



ECHO *of Cape Cod*

"Joy is the ECHO of God's life within us" Colomba Marmion

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A Note from the Board

We are a little over halfway through the ECHO season and what a season it has been! We have held four successful 1-day retreats from October to February. We are on our way to the first 3-day retreats to be held in three years!

Please read on to find out how you can be involved. Some things have changed, but some have stayed the same. We look forward to seeing you around the Palanca Room and throughout the weekend!

Many have asked who the ECHO of Cape Cod Board is. The current board has spent the last two years meeting on a bi-weekly basis to figure out what ECHO looks like on its path forward. We certainly could not have done that without the help, support, & guidance of many community members.

ECHO of Cape Cod Board of Directors

Fr. Ed Healey Spiritual Director

Deacon Keith Caldwell Spiritual Director

Tim Acton Facilitator Emeritus

Mary Fuller Emeritus

Susie Brown, Heath Eldredge, Katy Fuller,

Sarah LeBrun, Tom McManamon

We encourage and value your feedback. Our job is to be good stewards of the ECHO program. If you have any questions or feedback, please share it with us at echoofcapecod@gmail.com.

Stay connected!



[@echoofcapecod](https://www.instagram.com/echoofcapecod)



ECHO of
Cape Cod

Visit our website at:
www.echoofcapecod.org



Email us!
echoofcapecod@gmail.com

Email our Google group
(prayer requests welcome!)
echocapecod@googlegroups.com

ECHO Retreats



Paschal Mystery

3-day retreat



These retreats, held at Craigville Conference Center, are single gender and are open to sophomores, juniors, seniors, and early college

ECHO weekends are back! As part of the revitalization efforts over the last three years, a committee was tasked with focusing on the schedule and structure of the 3-day retreat to propose changes that could carry the program into the future. The result? ECHO weekends remain largely the same, with a few small differences: some *talk outlines were combined* in order to streamline similar content, there is *no longer an Outside Assistant* on weekends; the weekend begins *earlier on Friday* with an earlier bedtime; and the weekend ends *earlier on Sunday* with a 1:00 pm closing.

Who can you invite to an ECHO weekend? Candidates can register at www.echoofcapecod.org/retreats



ECHO 328 (girls) March 3-5, 2023

Theme: "Be who God meant you to be and you will set the world on fire."

-St. Catherine of Siena

Theme Song: "Start a Fire" by Unspoken

Susie Brown (Rectora), **Serena Tierney** (Rectora in Training), **Gretchen Riley** (Inside Assistant), **David & Holly Burluson**, **Sarah Craig**, **Margaret Hill**, **Ashlinn Hoffmeister**, **Sarah Doucette**, **Leah Lyons Pino**, **Caleigh Wrighter**, **Fr. Ed Healey**

Please join us in praying for the team of ECHO 328!

Candidate list will be available at Parents' Night & in the Palanca Room

Ways to support
ECHO 328!

Parents' & Palanca Night

Wednesday March 1, 7:00 pm
U1 in OLV Religious Ed Center

Opening Mass

Friday, March 3, 6:30 pm
Our Lady of Victory

Palanca Room Hours

Friday, March 3, 6:00-8:00 pm
Saturday, March 4, 12:00-8:00 pm

****Located Upstairs at OLV in classroom U1**

Music Ministry

Those who would like to participate, meet on Saturday, March 4 at 4:00 pm in the kitchen of the Lodge at Craigville

Meal Servers

Meal Servers are welcome!

Saturday Breakfast, Lunch & Dinner, and Sunday Breakfast.

Watch for signups!

Closing

Sunday March 5, 1:00 pm
Our Lady of Victory

ECHO 329 (boys) March 31-April 2, 2023



Theme Song: "With Arms Wide Open" by Creed

Coming up next!

Please join us in praying for the team of ECHO 329!

Dave Ryan (Rector), **John Loucks** (Inside Assistant), **Michael Switzer**, **Pete Prygocki**, **Mike Carlowicz**, **Cindy and Mike Fougere**, **Kevin Duarte**, **Timmy Newcombe**, **Kenny Shaffer**, **Fr. Laurent Valliere**, **Fr. Marcel Bouchard**, **Deacon Brendan Brides**

Gifts of the Spirit

1-day retreat

These retreats, held at parish locations across the Cape, are co-ed and open to anyone in high school or early college

Our sincerest thanks to all those who served on our pilot retreat, and the four retreats that followed!

