



# THE PELICAN NORTH COAST SPIRIT TEC NEWSLETTER



LEFT: 2014 SPIRIT OF TEC  
AWARD WINNERS AT THE ANNUAL  
SUMMER PICNIC

## A Word from our Chairperson

Dear TEC Community,

I apologize for the delay in my letter to Mary for the Pelican. I suppose you can say that I am still adjusting to motherhood. I imagine I will be adjusting to this change, well.....for the rest of my life. I could not be happier. God is Good! Thank you all for your support and prayers, especially during these last six months. Matt, Maria, Riff and I are truly blessed, thank you! Additional prayers for more sleep would not hurt, ha!

I find myself often looking at Maria and reflecting on the Paschal Mystery. How is it that God decided to come into this world as a baby? Babies rely on a mother and father for everything. How is it that God could humble Himself to be with us as a child?

Above my desk is an image of the Holy Family and I reflect on that image daily. How can we live as the Holy Family in our day to day lives? Could we like Mary say YES with true faith? Could we like Joseph serve with a humble heart?

Just a couple weeks ago we had the TEC picnic. At that event we celebrated our amazing Lord, family and friendship. I witnessed children running around and old friends laughing together. The picnic is also a time to celebrate those members of our community who do live out the Paschal Mystery each day. Nick Naugle, Dave Novicky and Joe Menkhaus were honored for not only how they serve the community, but for how they have lived out the example of the Holy Family spirit in

their daily lives, sacrificing with deep love. These men continue to be an example of dying, rising and going forth with Christ. These men are what we at TEC are all about...encountering Christ.

I pray that we can humble ourselves, that we can serve, say YES to Christ, and live out the Paschal Mystery that our world so desperately needs. I pray that we discern and live our vocations like the Holy Family. I pray that like a new baby in the world we can see everything God has created with amazement. As always I pray for the special intentions of this community. Our Lady of Guadalupe, Pray for us.

Peace in Christ,  
Desi Gould

# A Word from our Spiritual Director

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To my friends of the TEC community

Greetings from the beautiful state of Nebraska! As you may have remembered from last summer, I am currently enrolled in a Master's program at Creighton University. This is the second of three summers and after next summer I will finish the courses needed to obtain a degree in Christian Spirituality. Please be assured of my prayers for you as I offer Mass and the Liturgy of the Hours each day.

I enjoy summer very much. For me summertime is always a great time to bask in the wonders of God. All you need to do is to simply look around you and see the amazing sights of the summer months. For example, we have longer days filled with sunshine (well ... at least a few of the days in Cleveland are filled with sunshine!), family gatherings, vacations, and of course a deeper awareness of God's ever constant presence.

At our TEC weekend we are reminded, during our commissioning ceremony, that: **"God is counting on you —and we are counting on Him!"** My friends, this summer I challenge you to rely more heavily on the Lord, and as you rely more heavily on the Lord I hope you will take advantage of the following disciplines: The first is spiritual reading. One of the gifts we have in the Church are the numerous spiritual writers we have access to (in school I will be spending lots of time reading these spiritual masters) but, I also encourage you to take advantage of the spiritual writers who have made our faith so rich and so accessible to us. Maybe ask some of the community for recommendations of those authors who will inspire, encourage, and challenge you!

The second thing is to return to the sacrament of confession. The sacrament of confession is offered on almost every Saturday in our local churches; however, as is often the case with me, I do receive phone calls from people asking if they can come into my office to go to confession. Remember, it matters not where you are when you go to confession—rather it only matters that you go!

One final thing you could take advantage of this summer is adoration of the Blessed Sacrament. I know that some of our parishes will be hosting our monthly FOPs, but many of our parishes have perpetual adoration or, if not perpetual adoration, many offer a period of adoration during the day. Take some time and adore our Eucharist Lord. What does one do in adoration? This can be answered by a peasant farmer who shared with St. John Vianney what he does in church before the tabernacle: "I look at our Good God and our Good God looks at me."

Summertime is a blessed time and an enjoyable time, and my prayer is that we all will take advantage of all of the many blessings God has given to us this summer.

Speaking of blessings, please keep in prayer the members of our community who have entered religious life, have been ordained, or have entered the seminary and continue to pursue God's call in their lives. The many vocations that have come from our community serve as one example of the many blessings God has bestowed upon us and the many blessings we, in turn, can share with others. May God bless you always!

