



# the Chalice

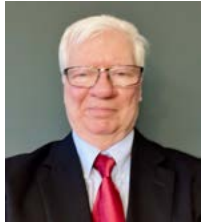


CALIX SOCIETY NEWSLETTER

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Issue No. 1



## President's Column

by Mike G.

### Prayer and Forgiveness: Getting Rid of the Dubious Luxury of Resentment

I recently attended a serenity retreat at the Franciscan Retreat Center in Prior Lake, MN. Sr. Linda Fischer was the presenter.

In her final talk, she said wherever she goes she hears two things:

1. Individuals say they are not spiritual enough and
2. Individuals say they have trouble with resentments.

Here is what I heard. You can be spiritual. The key is prayer. Prayer can be as simple as saying "God help me with ...." Perfection is not in this life. Use the first step, it works in all situations. Don't put yourself down. I think the way to be spiritual is prayer; meditation (sometimes as little as 2 minutes); going to mass; and the sacraments.

On resentments Sr. Linda told us to look at the Mayo Clinic website for "[Forgiveness: Letting go of grudges and bitterness](#)".

Here are a few items from the article.

What are the benefits of forgiving someone?

- Healthier relationships
- Improved mental health
- Less anxiety, stress and hostility
- Fewer symptoms of depression

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- Lower blood pressure
- A stronger immune system
- Improved heart health
- Improved self-esteem

How do I move toward forgiveness?

- A. Acknowledge your emotions
- B. Choose to forgive
- C. Release the control and power that the offending person and situation have had in your life.

And back to Linda's talk.

- You can't change the past.
- Why have a resentment? What do you get from it?
- If you want to be a slave have a resentment.
- You must forgive yourself.
- Have we forgiven ourselves?
- I want to live the best life I can. Forgiveness is an act of the will.
- Can we be healthy if we don't forgive?
- Our past is with us but doesn't define us. The past will make us bitter or better.

Resentment costs too much. You are the one who pays the bill. Resentment is learned. You can't be resentful and happy at the same time. Forgiveness softens our heart. We don't change a behavior if we get something out of it. Acceptance is the answer to all my problems.

On a personal note ... I pray the Hail Mary then ask Mary to ask Jesus to help me forgive the person or organization I am resenting.

Finally, I talked with one of the Franciscan Friars about forgiveness. He said a lot of the New Testament was about forgiveness.





## The Five Holy Wounds of Jesus

by Father Roland Lajoie, SM  
Calix Chaplain.

The Feast of the Five Holy Wounds of Jesus are celebrated on Friday after the Third Sunday in Lent in different parts of the Catholic World.

The revival of religious life and the zealous activity of St. Bernard and St. Francis in the Twelfth and Thirteenth Centuries, together with the enthusiasm of the Crusaders returning from the Holy Land, gave a wonderful impulse to devotion to the Passion of Jesus Christ and, particularly, to practices in honour of **the Wounds in His Sacred Hands, Feet and Side**. The reason for this devotion was well expressed at a later period in the memorial of the Polish Bishops to Pope Clement XIII:

*“Moreover, the Five Wounds of Christ are honoured by a Mass and an Office and, on account of these Wounds, we venerate also the Feet, Hands and Side of the most loving Redeemer, these parts of Our Lord’s Most Holy Body being held more worthy of a special cult than the others, precisely because they suffered special pains for our salvation and because they are decorated with these wounds as with an illustrious mark of love. Therefore, with living faith they cannot be looked upon, without a special feeling of religion and devotion.”* (Nilles, “De rat. fest. SS. Cord. Jesu et Mariae” I 126).

Many beautiful medieval prayers in honour of the Sacred Wounds, including some attributed to St Clare of Assisi (Indulgenced on 21 November 1885), have been preserved. St Mechtilde and St Gertrude the Great of Helfta, were devoted to the Holy Wounds, the latter Saint reciting daily, a prayer in honour of the 5466 Wounds, which, according to tradition, were inflicted on Jesus during His Passion. In the Fourteenth Century, it was customary in southern Germany, to recite fifteen Pater Nosters (Our Fathers) each day (which thus amounted to 5475 in the course of a year) in memory of the Sacred Wounds. In his 1761 book, *The Passion and Death of Jesus Christ*, St Alphonsus Maria de Liguori, Founder of the Redemptorist Fathers, listed, among various pious exercises, the Little Chaplet of the Five Wounds of Jesus Crucified. St Alphonsus wrote the devotional as a Meditation on the Five Piercing Wounds that Christ suffered during His Crucifixion.

