

Curatio Newsletter ~ November 2023 "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.

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



*Retreat Reflection
November 2023*

The Gift of a Retreat

I have no doubt God orchestrated my introduction to Curatio five years

ago. He gently nudged me to this amazing group of healthcare professionals and led me to their annual Fall Retreat. I signed up and that Friday at work, there was a discussion of weekend plans amongst co-workers. I shared that I was going on a silent retreat. This resulted in a response something like, "Oh wow, really? It's silent? All weekend?... I couldn't do it." Looking back now, maybe I also thought I couldn't do it. How could I get away? The demands of time for family, housework, kids' sports, you name it... it's easy to justify saying no. Interestingly, the first thing to come off our busy to do list is probably something having to do with being alone. Who schedules that? Can we say, "selfish"? We have been conditioned to think this, but time away is not necessarily selfish. This especially is not the case when you spend time alone with God. This time with Him will restore and renew you to stay intentional in your work in cooperation with God's plan for you.

At this year's Fall retreat, Fr. James Brent started off by guiding us through a beautiful meditation. He asked that we close our eyes and envision Jesus standing before us. Between ourselves and Jesus, an empty box lay open on the floor. After several minutes of gentle nudging to put our many distractions into the box, Fr. Brent encouraged us to think specifically of all our to-dos, all our worry, sadness and anxiety, and place them in this box, seal it and set it aside. Fr. Brent was setting the stage for a fruitful three days on retreat. This weekend was about us and Jesus. Everything in that box can wait he said. It's that simple.

After five years of going to the Fall Retreat with Curatio, not one retreat has been unsuccessful. I have learned that along with packing your watch to ensure you make all of the conferences on time, your bible and journal to dive deeply and introspectively, you bring along your willingness to be uncomfortable. By writing down all of the hard questions, the recurring sins, the day-to-day struggles, conscious and unconscious thoughts, bringing them with you to confession and spiritual direction offered by the retreat master is something you will not regret. This intentional time will offer you the spiritual growth you need to say "yes," and continue to say "yes," to our Lord.

The only trouble you might have on a retreat is leaving one. Acclimating again to radical connectedness and the noise of the world after so much peace can feel jarring, but you will be abundantly fed, and that is something you will be glad you made time for. In the end, a deeper connection with God isn't something you can just pay for or send someone else for. It is something you intentionally say "yes" to and make sacrifices for. And what a gift it is to offer yourself as a sacrifice.

The prayer below was shared by Fr. Brent. He suggested to pray this at night on your own, slowly, and purposefully. May it bring you peace.

God bless.

Kelly Stein, LDH, MDH – Curatio Board Member

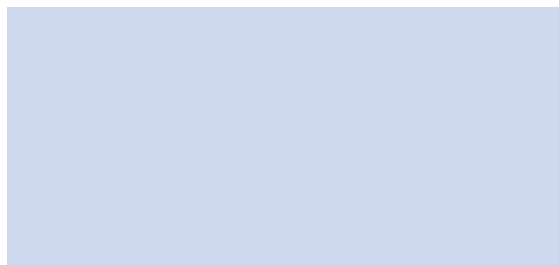
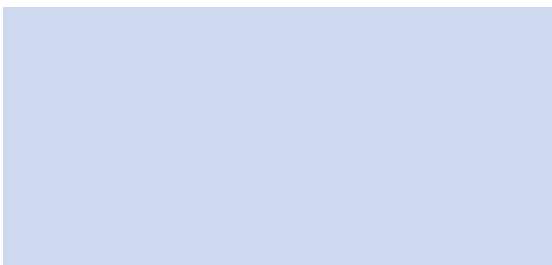
Prayer of Surrender

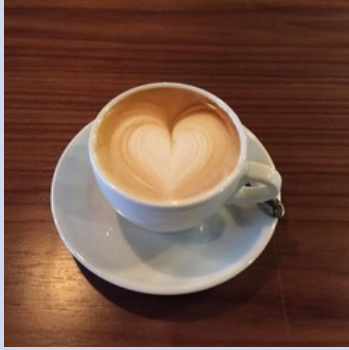
Loving Father, I surrender to you today with all my heart and soul. Please come into my heart in a deeper way. I say “Yes” to you today. I open all the secret places of my heart to you and say “Come on in.” Jesus, you are the Lord of my whole life. I believe in you and receive you as my Lord and Savior. I hold nothing back. Holy Spirit, bring me to a deeper conversion to the person of Jesus Christ. I surrender all to you: my health, my family, my resources, occupation, skills, relationships, time management, successes, and failures. I release it, and let it go. I surrender my understanding of how things ought to be, my choice and my will. I surrender to you the promises I have kept and the promises I have failed to keep. I surrender my weaknesses and strengths to you. I surrender my emotions, my fears, my insecurities, my sexuality. I especially surrender my anxiety, anxiousness over lack of control, my thoughts of unworthiness. Lord, I surrender my entire life to you, the past, the present, and the future. In sickness and in health, in life and in death, I belong to you. Amen.



[*Click here to visit Curatio's YouTube Channel to access retreat conferences by Fr. Brent*](#)

UPCOMING EVENTS





**Mass, Meet & Munch
January 20th, 2024**

Join us for prayer and networking at Nativity of Our Lord church in St. Paul. Mass at 8:15am.



**World Day of the Sick
February 10th, 2024**

Mark your calendar for this beautiful Our Lady of Lourdes Feast Day Celebration at St. Charles Borromeo church in St. Anthony, MN.

PRAYER



**Curatio's Monthly Prayer Intention -
November**

With grateful hearts, Lord, we thank You for granting us the vocation of extending Your love through the care of others.

Lord, we ask Your blessing upon us as we fulfill our mission to "heal from the Heart of Christ!" In thanksgiving for the enormous gift of love and care You have given us, Lord be our strength! Let Your compassion shine through our holy work. Amen.

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, November 2nd.

Everyone is welcome to join us for Holy Hour 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**rayer **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.

HELPFUL RESOURCES



Bi-weekly Newsletter

Curatio is a member of the National Catholic Bioethics Center and supports their work. Please click here to see their latest [Newsletter](#)

All Souls Novena

The Personal Consultations Department of The National Catholic Bioethics Center (NCBC) invites you to join us in a novena for the souls of all the faithful departed. [Join the All Souls Novena](#)

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.

Curatio Apostolate | 3317 Edward Street NE, St. Anthony, MN 55418

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