One Bread, One Cup 2026

Dear friends, please enjoy these reflections from Eddie, Kaylee, and Madison as they looked back at their experience of One Bread, One Cup. It was a profoundly impactful experience for all who attended. All of us experienced a greater love, understanding, and ownership of the Liturgy. One line that stood out to me from our time there was Steve Angrisano's reminder that we were "Created to be eyelash to eyelash with God." In the liturgy we worship not a distant and alien god, but God who desires an intimate relationship with each of his children.

Eddie Radtke

We arrived at Saint Meinrad Archabbey, a place that I had been to once before. I had seen its beauty before, and I had expectations about what would happen, what we would see, and how things might run. I was quite surprised when not only did we not stay where I thought we would, but I also had a roommate I had never met before; I couldn't figure out how to pronounce his name. We started introductions by playing several games and then sat with our groups. My group seemed intimidating at first; it had some extremely outgoing people and some very introverted people.

From here, we had more games and dancing. I finally got to meet Ebube, my roommate, and got a lot less nervous. Throughout the rest of my time there, so much went on. I learned many things, including just how much prayer can assist with lectoring. God is love, and love flows from him. I learned how to practice Lectio Divina and strengthened my relationship with God through prayer and silence. It was a beautiful and wonderful experience, and I plan on going next year.

Kaylee Radtke

Silence is hard. We live in a world of noise and chaos, so attempting to find good silence is difficult. We, as humans, don't like silence. It's uncomfortable and scary. Being left alone with our own thoughts.

This is my biggest problem. I hate silence. I fear it. I always drown it out with music, or audiobooks. I bring headphones with me everywhere because the idea of having to exist in my own head is terrifying.

So I went to One Bread One Cup with the same thoughts as NCYC, and everywhere else in my life. “I’ll survive this as long as I have my headphones.” That way I can drown out the noice of the people, the noise of my own head, and most importantly, the silence.

But God knew I had a lesson to learn. So my headphones died as soon as I checked into my room. And of course I had no charger. Because he wouldn’t make this easy for me. I was forced into silence, for five days, with my God.

Every day was forced proximity with people I didn’t know, early mornings and late nights, tight schedules, and routines with rules I wasn’t used to. And all of this chaos, without my headphones. I only stress this because, for me, it was genuinely painful. I had to listen to my head. Not only that, but I also had to pay attention to everything around me.

Don’t get me wrong, I loved being there. We did amazing things: prayers, chants, talks, music, and discussions with our groups. And everything we did was so fun. I took so many notes and learned from everyone who spoke.

But I was still a little lost.

There was part of me that was just exhausted. I was ready to go home and dissociate. But the longer I spent in silence, the more I realized what He was doing. It wasn’t only obvious in the words He spoke to me, but also in the words He spoke through everyone else around me. In each speaker, each friend, each intern, each chant, each prayer, each note, each song, each amen. He was speaking through all of them.

The motto of OBOC was, “listen with the ear of your heart.” The point of being there was to be ready and open to listening to what God was telling us. It was written in the words every speaker said to us during our time there. He made it easy to find the meaning.

Especially in the talks our small groups had at the end of each night. Quiet confessions of exactly what we had experienced that day. The way Jesus had spoken to each of us, and the wholeness we all felt from each word.

I learned a lot from my time there. And not just the ways the Catholic Church celebrates Jesus, but also the way Jesus celebrates us. And through it all I realized that listening to Him is so much easier if you quiet your own life.

God is a built-in best friend. And we should always make time to talk to him. It’s hard. But it’s so worth it.

Not everything I did while at OBOC was comfortable. In fact, I’d argue (especially without my headphones) that a lot of it was uncomfortable. It was new and structured.

But everything was worth it. I fell in love with the people I was forced to be with; I made peace with the morning; each prayer I prayed, I felt calm; each night as I went to sleep, I welcomed the focus placed on routine. It was amazing.

And I leave you with this. The lesson God told me I had to learn: Silence is hard. I still wholeheartedly believe this. We don’t want to be stuck alone with our thoughts.

So don’t. Let God be in there with you. Listen to Him.

Not every thought that enters your mind is your own. And let God play with the ones that are. He knows what to do. But the only way you'll ever hear Him is if you let yourself be quiet. The world is full of noise, and God is the right noise.

So my friends, take time to be quiet with God. And listen with the ear of your heart.

Madison Moeggenborg

I am confident in saying that One Bread One Cup (OBOC) has changed my life. I felt the Lord's presence many times throughout the five days. While I've never been good at recognizing it, it was all of a sudden evident to me that the Lord was right by my side the whole time during my time at St. Meinrad's.

I've always tried to find and connect with the Lord through song. It's what I believe is my gift from God: singing. However, I always get so nervous singing at Mass. I'm always worried about how I sound, what people are thinking, and if I'm doing a good enough job. After experiencing OBOC, though, I have learned that all of those factors are completely irrelevant. As long as I'm proclaiming the Word of God loud and proud, I sound perfect. Within my amazing Theological Reflection Group (TRG) chanting group, where I met some phenomenal people who I hope I can stay in touch with, we took the time to go through each piece of music that we chanted to really look at what was being proclaimed. It helped me and the others to be more at peace while chanting in front of everyone. This is one thing that I for sure want to implement before I sing at church on Sundays.

One thing that really stood out to me from this experience overall was what my intern at OBOC told me. He wrote everyone in my TRG a letter at the end of the week, and in mine he wrote the words "Use your voice for God." I, for so long, have had a dream to make it big in the industry with music; not necessarily music pertaining to God. After being so fortunate to see Steve Angrisano do what he does, I fell in love with that whole idea. Yes, I still love other types of music, but I have found a whole new love for music that worships God. I definitely have had other people say something similar as to where I should take my singing, but for some reason I was very much struck by seeing those words written out. I feel as though everything just tied together throughout the week, and I now have a completely different and better view on music in general.

With that, I am returning to my life at home feeling lighter and fulfilled. I know what I need to do to continue singing at church without there being so much noise in my head. I also know that I will be using a lot of things that I learned at OBOC to further my relationship with God. I made a promise to myself that the distractions within my life will no longer be an excuse as to why I am not spending more time with God. God wants to know me, and I want to know God. Thank you to every single person who helped make this experience possible for Kaylee, Eddie, and me. We couldn't have done this without the support, kindness, and generosity of everyone at St. Vincent de Paul Parish! I already can't wait to go back next year!