Since 1831, when the Feasts in honour of the Passion were adopted at Rome by the Passionists Fathers and the City, this Feast was assigned to the Friday after the Third Sunday in Lent. The Office is one of those bequeathed to us by the Middle Ages. As this Feast is not celebrated in the entire Church, the Office and Mass are placed in the apppe the Breviary and the Missal.

### COLLECT:

O God, Who by the Passion of Thine Only Son  
and by the pouring out of the Blood of His Five Wounds,  
hast restored human nature lost by sin,  
grant unto us, we beseech Thee



*(Chaplain's Column, Continued from Page 3)*

that by venerating the protective Wounds on earth,  
we may, thereby, merit the fruits  
of the same Precious Blood in Heaven.  
Through the same Lord Jesus Christ,  
Who liveth and reigneth with Thee  
in the unity of the Holy Ghost,  
One God, world without end. Amen.

## ***The Seven Sorrows of Mary***

*By Angelo Jesus Canta*

Reflecting on the Seven Sorrows (the Prophecy of Simeon and Anna, the Flight into Egypt, the Loss of the Child Jesus, the Condemnation of Jesus, the Crucifixion, the Retrieval of Jesus' Body from the Cross, and the Burial of Jesus), I found them remarkably relevant to our world today. People still lose loved ones. People are still unjustly persecuted and killed.

The Seven Sorrows gives us a chance not only to pray with Mary, but also to invite her to pray with us in our own sorrows. I have adapted an 1815 meditation originally composed by Pope Pius VII.

- **THE FIRST SORROW: THE PROPHECY OF SIMEON AND ANNA**

"Simeon blessed them and said to Mary his mother, "Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce) so that the thoughts of many hearts may be revealed."

**We grieve with you, O Mary most sorrowful. Hail Mary.....**

Your heart was pierced by the prophecy of holy Simeon and Anna. Comfort us in our times of uncertainty and fear of the unknown. Give us tender hearts for those who live with deep anxiety and insecurity about their future.

- **THE SECOND SORROW: THE FLIGHT INTO EGYPT**

*The angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him." Joseph rose and took the child and his mother by night and departed for Egypt. When Herod realized that he had been deceived by the magi, he became furious. He ordered the massacre of all the boys in Bethlehem and its vicinity two years old and under. (Matthew 2:13–14, 16)*

**We grieve with you, O Mary most sorrowful. Hail Mary.....**

Your heart was pierced by the sudden departure from your homeland to a foreign country. Comfort us when we meet unexpected challenges that draw us away from our complacency. Give us tender hearts for all the migrants and refugees in our world who flee their homes because of violence, persecution, and insecurity.

(Seven Sorrows, Continued from Page 4)

- **THE THIRD SORROW: THE LOSS OF THE CHILD JESUS**

*The boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. (Luke 2:43–50)*

**We grieve with you, O Mary most sorrowful. Hail Mary....**

Your heart was pierced by losing your beloved son for three days. Comfort us when we feel lost and vulnerable. Give us tender hearts for all families who are separated from one another either by circumstance or by injustice.



- **THE FOURTH SORROW: THE CONDEMNATION OF JESUS**

*With loud shouts, however, they persisted in calling for his crucifixion, and their voices prevailed. The verdict of Pilate was that their demand should be granted. So he released the man who had been imprisoned for rebellion and murder, for whom they asked, and he handed Jesus over to them to deal with as they wished. As they led him away they took hold of a certain Simon, a Cyrenian, who was coming in from the country; and after laying the cross on him, they made him carry it behind Jesus. A large crowd of people followed Jesus, including many women who mourned and lamented him. (Luke 23: 23–27).*

**We grieve with you, O Mary most sorrowful. Hail Mary.....**

Your heart was pierced by watching Jesus unjustly condemned and forced to carry his own cross to his death. Comfort us when we feel unfairly judged and humiliated. Give us tender hearts for all those who are unjustly condemned, discriminated against, and killed in our world today.