God Bless,

Fr. Tim Kalista



# A Word from Your NCS TEC Youth Reps

This past year the teens on the North Coast Spirit Teens Encounter Christ (NCS TEC) board, Janessa Brickman, MarySarah Menkhaus, Robby Popik, and Brandon Woods, have been working hard to implement new and different activities for the community, as well as gain more responsibilities on the board. One such way has been taking responsibility of the NCS TEC twitter account! (@northcoasttec-follow to stay up to date with the events!) If you have been at a recent comeback, you may have noticed that they are being scheduled with fun community events, such as a bonfire or bowling. This was a great idea suggested by past board members, so that the new TECites could get involved and meet other members of the community right off the bat. These have been successful events that the teen board members have been planning and putting into action.

While three of these teens will be unable to serve on the board this next year they are still working to get new events and ideas into action before they leave for college. One of these ideas is a book club where teens specifically can go through a book that will help deepen their understanding of the faith. This would be a great opportunity for the community to continue growing in faith together. There are quite a few other events and ideas that are a work in progress as of right now!

The main goal that these teens are all working towards with their efforts is to give the community, especially the teen members, opportunities to come together so that they can continue to strengthen each other in faith. In today's society, it is not always easy to come by a people who want to see each other grow closer to Christ, and resist the temptations of the devil. The teens want to give as many opportunities as possible to the community to help each other respond to the call of holiness! If you have any ideas do not hesitate to contact any of the teens, or any other board members, or even attend one of the board meetings, which are always open to community members.



*Submitted by:  
Mary Sarah Menkhaus*

## NCS TEC BOARD

**FR. TIM KALISTA**  
SPIRITUAL DIRECTOR

**DESI GOULD**  
CHAIRPERSON

**SARA LANZOLA**  
ADULT REP

**SAM LOFASO**  
ADULT REP

**KATHERINE KOMAR**  
TREASURER

**SUE SWANICK**  
SECRETARY

**JESSICA CHODACZEK**  
REGISTRAR

**CURRENTLY IN  
DISCERNMENT**  
FACILITATOR

**KYLE KIFFER**  
YOUNG ADULT REP

**ANNA WOODS**  
YOUNG ADULT REP

**ROBBIE POPIK**  
YOUTH REP

**MARY SARAH  
MENKHAUS**  
YOUTH REP

**JANESSA BRICKMAN**  
YOUTH REP

**BRANDON WOODS**  
YOUTH REP



# This, That, and the Other...

If you'd like to have your news shared in the Summer 2015 edition of the Pelican, send your updates to [msemenczuk@fordham.edu](mailto:msemenczuk@fordham.edu)

## Nick and Erin Naugle

welcomed to the world Andrew (Drew) Nicholas on May 14th. 7lbs 14oz, 20 3/4 inches. Baby, mom, dad, and sisters are doing well!



On June 14 **Megan Tobin (Walsh)** married Kurt Tobin at Saint Charles Borromeo in Parma.

**Desiree and Matt Gould** are proud to announce the birth of their daughter Maria Thérèse. She was born April 24th at 1:18 7lbs 5oz and 20 inches.



Cassie Belle (TEC #54) is engaged to be married on October 11, 2014.

Grant Winney (TEC #50) and Ellen Winney (TEC #30) had John Paul Gabriel on February 15th, 2014.

On May 17th at the Cathedral of Saint John the Evangelist **Tim Roth, Scott Goodfellow, Matt Byrne, and Ryan Mann** were ordained to the priesthood.



**Andrew Roman** (TEC 102) and **Julia Whidden** (TEC 74) got engaged on May 10th at St. Charles Merici Chapel.



**Ken** (TEC 76) and **Debbie Werner** (TEC 69) are going to be married 28 years!

**Emily Schaefer** graduated from Buckeye High School and Medina County Career Center. She will be off to Franciscan University of Steubenville and is planning on double majoring in Theology and Catechetics.

**Will Horner** (Tulsa TEC 14) and **Allison Johnston** (NCSTEC 100) got engaged February 10th.

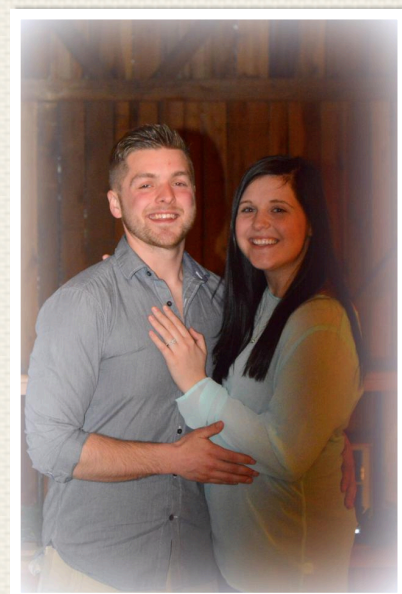
**Brian Botti** graduated from John Carroll University with a Bachelor's of Arts and Science in History (and minors in Catholic Studies and Classical Studies).

