

**MBCC Executive Board  
2015 – 2016**

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**We're on the Web!**  
See us at:  
<http://www.mbcchawaii.renew.com>



## A word from our President, Larry Ritter

Easter greetings to all. Praise and Thanks and Glory be to our Risen Lord!

Since my last article in the October 2015 issue of Amazing Grace a couple of events of note have transpired. The MBCC Masquerade Ball fundraiser took place at the Ala Moana Hotel ballroom on October 30, 2105. It was a fun evening; a time to renew friendships and make new ones and enjoy each other's company. The event was also successful in that over \$7,000 was raised to help MBCC financially. I want to say Mahalo Nui Loa to Nadine Yamamoto and her Masquerade Ball

committee for all the hard work that went into planning and implementing this occasion. Special thanks to Joe Espinoza who did a great job as emcee and Chan Asuncion of Xtreme Karaoke sounds and lighting, DJ extraordinaire for the affair as well as to the many others busy helping out before, during and after the evening.

A second occurrence was the distribution of a survey questionnaire in November 2015 to the MBCC membership and subsequent collating of data gleaned from the responses. Suggestions to the MBCC Executive Board followed. The suggestions can be

found elsewhere in this newsletter [see pg. 3]. Big Mahalos to Christina Lefu`a and her Survey Committee for working on this project. An indication of the reasoning for this survey perhaps can be taken from the prelude on the questionnaire that states,

*[Continued on Page 2]*

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## A word from our President, Larry Ritter

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"...Let's encourage each other and work with one another to make MBCC achieve the potential that God has given it..."

"... And because our God is an Awesome God and infinite, the sky's the limit..."

"...I can do all things through Christ who strengthens me."  
-Philippians 4:13

*"This survey is meant to be a guideline for feedback from you, the MBCC membership, as to the current status of our organization. Recently your Executive Board has heard concerns from some members that include: lack of a priest as Spiritual Director, following correct procedures and format for Team Formations and Encounter weekends, reviving Community of Communities, Executive Board visits to each community, and growth of MBCC."*

In regard to a priest as Spiritual Director, we had approached Fr. Tony Biswas, SSCC who was assigned to replace Fr. David Lupo, SSCC at his duties here on Oahu. Fr. Tony was in the process of discernment about the position of Spiritual Director for MBCC but has since gone back to India. We have contacted Bishop Larry's office to help in procuring

a priest as Spiritual Director for MBCC and were referred to Fr. Manny Hewe, Vicar of Clergy for the Diocese of Honolulu, to assist us since the bishop has a very tight schedule. Your prayers are appreciated as we go through this process.

As far as other points from suggestions on the survey data, we on the Executive Board will do our best in addressing them. I, as President of the Executive Board, take full responsibility for any tardiness on tackling these issues. However I need as much help as you, the MBCC membership, are willing and able to give. Let's encourage each other and work with one another to make MBCC achieve the potential that God has given it. And because our God is an Awesome God and infinite, the sky's the limit! Philippians 4: 13, "I can do all things through Christ who strengthens me."

We can start right now in preparation for the encounter weekend of July 22-24, 2016. Sign up as a team member and begin now to invite participants as well. All we have to do is ask and let the Holy Spirit do the rest.

Pray for your Executive Board. God put us here for a reason, but we can't do it without His help. Pray also for MBCC as a whole, that God sees us through to accomplish His purpose for us as an evangelizing people in building up His rescuing Kingdom. In Jesus name.

Larry Ritter  
President, MBCC of Hawaii - Renew



## Suggestions for MBCC based on data from surveys:

### **1. Spiritual Director:**

MBCC needs to secure a Spiritual Director, preferably a priest, because of priestly duties throughout the weekend and team formation meetings.

### **2. Renewal of Commitment/Duties:**

All MBCC members, will need a renewal of what MBCC is about in regards to community, team formation meetings, retreat, statutes/bylaws, executive board duties, gathering format, etc.