- **THE FIFTH SORROW: THE CRUCIFIXION OF JESUS**

*Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home. After this, aware that everything was now finished, in*

*(Seven Sorrows, Continued from Page 5)*

*order that the scripture might be fulfilled, Jesus said, "I thirst." There was a vessel filled with common wine. So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth. When Jesus had taken the wine, he said, "It is finished." And bowing his head, he handed over the spirit. (John 19:25–30)*

[A brief silence is observed]

**We grieve with you, O Mary most sorrowful. Hail Mary.....**

Your heart was pierced when you stood at the foot of his cross and watched him declare "It is finished". Comfort us when we face the death of those we love. Give us tender hearts for all those who die due to persecution, abuse, neglect, and lack of resources.

- **THE SIXTH SORROW: THE RETRIEVAL OF JESUS' BODY**

They took the body of Jesus and bound it with burial cloths along with the spices, according to the Jewish burial custom. (John 19:40)

**We grieve with you, O Mary most sorrowful. Hail Mary,,,,,**

Your heart was pierced when you held your beloved son's lifeless body in your arms. Comfort us when we feel defeated. Give us tender hearts for all parents who watch helplessly as their children die in their arms.

- **THE SEVENTH SORROW: THE BURIAL OF JESUS**

Now in the place where he had been crucified there was a garden, and in the garden a new tomb, in which no one had yet been buried. So they laid Jesus there because of the Jewish preparation day; for the tomb was close by. (John 19:41–42)

**We grieve with you, O Mary most sorrowful. Hail Mary.....**

Your heart was pierced when you watched them put your son in the tomb, not knowing when you would see him again. Comfort us when we feel helpless and afraid. Give us tender hearts to respond with kindness and generosity to all the suffering around us.

Conclusion

Let Us Pray:

Hear our prayer, O merciful God, through the intercession of our Beloved Mother. Through this meditation, may we find comfort and strength in our own sorrows. And, knowing that our faith calls us to care for one another, may this prayer give us compassion for our neighbors. And, at the hour of our death, may Mary draw close to us, bringing us to rest in eternity with you. Amen.

(By by Angelo Jesus Canta - Published on July 31, 2020 – Boston College.)

# 2024 RETREAT



**The Calix Society**  
We substitute the cup that sanctifies for the cup that stupefies

WE ARE A EUCHARISTIC  
PEOPLE  
**CARRYING THE  
MESSAGE**

**DUNROVIN RETREAT CENTER**  
15525 SAINT CROIX TRAIL NORTH  
MARINE ON SAINT CROIX, MN 55047

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DAILY SPEAKERS

**COVERING THE EUCHARISTIC  
REVIVAL AND THE 12TH STEP**

**COSTS:**

FULL EVENT: \$300  
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**SCHOLARSHIPS  
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[www.calixsociety.org](http://www.calixsociety.org)

"A.A. restores your health and keeps you from an early grave. Calix saves your soul and puts you on the road to heaven."

- William J. Montroy, A founder of the Calix Society

## Retreat Testimonial and Promo

by Stephen O'Toole

### We Are a Eucharistic People Carrying the Message

As it outlines in the Big Book, my journey in recovery continues to be a grace filled one moving from being under siege by the eight bedevils to walking hand in hand with the Spirit of the Universe, as we Catholics know to be God the Father, Son and Holy Ghost.

It is the privilege of the Minneapolis/St. Paul Unit to host once again the annual Calix Retreat at Dunrovin Retreat Center thirty minutes north of "The Cities" on the beautiful St. Croix River. It will be held the first weekend of August (2/2-2/4).

We Are a Eucharistic People Carrying the Message will be the weekend's theme. Our unit wants to focus on the Church's call to evangelize the Gospel message through the Eucharistic revival.

In addition we want to emphasize the importance of recovery and faith as moving from self will to one of humble service to others. Not only are we obligated to do it, but we embrace the call wholeheartedly because it is pleasing to the Lord.

My journey in recovery has made me a better Catholic. While I had practiced Catholicism while I was still using I was really living an agnostic life so clearly described in the Big Book. Now that I have taken the step especially Step Three (which is revisited daily and sometime hourly in Step Ten) I have come to trust with my whole being the Presence of Our Lord Jesus in the Eucharist. (It had been merely an intellectual conviction prior to that.)

