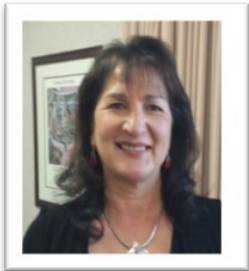




# Companions on a Journey

## Meet Our Candidate



### Ana Parada

I was born and raised on a farm in Socorro, Texas, a small town east of El Paso, Texas. My father was a farmer, my mother a house wife, and they had 11 children (7 girls and 4 boys), of which I am the eighth child.

I was the first in the family to go to college and graduated from the University of Texas at El Paso in 1978, with a Business degree majoring in Marketing. Upon graduation I was hired to work for the Department of Agriculture (USDA) in Washington, DC, as an Agricultural Marketing and Specialist where I remained for 16 years.

I got married in the Catholic Church in 1992 to my husband, Francisco Parada (Pancho), who was born and raised in the nearby town of San Elizario, TX. We have two children, Francisco and Eduardo.

I accepted a promotional opportunity with USDA, Forest Service in Colorado so we moved in 1995 from Washington, DC, to Golden, Colorado. In 2003 I received another opportunity with Forest Service in Albuquerque, NM to work as a Mediator and also a Fire Incident Management Team member. We built a home in Bosque Farms, NM in 2004 where we now live.

We are very actively involved in our church, which is Our Lady of Guadalupe in Peralta, NM. My husband and I are Eucharistic Ministers and Mayordomos. My husband also taught Religious Education. My daughter and I are on the Altar Society and also take the Eucharist to the homebound. I also belong to the Gabriel organization and am part of the Hospitality committee.



Marianne Baily and Carol Joyce from Albuquerque, NM became Companions in March 2019 .

**2019 Anniversaries**

**30th Anniversary**  
 Father Tom Maikowski  
 Georgia Bell  
 Jane Backes  
 Ken Backes  
 Joyce Vogel

**20th Anniversary**  
 Carla Nielson

**15th Anniversary**  
 Kay Claman  
 Lucille Kalinowski  
 Anne Lyons  
 Sandi Grey

**5th Anniversary**  
 Bill Coleman  
 Rebecca Coleman



Helen Cason and Chelsey Cerrillo from Colorado Springs became Companions in May 2019.

CONGRATULATIONS

AND BLESSINGS

COMPANIONS.



### COMPANIONS' 2019 RETREAT

In order to experience guidance, quiet times and personal reflection we gathered among the companions, the sisters, and Sister Paula, our moderator, on the weekend of July 26 to 28, 2019. What happens when we observe our lives from the balcony by looking down, in order to get a new perspective? When we step outside of ourselves, and our daily lives, and be still, reflective, and open to the trust in God's providence? **RADICAL OPTIMISM**, the topic of our retreat, encouraged us to do just that. There is nothing impossible for our God to do. Our God is always new and He can re-light a spark within us, no matter when. We stepped away from what we saw in our lives in order to get the big picture, and to give God more control over our lives.

We learned that we are all "cracked pots": human beings with flaws. However, it is our flaws that give us strength and makes us interesting persons. We are able to accept one-another's crisis of faith. What are the things that have been resonating in your heart that you have just not gotten to yet? Maybe it is not the right place, the right time or the right people? We looked into our lives from the balcony to see what is possible. Along with our discussions and readings, we also shared prayers from the Scriptures. We even sang songs together.

We shared our insights into the challenges of letting go of material possessions and our attitudes, and we vowed to live a simpler life. We opened our hearts, our minds and our wills and we shared with the group and with one-another our fears, our challenges and our aspirations. With open hearts, new possibilities can emerge. We may not know what they are right now, but we are open to the possibilities. There is no 5-year plan, but we know that by letting them come, new horizons will emerge. We then took a month (The month of August) to Crystalize – outlining the next possible steps in our Radical Optimism. Anything that looks impossible to do is never impossible with God. So, each day, we will base our spirituality on Radical Optimism: our relationship with God, our personal goals and our commitment to do kindness for another.

We face the challenges of times changing, and with them, our "roles" as companions. We are being asked to "step up to the plate": to take a more active role within our companion groups. And Radical Optimism is a viable way to do just that. We have three, up and coming sessions of study: Mother Theresia Bonzel, "Who they are and Why they are", and the Franciscan Charisms (Conversion, Contemplation, Poverty and Minority). Sister Michele talked about NACAR, the North American Conference of Associates and Religion. As companions, we share the same focus: Who we are and why we are. Many of us signed up to receive NACAR's newsletter. We also received information on the various programs within the community. In the second year program with the sisters we will be engaged in "skill building for the companions," a necessary step in the procurement of our Christian faith.

By: Judy Werner, Companion



The holy hour was prayed in honor St. Bakhita, patron of Trafficking Victims.



In May 2019 Pamela Mannitou became Companion during the annual renew ritual in Denver, Co.

### Companions' Future Meeting Dates

#### Albuquerque, NM

Monday, September 9th  
 Tuesday, December 17th  
 Tuesday, March 10th—Renewal Ritual  
 Monday, May 11th

#### Colorado Springs, CO

Sunday, September 8th  
 Munday, October 13th  
 Sunday, November 10  
 Sunday, March 8  
 Sunday, April 26 – Renewal Ritual

#### Emporia, KS.

The three candidates and a companion will skype with Colorado Springs.