**Robby Popik** graduated from homeschool and will be heading to John Carroll University and Borromeo Seminary in the fall.

**Gracie Pesicka** graduated from Cuyahoga Heights High School and will be attending Capital University to major in Athletic Training.

**Carly Sidol** graduated from Walsh University with a Bachelors degree in Psychology. She hopes to apply to Physical Therapy schools in 2015.

**Joshua Campbell** (TEC104) and **Katie Payne** (TEC 83) got engaged April 12th. They are getting married on June 20, 2014 at Saint Barnabas in Northfield.





# This, That, and the Other Continued...

**Jack Lupica** graduated from Saint Ignatius High School and will be attending John Carroll University this fall to study Classics and Theology.

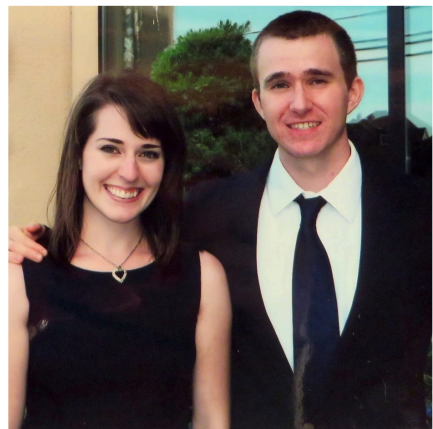
**Brielle Giomini** graduated from Kenyon College with a Bachelors degree in Psychology. She is headed to Memphis to work as a Behavior Youth Counselor with Youth Villages.

**Maddie Pierce** graduated from North Royalton High School and will be attending John Carroll University for Neuropsychology and Classics.

**Janessa Brickman** graduated from Holy Name High School and will be attending John Carroll University this fall.

**Brandon Woods** graduated from Padua Franciscan High School and will be attending John Carroll University this fall to study Theology.

**Andrew Parker** (TEC 97) and **Mairead Maloney** (TEC 85) got engaged on June 7th.



**Kristen Kall** graduated from Holy Name High School and will be attending Cleveland State University in the fall to major in Chemistry.

**Tim Whidden** (TEC 103) and **Maria Whidden** (TEC 100) celebrated 35 years of marriage on May 26!

**Mary Semenczuk** (TEC 81) graduated from Fordham University with a Masters in Religious Education and a concentration in Youth and Young Adult Ministry. She recently accepted a position as the Director of Faith Formation for Teens and Young Adults at Saint Hilary in Fairlawn, Ohio.



**MarySarah Menkhaus** graduated from Cuyahoga Heights High School and will be attending the University of Akron to major in Psychology.

**Corey McComas** graduated from Brunswick High School and will be headed to John Carroll University this fall.

**Kari Lynn Cotone** graduated from Montclair State University with a BFA in Musical Theater. She will be moving to the NYC area this fall.

**Michele Marcinick** graduated from Cuyahoga Heights High School and will be attending The Ohio State University this fall to major in Business.

**Amy Gould** graduated from Walsh University with a Bachelors degree in Nursing.



# Reading Recommendations

Whether you're looking for a quick read or something with a little more theological depth, here are some new releases to add to your Reading List.

## ***Something Other Than God: How I Passionately Sought Happiness and Accidentally Found It*** by Jennifer Fulwiler

Jennifer thought she was happy. She was raised in a happy (atheistic) family. She was recently married and had a great job, but one night she was overcome by the futility of her life. This spurred Jennifer to begin a covert faith journey which she kept hidden from her husband and all those close to her. "Just when Jennifer had a profound epiphany that gave her the courage to convert, she was diagnosed with a life-threatening medical condition-and the only treatment was directly at odds with the doctrines of her new-found faith. *Something Other Than God* is a poignant, profound, and often funny tale of one woman who set out to find the meaning of life and discovered that true happiness sometimes requires losing it all." (From the publisher's description.)