I have also returned to the Confessional on a more regular basis. These two sublime Sacraments given to us His church by the Lord himself make going to Mass an essential purpose of my life as a recovering child of God.

As result of the promises outlined in the Big Book, I desire to share this joy with others, planting seeds of the faith, helping other fellow travelers take the steps and to continually get out of myself to see how I may better serve others.

Please consider joining sisters and brothers in faith and recovery at Dunrovin Center for the 2024 CALIX INTERNATIONAL RETREAT. Come for the awesome fellowship and joyful prayer. Also come to draw closer to God Our Father to deepen your relationship with Him.

*"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4: 22-24*





## Sydney Unit News and Outreach

By Kevin S

Kevin, from the Sydney Australia Unit, completed a Radio Maria Australia Interview and discussed Saint John of God and Calix Sydney and the 12-steps for various addictions and Grace, and more, especially the Charism of Hospitality

Saint John of God is the Spiritual Patron of Calix Society Sydney Unit.

Calix Sydney Unit is grateful to Saint John of God via 2 retired Brothers Hospitaller, without whom we would likely not exist.

Kevin prepared a beautiful video of the Calix Credo which can be viewed at <https://www.youtube.com/watch?v=ajaMEIm6apY>

## New Illinois Calix Meeting

By Susan H.

On Saturday March 10, 2024, the first Calix meeting of the Berwyn, Illinois unit was held at 7:00 am in the parish office building. Mike S., the contact person, queried the Board about starting a new unit in his parish, Blessed Miguel Pro Catholic Parish, St. Leonard Campus in October 2023. After the Christmas holidays, he organized a core group of members with the guidance of Pastor Bobby.

Susan H. and Craig P., members of the Northlake / Chicago Unit assisted with providing the Calix banner and some initial literature and format ideas. Impressively enough, they had flat screen TV computer access available for future use, a cozy conference room as well as serious storage space! Other office staff had already commented on the banner! Mike and the group were also active in other men’s ministries, so were familiar with the housekeeping of running a meeting.

There were five members in attendance and we introduced ourselves and shared the message. We learned there was an

8:00 Mass directly next door, so the meeting ended at 7:55 am.

Congratulations and see you next week!





**Recovering With Theology of the Body**  
**(Thursday 8pm Zoom Meeting)**

by Fred H.  
 Calix Member

I discovered the Calix Society in February of 2022. Within days I connected with Heather O. and found that she also loved St. John Paul II's great work on human anthropology known as "A Theology of the Body" (TOB). With the Board's permission we established a Thursday night Calix Zoom meeting for

the purpose of drawing out the implications of TOB for those of us in recovery from one or more addictions.

**What exactly is Theology of the Body?**

It is an all encompassing Bible study delving deeply into human anthropology that is hard to capture in any sort of pithy summary. Nevertheless every Thursday evening around 8pm EST we read the following summary statement:

*Theology of the Body is the collected teaching of our beloved St. John Paul II. It is an extended Bible Study on what it means to be created as male and female human beings. It was delivered in his Wednesday Teaching Audiences from 1979 – 1984. (Collected in the book: [Man and Woman He Created Them: A Theology of the Body.](#))*

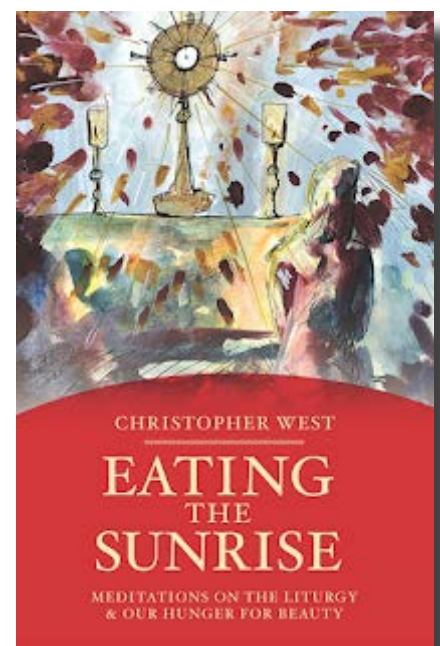
*TOB can be summed up in five powerful and rather startling words that express the heart of the gospel message: God wants to Marry us! Yes, God is our Creator, Father, Shepherd, King, Friend, Counselor and Guide... all of these are true, but the boldest word picture throughout scripture points to God as our Spouse. Jesus is our Bridegroom and humanity is His bride, if, of course, we accept his marriage proposal. This is not a shotgun wedding.*

