

**HIS WORD TODAY**  
by Rev. William J. Reilly

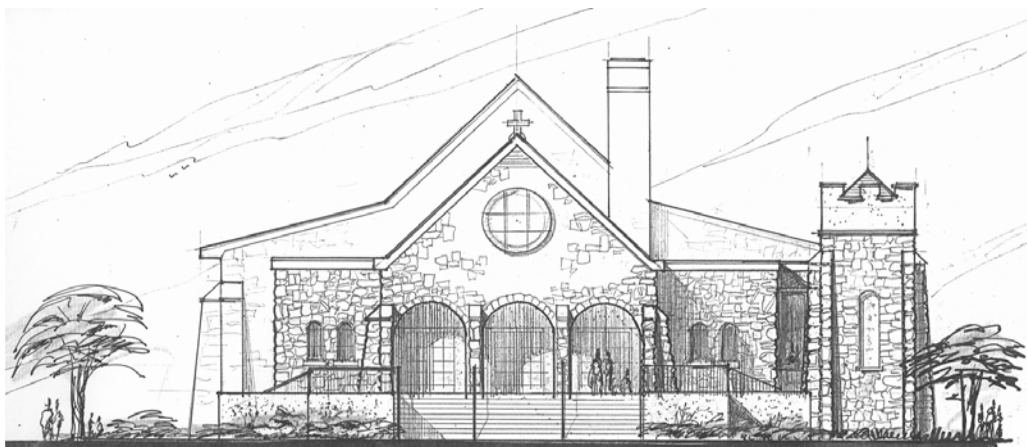
**EIGHTH SUNDAY  
IN ORDINARY TIME  
FEBRUARY 26, 2017**

“Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food and the body more than clothing. Look at the birds in the sky... learn from the way the wild flowers grow. Your heavenly Father knows all that you need... Seek first the Kingdom of God and his righteousness and all these things will be given you besides.”

Did you watch the evening news and the early programs on television last night? You were offered countless remedies for diseases of every kind. You began thinking about illnesses you never knew existed. ‘Take this, but be careful about the side effects.’ ‘If it does not go away consult’, or better, ‘tell your doctor.’ That ache, disease or discomfort invades your life without even looking for it.

Jesus’ the divine physician, summons us to worry about what really matters, our spiritual life and the health He offers us. Paul tells us to ‘put on Christ’ using the example of clothing. These are the real worries for us all as we strive to live wholesome and holy Christian lives. They offer the remedy.

How many of us, or those in rehabilitation, need crutches, canes or walkers and even wheel chairs to remain mobile. We use them to seek what we need and to get where we wish to go. Apply these images, as Jesus did, to have a sound, safe and healthy spiritual life, founded on prayer, sacraments and good works.



# CHURCH OF ST. DENIS

MANASQUAN, NEW JERSEY

## STAFF

Reverend William J. P. Lago, Pastor  
Rev. Joseph Miele, Weekend Assistant  
Rev. Lewis Papera, Weekend Assistant  
Rev. Richard Villanova, Weekend Assistant  
Mr. George R. Kelder, Jr., Deacon  
Mr. Gary J. Pstrak, Deacon

Mrs. Eileen Ziesmer, Pastoral Associate  
Ms. Barbara Evans, Director of Rel. Ed.  
Mrs. Doris Ramme, Director of Music Ministry  
Sr. Josephine Wade, SSJ  
Sr. Mary Guyer, SSJ  
Mr. Denis Campbell, Trustee  
Mr. Gregory W. Boyle, Trustee

BEACH CHAPEL .....	554 East Main Street		
RECTORY .....	90 Union Avenue	732-223-0287	FAX ..... 732-528-1901
CONVENT .....	117 Virginia Avenue		732-292-0772
RELIGIOUS EDUCATION OFFICE .....	119 Virginia Avenue		732-223-1161
ST. DENIS CONFERENCE OF ST. VINCENT DE PAUL SOCIETY .....			732-223-1383
CHURCH E-MAIL ADDRESS .....		st.denis@verizon.net	
PASTOR'S E-MAIL ADDRESS .....		wlago@dioceseoftrenton.org	
WEB PAGE ADDRESS .....		http://www.churchofstdenis.org	