## ***Angels and Saints: A Biblical Guide to Friendship with God's Holy Ones*** by Scott Hahn

Drawing on the Scriptures, Dr. Hahn illustrates how saints and angels make up a cloud of witnesses in heaven which surround the earthly church. The scope of saints covered in this book is as wide ranging and varied as the saints throughout the history of the church. It spans from "Moses and Mary to Augustine to Therese, and the first century to the last century." (From the publisher's description.) Since only saints can live in heaven, Dr. Hahn hopes to aid us in our heavenly goal by introducing us to some friends whom we can imitate and learn from along the way.

## ***Jesus: A Pilgrimage*** by James Martin

If you're interested in traveling this summer but do not have the means to travel, consider going on pilgrimage to the Holy Land by reading Fr. James Martin, S.J.'s latest book. "Combining the fascinating insights of historical Jesus studies with profound spiritual insights about the Christ of faith, Father Martin recreates the world of first-century Galilee and Judea to usher you into Jesus's life and times and show readers how Jesus speaks to us today. Martin also brings together the most up-to-date Scripture scholarship, wise spiritual reflections, and lighthearted stories about traveling through the Holy Land with a fellow (and funny) Jesuit, visiting important sites in the life of Jesus of Nazareth." (From the publisher's description.)

Submitted by:  
Lisa Quinn

## STAY CONNECTED

Be sure to check out TEC online at [www.northcoasttec.com](http://www.northcoasttec.com) & request to join North Coast Spirit TEC on Facebook. We are also on twitter! Follow us @northcoasttec



## WHAT IS THE PELICAN?

What is the Pelican? It is the North Coast Spirit TEC Newsletter. It is TEC's way of reaching out to the community and helping us stay connected through news columns, insight, and helpful information for you. The Pelican will come out twice a year- once in the summer and once in the winter.

Any questions or if you would like to help with the publication in any way, please email Mary Semenczuk at [msemenczuk@fordham.edu](mailto:msemenczuk@fordham.edu)



# Fitness and Faith

Exercise is good for us. I know... Breaking news! Stop the presses! We all know that exercising has multiple benefits for our body; it helps in controlling our weight, combats health conditions and diseases, and improves our mood and energy levels. But did you know that many of the same approaches and rules of fitness and exercise can apply to our faith life?

Take reaching our goals, for example. Do you have a goal of running a 5K in a certain time, losing so many pounds, or fitting into clothes you haven't worn in a while? Do you have a goal of becoming a saint someday, being able to defend your faith better from a theological or philosophical perspective, or just want to understand more of the depths of our Church's history? Many times those goals don't happen overnight- so we train for them. I've heard it said that training is exercising with a purpose. So, instead of hopelessly wandering in the gym, do we develop a plan and persevere with discipline, getting back up when we fall, striving towards the goal? Do we read articles or books on topics we wish to learn? Do we train for heaven?

Or, how about warming up? Instead of lifting the heavy weight first, it's usually a good idea to complete a few lighter, warm-up sets to get the muscles ready. This can be applied to our prayer life. Perhaps as we enter into prayer, we can take 5-10 minutes to quiet our hearts and minds, find ourselves in the presence of God and His love for us, and then encounter Him deeper as the duration of our prayer continues. The examples can go on and on.

"No riches are greater than a healthy body; and no happiness than a joyful heart." Sirach 30:16. So as we take advantage of the multiple benefits exercise has for our physical body, may we recognize the truths that translate into our relationship with God. And, may we train for heaven!

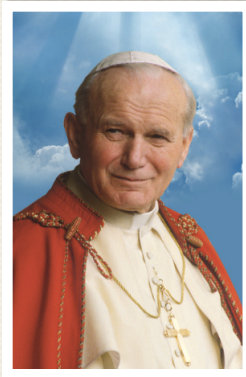
*Submitted by:*  
Adam Nestor

## TEC 105 REFLECTION

When I first arrived at TEC I had no idea what to expect. I went in with a 'been there, done that' mentality because I have been on many retreats before; but as the weekend went on I realized TEC is special. The talks, the community, and the surprises have a way of making you feel loved like no other retreat. I made some great friends, got to spend some quality time with God, and truly grew closer to Him. I strongly recommend this retreat to anyone for one simple reason: I have never felt a stronger presence of God.

*Submitted by:*  
Stephen Kolbus

## PRAYER TO SAINT POPE JOHN PAUL II



Oh, St. John Paul, from the window of heaven, grant us your blessing! Bless the church that you loved and served and guided, courageously leading it along the paths of the world in order to bring Jesus to everyone and everyone to Jesus. Bless the young, who were your great passion. Help them dream again, help them look up high again to find the light that illuminates the paths of life here on earth.

