



# AMEN NEWS

## Connections

### Letter from AMEN Chair

BETSY NOONEN

#### Eat, Pray, Love, AMEN

Spring is here. We are seeing little bits of joy amidst recent sorrows and the heaviness is lifting. These past weeks have also been a reawakening of CONNECTIONS with our AMEN friends and sisters via the Eat, Pray, Love and other events such as the Daytime Movie Circle, the Hiking Circle and many more. Thank you ladies for keeping us all together.

I had the pleasure of participating in two AMEN retreats that made my heart full. The Pray retreat focused on the Serenity prayer Father Andrew Rodriquez and Sarah Bonini put it together. It was so calming and very powerful. As one participant put it so aptly:

*“The retreat definitely made me feel more strongly connected to all the many years of AMEN moms who have enjoyed the blessings that events such as the retreat have provided. You don't even have to know each other to feel the blessings of the connectedness”.*

Connectedness. I could not have said it better.

With Sarah Bonini's help, Teresa Giovanzana held a silent hike and reflections among the redwoods last week. That was a wonderful opportunity to connect with myself and reflect. There is power in taking time to journal and understand the natural world and our connection to our spirituality. The real bonus is the ability to be with friends old and new with our AMEN community.

With that, I wish you and your families Happy Easter! May it be filled with joy and renewal.

My best to you as always,  
Betsy





Photo by Betsy Noonan taken on AMEN silent hike retreat 3/26/21

## When I am Among the Trees

By Mary Oliver

*When I am among the trees,  
especially the willows and the honey locust,  
equally the beech the oaks and the pines,  
they give off such hints of gladness.  
I would almost say that they save me, and daily.*

*I am so distant from the hope of myself,  
in which I have goodness, discernment,  
And never hurry through the world  
Around me the trees stir in their leaves  
and call out, "Stay awhile."  
The light flows from their branches.*

*And they call again, "It's simple," they say,  
"and you too have come  
into the world to do this, to go easy, to be filled  
with light, and to shine."*

# EAT, PRAY, LOVE SERIES



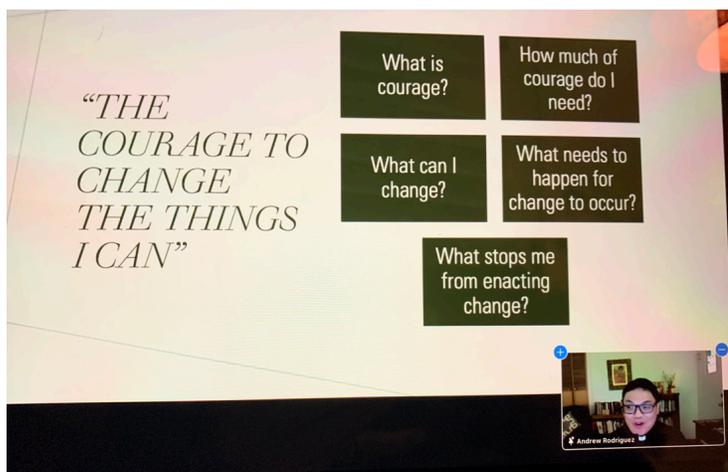
*Fr. Andrew Rodriguez, SJ from the Jesuit Retreat Center in Los Altos*

The second of our Eat, Pray, Love series was a success. It was a much needed gathering. We had 42 AMEN members for the Pray mini-retreat with Fr. Andrew Rodriguez, the theme of the evening was deconstructing the Serenity Prayer.

**God Grant Me The *Serenity* To Accept The Things I Cannot Change  
*Courage* to Change The Things I can And  
*Wisdom***

**to know the Difference**

We wrote answers to questions such as “How do I experience serenity in my life? We broke in to small groups and shared our experiences.



Sarah Bonini did a wonderful job coordinating this event. Her warmth and energy is always a joy.



The feedback from the retreat was very positive – Thank you Carmen for these kind words:

“Good Morning,  
Thank you so very much Sarah, Betsy, and Father Andrew for the Retreat that provided immediate serenity and paths to carry it forward in our futures. I can only imagine all the challenges you encountered to create this Virtual Retreat. It was wonderful!”

With much gratitude,  
Carmen McHugh 📍🔔🍀🙏”



We hope to see all of at the next event!!

Thank you to all for being part of AMEN!!

