



# AMEN NEWS

Alumni Mothers Extended Network

FEBRUARY 2023

Dear Amen Sisters,

2023 came in with a vengeance. Crazy rain storms and record snow falls stopped us in our tracks. In a way it forced us to slow down and exhale. I spent time with my daughter, Maura, in Tahoe, and we had time to talk between shoveling snow and braving snow blinding drives to Reno and back for a puppy emergency that required a hospital stay (Pepper is fine now, no worries). I was telling her about a prayer that my Amen spirituality group, Women at the Well, prayed called Stay My Heart, Stay that reflected on January being a time to pause, enter into a cave of sorts, and be ok with waiting, waiting, and more waiting. Maura observed that the new year is filled with resolutions which people have such a hard time sticking with. She commented that we really should be hibernating, and those energizing resolutions are just too hard to do when it's completely contrary to nature. Hmmmm, good point, and now I'm receiving wisdom from my child. Another phase of my life to learn about!

After the holiday hangover of January, I seem to be crawling along waiting for it to end. January has been a rough month. A dear loss at work, the dog crisis, battling storms, and the terrible violence in the news recently definitely make me feel impatient to welcome February with open arms. But I remind myself waiting, enduring, being present, and leaning into the dark winter days inspires growth and appreciation for resurrection days to come where joy resides.

We wait in Amen too. It's hard for me to embrace the waiting when I am so looking forward to the March retreat where we will sample some of the Ignatian wisdom our sons were able to encounter daily at Bellarmine with their Jesuit education. I am also very excited for the annual DoGs/Amen Bocce Ball event that I enjoy so much that I'm one of the last to leave. Finally, I can't wait for the Spring Dinner in April to reunite and gather with good friends, eat good food and catch up. So, I wait, but with the hope and anticipation of great times to come.... SOON!

Go Bells!  
Sarah Bonini  
Amen Steering Committee Chair

## Stay, My Heart, Stay

By Joyce Rupp

Everything inside of me  
Longs to flee to where the sun  
Rinses the winter sky,  
Filling the day with invitation,

To run where the brilliant light  
shines into blushing sunset,  
avoiding the space where night  
whispers to oncoming darkness.

Do not give in. Stay. Sit inside  
The grayness, the airless heart,  
day after day after day after day.  
Stay and enter the dark void.

Yin space. Lots of it. Cave time.  
Pull back a desire for Yang.  
Be with the persistent dullness.  
Listen intently for the smallest  
murmuring of life.

It is there, quiet as an enclosed root  
In the seeming dead of winter  
secretly sipping from the soil,  
waiting for a turn toward warmth,  
not giving its strength to worry,  
or yearning for what is yet to be.

Stay, my heart, stay.  
Stay. Stay. Stay where you are.



# Events

**SAVE THE DATE**  
**for the**  
**AMEN/DOGS (Dads of**  
**Grads) Spring Social at**  
**Campo di Bocce in**  
**Los Gatos**



Don't miss out on the tradition of this annual gathering. Eat, drink, and be merry with friends old and new. Either join in the bocce ball fun or cheer from the side..... no expertise expected!

WHEN?? Thursday, March 30th.  
 6:00 to 9:00pm

Look for event details and sign ups in our March newsletter. ALL are welcome....singles, doubles, and friends of AMEN/DOGS are welcome. So get your teams together, and join us for a great evening not to be missed!

DATE	AMEN EVENT	CONTACT
Thurs. Feb. 9th 5:15 PM	Thirsty Thursday <u>Eureka! Santa Clara</u>	<u>Lisa Christensen</u> <u>Bev Bonovich</u>
Thurs. Mar. 9th	Thirsty Thursday Location TBD	<u>Sarah Bonini</u>
Sat. Mar. 11th 9:00 AM - 2:30 PM	<u>AMEN Retreat</u> Journey with St. Ignatius - <u>Santa Clara</u> <u>University's Bannan</u> <u>Alumni House</u>	<u>Becky Muisse</u> <u>Bev Bonovich</u>
Thurs. Mar. 30th 6:00 PM	AMEN/DOGS Spring Social Campo di Bocce	<u>Lisa Christensen</u>



Amen is self-sustaining and supported through membership contributions, the fall and spring dinners, and purchases from our online and pop up store sales. Any money that is remaining at the end of the school year is given to Bellarmine's tuition assistance scholarship programs including the Angel Fund which provides Magis scholars with additional support for needs such as books and activity fees. Memberships are renewed annually in July. Become a member today to be a part of this amazing group!

# Interest Groups

## Get Involved! Interest Groups

Hiking? Baking? Reading?  
Golfing? We've created an easy way to express that you want to get involved in an Interest Group. Just scan the QR code on your phone, and it will direct you to a form to complete. Your information will be shared to the Interest Group chair and she will reach out about joining the group. Contact [Kathy Armistead](#) for more info!



AMEN Interest Groups Sign Up  
[docs.google.com](https://docs.google.com)



Please join us for the Amen Retreat on Saturday, March 11, from 9:00 a.m. - 2:30 p.m. at Santa Clara University's Bannan Alumni House. Come spend a day in fellowship and learn about Saint Ignatius, one of the founders of the Jesuits, and his journey with the Spiritual Exercises during his 4-week, 325 mile journey on the Camino de Santiago.

[Click to Sign up!](#)

The Spiritual Exercises are a series of directed meditations on the purpose of life and contemplations on the life of Christ. Facilitators Katie Metzger and Terry Jelley will walk us through the Spiritual Exercises which include:

Week 1- Loved, Broken & Healed,  
Week 2-The Way of Jesus  
Week 3-Passion  
Week 4- New Life

Vicki Pope will then take us on a mini Camino de Santiago walk through the beautiful grounds of Santa Clara University where we will practice the Spiritual Exercises.

Cost is \$50 per person. Continental breakfast and lunch included. We look forward to journeying with you!

Becky Muise and Bev Bonovich- AMEN Retreat Coordinators



## Gourmet Group

Submitted by Theresia Binder

The January Gourmet Luncheon, hosted by Rita Janda and her fellow cooks: Theresia Binder, Kathy Ready, and Sheree Williams transported the group to an "After the Viennese Ball" inspired meal.

Guests were welcomed with Liptauer cheese spread with crudités and rye points, accompanied with an Aperol Spritz. First course was a light butter lettuce salad with toasted pumpkin seeds. The main course, goulash with spaetzle, honored the after-hours fortifying traditional meal enjoyed by many an Opera Ball guest. In keeping with Austrian confectionary delights, linzer bars and coffee finished the meal. The afternoon was a lovely escape to another world!



## BCP Campus Corner

### AMEN College Mentor Program

BCP AMEN has a College Mentor Program that connects graduating seniors and their families with alumni Bellarmine families who have had son(s) attend the college or universities to which their son has been accepted and answer questions or provide insights as they make their final college decision in the spring each year.

If you are interested in being added to the AMEN College Mentor Program database, please contact Susan Munne ([susan@munne.com](mailto:susan@munne.com)).

To stay up to date with **BCP Alumni News** click [this page!](#)

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