May you bless families, bless each family! You warned of Satan's assault against this precious and indispensable divine spark that God lit on earth. St. John Paul, with your prayer, may you protect the family and every life that blossoms from the family.

Pray for the whole world, which is still marked by tensions, wars and injustice. You tackled war by invoking dialogue and planting the seeds of love: pray for us so that we may be tireless sowers of peace.

Oh St. John Paul, from heaven's window, where we see you next to Mary, send God's blessing down upon us all.

# A NOTE FROM THE TEC BOARD

In the past few months the members of the TEC Board have tasked themselves with presenting a 'Face of the Board' to the community. In reflecting on that, I wonder if everyone knows who we are and what we do.

Who are we? We are a group of 12 adults, young adults, teens and 1 priest from the community who are committed to keeping TEC available to the diocese teens and the community that has made TEC.

What do we do? Each board member has a specific role necessary to make TEC possible. We are comprised of some are traditional board roles; a treasurer, a chairperson, and a secretary. Some of our roles are not so traditional; the spiritual director, and teen representatives. It is very important that we have strong teen representation as we are Teens Encounter Christ.

A typical agenda will include reports from each board member like number of tecites signed up for the next TEC from the registrar, the facilitator will report on the set up and clean up from the previous weekend and how that went. The young adult reps and teens reps plan and coordinate the fundraisers, picnics, FOPs, comebacks and other events.

This is only a sampling of the positions and what we do but hopefully you get the idea. If you have more questions or suggestions, we meet the last Tuesday of every month except July and December at St Leo's in Brooklyn usually from 6-8 PM. As Desi, the chairman, has mentioned several times, anyone is welcome to attend, especially if they have something to say as the 'Voice of the Community'. Any board member can relay your 'Voice' as well.

Do you pick the teams that work the weekends? No. The discernment committee does that. The discernment committee is made up of a few board members and a few team members who worked the previous TEC. They pray for guidance from the Holy Spirit and prayerfully select each team.

Each member of the board serves out of our love for God and TEC and what it has brought to our lives, the lives of our families, and all of you. We hope that you take advantage of the events related to TEC weekends (working a weekend or attending reunion) or the other events we offer like FOP's, the picnic, the FEST, the fundraiser, etc. We welcome any suggestions you have to make TEC a stronger more vibrant community. We pray for and will keep praying for all of you and your intentions. May the blessings of the Lord be upon you!

Submitted by:  
Sue Swanick



## PRAYER CORNER

We ask that as you look at this corner of the Pelican... that you take a moment and say a prayer for the intentions of all those in the TEC community. In a special way, please say a prayer for the formation of our future TEC weekends.

Prayer intentions can be emailed to the TEC community via the TEC list-serve or posted on the North Coast Spirit TEC Facebook group. If you are not currently receiving emails from the TEC community and would like to be a part of the list, please email

Desi Gould at [DYRodriguez16@hotmail.com](mailto:DYRodriguez16@hotmail.com)



## BOARD MEETINGS

The board represents the entire community and we welcome any suggestions, ideas, or concerns. Contact any board member and we will be sure your voice is heard.

Board meetings are held each month on the last Tuesday of the month at 7pm at St. Leos in Cleveland. **The community is always welcome.** Each meeting ends with a "hearing of the community" and we value your input!

Lastly, please keep us in your prayers that we may continue to make sound decisions for the good of our teens!

## A Few Reminders...

- **Consider Night Watch Duty!** We need two Virtus trained adults each night of the TEC weekend to stand guard so the teams and TECites can get some sleep. If you are interested please contact Sam LoFaso at [sold@samlofaso.com](mailto:sold@samlofaso.com)
- **Not a night owl?** We would love to see you at Clean Up on Sunday at 2:00pm of each retreat weekend. Helping to clean up the retreat center takes the burden off the teams. Contact Debbie Reidel if you can help us out at [debr87@gmail.com](mailto:debr87@gmail.com)
- **Virtus Notes:** We ask that anyone over 18 keeps their Virtus training up to date by reviewing your bulletins. If you do feel called to serve on a weekend you will be ready to go! Also if you have recently turned 18 or are over 18 and are planning on working on an upcoming weekend you need to become Virtus certified. If you have any questions regarding Virtus, contact Sam LoFaso at [sold@samlofaso.com](mailto:sold@samlofaso.com)
- **Ride Share!** We love Saint Leonard's but the drive out there is a haul especially for some of the 'East Siders.' if you are a willing Virtus trained driver or a teen looking for a ride to Reunion or other TEC events, let Sue know and she will help to pair you up! [sueswanick@yahoo.com](mailto:sueswanick@yahoo.com)

Submitted by:  
Sue Swanick

## WELCOME TO THE SHIP...

Let us extend a warm welcome to the following individuals from TEC's 102 and 103.

