

# BREATHING

**BREATHE - RESPIRA**

Breathe—Respira  
NEWSLETTER

Volume 1, Issue 1

## Sharing

On November 8-10 we gave our first retreat of evangelization; It was organized by St Luke's with the participation of Holy Trinity, St. Leonard, Christ the King and Mount Carmel.

The attendance was very good, 62 participants which had very positive experience, we witnessed conversions and solidification of faith.

At the end of the retreat, we heard the experience of the love of God and the outpouring of the Holy Spirit.

We thank MACC (Mexican American Catholic College) for allowing us to use their facilities.

Thanks to Tim Gonzalez Director of the new evangelization in the Archdiocese.

### SALT LAKE CITY, UTAH

The weekend of Nov 22 Dr. Antonio Ramirez was in Salt Lake City, having a meeting with the Director of the Hispanic Ministry, teaching a course Formation for parents in the parish of St. Peter & St. Paul.

He visited P. Montero and discussed future retreats of evangelization.

Among other activities Dr Ramirez recorded a TV and Radio show, as well as offered therapeutic consultations.



"Ultimately, there is in human beings something which is naturally spiritual and transcendental and only something eternal and infinite can fill."

(El Hombre, pg 6-Antonio Ramirez de Leon)

It is with great emotion that we participate you that the book of Dr. Antonio Ramirez

**EI HOMBRE**

will be published in English in the month of March 2014!

"We all remain who we are. But on the way to healing or liberation we have to do what the Romans called agere contra: we have to act against the grain of our natural compulsions. This requires clear decisions. Because it does not happen by itself, it is in a way "unnatural" or "supernatural" . . . (we) simply have to cut loose now and then, and in the process . . . make mistakes."

— Richard Rohr

## Preparing for Christmas and ADVENT

The dates of holidays and family reunions are imminent. The date where we celebrate the birth of Jesús of Nazareth is approaching. But in the middle of so much noise,

rush, and so many commitments, we lose the meaning of Christmas. Therefore, in many Liturgical Christian churches now begins the time of Advent. Advent as

the coming of Jesus. Jesus comes in several ways; He comes as the expression of God incarnated (Jn1:1), He comes to be born in the heart of all those who accept and receive Him.

**Interested in Talks or Counseling?**

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# BREATHE—RESPIRA

And even more, Jesus promised to return, to come, but on that occasion, He will come as the Lord of Lords, full of glory and power.

Jesus is now the Christ, and He is, in the words of Teilhard de Chardin, the Cosmic Christ, He is the Alpha and the Omega, the beginning and the end, where everything comes from and where everything is going to.

The central word of the time of Advent is "Wait". Wait for the manifestation of the Christ and the new life that He brings.

We are in a time of "patiently waiting". It is so difficult to be silent, and mindfulness, to put

a pause to all those preparations, how complicated it is to take a moment to breathe and meditate what this time means.

This is also a time for "Hope." Do not be afraid, because He is coming and He will come. Just open your eyes and heart, and try to live life a bit slower, living the moment, enjoying the present and whenever you can be silent. Hope does not fail, because His love has been poured in our hearts and in the hearts of all who love.



**Wait  
because  
Jesus is  
coming  
now!**

**Merry Christmas  
and a very happy 2014**

## December 2013

Dec. 19

"Preparando la Venida de Jesus".

Talk at Holy Trinity

10 am to noon.

RVSP

Call Berenice Diaz at

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From all of us at  
**BREATHE-RESPIRA**  
We wish that during this time you can enjoy the "Here and Now" and may Hope fill your hearts with joy.

