# Saint Raphael Fellowship Newsletter

**Volume 3** **Issue 2** **LENT- February/March 2026**

Dear Friends in Christ-

Thankfully it appears we all survived the first major storm of the year – and what a doozy it was! As I write this- we apparently will dodge the "*Bomb Cyclone Nor'easter*" scheduled for this coming Sunday. Whew! I don't think my bones can take this chillin' much longer.

Now is the time of year I peruse the seed catalogues and start ordering seeds, dreaming of the abundant summer harvest. To Hope is always a good thing.

Thank you all for participating in the events of January! I think I can speak for the majority in that we had a great time. (See Pics of Shrine Visit)

I am combining events for Feb and March in this one newsletter as it makes it more consise for everyone. As we move into Lent, I encourge you all to use this period of the Liturgial year to truly grow in your Faith practice. To that end, I have included several resources that you can use on the last page. Please use the SignUp genius for any event you are interested in joining.



Happy Valentines Day to each and every one of you!

*Lisa*



Saint Raphael,

Patron of Happy Meetings, pray for us

## Father of Truth Prayer

Part of the Divine Liturgy of Saint Maron – Composed by Saint Sharbel.

*Father of Truth, behold your Son, a sacrifice pleasing to You. Accept this offering of Him who died for me: Behold His blood shed on Golgotha for my salvation. It pleads for me. For His sake, accept my offering. Many are my sins, but greater is Your Mercy. When placed on a scale, Your mercy prevails over the weight of the mountains known only to You. Consider the sin and consider the atonement: the atonement is greater and exceeds the sin. Your beloved Son sustained the nails and the lance because of my sins so in His sufferings You are satisfied and I live.*

**Oh Holy Saint Sharbel,**

**Monk and Hermit,**

**Pray for us!**

# February & March Events

| Faith | Fellowship | Service |
|---|---|---|
| **2/3 The Feast of Saint Blaise**- All Churches Get your throat blessed! | **2/20 DEOTS- The Naked Olive,** Kennett Square This is a BYOB, so be prepared if you choose to imbibe. 5:30 PM Reservation, Please use the Signup Genius https://www.signupgenius.com/go/10C0D4DA8A62DA7F85-61991504-deots | **2/28 – Making Easter Goodie Bags** for the Juvie incarcerated at CCYC. Donations of candy, small religious items (inspirational cards) cookies, etc. Assembly will occur on 2/28 for those who either donate or want to assemble. Use Signup Genius. https://www.signupgenius.com/go/10C0D4DA8A62DA7F85-61992387-goodie |
| **2/11- Schola Mass** Saint Agnes 7:00PM. Let's join together for the beautiful Mass. | | |
| **2/18 -4/1 Wednesday evenings Lenten Soup & Bread** with discussions on scripture readings. This is a collaborative meal. You will bring a dish to share. Lisa's house. RSVP, Please Use Sign Up Genius https://www.signupgenius.com/go/10C0D4DA8A62DA7F85-61990660-lenten | **3/20 DEOTS** Taking a trip South to **Capers & Lemons** in Hockessin DE. Wonderful restaurant – 5:30 PM Please use the Signup Genius https://www.signupgenius.com/go/10C0D4DA8A62DA7F85-61991718-deots | March Service Project TBD |
| **2/6 Healing Service** Our Lady of Czestochowa Doylestown 7:00 – 10:00PM | | |

A big shout out to **Loretta Rotchford** who generously contributed for **Hats n Gloves collection** for the children of the Saint Agnes Day Room. Together we heeded the corporal act of mercy call to "clothe the Naked".

REMINDER: As members of SRF, we seek to engender a spirit of friendship and comradery. Feel free to lean upon one another for advice, assistance or help. If you are in need of assistance due to injury or illness, please reach out and someone from the fellowship will be ready to assist. Also, if you know of other single adult Catholics that may be interested in joining the Fellowship, please bring them with you to one of our next events!!

# Mission Statement

The members of the Saint Raphael Fellowship abide by the faith, values & moral teachings of the Roman Catholic faith. The Mission of the SRF is to address the needs of single Catholic adults (45+) by providing opportunities for service, socialization and fellowship and faith-oriented activities for ongoing formation.

