Mission: ECHO (Encountering Christ in Others) of Cape Cod is a Catholic, community-based experience initiated by a weekend retreat, focused on the living presence of Jesus Christ encountered in others and self. The ECHO program is directed toward the awakening and the development of a response to the three basic areas of Identity (Who am I?), Integrity (Where am I?), and Vocation (Where am I going?) as they are emerging in the lives of young people.

**ECHO Weekend Dates 2014-2015**

- Echo 295 – Nov. 7-9 - Susie Brown
- Echo 296 – Dec. 12-14 - Joe Tierney
- Echo 297 – Jan. 16-18 - Judy Lyons
- Echo 298 – Feb. 6-8 - Tom McManamon
- Echo 300 – Apr. 10-12 - Heath Eldredge

**SAVE THE DATE**

- Saturday, March 7th - ECHO 45th Anniversary Mass & Dinner, 5:30pm, Christ The King Church
- Friday, March 13th - Palanca Room Mass for ECHO 299, 6:30pm, Palanca Room
- Friday, March 13th - Youth Board preparation for ECHO 299, 6:30-9pm, Palanca Room
- March 13th - 15th - ECHO 299
- Sunday, March 15th - ECHO 299 Closing, 7pm, Our Lady of Victory Church
- Friday, April 3rd - Good Friday Canal Walk, 9am, Railroad Bridge on the Cape Cod Canal, Buzzards Bay

**NEWS AND NOTES**

Upper Cape reunions take place on Tuesdays at 7pm at Christ the King. Mid Cape reunions take place on Thursdays at 7:30pm on the second floor of the Parish Hall at Our Lady of Victory. All are welcome and encouraged to come. Both reunions offer the opportunity to run programs on a variety of subjects.

Applications for the year are available online at www.echoofcapecod.org
The fee for an ECHO weekend this year remains at $140.

Please support the ECHO weekends by serving meals, participating in music ministry, serving as a driver for candidates, and helping with luggage. Sign ups for these activities are available at parent night reunions and in the Palanca Room on each weekend.
ECHO 299
March 13, 14, and 15, 2015 ~ Theme Song: Unpack Your Heart by Philip Phillips


ECHO 299 will begin for the community with mass in the Palanca Room at 6:30pm on Friday, March 13th. Fr. Chris Peschel will be the celebrant. The Palanca Room is located at 524 Main Street, Centerville. The Palanca Room will remain open until 9pm, and re-open at noon on Saturday. Come visit our Palanca Room Coordinators Mary Burke, AJ Kantzelis, and Mike Pena. Please have all palanca delivered before 7pm, so it can get sorted into palanca bags. All are invited to the Closing at Our Lady of Victory at 7pm on Sunday, March 15th.

UNPACK YOUR HEART - PHILIP PHILLIPS

Meet me where the sunlight ends
Meet me where the truth never bends
Bring all that you’re scared to defend
And lay it down when you walk through my door
Throw all of it out on the floor
Your sorrow, your beauty, your war
I want it all, I want it all

Bring your secrets, bring your scars
Bring your glory, all you are
Bring your daylight, bring your dark
Share your silence
And unpack your heart

Show me something the rest never see
Give me all that you hope to receive
Your deepest regret dies with me

The days when you stumble and fall
The days when you grind to a crawl
The treasure that hides behind your walls
I want it all, yeah I want it all

(Refrain)
Oh, I’m on your side
So shed your shadow
And watch it rise
Oh, I’m on your side
So shed your shadow
And watch it rise
Into your darkness
I’ll shine a light

(Refrain)
Bring your honor, bring your shame
All your madness, I will tame
Won’t you lay down, down your guard
Share your silence
And unpack your heart

ECHO 300
April 10, 11, and 12, 2015 ~ Theme Song: Still I Fly by Spencer Lee
It seems like just yesterday we were dancing around at Thursday reunion to the YMCA (in this case the ECHO) inviting Bishop da Cunha to come celebrate 45 years of ECHO on Cape Cod, but in just a few days, we will welcome him to Christ the King for ECHO’s 45th anniversary mass and dinner. It all starts at 5:30pm on Saturday, March 7th. If you don’t have tickets (you need tickets for the dinner portion), send an e-mail to echoofcapecod@gmail.com or see Susie Brown, Matt Clark, or Katy Fuller. Tickets are by donation only. If you’re able to donate to ECHO, we greatly appreciate it. Over 170 people have already purchased tickets. We know it will be a great night!

If you’re coming and want to help, we’re still in need of desserts. Please contact Maryellen Loucks at jsloucks@comcast.net.

If you want to participate in music ministry, we’ll be practicing at 4pm on Saturday in the chapel at Christ the King. (Mass will be going on in the main church).

At a recent reunion, members of the ECHO community wrote thank you notes to Bishop da Cunha that will be packaged and given to him to take home at the end of the night on Saturday. If you’d like to add a note, please bring it to reunion this week or to the check-in table on Saturday night.

Finally, a special note of thanks to everyone who has made this celebration possible. It is truly humbling to see the community come together to honor a program that has mattered so much to so many for so long. Thank you to everyone for sharing their prayers, time, and talents!
39TH ANNUAL GOOD FRIDAY CANAL WALK

ECHO will once again be participating in the Good Friday Canal Walk on Friday, April 3rd. The walk begins at 9am at the Railroad Bridge on the Buzzards Bay side of the Cape Cod Canal. Participants walk to the Herring Run in Sagamore Beach and back stopping along the way to say the stations of the cross. In addition to it being a great way to spend your Good Friday, the walk is also a fundraiser for the KareDrew Haitian Children’s Foundation, which Pat and Vivian Tortora (both old ECHO friends) are actively involved in. Anyone is welcome to attend (including friends and family who are not involved in ECHO). Dress warm! If you’re able to make a donation, it is greatly appreciated. All are invited back to Mary Fuller’s for grilled cheese sandwiches following the walk.

IN CASE YOU MISSED IT

Left: The Palanca Army in the Lodge on Saturday night of ECHO 298. A little ice didn’t stop anyone.
Right: Palanca Room Coordinators Shannon Evaul, Dan Burke, and Kendall Hoover after delivery. Great job!

PRAYERS

Many years ago the custom began of designating each Tuesday as ECHO Prayer Day to serve as a special reminder to the community to pray for each other and the ECHO program. We ask prayers for: Deacon Greg Beckel, Keith Blaquiere’s relative, Jeremy Cadrin, Ed Culhane, Pete Donahue, Pat Frost, Chris Golden, the Manning Family, Rhea St. Onge. For Kathy Harmon, and Heath Eldredge as they prepare for ECHO 299 and 300. For the deceased: Heather Adamson, Justin Aristide, Altina Barrows, Steven Berrio, John Bryant, Jeremy Cadrin’s stepmother, Fr. Bill Campbell, Jeff Capute, Rick Cardoza, Bridget Carey, Frank Coughlan, John Crowley, Martha DeBoer, Peter Duffy, Fr. Ben Folger, Fr. Dick Gendreau, John Hanlon’s Dad, David Lariviere, Tom MacPhee, Tom McManamon Sr., Meghan Sullivan McCormack, William O’Donnell, Denise Parent, Sister Dymphna Smith, David Souza, Phil Studley, and Alexandra Walsh.