

CATHEDRAL OF ST. MATTHEW THE APOSTLE

1725 Rhode Island Avenue, NW, Washington, DC (Farragut North or DuPont Circle Metro stations)

2019 Lenten Lecture Series: *METANOIA*

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Our series focuses on our personal *Metanoia* regarding a transformative change of heart and spiritual conversion that includes repentance. During Lent, we encounter the world, ourselves and our God through this lens. Let us accompany each other on this Lenten journey of faith.

**Tuesday evenings, 7pm to 8pm, in the North Conference Room**

**March 12: Ms. Linda Budney, JCL** ~ “Co-Workers in the Vineyard of the Lord:  
A Formation Resource for All Catholic Laity”

**March 26: Rev. Luke Melcher** ~ “The Transformative Power of the Mass:  
The Source and Summit of our Faith”

**April 2: Dr. Robert J. Wicks, PSY. D.** ~ “The Simple Care of a Hopeful Heart:  
Strengthening Your Inner Life in Challenging Times”

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**Linda Budney, JCL** serves as an advocate on the Washington, D.C. Archdiocesan Tribunal. She has been an

adjunct instructor for Saint Meinrad Seminary and School of Theology (Indiana), teaching canon law in the Graduate Theology and Permanent Deacon Formation programs.

She also has served as an advisor to the Bishops’ Committee on the Laity and a consultant to the Subcommittee on Lay Ministry during the drafting of the document, *Co-workers in the Vineyard of the Lord*. From 2005-14, she was pastoral associate for adult faith formation at Our Lady of Mercy Parish in Potomac, MD.

Budney is an oblate of Saint Meinrad Archabbey, and a dame in the Order of Malta. She has a degree in canon law from The Catholic University of America. Budney and her husband David LaRoche live in Bethesda, MD.

**Fr. Luke Melcher** is a priest of the Diocese of Alexandria in Louisiana. After studying at the Higher Institute of Philosophy at the Catholic University of Louvain in Belgium and St. Joseph Seminary College in Louisiana, he completed a bachelor of arts in Philosophy. Fr. Melcher obtained a Masters of Divinity at Notre Dame Seminary in New Orleans and was ordained a priest in 2005. In 2011, he was sent to Rome to study at the Pontifical Institute of Liturgy, Ateneo Sant’Anselmo, where he obtained a licentiate in Sacred Liturgy. He currently is a candidate for the doctorate in Sacred Liturgy at the same institution.

In 2015, the Vatican’s Congregation of Divine Worship and the Discipline of the Sacraments granted Fr. Melcher the nihil obstat ad personam and appointed him to the International Commission on English in the Liturgy (ICEL) as the Director of Textual Resources to the ICEL Secretariat, the agency responsible for the translations of liturgical books from Latin to English. Fr. Melcher has studied French, Italian, German, Latin, and Greek. On weekends, he assists with Masses at St. Augustine’s at 15th and U, where he is in residence.

For over 35 years, **Dr. Robert Wicks** has been called to speak calm into chaos for



individuals and groups experiencing great stress and anxiety. Dr. Wicks has published over 50 books for both professionals and the general public and is also the recipient of the Humanitarian of the Year Award from the American Counseling Association’s Division on Spirituality, Ethics and Religious Values in Counseling and for his service to the Church he received the Papal Medal Pro Ecclesia et Pontifice from Pope St. John Paul II.

By discussing psychological and spiritual approaches to maintaining a healthy perspective and enhancing resilience, Dr. Wicks, an expert on the prevention of secondary stress (the pressures experienced in reaching out to others) and author of “Bounce: Living the Resilient Life, Riding the Dragon, and Prayerfulness,” will offer insights into how we can extend our warmth to others without losing our own inner fire in the process.

*For more information, please contact Theresa Prymuszewski, Pastoral Associate for Faith Formation, at [tprymuszewski@stmatthewscathedral.org](mailto:tprymuszewski@stmatthewscathedral.org) or at 202-587-5139.*