## MASS SCHEDULE:

Weekday Masses: 7:30 AM– St. Denis Church  
Saturday: 8:30 AM – St. Denis Church  
Saturday Evening: 4:30 PM (fulfills Sunday obligation)- St. Denis Church  
Sunday: 8:00 AM, 9:30 AM & 11:00 AM- St. Denis Church  
Sunday: 10:00 AM - Our Lady Star of the Sea Chapel  
Holy Days: Evening before: 7:00 PM & day of: 7:30 AM & 7:00 PM-St. Denis Church

**SACRAMENT OF RECONCILIATION:** Every Saturday from 3:30 until 4:15 PM - St. Denis Church. Also by appointment.

**MIRACULOUS MEDAL DEVOTIONS:** Tuesday morning after the 7:30 AM Mass-St. Denis Church

**BAPTISM:** The sacrament of Baptism is celebrated on the second and fourth Sundays of the month at 12:15 pm at St. Denis Church. Parents must complete the required preparation with the priest or deacon and obtain godparent eligibility letters before a date for Baptism will be given. Please call the rectory for further details.

**MARRIAGE:** Please contact the rectory office for more information about weddings. All couples contemplating marriage are asked to give the priests one year prior notice in order that all the requirements for marriage can be satisfied. Do not reserve the reception hall before contacting the church; your requested date may not be available.

**CARE OF THE SICK AND HOMEBOUND:** We will gladly bring Holy Communion to anyone who is ill or otherwise unable to get to Mass. Please call the rectory to make arrangements. The priests and deacon make regular visits to the local hospitals. Please call the rectory if any loved one is hospitalized.

**RITE OF CHRISTIAN BURIAL:** At such times of deep pain and loss, we seek to offer our bereaved families comfort and hope as they commend their loved ones to God. Please note that, in accordance with Church regulations, eulogies are not permitted during Funeral Masses.

**RECTORY OFFICE HOURS:** Monday through Friday, 8:30 AM to 12:00 PM and 1:00 PM to 4:30 PM. There are no office hours on Saturday & Sunday. Evenings are by appointment only.

**NEW PARISHIONERS:** Welcome! We encourage new families moving into the area to stop in or call the rectory to arrange for registration.

**CELIAC SPRUE PARISHIONERS** – Saint Denis provides a low gluten (<0.01% gluten content) host. Parishioners who are gluten-intolerant should see a deacon or priest prior to the start of Mass in order to be included in the reception of the Eucharist.

**VISIT US ON FACEBOOK-** Saint Denis Parish Facebook page: [www.facebook.com/churchofstdenis](http://www.facebook.com/churchofstdenis). You don't need to have a Facebook account to read parish news and updates, but would need one to leave comments and feedback.

**Saturday, February 25, 2017**

- 8:30 am Peter Kraus by Louis DeGenova & Family  
 8:30 am Carlo DiLalla by Rich & Mary Dulski & Family  
 4:30 pm Sarah Sweeney by Bernadette Barry  
 4:30 pm Joseph Pstrak by JoAnn Korb

**Sunday, February 26, 2017**

- 8:00 am Rosemary Smock by Virginia Anton  
 8:00 am Maria Vazquez by the Twaddell Family  
 9:30 am Peter Campbell by Joann Schwarzbek  
 9:30 am Evelyn Dougherty by Mary & Charles Kavanagh  
 10:00 am Leonard Rhodes by Fran & Kevin Kearns  
 10:00 am Robert K. Jenkins by Sean & Mary Ellen Boyle  
 11:00 am For the People of the Parish

**Monday, February 27, 2017**

- 7:30 am James Bailey by Ruth Connolly  
 7:30 am Raymond Sullivan by Gerri & Tom Bleach

**Tuesday, February 28, 2017**

- 7:30 am John Michael Kolon (13th Anniv.) by His Family  
 7:30 am Anne DelNegro by Her Family

**Wednesday, March 1, 2017– ASH WEDNESDAY**

- 7:30 am Joseph Abitante by Fran & Paul Weeks  
 7:30 am Susan Bradley by James O'Brien & Family  
 12:00 pm William Donovan, Jr. by Rosemary Capuzzi  
 12:00 pm Andrew White by the Herbert Family  
 7:00 pm Michael Barry by Margaret & Len Sullivan  
 7:00 pm Joseph Pstrak by the DeGenova Family

**Thursday, March 2, 2017**

- 7:30 am Andrew P. Hrankowski, Jr. by His Sisters  
 7:30 am Arthur Sheehan by Fran & Paul Weeks