### **3. Communication:**

MBCC needs open dialogue, face to face, emails, phone calls, respond in a timely manner, consistent community visits from Executive Board, and information put out in a timely manner.

### **4. Executive Board:**

Look and review MBCC statutes, mission statement/vision.

### **5. Retain/Recruit:**

Every member of MBCC should know how to explain and invite people to community meetings and retreats.

### **SAVE THE DATES...UPCOMING MBCC RETREATS:**

**July 22, 23, & 24, 2016**

**Oct 14, 15, & 16 2016**

*“Go Out and Tell the Good News!!”*

Contact Rosa Lefu'a, today to Join the Team for July's retreat

Invite your family and friends now to experience an  
MBCC Retreat Encounter for themselves!

Be a Blessing and invite someone today!!

# A Spiritual Note

From Deacon Kin Borja...

## Encountering the Risen Jesus

Deacon Kin Borja

By the time you will be reading this article, we will be in the middle of Spring. I pray that you all had blessed experiences during our Easter Season.

I trust that your encounter with our Risen Lord has been truly a revelation of just how much Love and Mercy that our Lord Jesus Christ gives us and on a daily basis. As I recalled his passion, death and glorious resurrection, I am reminded of how weak I am to withstand the simplest of torture he received on the day that he was sentenced to die. As I attended the Stations of the Cross on Fridays of Lent, I could not contain myself and I would seriously cry at each Station as if I was personally there watching the whole ordeal within my reach.

My cries got louder because he appeared close but was too far for me to reach and give him that personal help from someone who is truly a sinner but who loves Him more each day of my life.

To help us with our daily reencounters with Jesus, I would recommend that you take a short inventory of your spiritual life. Here goes:

- a. **How often do you spend in personal prayer(s) and for how long?**  
We need to spend time to get to know Him better and we do this by meditations, novenas and Adoration and Benediction. We must also spend time in reading and understanding Scriptures. Set a realistic goal to start and then increase as you can accomplish more time.
- b. **Where do you pray?** With all of the distractions in our environment, always choose a quiet place where you will not be interrupted for the time you wish to spend in prayer. A great time would be just before you go to bed when everyone is asleep and there are no distractions.
- c. **Use meditation music as your background or lead into your prayer.**  
By calming yourself down, you can internalized much better
- d. **How many people in your life are you trying to win for Jesus?** Recall their names and their needs. We can stay spiritually healthy by helping others to know who He is.
- e. **Recall a success story about someone you helped to know Jesus.**  
Meditate on those moments.
- f. **What captivates you about Jesus and His Church?** Do you pray for the Church leaders---your bishop, priests, deacons, and religious?
- g. **How intimate are you with Jesus and His Church?** Do you actually have a relationship with Jesus? How well are you serving your Church?

Your responses to the above situations, should help you in your efforts to continue your loving encounter with our Risen Jesus.

Peace

*"...To help us with our daily reencounters with Jesus... take a short inventory of your spiritual life ..."*

# MBCC POST ENCOUNTER #104



Please join us at  
Our Lady of Good Counsel School  
Pearl City, HI 96782  
Saturday, April 30, 2016  
10:00 a.m. - 2:00 p.m.

**\*\* Come meet the MBCC Communities \*\***



**\*\* Fellowship \* Food \* Games \* Prizes \*\***



**\*\* Bring family and friends \*\***

**\*\* Donate canned goods, cereal or toiletries \*\***

For the Our Lady of Good Counsel Food Pantry



Please call Lori Ingot at (808) 393-1496 to let her know you're coming!