## EAT, PRAY, LOVE FINALE

The LOVE series on Tuesday, March 30<sup>th</sup> was a wonderful event. Congratulations ladies!!



Baking Circle leads Bev Bonovich and Donna Gallo hit a homerun for the finale of AMEN's Eat, Pray, Love series with their phenominall LOVE presentation.

They crrated a beautiful brunch, themed around an edible flower menu and then proceeded to teach a class in how to crystalize flowers to use them in gorgeous decorative ways including on cakes, cupcakes, cookies and scones.



They had so many good ideas. Their knowledge was so deep and the amount of education they imparted in a relatively short session on how to work with edible flowers was so wonderfule. Bravo!



There were so many incredible recipes and ideas. We will send an email to all participants of the LOVE event with the recipes. For now enjoy the photos!!



Congrats to Elaine Baken for winning one of the incredible cakes made by Bev.



**Thanks to all who participated in our Eat, Pray, Love series, we raised close to \$5000, to support The Bellarmine Tuition Assistance and The Angel Fund.**

AMEN Chair *Betsy Noonan*, shared some ideas for brunch cocktails featuring an edelflower liqueur, St. Germain, and discussed Champagne and sparkling wine basics.



### POM COLLINS



Created by Meaghan Dorman, Bar Director of [Raines Law Room](#), Raines Law Room at the William, and [Dear Irving](#)

#### Ingredients:

- .75 oz lemon juice
- .5 oz pom simple syrup
- .5 oz St. Germain Elderflower
- 1.5 oz gin

Shake and strain into a Collins glass. Top with Club Soda. Garnish with lemon wheel. To make the Pom Simple Syrup combine equal parts pom juice and simple syrup.

### THE ST-GERMAIN COCKTAIL



#### Ingredients:

- 1.5 oz St-Germain
- 2 oz Champagne or sparkling wine
- 2 oz Club soda
- Garnish: Lemon twist
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Fill a tall Collins glass with ice. Add Champagne first, then St-Germain, then club soda – the order is essential. Stir completely and garnish with a lemon twist.

### BOAT HOUSE PUNCH



Created by Julie Reiner, Partner of [Clover Club](#), [Flatiron Lounge](#) and [Leyenda](#)

#### Ingredients:

- 1.5 ounces gin
- 1 ounce aperol
- .5 ounce St. Germain
- .5 ounce lemon juice
- .5 ounce orange juice
- .5 oz grapefruit juice

Muddle 2 long lemon twists in a bar spoon of sugar. Add ingredients and shake. Strain over fresh ice in a wine glass and top with 2 ounces Rose Champagne. Garnish with an orange wheel.

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## *Interviews from AMEN Social Circles*

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### **Spirituality and Wellness Interview with Julie Hughes**

#### **Tell us a bit about yourself and your connection with Bellarmine? What year did your son graduate and when did you join AMEN? What is your position on the board?**

What began with a high school admission acceptance for my son has flourished into incredible memories and friendships for me! I began attending BMG meetings right away which allowed me to get involved and meet so many incredible women. Because I enjoyed my involvement with Bellarmine so much while volunteering for various positions in BMG, I wanted to continue this after Tommy graduated in 2018. AMEN was a natural progression to stay involved with Bellarmine and to participate in fun activities with amazing women. I am currently the president-elect for next year and am looking forward to working with all the incredible women I have been so lucky to meet and to continue this extension of friendship and involvement past our sons high school years for all who want to be involved.

#### **How does AMEN fulfill you? (Why did you join?)**

AMEN brings me a lot of happiness. My time spent participating on BMG and watching the positive impact Bellarmine has on the students drew me to continue to want to stay connected with a community that is so supportive and does so much good for not only the Bellarmine community but for all of our members. Despite the difficult year we have all had, there have been several moments where an AMEN activity or friend has brightened the day!

#### **What does Spirituality and Wellness mean to you?**

Spirituality and Wellness provides me with a system of beliefs, principles and morals that help guide me to live a life that I attempt to be purposeful, kind and meaningful. It also brings me a sense of peace when I know I am able to find balance.

#### **How does your position on the board nourish your spirituality and/or wellness?**

Working with such positive, good hearted, caring and wonderful women helps me to want to become a better person.