**Friday, March 3, 2017**

- 7:30 am Rose & John Cafone, Sr. by Their Children  
 7:30 am Neil Divers by the Schneider Family

**Saturday, March 4, 2017**

- 8:30 am Dr. Edward Bookrajian by His Daughter  
 8:30 am Frank Firman by Margaret & Mel Price  
 4:30 pm For the People of the Parish

**Sunday, March 5, 2017**

- 8:00 am Marie Maye (20th Anniv.) by Her Daughter, Gale  
 8:00 am Marie Kellner by Jill & Victor Fleck  
 9:30 am Peter Daly Campbell (1st Anniv.) by a Friend  
 9:30 am John Smith by Joann Schwarzbek  
 10:00 am Joseph McNamara by Ron & Mary Ernish  
 10:00 am Joseph Pstrak by the Ernish Family  
 11:00 am Ruth Long by Gloria & Dave Smith  
 11:00 am Rocco DeJohn by His Family



especially Mary Moran, Steve Ford, Elizabeth Ann Linden, Peggy Andriach, Mary Damico, Eileen Byrne, Amanda Castro, Dolores Palmisano, Holly Boyd, Mary Conlon, Jillian Zito, Jennifer Zito, Albert Wood, Maiya Andrews, Velma Andrews, Marie Gallagher, Stella Thompson, Katie Holbrook, Claire Meachum, Mike Pierce, Thomas Hayes, Jr., Thomas Evans, Catherine O'Connor, Edith Bean, Phyllis Van Salders, Joanne Panzarella, Taryn Rotondi, Joseph Siple, Kathy Wicks, Michael McNulty, Colleen Grady, Richard Koch, Mary Jane Schaaf, Edna Moore, Lisa Pirrello, Fred Gearing, Joseph Bick, Mary Collins, Ken Kleinlein, Robert Kelleher, Lisa Olivera, Stephen Byrne, Denise Frank, Lucy Falco, Marie Tashjian, Mary Knox, Allaire Papac, Angeline Hart, Joan Tumbas, Cathleen Brenner, Mary Cramer, Florence McManus, Nick Ljuljana, Beth Vanderhoot, Jim Hodgkiss, Patricia Blumenstock, William Struyf, Sue O'Connor, Baby Cayden Joseph, Thomas Fahey, Walter Bronikowski, Philip Vales, Baby Kelly Grace, Donna Gaham, Nair Messias, Randy Wermir, Jennifer Noble, Laurie Opdyke, Scarlet Slotnick, Belle & Ashton, John Najar, Patrick Lewis, Tina Pilot, Karen Brown, Elizabeth Morgan, Frank Lopez, Christina Roundtree, Eugene Karpinski, Charlotte Pentek, Jeanne Dorian, Joan Samperi, Phillip Graceffa, Christian Russo, Margaret Mary Nielsen, Matthew Wernoch, Rose DeMarco, Dee Vulgaris, Michael McGonigle, Baby Evelyn Mizer, Patricia O'Leary, Herbert "Butch" Wolfe, Leanna Rawson, Karen Kelling, Nannette Forkan, Nicole Giambone, Lisa Dunfee, Kathryn Abel, Albert J. Cifelli, Linda Smith, Allen Bessemer, Brian Alberse, Maryann Ierley, Ray Misch, Stanley Bevan, Kimberly Scarpulla, Windell Rainey, Sadie Svenson, Barbara Magda, Baby Dominick Strada, Paul Tuyp, Nancy Murphy, Anthony DeMarco, Jr., Bernadette Bevan, George Leonard, Frank Bonavita, Peter Gallagher, Brandon Lintner, the Pilots, the Nesbitts and the Campbells.


**PLEASE PRAY FOR THE DECEASED** especially Dolores Knight, Carmine Granite, Margaret Keller and John Lewis.



**ST. DENIS BEREAVEMENT SUPPORT GROUP** is gathering for winter sessions. All are very welcome. **Wednesday mornings, 11:00 am- 12:00 pm at the St. Denis Rectory Office.** Contact Eileen Ziesmer at (732) 223-0287 / eileenziezmer@gmail.com to let us know you will be joining us!



especially Navy Lt. JG Rachael M. Honrath, Army Captain Christopher Cauda, Army Captain Matthew Cauda, Navy LL. Edward P. Windas, Marine Lance Corporal Laura Licata, Contractor Benjamin Ostrow, Air Force Captain David Smith, Senior Airman John J. Kosequat, Navy HM3 Kevin John Kircher, Army Captain Sean Fessenden, Navy Captain Colin S. Walsh, Army Captain Dr. Justin Eisenman, Cadet Brian Quinn at West Point, Navy E4 Patrick Moynihan, Private David J. Dunfee, Captain Michael Potoczniak, United States Army, Cadet Dominic Celiano at the U.S. Air Force Academy, Cadet Slade Kelling, U.S. Air Force Academy, FN Joseph Beattie, U.S. Coast Guard, Taylor Nesbitt, E3 U.S. Navy and Airman Devon Webster.



