



# Equestrian Order Austin

## Equestrian Order of the Holy Sepulchre of Jerusalem

Winter 2018



### *Annual Meeting Notes and Updates*

For those attending the 2018 meeting in San Antonio and are looking for the pictures taken by the photographer go to [photos.9001pros.com](http://photos.9001pros.com) to order your photos. We took our own group photograph and I will try to email it to you soon [if it not too large].

The 2019 Annual Meeting will be held in New Mexico October 25-27 at the Hyatt Regency Albuquerque. Go to the Lieutenancy website at [www.eohssouthwest.com](http://www.eohssouthwest.com) and select the Annual Meeting for information to make Hotel Reservations.

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### *Change in Title — Lady Now Becomes Dame*

The United States is the only country that uses the title of Lady for members of the Order. We learned in San Antonio that Lady is not the correct designation for female members so the Lieutenancy has changed the Title from Lady to Dame. You will see this new title in future correspondence from the Lieutenancy.

### *Nomination of New Members*

This is the time of year to introduce the Order to others you know that would also be interested in supporting the Christians in the Holy Land and Holy Sites. If you know of anyone interested please give them the Introduction to the Order document emailed earlier and complete the Nomination Form for those that want to seriously consider joining. We need all Nomination forms completed and mailed or emailed back to Stephanie and Greg before the end of January.

We will schedule an orientation meeting in early February for nominees and sponsors for all those that have submitted the nomination forms. There is no need to contact the priest or others, we will handle that after the orientation meeting.

If you need copies of the Introduction document and/or the nomination forms just email us and we will get it to you.

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*Supporting Christians in  
the Holy Land*

## *Thank You for the Advent Retreat*

Thank you to Mary Beth Koenig and her team and St. Teresa's for hosting our Advent retreat. The inspiring presentation by Fr. Albert Haase, OFM was appreciated by all. One of the highlights was the Spiritual Exercise known as the **Daily Examen**. I have included this at the end of this newsletter.

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## *Donations to the Order*

I have had a number of our members tell me they did not see the request for Annual Donation letter that was mailed from Houston to all members in July. Essentially states:

“Please take this opportunity to make your 2018 Annual Contribution by going online to our website:

[www.eohssouthwest.com](http://www.eohssouthwest.com) and clicking on the Donations Tab.

The suggested amount is \$1000.00 for each Knight, Lady and Knight Clergy. The need in the Holy Land continues to increase so please give according to your financial ability. If you have already made your contribution for 2018 please accept our gratitude for your generosity.”

Be on the lookout for the Annual Christmas Donation letter that should be coming soon.

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## *August Pilgrimage Notes*

For those that joined Bishop Joe and us on the Holy Land Pilgrimage Matthew Coughlin has set-up a photo share on Flickr named “Bishop Vasquez 2018 Pilgrimage”. It is a private group so you must be invited to join ~ I hope this will prevent unwanted posts and protect the photos we all post.

If you have pictures to share you can drop them here and also look at all of the photos that have been uploaded to the site..

Information to access this Flickr account is contained in an email that too large to included with this email so if you are interested send me an email and I will forward it to you .

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## *End as the new Beginning*

As we all approach the end of life here on earth and move on to our eternal life in Heaven consider leaving a legacy to continue the work of the Equestrian Order of the Holy Sepulchre of Jerusalem. This can easily be done as part of your Will. See details on the Lieutenancy website:

[www.eohssouthwest.com](http://www.eohssouthwest.com), select Legacy from the main menu.

Also be sure to leave instructions to notify the Order if you want the Holy Sepulchre to be part of your funeral arrangements, we are here for you.



## The Daily Examen

St. Ignatius Loyola included in his *Spiritual Exercises* a prayer called "the Examen," which derives from the Latin word for examination. It is a meditation with roots not only in Ignatian spirituality, but also in the spiritual practices of the ancient Stoics. There are many versions of the Examen today, but all have five steps. Here is a simple rendering of some key elements:

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.
3. Review your day — recall specific moments and your feelings at the time.
4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?
5. Look toward tomorrow — think of how you might collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

### "God is in it"

The heart of the Examen is the third part: reviewing your day.

"Think of it as a movie playing in your head," writes James Martin, S.J., in *The Jesuit Guide to (Almost) Everything*. "Push the play button and run through your day, from start to finish, from your rising in the morning to preparing to go to bed at night. Notice what made you happy, what made you stressed, what confused you, what helped you be more loving. Recall everything: sights, sounds, feelings, tastes, textures, conversations. Thoughts, words, and deeds, as Ignatius says. Each moment offers a window to where God has been in your day."

And remember that no experience is too trivial for spiritual investigation.

"Nothing in our lives is so insignificant that it doesn't deserve God's attention," notes Jim Manney in *A Simple Life-Changing Prayer*, a book about the Examen. "In fact, the mundane and the humdrum parts of our lives give depth and texture to our relationships with God. Washing the windows and cooking dinner are as much a part of the relationship as graduation day. If it's part of our human experience, God is in it."

Ignatius was emphatic about the Examen. He told the early Jesuits that if they for some reason did no other spiritual exercises, they should do this one. Then as now, the Examen is a spiritual tool for sizing up your days — and planting the seeds for a more purposeful life.