*TOB redeems human sexuality and raises it as the highest icon of God's love for us. How does this speak to those struggling with addictions? For starters, **wouldn't it be grand if real joy and intimate connection with God could displace some of the manufactured joy and false connections that our addictions have provided?***

*It is precisely with this in mind that we in the Calix Society are focusing this meeting on becoming familiar with TOB by reading and discussing appropriate documents and books for that purpose. Many people have found it to be a true game changer in their recovery and spiritual growth in general. Such is our hope as well.*

Since this meeting began in May of 2022 we have covered several documents ([click here to see all that we have covered thus far](#)). Our current focus is Dr. Christopher West's new book titled: "[Eating the Sunrise: Meditations on the Liturgy and our Hunger for Beauty](#)".

As we connect more authentically to God in the sacraments, especially as we receive Jesus in Holy Communion, we can displace our disordered desires with what we are really longing for, body and soul. If you cannot make our weekly meetings, we still recommend this book for anyone in recovery or affected by addictions in any way.





## Membership Update

by Ken J.  
Calix Treasurer

### Membership

Thanks to all those that have either become members in or renewed their memberships for 2024. Your \$25 donation helps to offset costs we incur at the national level including virtual

office needs, our Zoom accounts and the website. Speaking of the website, it is due for another overhaul. We have started gathering the requirements and will be looking for someone to do a complete overhaul in 2024.

As far as membership numbers go, there are almost 800 people in our email database. Of the 800, 281 are current on their membership dues, 303 have not renewed yet for 2024 and 209 have never become an “official” member of Calix.

One of the key benefits of membership is having all the members praying for one another. Members receive a membership card with two prayers, one for the living and one for the deceased members of the society. The other benefit is that you get a free copy of “The Story of the Calix Society” by former chaplain Fr. Douglas McKay. The book is available in either paperback or ebook. To date only 174 copies have been distributed so many have not asked for their copy. If you are owed a copy please visit <https://www.calixsociety.org/story-of-calix/> to request it.

Thanks again for your support! Ken Johnston, Treasurer, Philadelphia, PA



## *Editors Notes, Call For Articles, etc.*

- ★ At Calix, we strive to be a source of inspiration and encouragement to each other, geared to our growth toward spiritual maturity.
- ★ For the Chalice newsletter, we want to share our members' recovery and spiritual journeys, recognizing that each individual is on a different part of that journey or path.
- ★ So, wherever you are on your recovery / spiritual journey, please consider writing an article for the Chalice.
- ★ Board member Susan H. has taken the lead in getting the Chalice back on its feet post COVID, she is doing a great job at soliciting articles so please send them along to her by [clicking here](#).
- ★ Articles can also be sent directly to the editor (Fred H.) at [photonfarms@gmail.com](mailto:photonfarms@gmail.com).
- ★ Please include your first name and last initial at the top of the article so we know who the article came from

As editor, I'm happy to assist in the layout of the chalice while Susan has volunteered to encourage members to submit articles for upcoming issues, collect them and forward them to me.

We are taking articles for the May-June issue already, so feel free to send them at any time. Tell your own story or share whatever you think will be helpful to other members (articles written by other, images, etc.).

We have no theme requirements to follow at this time, so consider upcoming articles as a sort of top-plate share... whatever is on your heart regarding your recovery.

We welcome feedback and suggestions, so just send them along to Susan or myself or any board member for that matter and we will consider them.

Blessings everyone!!

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### **Attention Calix Authors!**

If you have submitted copy intended for publication and it has not been in the Chalice, please resubmit it to [susanhaibeck@gmail.com](mailto:susanhaibeck@gmail.com) and in the subject box please say **"For Chalice"**. We receive so much wonderful correspondence, sometimes I may think it is an FYI and it was intended to be in the Chalice! It is encouraging and fascinating to learn of all the wonderful outreach and meaning work occurring in parishes all over the world by our members. The Chalice is another tool easily sent to a potential member.

Thank you!

Chalice Staff

The Calix Society  
PO Box 26  
Glenside, PA 19038  
800.398.0524