



DUKE Catholic

SPRING 2014

NURTURING CATHOLIC LEADERS



Every year, many Duke Students express their desires to learn more about their Catholic faith. However, with classes and all the demands of student life, many find themselves pinched for time. That is why the Duke Catholic Center came up with the catechetical program dubbed, “C90X—A workout for your spiritual core.” Modeled after the popular fitness program, P90X, C90X is a self-study, rigorous, catechesis program which was the perfect option for the busy Duke Student.

The program lasts for 35 days and is built around the *YOUCAT* book, a youth *Catechism of the Catholic Church*, and its companion 35-part study guide. The C90X participants commit to going through one part of the study guide for 30 minutes each day. By the end of the challenge, the participant will have read the entire *YOUCAT* book which summarizes the entire *Catechism*.

The Duke Catholic Center equipped each participant with a copy of the book, study guide, a blog where students could share their reflections, small group gatherings, prayer partners, etc.

“C90X was a great straightforward way to learn about your faith,” said senior Kelly Schuering. “Yes, it’s a commitment but having all the resources all put together makes it a doable addition to a busy Duke schedule.”

Although the Duke Catholic Center was expecting a few signups, they were not expecting the overwhelming positive responses it received. Over 140 participated in the program this past year.

“I think C90X was a great reminder of our beliefs and pushed me to understand our faith on a deeper level,” said Kelly Schuering.

To advertise for the event, the Duke Catholic Center published 90 reasons why students should sign up. The reasons ranged from silly to serious to motivate students to take the challenge. For example one of the reasons was “Because I slept through most religious-ed classes as a child,” while a more serious reason cited was “to learn the difference between the words consubstantial and transubstantial.”



Chris Dieckhaus, '16 studying at the Falcone Arena House.

Our sincerest thanks!

Thanks to a generous donation from Bill and Mary Rooney, T'82, MBA'92, P'16, most of the C90X materials this year were funded. To learn more about how you can support the C90X program at the Duke Catholic Center, please contact Michelle Sutton.



Faithful *and* Fit

It is amazing to see the hundreds of gadgets that are marketed for staying physically fit. I am not sure that any of them can do what they claim they can do without one key ingredient—hard work! There is no silver bullet when it comes to fitness, but rather, there are multiple ways to get/stay in shape if we are willing to put in the work. That is the real challenge that can be said not just of physical fitness, but really of many things in life—even spiritual fitness!

Over the last year I have been hearing our leadership team describe how Duke students don't like not knowing, struggle to fit fixed programming into their schedule, and are excited by a challenge. It is with these three thoughts in mind that C90X was born! A play on the popular fitness program P90X, C90X was designed as a spiritual workout for our busy undergrad and grad students (*read more about the program in our cover story*). When we initially rolled out this faith formation challenge that allowed students to find their own time each day to learn more about their faith in a 30 minute spiritual workout, we hoped we might get 20 students to sign up. We got over 100! If you build it... But, what is more telling is the willingness of students to do the hard work of

faith formation. That edifies me! How willing are you to engage a little spiritual workout?

Lent is here and if there be a liturgical season tailor made for some spiritual sit-ups, this would have to be it! Given the willingness to accept a challenge that our Duke students embody, may we be edified by their embrace of spiritual disciplines and challenge ourselves to some Christian cross training.

Find some way to outline a regimen for Lent that will challenge your knowledge of the faith, your time of prayer, and your outreach to the less fortunate and see the pounds of selfishness and spiritual ennui begin to melt away. Here's to a healthier spiritual life come Easter Sunday. See you on the ecclesial elliptical machine!



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By the Numbers

**percentage increase are calculated from 2012-2013 to 2013-2014 academic year*

Average attendance at...

Sunday Mass.....	458 (5% increase)
Holy Hour.....	42 (42% increase)
Tuesday Night Dinner.....	88 (27% increase)
Theology on Tap.....	21
Awakening Retreat.....	77
Parents Weekend.....	540

ALTERNATIVE TENTING

J-Ville: Justice for the Homeless

Year after year, hundreds of students sleep in tents outside in K-Ville in order to have a spot at Cameron Indoor Stadium to watch Duke Basketball. This year at the Duke Catholic Center, a new tenting tradition began. For four nights in February, a group of students slept outside in tents in the Chapel quad to participate in “J-Ville” to raise awareness about homelessness in Durham.

“J stands for justice, justice for the homeless,” said freshman John Turanchik one of the organizers of the event.

J-Ville is an alternative tenting initiative organized by the Duke Catholic

Center with the collaboration of other religious life groups. Every night in J-Ville, a different speaker gave a teach-in lecture to the group of students about homelessness. For example, for the first night over 40 students gathered to hear Brother Michael Duffy, a Franciscan Friar and doctor of nursing, who wrote his doctoral thesis on the issue of homelessness.