**March 1, 2017**  
**A Day of Fast & Abstinence**  
**Masses will be celebrated at**  
**7:30 am, 12:00 pm & 7:00 pm**  
**(With Distribution of Ashes)**

**ADORATION OF THE BLESSED SACRAMENT AND STATIONS OF THE CROSS** will take place on Fridays during Lent, 12:00-1:00 pm in the church. Also, every Friday during Lent there will be Stations of the Cross in the church, 7:00-7:30 pm.

**HOLY HELPERS-NEW OPPORTUNITIES-**We are looking for help with the upcoming "Parish Lenten Fish Fry and New Parishioner Welcome" to be held on Friday, March 24<sup>th</sup> from 5-7 pm. We need people to be greeters, to help set up and to help clean up. Contact the main office by phone or email.

**ST. DENIS ALTAR ROSARY** members will meet on **TUESDAY FEBRUARY 28, 2017** (please note the date) at 12:00 noon in Msgr. O'Connor Hall. Lunch and Dessert will be provided. All women of the parish are encouraged to attend.

**SAINT DENIS SENIORS** will meet Tuesday, March 14, 2017 at 12:00 noon in Msgr. O'Connor Hall for a St. Patrick's Day luncheon. After prayer and a business meeting, corned beef and cabbage will be served. Please bring a dessert to share with others. For more information or to RSVP, please call the rectory office at 732-223-0287 during business hours.

**THE ST. DENIS CHILDREN'S CHOIR** practices on Wednesdays, 6:30-7:15 pm, in the church. New members are welcome to join.

**NEXT WEEK'S 2ND COLLECTION WILL BE FOR BLACK AND INDIAN MISSIONS.** This collection will give helpful grants to dioceses across the country to operate schools, parishes, and other missionary services that build the Body of Christ in Native American, Alaska Native, and Black Catholic communities. Your prayers and generosity will be greatly appreciated.

*Weekly Collection* 

**February 5, 2017**

Regular Weekend Collection	\$15,060.00
Average Envelope Donation	\$31.63

**February 12, 2017**

Regular Weekend Collection	\$11,849.00
Average Envelope Donation	\$28.55

**THANK YOU FOR YOUR GENEROSITY !**

**Message from Fr. Bill**

This week I introduce a new feature to the bulletin; "A View from the Pew." From time to time, as our Pastoral Council continues to meet and share ideas, I will be asking some of them to share their thoughts to the parish at-large. It is these faithful, hopeful, and creative thoughts that help me choose opportunities for our parish, as we try to meet the spiritual needs of our parishioners and try to continue to strengthen our church community. To kick it off, I have asked Elizabeth Martin to share her "View from the Pew." So go right to page 5! Go ahead, turn the pages. Then I ask you to come back and read the other very important information in our bulletin starting from page 1.

**HOSPITAL PATIENTS NEED YOU!** Jersey Shore Medical Center in Neptune is growing, and the patients need ministry now more than ever. Have you ever considered serving the Lord as a Eucharistic Minister? Our volunteer ministers serve for about an hour on one morning per week during week days or one Saturday or Sunday per month. Will you visit patients, bring them the Eucharist, and share the healing love of Christ? Please call the Pastoral Care Office during regular business hours at 732-776-4165 or 732-776-4991 to inquire about ministry opportunities or to set up an appointment to come talk with Father Evarist Kabagambe, Catholic Chaplain.

**NEW EYES FOR THE NEEDY-** This weekend and next, the Knights of Columbus will be collecting eyeglasses in any condition. They will then be repaired and distributed to those in need. A collection container is located in the gathering space of the church.