There are two main types of "Works" we can be performing to build the Kingdom of God. Spiritual Works and Corporal Works. Listing them out here so you can keep theme in mind as you *work out your salvation!*

## *Corporal Works*

- *Feed the Hungry*
- *Clothe the naked*
- *Shelter the Homeless*
- *Comfort he Prisoner*
- *Visit the Sick*
- *Bury the Dead*

## *Spiritual Works*

*Teach the Ignorant*
*Pray for the Living and the Dead*
*Correct Sinners*
*Counsel those in Doubt*
*Console the Sorrowful*
*Bear Wrongs Patiently*
*Forgive Wrongs Willingly*

**Lenten Preparation, Events & Non-SRF Events & Resources**

**Saint Gemma Galgani Novena : https://www.stgemmagalgani.com/2008/11/novena-to-st-gemma-galgani.html**

**Infant of Prague Novena: https://www.youtube.com/watch?v=kETNu5mibqY**

**Eucharistic Adoration on YouTube: https://www.youtube.com/live/IfpF2-heHp0?si=J_90wd5B3qX4_L75**

**Exodus 90 (Men) : A vigorous exercise to prepare your body, mind and soul for Easter - https://ucatholic.com/exodus90**

**Magnify 90 (Women) Similar to Exodus 90, but for women- No cold showers! https://f57b81dfb60b5ded9a60-2b1360a67104b71747b01edbe558a78c.ssl.cf2.rackcdn.com/uploaded/m/0e13475022_1640053082_magnify-90-guidelines.pdf**

**While I am not big into endorsing sales of religious items, two recently came across my path, so I thought I'd share:**

**The Crux Journal via Ascension Press- helps you through your Lenten Journey day by day: https://ascensionpress.com/cart?_kx=bIebYWPB9NeGoqnLGmG8OBC33XmKas1MGjApX_PF5718B8qR4_0sZKKOatyNma6x.TcpZhH&cart_link_id=3d7QIoXg&content=1%2F29%2F26**

**Read about the man who is about to become a saint. He even beat out Frank Sinatra for an Emmy Award! https://www.catholiccompany.com/products/the-spiritual-legacy-of-archbishop-fulton-j-sheen-book-world-mission-rosary-cross-box-gift-set?externalId=LuhhS**

## - Local Lenten Penance Services -

## Get into the Box, and



## Come out in the Light

Saint Agnes- West Chester **3/26 7:00PM**

Saint Max – West Chester **3/23 6:30 PM**

Saint Cornelius – Chadds Ford – TBD- Stay Tuned

Saints Simon & Jude – West Chester **– 3/26 7:00PM**

Saints Phillip & James – Exton –TBD Stay Tuned

Saint Joe's – Downingtown – TBD Stay Tuned

Saint Basil the Great- Kimberton – TBD Stay Tuned

Saint Elizabeth's – Chester Springs **-3/24 6:30 & 3/25 7:00 PM**

Saint Anne's - Phoenixville TBD Stay Tuned

Saint Norbert's – Paoli **4/9 7:00PM**

Saint Anastasia's – Broomall – TBD Stay Tuned

Saint Thomas the Apostle – Garnet Valley TBD Stay Tuned

# Local Retreats at Malvern to help Grow Your Faith:

**For Women:** [https://www.malvernretreat.com/events/women-of-hope-2026/](https://www.malvernretreat.com/events/women-of-hope-2026/)

**For Men:** [https://www.malvernretreat.com/events/caenaculum-2026/](https://www.malvernretreat.com/events/caenaculum-2026/)

## Build a new practice in Lent! Attend Adoration

Saint Carlo Acutis said "**When we face the sun we get a tan, but when we stand before Jesus in the Eucharist we become saints."**

Did you know that you can go to **Eucharistic Adoration** *every day of the week*? Here is the list of local churches and their Adoration Schedules:

**St. Max – Tuesdays – Main Church**
**St. Agnes – Wednesdays - Chapel**
**St Joes- Downingtown - Perpetual Adoration in the Chapel**
**St Anne's- Wilmington- Perpetual Adoration Chapel**
**St. Simon & Jude – West Chester – Mon – Fri in the Chapel**
**St. Cornelius – Chadds Ford - Fridays in the Chapel**
**St Elizabeth – Chester Springs – Mondays in the Church**
**Saint Basil the Great- Kimberton - Wednesdays**
**Saint Anne's - Phoenixville - Pending**
**Saint Norbert's – Paoli - Thursdays**
**Saint Anastasia – Newtown Square - Wednesdays**



## Additional Faith-building Resources:

A great resource is the Salvation of Souls Apostolate – they share many programs and resources focused on building up the Body of Christ: [https://www.salvationofsouls.org/about-us](https://www.salvationofsouls.org/about-us)

If you watch YouTube, you may want to subscribe to Fr. Columba Jordan. He is a Franciscan Friar of the Renewal – the order started by the late Benedict Groeschel. In the ***"Called to More"*** video series, Fr. Columba's Irish lilt, sparkling eyes, and down-to-earth explanations make you want to be a saint yourself! Here is one of his most recent videos: [https://youtu.be/9zyFBEYEVug?si=yXCfeAdF80C4aGkR](https://youtu.be/9zyFBEYEVug?si=yXCfeAdF80C4aGkR)