls, MN

Meet after parish morning Masses and stay for discussion & munchies!

Catholics in Healthcare-In the Heart of the World with the Heart of Christ

CuratioEvent@gmail.com

CuratioApostolate.com

Curatio Fall Weekend Retreat

September 27th-29th, 2024

Father Columba Thomas OP, MD a Dominican Friar and a board-certified physician in internal Medicine presents, "The Art of Living: In Union with God for Healthcare Professionals."



CURATIO APOSTOLATE.COM

Fall Weekend Retreat

*“The Art of living:
Union with God
for Healthcare Professionals”*



Father Columba Thomas, OP, MD, is a Dominican friar & a board certified physician in Internal Medicine. He was ordained a priest in May 2023. Prior to entering religious life, he graduated from Yale School of Medicine, completed a Primary Care Residency and Chief Residency at Yale, and attained board certification in Internal Medicine. Recently, he edited *The Art of Dying: A new, annotated translation* (National Catholic Bioethics Center, 2021). Fr. Columba currently serves as postdoctoral fellow in bioethics at the Kennedy Institute of Ethics and the Pellegrino Center for Clinical Bioethics, & he is completing a master's degree in Catholic Clinical Ethics co-sponsored by Georgetown University and the Catholic University of America.

SAVE THE DATE SEPT 27-29TH

PRAYER

Curatio's Monthly Prayer Intention
March 2024

We pray for our coworkers. Those who don't know you Lord and for those who, do but who have for whatever reason left your nearness. Bring about miracles of conversion in our workplaces, let them be sanctuaries of charity.

Our Lady of Lourdes, Pray for us.

St. Mother Teresa of Calcutta, Pray for us.

St. Gianna of Molla, Pray for us.



Please consider a Holy Hour with our Lord

The First Friday of every month is dedicated to the Sacred Heart of Jesus.

Adoration is Thursday, March 7th.

Everyone is welcome to join us for a Holy Hour from 7 pm–8 pm every Thursday before the first Friday of each month, at St. Charles Borromeo Parish or consider spending a Holy Hour at your local chapel.

St. Charles Borromeo offers perpetual adoration. Address: 2739 NE Stinson Pkwy, St Anthony, MN 55418.

The **CPR** Team
Curatio **P**ayer **R**esponders will pray for you!

[*Submit Prayer Requests Here*](#)>

Please send us your confidential prayers, needs, sorrows and thanksgivings. They will be prayed for by the Adoration group and also offered up at First Friday Masses by priest chaplains.

DONATIONS

Message From Dianne, Mission Director,

Your financial support for our Curatio Expansion Campaign is greatly appreciated and much needed for developing a solid Curatio program that will be piloted first in the Rochester, Winona diocese; recently approved by Bishop Barron. Please spread the word and join us in prayer. We greatly appreciate your consideration of an ongoing annual (or one time donation) supporting our humble efforts to ensure Catholics remain faithful to Christ while working in healthcare. Thank you.

Donate [Here!](#)

May our hearts in the Curatio Apostolate belong entirely to the Sacred Heart of Jesus.

SHARE OUR MISSION

Do you know of other health care workers that would benefit from this monthly newsletter? Please forward this message and encourage they check out Curatio!

[*Check out our Curatio website here!*](#)

As a lay apostolate in this ministry, we rely on and are prompted by the Holy Spirit and thus remain in healthcare for the long haul. We are the hands and feet of Christ - We spiritually care for and nourish Catholic healthcare professionals to stay the course as we remain a foundation of healing from the heart of Christ.

We, Curatio, are boots on the ground in the new evangelization.

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