**ST. DENIS CHURCH'S ELIZABETH MINISTRY'S 13<sup>th</sup> ANNUAL BABY, CHILDREN, MATERNITY CLOTHING/GOODS GIVEAWAY- You can donate items, shop for items or both!** Donate items on Friday, March 17, 3:00-5:00 pm only. Drop off gently used baby, children and/or maternity clothing/goods in size-marked bags at the St. Denis School Building cafeteria. Stuffed animals and toys will be accepted too! Shop on Saturday, March 18, 8:00-11:00 am at the St. Denis School Building cafeteria. A \$5 donation gives you two bags to fill! (no outside bags, please). If you have any questions please email Allison at [penman1@optonline.net](mailto:penman1@optonline.net)

**BLESSING FOR PREGNANT WOMEN & COUPLES HOPING TO CONCEIVE OR ADOPT A CHILD - 10:00 am-Beach Chapel March 26, 2017-** Are you currently pregnant?...Or are you and your spouse hoping to conceive or adopt a child? If so, please attend the **10am Mass at our 'Beach Chapel' (3rd Ave and Main St., Manasquan) on Sunday, March 26, 2017.** A very special blessing will be offered to you by Fr. Bill Lago along with a blessed St. Gerard medal and prayer card. The St. Denis family wishes to support and encourage you as you experience God's plan for your family! No need to RSVP... just come to this Mass at the Beach Chapel! Family and friends are welcome... Spread the word!. This blessing is supported by the Elizabeth Ministry of St. Denis. If you have any questions, call Rachel Hendricks 732-223-1658.







### DO YOU KNOW A "CHAMPION FOR LIFE"??

Mary's Child Pro-Life Ministry is seeking nominations for the 2017 "Champion for Life" Award!! This annual award is given to a local person (or couple) who has demonstrated significant dedication to the respect and dignity of all human life. The honoree(s) are presented with this award at our annual "Champion for Life" Dinner in late October. All nominations should include detailed information about the nominee's dedication to upholding the dignity of human life. **Please send submissions by March 15, 2017** to Mary's Child Pro-Life Ministry c/o St. Catharine Parish, 215 Essex Ave., Spring Lake, NJ 07762 or contact Sheila at 201-637-7618 or email smohk@me.com

### RACHELS VINEYARD POST-ABORTIVE RETREAT FOR WOMEN AND MEN-

The psychological and spiritual wounds of abortion can be sharp, deep and crippling. You may feel a deep numbness and may not be able to name the pain or recognize the symptoms. It can also have a devastating impact on the father or grandparents of the aborted child and friend/s of the mother. Rachel's Vineyard's Retreat is a chance to focus on this painful time in your life through a supportive non-judgmental process, in an atmosphere of confidentiality, understanding, and compassion. It is designed to help both women and men experience the mercy and compassion of God. If you have suffered through an abortion and desire healing and forgiveness, consider attending a retreat weekend. The next retreat is March 17-19. For info about upcoming retreats contact Judy Warenkiewicz at 732-536-6871 or [judywarren543@msn.com](mailto:judywarren543@msn.com) --All inquiries are strictly confidential

**CATHOLIC DAUGHTERS SCHOLARSHIP** – A \$1,000 scholarship is available to a girl who is graduating from the 8th grade and who will be attending a Catholic High School in the fall of 2017. The family must be registered in St. Denis Parish. Applications may be picked up at the rectory office during regular business hours. All applications must be in by May 10.



**SING & PRAISE WORSHIP  
IS CANCELLED FOR MARCH 3, 2017**



### SAINT DENIS ST. VINCENT DE PAUL FOOD PANTRY

Msgr. O'Connor Hall (lower level of church)

#### HOURS

EVERY TUESDAY: 1:00 – 3:30 PM

and

EVERY 3RD & 4TH SATURDAY:

10:00 AM-12:00 NOON

#### Items needed at this time:

Instant rice, mayonnaise, vinegar, sugar, juice, powdered milk, canned milk, decaf coffee, pancake mix, syrup, toilet paper, tissues, laundry detergent, toothpaste and cloth grocery bags.

Parishioners are asked to place their non-perishable donations in the shopping cart that is located in the gathering space near the stairwell to Msgr. O'Connor Hall. **Please do not leave food at the Chapel.** Please check the expiration dates of your donations, as we cannot use expired items. Thank you!

### Recovery Corner

Are you in AA , NA, Al-Anon, Nar-Anon or any relation to any recovery program?

If so, you may like our 1-hour meeting at St. Denis where we study a 12-step Recovery Bible.

It's the best-selling Recovery Bible out there and people in recovery LOVE IT because we know our higher power is Christ and we can grow closer to Him by reading His Word!