We welcome you and pray that you will continue to grow in your faith!

### TEC 105

Rojani Bargola, Dana Braun, Christopher Buzinski, Joshua Campbell, Aaron Carson, Michele Cessna, Mary Kate Glowe, Connor Hanneman, Matthew Hogan, Sarah Hoppe, Christine Horning, John Liberatore, Julie Mackniin, Michele Marcinick, Daniel Mencke, Courtney Pelfrey, Elise Radzialowski, Mary Tanczos

### TEC 105

Rachel Bell, Casey Bellis, Bernadette Benda, Brandan Bizzi, Marisa Brownlee, Jake Cermak, Gina Ciariella, Ronny Faddoul, Cara Faddoul, James Hawkins, Brianna Heidelberg, Elizabeth Kochis, Stephen Kolbus, Mikayla Kravanis, Christie Lanzilotti, Jean Lanzilotti, Megan LoFaso, Xavier Macfarlane, Gus Matheou, Max Menkhaus, Ron Moner, JP Regan, Colleen Semonin, Brian Spahnne, Dakota Stiegelmeyer, Luke Taylor, Stephanie Vandervoort, Meghan Walsh

## THANK YOU!

A special thank you to the following members of our TEC community who have graciously given up their time, talent, and treasure to serve on TEC's 104 and 105!

Carolyn Andrisin, Theresa Bedell, Martha Bellamy, Natalie Brickman, Janessaa Brickman, Rick Buzinski, Tina Cerha, Jim Cermak, Fr Allan DaCorte ofm, Brian DeLaat, Fr Steve Flynn, Joe Guadiz, Connor Haneman, Colleen Hatgas, Kevin Kess, Kelli Kiffer, Sam Klanac, Samantha Kochis, Katherine Komar, Sarah Kurtz, Stephanie Kurtz, Sara Lanzola, Jack Liptak, Sam LoFaso, Taylor Long, Erin Madden, Mairead Maloney, Laura Manocchio, Hope Marcum, PJ Martin, Matt McCarthy, Kevin McCarthy, Maureen McGerver, Joe Menkhaus, MarySarah Menkhaus, Barb Moner, Adam Nestor, Katie Payne, Maury Petrak, Maddie Pierce, Catherine Popik, Robby Popik, Carolyn Riedel, Jacob Saunders, Mackenzie Saunders, Mary Semenczuk, Matt Shaniuk, Peter Sherman, Clare Sherman, Fr Ed Susynski, Rebecca Turner, Carol Wallington, Debbie Werner, Maria Whidden, Brandon Woods, Lauren Wooten, and Greg Yurik

### Save the Dates!

#### TEC WEEKENDS

#106

October 17-19, 2014

#107

January 9-11, 2015

#108

April 10-12, 2015

#109

July 10-12, 2015

## Come to Help Clean Up!

We need help after every TEC. If volunteers do not come help, the very tired team members must stay and clean. Let's come together as a community and lend a hand! Clean-up crew meets at **2:00pm** in the kitchen of Saint Leonard's Retreat Center. There is still a retreat going on when you are there, please do not interfere with the completion of their weekend.



*Remember: If you worked Main Team on the previous weekend, you are committed to cleanup on the next weekend.*



## THE PELICAN

If you would like the Pelican mailed to you, please contact Mary Semenczuk at [msemenczuk@fordham.edu](mailto:msemenczuk@fordham.edu). This is for individuals who are deployed, part of a religious order, or are unable to attend events due to life circumstances.

As always, the Pelican will be posted at [northcoastspirittec.com](http://northcoastspirittec.com), shared on Facebook, and emailed via the Yahoo list-serve.

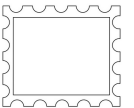
Thank you for reading the Summer 2014 Edition of the Pelican!

God Bless!

A SPECIAL THANK YOU  
TO EVERYONE WHO  
HELPED MAKE THIS  
EDITION OF THE  
PELICAN POSSIBLE!

**FROM:**

North Coast Spirit TEC  
Cleveland, Ohio



**TO:**