

Beginning Experience of Omaha

▶ March 2011—Newsletter

Coping Sessions

Happy 2011 to each of you reading this article!!!! Every year will get better and easier for you as a single person.

Helping with Coping sessions has raised my awareness of how many hurting people there are in this world who have lost a spouse either by death or by divorce.

I have been a widow for 15 years and sometimes it feels like I have been without my spouse for 100 years and sometimes it seems like it was yesterday. I have been told that these feelings do not go away.

Coping is a good way to meet individuals that are going through the same thing you are – death or divorce. Coping enables the sharing of feelings in a small group atmosphere. Don't let that frighten you – I have seen people within my small group go from not saying anything and by the end of six weeks – you have a hard time getting them to sign off – which is great – sharing helps us all.

If you think you need to “come out of the shell”, after your loss – come to a Coping session.

We become a “close family” for 6 weeks and sometimes there are participants that keep in contact after Coping is over.

Try it, you might like it and it might help your needs to be met.

Marcia Chiarbos
Beginning Experience Team Member

A Prayer for Beginning Experience

*Lord, please send us the people that need Beginning Experience
and the people that Beginning Experience needs.*

Beginning Experience Cookbook

‘HEARTY RECIPES MEND BROKEN HEARTS’

We are on our way. So far there are 100 recipes ready to go into the cookbook. The goal is 200 recipes. We need more main dishes, breads and rolls, and vegetable recipes. It seems BE folks must really like cakes, desserts and cookies!

If you haven't sent your recipes yet, please do so soon. The deadline is **April 7th**. Sue and Jennifer would like to avoid a typing fury trying to enter all the recipes at the last minute.

Jennifer Nelsen jennelsen@mac.com
or Sue Trigg @ strigg@esu3.org

We are waiting!
Jennifer & Sue

Beginning Experience Weekend

☞ March 25-27, 2011 ☞

Archdiocese Retreat Center—Omaha

Plan NOW to attend the Celebration Mass at 3:15

Following Mass everyone is invited to continue fellowship at dinner (Dutch treat of course).

Those attending will decide the restaurant location.

If you know someone who would benefit from the BE weekend please invite them to consider attending the weekend.

More information and an application:
www.beginningexperienceofomaha.org



BE Garage Sale / Auction

BE Alumni members continue to reach out to the Beginning Experience ministry.

At the time of her death Marilyn Slattery asked that her china, linens and other special items be given to BE to help support the ministry through the Memorial Scholarship Fund. These items along with other items donated by team and hopefully alumni will be added and sold at a garage sale/auction.

If you are wanting to clear-out clutter and are looking for a place to donate these items please consider Beginning Experience. No clothing please.

A late June date is in the works. Contact Nicky Hildreth 402-597-3728, Sue Trigg 402-399-4162 or Pat Seier 402-659-6676 if you have items to donate.

a Blast from the Past

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For the gourmet cooks who missed the last potluck, here by popular demand is Frank Caruso's lasagna recipe:

Frank's Lasagna

2 large cans tomato paste
1 large can tomato sauce
2 large cans water
1/3 cup parsley
1 tablespoon Worcestershire Sauce
2 teaspoon oregano
1 teaspoon basil
1 bay leaf
1 large onion
1 clove garlic
1 lb of hamburger
1 pkg Italian sausage
Salt
1 pkg lasagna noodles
Parmesan cheese
Mozzarella cheese
Romano cheese

Brown meats, onion and garlic. Drain fat. Add tomato paste, tomato sauce, water and seasonings. Stir and simmer 1 hour. Stir occasionally. Keep covered. Cook noodles, following package directions.

First layer is noodles, then sauce, then cheeses. Repeat three times.

Bake at 350° for 45-60 minutes.

Tips: Mozzarella should be sliced and Romano and Parmesan grated. Use more Mozzarella than Romano and Parmesan. Greased the pan. Cover until last 15 minutes with tinfoil with slits. Use a 10" x 14" pan about 2" deep. Let the lasagna cool about 10 minutes before serving.

If you have a favorite recipe you would like to share, please send to Sue Kroupa, [address]. If we get a favorable response to this new column, we might put together a B.E. Cookbook!!

And TODAY . . .

Frank still loves to cook. He has helped with many of the Beginning Experience Weekend Saturday night dinner by purchasing the meat and coming to help slice the meat and serve it.

And after 30 years there will be a B.E. Cookbook. **Don't be left out.**

2011 Beginning Experience Weekend Dates



March 25-27

Archdiocese Retreat Center—Omaha

August 12-14

Immaculata Monastery—Norfolk

November 11-13

Archdiocese Retreat Center—Omaha

Coping

June 29 through August 3

St. Leo the Great
1920 North 102 Street

(Includes the "Who Am I Now?"
6-week program for children 5-15)



Let' Stay In Touch

But if you do not want to receive this newsletter or other news/information, please send an email to Pat Seier at paseier@archomaha.org with a message to unsubscribe. Please put **BE Alumni** in the subject line.

BE WEEKEND WANT LIST

Needed: People to help with the two lunches and dinner in Omaha and choir members for the closing Mass.

Here's how you can help:

Put on your chef's hat and make a salad, dessert or breakfast breads. If you are interested in helping contact Pat Seier at paseier@archomaha.org. It's simple, and FUN.



These wonderful people did just that and more for the November 2010 weekend. A **BIG Thank You** to Treve, Larry, Cheryl, Don, LuAnn, Alice, Donna, Valerie, Terry, Annette, Mary Ann, Cindy, Mary Jo and Betty for providing soups, desserts, breakfast breads and help at meal times. All the donations of food and the wonderful help make it possible for the team to keep the cost for the weekend meals very low, which helps to keep the cost of weekend affordable for everyone.



Choir members for the BE Weekend Closing Mass. If you are interested in being part of the BE Choir of Angels, well maybe not Angels, please call or email Colette Robinson at 402-721-2397 [please leave a message if there is no answer, with your name and availability] or email robinbudco@hotmail.com to sign up. Come at 3:00 for a quick overview of the Mass and SING!!!!

Colette plays the organ at St. Patrick's in Fremont and is a current team member.

CONGRATULATION TO THE NEWLY ELECTED BEGINNING EXPERIENCE OF OMAHA BOARD MEMBERS

President Nicky Hildreth

Vice President Marcia Chiarbos

Secretary..... Colette Robinson

Treasure Chuck Luczynski

Member-at-Large Sue Trigg

BE Memorial Scholarship Fund

A BE Memorial Scholarship Fund has been established to help participants who need some financial help with the cost of attending the BE weekend.

Thank You for Making a Difference

MAY SHE REST IN PEACE

Margaret Mary (Maggie)
Mangiameli

March 25, 1945—July 16, 2010