Freshman John McMichael, officially opened J-ville and offered a prayer and summarized why the issue was so important him. “We cannot imagine the chaos of living without [a home],” he said.

Following each lecture, the students participated in other volunteer activities at various organizations in the community including the Durham Rescue Mission and Housing for New Hope. The students served food at homeless shelters, made blankets, food bags and hygiene kits.



New Student Directors were commissioned to lead the Duke Catholic Center in 2014.

(from left to right): Henry Frank, MTS'15; Paige Mihalsky, T'15; Gabriela Gomez, T'15; Sungmin Sohn, T'15; Molly Culhane, E'15; John Horan, T'15; Andrea Ruby, T'15.

Wish List

SPRING 2014

- \$10,000** replace portable sound system (used at retreats, Easter Mass in the Gardens, etc.)
- \$10,000** Tuesday Night Dinner for a year (average 88 students per TND)
- \$5,000** website upgrade
- \$6,500** audio and visual equipment and technical costs associated with broadcasting Sunday Mass on YouTube
- \$2,000** for refreshments for students after Mass for a year
- \$1,000** new camera

DCC INCREASES OUTREACH WITH OUR LADY OF GUADALUPE MASS

Many South American Catholics at Duke come from faith communities that have a special devotion to Our Lady of Guadalupe. This year DCC celebrated her feast day with a special bilingual Mass with Fr. Michael Lasky, who is fluent in Spanish. For many of those attending, the celebration felt like home.

"I particularly liked the service because a portion of it was in Spanish," said junior Ginny Isava, whose family is originally from Venezuela. Ginny grew up going to Spanish Mass in her parish. "I always attended Spanish Mass, so hearing the service spoken in (at least partly) the language that my personal faith was developed in for most of my life, made it feel much more intimate and important."

Mass ended with a procession of an image of Our Lady from Goodson Chapel to the Duke Chapel basement. The congregation followed behind singing "Santa Maria del Camino," and carrying roses which were placed by the image of Our Lady after the procession ended.



Play Ball!

Duke Football made history when they played in their first-ever ACC Championship game in Charlotte in December. The DCC was in attendance to cheer on the Blue Devils. Before the game for the convenience of all Duke Football supporters, the Duke Catholic Center also celebrated Sunday Vigil Mass in downtown Charlotte. Over 30 alum and football supporters were in attendance.



In addition, the Duke Catholic Choir debuted singing the National Anthem this season before the **Women's Basketball** home game against Boston College on January 12 and the **Men's Basketball** home game against Virginia on January 13.

Andrew Witchger leads the DCC Choir in singing the National Anthem.

Duke Catholic Refreshes Its Online Presence

Thanks to a generous donation from Tim and Mary Frances Jeffries, GEMBA '03, the Duke Catholic Center was able to create and launch a smartphone app to better communicate with all students. The app features an online calendar with all DCC events, latest announcements, the Sunday bulletin, Mass times, daily Mass and Bible readings, confession guide with an examination of conscience and more! After using the app, many students have responded positively.

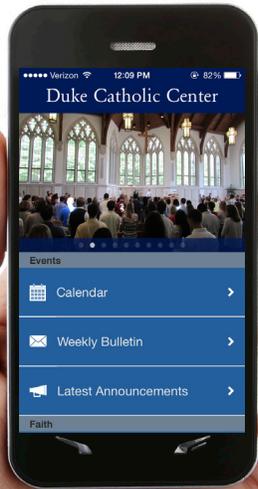
"I think the new DCC app is useful and the paperless approach is a step in the right direction," said junior Andrew Method. "The calendar feature is a quick way for me to find out what is going on, and the weekly bulletin is easily accessible. The app makes it easier on me, and I'm never out of the loop."

The app will help communicate with students who might not come to Mass on Sunday and therefore were not getting the Sunday bulletin. With the app, they can continue to be informed about the DCC events wherever they go.

"I would think the app is useful because it can inform those less familiar with events," said junior Ginny Isava. "Should anyone depart for a period of time, it's easy to get up to speed on events without having to ask around."

The phone app is available in both the iPhones and Android smartphones.

**To learn more about supporting
DCC technology initiatives, contact:**
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A BRAND NEW WEBSITE

This Fall the Duke Catholic Center staff worked to revamp the www.catholic.duke.edu website. The new website is more user-friendly and gives the Duke Catholic Center's online presence a whole new look. The new website features easy access to an online calendar, more spaces on the landing page to feature DCC events, and a beautiful image gallery that highlights some of our favorite pictures at the DCC of the past year.

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