#### **Share with us your favorite memory from your time on AMEN.**

One of my favorite AMEN memories happens to be from our recent Eat, Pray, Love series. This entire series has been so fun and rewarding, but the mini retreat which focussed on Praying and Living the Serenity Prayer hit a chord. The topic was presented in such an easy and conversational manner, the group of women who attended were so wonderful (and I did not know the majority, so it was awesome to meet new people), and the time of day the retreat was held made my retreat setting so magical. Sarah, Gigi and Father Rodriguez were amazing. A little prayer that was shared with us that I will share with you all was the following:

#### ***The "People" version of the Serenity Prayer***

*God, grant me the serenity to accept the people I  
Cannot change,  
Courage to change the person I can,  
And the wisdom to know that person is me.*



# Bellarmino News

## For first time since 1984, Bellarmine has a new football coach. Meet Jalal Beauchman

After 36 seasons under Janda, Bellarmine turned to Beauchman (pronounced BEACH-mun), a former star wide receiver who led the Bells' freshmen team to a 9-0 record in 2019.

“This will bring some wonderful freshness to the program,” Janda said. But he also “will maintain the things that make Bellarmine football so special.”

Because of the COVID-19 pandemic, Beauchman's first game is happening seven months later than expected. California schools have scheduled a shortened season this spring after state officials agreed to allow outdoor contact sports as coronavirus case rates decreased and vaccines became more available.



## Welcome Class of 2025!

The future members of the Class of 2025, had the opportunity to be on campus during the New Freshmen Welcome Event on March 23, 2021. While on campus, they were able to walk around, get some swag, visit the campus store, take pictures with Bellarmine, and meet some of the members of our community.



Welcome and **GO BELLS!**

[Full article from San Jose Mercury News](#)

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## Updates from AMEN

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### The AMEN Merchandise New Item and Special!!

JULIE HUGHES AND SANDY GRUWELL

We have a **NEW ITEM!!**

Heat it up with the new Bellarmine oven mitt. The mitt has a soft cotton terry cloth interior and a silver heat-resistant material on the backside. These adorable, new mitts available now!!

Cost: 2 for \$30 or 1 for \$20



ORDER - [ONLINE HERE](#)



As the flowers start to bloom, the sun gets warmer and you are revving up for the return of summer picnics, concerts and hanging with friends - now is the time to freshen up your picnic gear!!! To kick off spring, we are offering a \$10 discount when you purchase the Wine Caddy and Set of 4 Stemless Wine glasses. Now only \$75.



## AMEN Golfing Circle



Our Golfing Gals have enjoyed the spring by hitting the links and invite all AMEN members and friends of members to join in the fun. AMEN Golf Social Circle meets the first Wednesday of every month, c  
Next golf date is Wednesday, April 7<sup>th</sup> at Pruneridge golf course and there are two times booked. 9:50 and 10:00 AM. To join our golf group, please email [Catherine Christofferson](mailto:Catherine.Christofferson). All levels welcome.

On April 16<sup>th</sup>, Pebble Beach's new Tiger Woods-designed short course, The Hay, will open. It is a 9-hole short course located just up the road from its famous neighbor Pebble Beach Golf Links. The Hay features holes ranging from 47 to 106 yards (all in, it's only 670 yards). The course includes an exact replica of the famed No. 7 at Pebble Beach Golf Links, as well as eight other holes that can be played with any club you happen to have in your bag. In addition, there is a 20,000 square-foot putting course that sprawls 100 yards, yielding endless routings. Full article on course [click here](#)

A round of golf will be \$65.00 and free to players age 12 and younger and the putting course is free to all. Ladies lets definitely plan a golf outing soon!! AMEN Golfing ladies hope to visit soon!

## Virtual Connections

AMEN Website	<a href="https://www.bcp.org/amen">https://www.bcp.org/amen</a>
AMEN Membership	<a href="https://www.bcp.org/amen/membership">https://www.bcp.org/amen/membership</a>
AMEN Social Circles	<a href="https://www.bcp.org/amen/socialcircles">https://www.bcp.org/amen/socialcircles</a>
The Angel Fund	<a href="#">Donate</a>
AMEN Merchandise	<a href="https://www.bcp.org/amen/fundraising">https://www.bcp.org/amen/fundraising</a>
AMEN Facebook Group	<a href="https://www.facebook.com/groups/663667830385009/about/">https://www.facebook.com/groups/663667830385009/about/</a>