**SEE YOU THERE!**

# MBCC Find-a-Word ...Give it a try! (answers page 7)

FAITH, HOPE AND LOVE	OUR LADY OF THE MOUNT	ST. TERESA OF AVILA
HAUOLI KANE KE AKUA	PO'E NA OPI'O	SYNERGIZERS
ILLUMINATORS	PU'UWAI HO'ANO	WOVEN HEARTS
NA KUPA'A	ST. MICHAEL'S	TLC

Q P K M F P W F N F B N M U I O P K O  
 M U J G J O H Y B A M A N I A T I L U  
 W U H T D U O P I I K L L T H I G S R  
 N W G I K W R M K T X U V B X Y A P L  
 E A F E S S F H L H N B P H J F S M A  
 B I D R L C O C M H B N O A O G T W D  
 R H S A A B G L Z O L T E G A K R L Y  
 V O A U Y R N K X P H E N O S E A X O  
 T A P K T E N M A E P S A H L F E S F  
 C N O A U T M R W A Y D O J E T H N T  
 Y O I E R J W Q V N E X P K A A N V H  
 X G U K I S E P P D S C I W H K E C E  
 U S Y E E U T L L L T R O E C V V B M  
 Z F T N O S U I O O R T N R I C O F O  
 I D R A W E Y O U V E J T Y M E W Y U  
 L M E K Q J M J K E B K N N T Z C N N  
 O N W I L L U M I N A T O R S R Y I T  
 K B Q L T P O I U Y R W S F H K N V X  
 P V Q O C I U M O P L Z A S E W D F G  
 B C W U S T T E R E S A O F A V I L A  
 A X E A H H T E E R G B Z X Y U O P W  
 H Z R H O I S Y N E R G I Z E R S E M

# Healthy Ono Recipe...



## **Squash & Lentil Stew**

Serves approximately 6

### Ingredients:

- 3 tablespoons olive oil
- 3 carrots, peeled & diced
- 2 ribs celery, trimmed & diced
- 1 medium onion, diced
- 1 medium butternut squash (approx. 2 3/4 lbs), peeled, seeded & diced (5 1/2 cups)
- 2 tablespoons chili powder
- 1/2 teaspoon ground cumin
- 1 14 1/2 oz. can light & fat-free chicken broth or low-sodium vegetable broth
- 1 14 1/2 oz. can diced tomatoes in juice
- 1 1/2 cups small brown or French green lentils; picked through
- 3/4 teaspoon salt
- 1/3 cup cilantro leaves, chopped

### Directions:

1. Heat oil in a large stockpot or Dutch oven over medium heat. Add carrots, celery and onion and cook 5 minutes. Add squash and season with chili powder and ground cumin. Cook 1 minute.
2. Stir in broth, tomatoes, 1/2 cup water and lentils. Cover and simmer on medium-low heat for 40 minutes, stirring occasionally. Uncover and stir in salt. Simmer, uncovered, an additional 10 minutes. Stir in cilantro and serve

### Tip

- Fiber-rich butternut squash boasts folate and potassium; heart-protecting carotenoids lend it a bright orange color.

Nutrition Information for Squash and Lentil Stew Servings per Recipe: 6

PER SERVING: 361 cal., 8 g total fat (1 g sat. fat), 795 mg sodium, 62 g carb. (20 g fiber), 17 g pro.



# ANSWERS - MBCC Find-a-Word

P N F O  
 U A U  
 U I K R  
 W T U L  
 A L H P S A  
 I C H O A T D  
 H A O E A R Y  
 O U P N S A O  
 A K E A L E F  
 N A A O E H T  
 O E N P A N H  
 K D I H E E  
 E L O C V M  
 N O I O O  
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 I L L U M I N A T O R S T  
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 U S T T E R E S A O F A V I L A  
 A  
 H S Y N E R G I Z E R S



**MBCC Hawaii- Renew Newsletter “Amazing Grace” April 2016**

***Mahalo* to the following for their contribution to this edition:**

\*Larry Ritter

\*Deacon Kin Borja

\*Lori Ing

Squash & Lentil Stew Recipe courtesy of:

<http://www.familycircle.com/recipe/squash-and-lentil-stew/>

If **you** have an idea for our July 2016 Newsletter,  
I'd love to hear from you!

Please e-mail me at: [kaleoz@yahoo.com](mailto:kaleoz@yahoo.com)

Mahalo,

Kaleo Ho

Corresponding Secretary

MBCC Hawaii - Renew