1-day Retreat Team Leaders

Tom McManamon, Heath Eldredge, Jeremy Cadrin, Sarah LeBrun, Bart Wesp

1-day Retreat Team Members

Sage Getchell, Grace Cotoia, Jakob Goveia, Kevin Duarte, Brittany Jenney, Patti Machado, John Loucks, Reagan Wilda, Gretchen Riley, Ashlinn Hoffmeister, Caitlin Kelly, Mike McEntee, Jack Tierney, Caleigh Wrighter, Kathy Harmon, Frank Green, Noah DeCosta, Kenny Shaffer, Sarah Craig, Matt Desrosiers, Sarah Finnell, Cheryl Ryan, Noah Schmidt, Max Wesp, Molly LeBrun, Timmy Newcombe, Nicole Fusaro, Nichole Goveia, Lauren Fish, Keith Blaquiere, Keith Wilda, Jill Fernandes, Katrina Hatch, Colleen Ellis, Jay Cornwall



33 students from across the Cape participated in the 1-day retreat!

They came from many parishes, including St. John the Evangelist, Our Lady of Victory, Our Lady of the Cape, St. Joseph Guardian of the Holy Family, St. Barnabas Episcopal, Holy Redeemer, and Corpus Christi.



The retreat theme "Gifts of the Spirit" explores the many ways we can recognize and nurture the unique gifts God has given each of us in our lives.

1-day retreats will return in the Fall of 2023 and Winter of 2024

ECHO Fellowship



"For where two or three are gathered in my name, there I am among them." Matthew 18:20

ECHO Encounter

Check out the calendar! We've added more Encounter opportunities after hearing you wanted them back weekly! Stay tuned as we add more! *See you there!*



MARCH

March 1 - Our Lady of Victory
March 7 - Our Lady of the Cape
March 15 - Our Lady of Victory
March 21 - St. Elizabeth Seton
March 29 - Our Lady of Victory

APRIL

April 11 - St. Elizabeth Seton
April 26 - Our Lady of Victory

MAY

May 2 - Our Lady of the Cape
May 17 - Our Lady of Victory
May 30 - St. Elizabeth Seton

ECHO Encounter groups are open to those who are high school age and up - adults too! No prior involvement in the ECHO program is necessary.

All groups meet from 7:00-8:30 p.m. Please come to as many groups as you'd like, no matter where you live!



*"Therefore encourage one another and build one another up, just as you are doing."
1 Thessalonians 5:11*

ECHO Service

As ECHO seeks to engage in serving our local Cape Cod community, we welcome you to share any service opportunities that are offered through your parish or another organization! Email echoofcapecod@gmail.com

The Youth StreetReach program, offered through the Cape Cod Council of Churches, gives teens and adults a chance to interact with our brothers and sisters who have or are still dealing with being homeless. Youth hear firsthand how each life's path may lead to unexpected circumstances and how a community of faith and love can change lives.

Upcoming Saturday Breakfasts in 2023

February 25 - March 25 - April 29

All breakfasts are at the lower church hall at the First Baptist Church (486 Main Street, Hyannis)

How can you get involved?

Donate Time Come to help set up the night before a breakfast from 6-8 p.m.

Donate Talent Make a breakfast casserole that can be served to the guests.

Donate Compassion Come to a breakfast between 6:30 and 10:00 a.m. to spend time with the guests, help serve them a warm meal, and help them pick out a warm outfit.

Donate Stuff Drop off some much-needed warm clothes, toiletries, and socks on Friday night or Saturday morning.

For more information and to sign up to help, contact Marilyn Lariviere at mlariv@comcast.net or call/text 508-776-6059.



ECHO Worship



Please join us for Opening
Masses for ECHO
weekends!

Friday, March 3 at 6:30 pm

Friday, March 31 at 6:30 pm

at Our Lady of Victory, Centerville



Stay tuned for announcements about Holy Week events like
Stations of the Cross and the Good Friday Canal Walk!



*"Prayer offers us a path to
discern God's
will in our lives and to lift
each other up in our times
of need."
-one of the Core Beliefs of
ECHO*

Prayer Requests

Please pray for John & Maryellen Loucks, who were chosen for a pilgrimage to Lourdes in May with the Order of Malta. John & Maryellen welcome any prayer requests from the ECHO community, which they will bring to Our Lady at her statue. Prayer requests can be sent to them at 66 Morgan Way, West Barnstable, MA 02668 or can be emailed to mfloucks@gmail.com.

Please also pray for:

Those who have died, especially Marilyn Timo, Sheila Sorensen, Paul Leopold Jr., Phil Field, Gary Puckett, and John Lamoureux; and for the team and candidates of ECHO 328 & 329

Prayer requests are always welcome at echocapecod@googlegroups.com.
If you would prefer your request to be anonymous, send a message to
echoofcapecod@gmail.com