10:00 am AND 7:00 pm

Msgr. O'Connor Hall (St. Denis basement) Thursdays  
Call 848-333-7085

Anyone interested in recovery from any of life's wounds are welcome at this meeting."



**RECOVERY RETREAT-** St. Denis Recovery Ministry hosted its 2nd successful Recovery Retreat on Feb. 11th with over 85 people in attendance from all over the Diocese of Trenton. The day was blessed with speakers, food, reflection and fellowship. Many prayers were offered up for those suffering from addiction from alcohol, drugs or other compulsions. Half of the attendees were family members of a loved one suffering from addictive behaviors and the other half were people in recovery from addiction. Our next retreat will be in May. Our ministry is available to you every Thursday in the basement of the church at 10:00 am and 7:00 pm. Please call the rectory for more information or email [stdenisrecoveryministry@gmail.com](mailto:stdenisrecoveryministry@gmail.com) or find us on Facebook.

**SAINT DENIS PRAYER GROUP** - The Prayer Group meets at 12:00 noon each Monday in St. Denis Church. There are no meetings on holidays. All are welcome.

### ST. DENIS CHURCH SOCIETY OF ST. VINCENT DE PAUL



Jesus tells us that our heavenly Father knows all that we need, and so we need to let tomorrow take care of itself as today has troubles enough of its own.

One of the distinguishing traditions of the Society of St. Vincent de Paul is humility. It is an essential component of the spiritual life and of authentic Christian ministry. Humility does not weaken but strengthens. It curbs vanity and self-love, preserving practices that prevent their unruly growth. Vincentians have a habit of remaining in the shadows. We refrain from seeking recognition or taking credit for what we do. We flee the limelight.

Humility inspires a spirit of selflessness, dissipates hurt feelings and oversensitivity, and discourages the seeking of accolades and the acceptance of offices as honors rather than responsibilities. The Society shuns collective pride, exclusivity, and jealousy. It is ready to collaborate with others when a need arises.

Our next general meeting will be Tuesday, March 7, 2017 at 7:00 pm in Msgr. O'Connor Hall. The St. Denis Conference of the Society of St. Vincent de Paul has its general meetings at 7:00 pm, the first and third Tuesdays of every month. All are welcome.

**LENTEN SOUP & SCRIPTURE**– The Manasquan Ministerium presents a “Soup & Scripture” series each Wednesday during Lent in the Fellowship Hall of the First Presbyterian Church, 16 Virginia Ave. The program begins promptly at 12:00 noon and ends at 1:00 pm. This year’s theme is “Call to Discipleship: The Beatitudes in St. Matthew’s Gospel”. The following is the schedule of speakers and topics:

March 1: Pastor Jim Dunson, Manasquan Pres.; Overview of Beatitudes

March 8: Father Bill Lago, St. Denis; “Blessed are the poor in spirit”; “Blessed are the meek”; (Matt. 5:3,5)

March 15: Monsignor Sean Flynn, St. Mark’s & Father Martin O’Reilly, St. Catherine’s; “Blessed are the merciful”; “Blessed are the pure in heart.” (Matt. 5:7-8)

March 22: Pastor Lou LaFazia, Church in Brielle; “Blessed are those who hunger and thirst for righteousness.” (Matt. 5:6)

March 29: Pastor Reggie Albert, Manasquan Methodist, Pastor Joe Gratzel, First Baptist, Pastor Eusun Kim, St. Andrew’s Methodist; “Blessed are you when people revile you and persecute you....” (Matt. 5:11)

April 5: Pastor Mary Farnham, Holy Trinity Lutheran; “Blessed are those who mourn”; “Blessed are the peacemakers.” (Matt. 5:4, 9)

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Free-Will Offering:

Manasquan Area Ministerium Outreach to Family Promise

**PARISH SEAFOOD & CHIPS**

**MAC & CHEESE DINNER**

***New Parishioners Welcome!***

**Catered by Jimmy's Cucina of Brielle**



**Friday, March 24, 2017**

**in the Saint Denis School Building Cafeteria  
5:00 pm –7:00 pm**

**Reserved Dinners will begin at 5:00 pm**

**Take-outs will begin at 5:30 pm**

**Walk-ins welcome at 6:00 pm**

**Fish & Chips—\$13.00 per dinner**

**Scallops & Chips- \$15.00 per dinner**

**Macaroni & Cheese- \$9.00 per dinner**

**All are Welcome!!!! BYOB and Dessert**

**Please make checks payable to: *Saint Denis Church***

**For more information,**

**please call the rectory office at 732-223-0287 ext 303  
or email eileenziemer@gmail.com.**

**For reservations, please return the bottom of this form with  
payment (no later than Tuesday, March 21, 2017) to:**

***Saint Denis Rectory***

***90 Union Avenue***

***Manasquan, NJ 08736***



**FUN EVENT for LENT!**

Make a Lenten CROWN of THORNS  
that by Easter, turns into a

**CROWN of GLORY!! ☺**

Help children learn how our sacrifices  
during Lent bring comfort to Jesus.



**Sunday, March 5, 2017  
@ 12:15pm**

**Religious Ed School Cafeteria  
ALL materials provided! ☺**

***Please bring a 12"x12" piece of cardboard  
covered in foil to bring crown home.***

Name \_\_\_\_\_

Telephone Number \_\_\_\_\_

**FISH & CHIPS:**  
Number of Dinners \_\_\_\_\_ @ \$13.00 each

**SCALLOPS & CHIPS:**  
Number of Dinners \_\_\_\_\_ @ \$15.00 each

**MACARONI & CHEESE:**  
Number of Dinners \_\_\_\_\_ @ \$9.00 each

**Please specify if you will be eating in or taking out.**

**Thank you!**

## **“A View from the Pew: By Elizabeth Martin”**

“*At the sound of the gong, clear your mind and breathe.*” These were the opening words of a Mindful Leadership summit I recently had the opportunity to attend. I was encouraged by my employer to spend two days learning the art of being a “Mindful Leader”, though I had absolutely no idea what that was supposed to mean. Mindfulness, being mindful, mindful practice, meditation; these have all become corporate buzzwords in hopes of creating a better workplace. It is not entirely in the realm of The Beatles during their Maharishi Mahesh Yogi phase. There is actual science behind it improving both health and productivity and, being a scientist, this intrigued me so I attended with an open mind and hoped I wouldn’t be asked to walk on hot coals.

We were treated to a line-up of very dynamic speakers giving TED-style talks on ways to incorporate mindful practices into one’s work, interpersonal relationships, parenting, and personal health. Impressively, it included several executives from Fortune 500 companies as well as tech start-ups well on their way to being household names. Bright people with interesting careers talking about the importance of mindfulness, meditation, and quiet contemplation.

One peculiar aspect was at the beginning of each talk, the speaker would often mention what faith they were raised in. “I am the executive vice president of human relations. I was raised in a Methodist household.” “My family is of Jewish ancestry.” “I grew up a Catholic, but then 15 years ago I discovered mindful practice.” But then? Why the “but then”? And then it hit me. To all of these people, “mindfulness” was their new religion. In their experience, mindful practices were incompatible with the faith of their childhood. Catholicism had no mindful meditation so they abandoned it for capital-M Mindfulness. I thought this perceived incompatibility of Catholicism with a contemplative lifestyle would have been news to St. Benedict, St. Teresa of Avila and the entire Carmelite order, Trappist Monks, and all the saints known for living a contemplative life.

In the lobby of the conference area, I found a veritable bazaar of mindfulness gadgets. Magnetic bracelets, journals, books on how to meditate, audio CD sets to meditate in your car (hopefully with your eyes open), even a cumbersome Star Trek style contraption worn on the head to send waves of relaxation through your forehead to help improve meditation- for the bargain price of \$250. The area was packed with people scrambling to get these books, subscribe to the newsletters, and even sit with the contraption on their head just to have a moment of feeling centered, grounded, and more mindful.

Most people don’t realize our own faith has a rich history of mindful practices. The communion of saints is filled with contemplatives, mystics, and those who disconnected from worldly things for a *lifetime* not just for a 20 minute meditation session. We also have books, journals, devotions, and even our own version of gadgets ranging from high tech apps, podcasts, web sites, and videos to low tech but spiritually rich books, art, and gear. Even rosary beads can be found for free in many places and you just might get the same effect as the \$250 Vulcan Mind Meld Machine.

This Lent and in the months that follow, I would urge parishioners to attend some of the events being held [*a complete list is found in the tri-fold handouts in the entrance of chapel and church*]. Catholic Mindfulness is very much a real thing. Not only will it enhance your spiritual life, it is apparently very in vogue to be part of a mindful practice these days.



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