

THE CHARITY OF CHRIST COMPELS US:

Saint Elizabeth Ann Seton Parish

ERECTED 1963, FIRST IN THE WORLD NAMED AFTER MOTHER SETON

1377 EAST MAIN STREET, SHRUB OAK, NY 10588



PASTORAL STAFF

Rev. Fr. Robert A. Quarato, Administrator
Rev. Fr. Brian Graebe, Parochial Vicar
Rev. Fr. S. Kulandairajan, Parochial Vicar

Rev. Mr. Richard Juliano, Deacon, Plant Manager
Rev. Mr. Michael F. Wilson, Deacon
Rev. Mr. Matthew Reiman, Seminarian Deacon

Sr. Gabriel Miriam, S.C., Regional School Principal
Mrs. Sara Koshofer, Religious Education Coordinator
Ms. Lana Kollath, Director of Sacred Music and Organist

Ms. Noreen Donnellan, Parish Council President
Mr. Edward Murgia, Finance Council Chairman
Mrs. Janet Angelillo, Lay Trustee
Mrs. Gwen Briggs, Lay Trustee

CELEBRATION OF THE EUCHARIST

THE LORD'S DAY

Saturday: 5:30PM (Birthday Blessing, 1st Sat)
Sunday: 7:00 (no music), 8:00, 9:30 (Family Mass)
11:00 AM (Solemn Choir Mass), 12:30 PM

Monday-Friday, 7:00AM, 9:00AM
Saturday, 9:00AM
Morning Prayer: Monday-Saturday 8:45AM
For Holy Day schedule, consult bulletin

PARISH CONTACTS

PARISH SCHOOL
(914) 528-3563
FAX: (914) 528-0341

RELIGIOUS EDUCATION
(914) 528-8553
E-mail setonre@bestweb.net

RECTORY
(914) 528-3547
FAX: (914) 528-4216

E-mail seton@bestweb.net



Handicapped accessible

Website <http://www.seton-parish.org>

JANUARY 11, 2015

THE BAPTISM OF THE LORD

CELEBRATION OF THE SACRAMENTS

Baptism/Becoming a Catholic

Adults (RCIA): call the rectory for information
Infants: Parent Instructions, 2nd Saturday, 11:00am
Celebrations: 1st, 2nd, 3rd Sun., 1:30; 4th Sat, Noon

Reconciliation

Sat. 4-5:30PM; **Thurs.** 9:30AM
Other times: upon request.

Marriage

The Sacrament of Matrimony requires specific preparation.
Contact a priest **one year** before the planned ceremony.
Archdiocesan marriage instruction is mandatory.

Anointing of the Sick/Eucharist for the Homebound

Contact a priest for ministry to the sick and aged at home or at a local healthcare facility. Upon request, the Eucharist will be brought to **any Catholic** who is seriously ill or homebound.

Confirmation

Baptized adults who have never received First Eucharist and/or Confirmation should contact a priest to complete their Christian Initiation through the RC.I.A. process.

Holy Orders/Religious Vocations

A pastoral staff member is **always** ready to discuss the prospect of a vocation to the priesthood or religious life.

POPULAR DEVOTIONS

Eucharistic Adoration (Suspended for July and August)

Monday-Friday, Our Lady Memorial Chapel, 12:00-3PM
First Friday, 12:00-6:00PM
First Saturday, 9:30-10:30AM

Parish Council, Noreen Donnellan, 914-962-4419

Finance Council, Edward Murgja, 914-245-4512, Arthur Bortz (Emeritus)

Altar/Rosary Society, Janet Angelillo, 914-245-9248, Gerarda Brown

Altar Servers, Deacon Richard Juliano, 914-528-3547

Becoming a Catholic (RCIA), Fr. Robert Quarato

Bible Study (Tuesday) Pat Kiernan, 914-739-5461

Blood Bank, Agnes Manganelli, 845-628-1098

Boy Scouts/Cub Scouts, Steve Scott, 914-739-4621 / Brian Dever

Cardinal's Appeal, Roland Faucher, Susan Kolesar

Children's Liturgy of the Word, Judy Van Riper

Choirs and Sacred Music, Lana Kollath, 914-736-0372

CYO Basketball, Andre Soto, 845-284-2030

Matthew Parisi, 914-450-4959

Development Committee, Katherine Quinn, kquinn3502@aol.com

Eucharistic Adoration, Alex & Felicia Winogradoff, 845-526-4495

Ann DiGraci, 914-610-1379

Eucharistic Ministers, Fr. Robert Quarato

Founder's Group, Kathy Zsiday

Girl Scouts, Meg Jandrasits, 914-556-6003

Helping Hands, Cathy Bomba, 845-526-2214

Holy Name Society, Charles Angelillo, 914-245-9248

Homebound Visitation, Nancy Murgja, 914-245-4512

Hospitality Committee, Geraldine Inzirillo

Knights of Columbus, Robert Hecker, Charles Angelillo, GK

Novenas, following 9:00AM Mass

Monday, St. Elizabeth Ann Seton, Parish Patroness

Thursday, Miraculous Medal

Recitation of the Rosary, Our Lady Memorial Chapel, After 9:00 Masses, daily

Lectors, Judy Van Riper

Legion of Mary, Loretta Mozeleski

Making All Things New Committee, Janet Angelillo, 914-245-9248

Marketing & Communications, Patrice Athanasidy

Medjugorie Rosary Guild, Joan Nastasi

Midnight Run Committee, Walter Krisa, 914-248-9737,

Eileen Kulp, 914-391-5418

Ministers of Hospitality (Ushers), Len Vallario, Bill Bertram

Nursing Home Ministry, Terence Floyd

Parish Book Club, Tere McCue-Fleming

Parish Center Building Committee (PCBC), Tony Iraola

Parish Pilgrimages, Alex Winogradoff, 845-526-4495

Peekskill Pastors' Lunch Program, Mary Ellen Modico, 914-528-3547

Photography, Ed Herzog, 914-844-7611

Prayer Shawl Ministry, Pam Adamovich, 845-528-4483

Regional School Board, No. West./Put, Tom Engelhart, Frank Inzirillo

Religious Education, Sara Koshofer, 845-528-8553

Respect Life Committee, Laura Parisi

Rite of Christian Initiation of Adults, (see Becoming a Catholic)

Safe Environment Program, Mary Ellen Modico, 914-528-3547

Saint Mary's Food Pantry, Anne Dougherty

Saint Matthew's Guild, Joe Pikula, Bill Lewis

School, Parish, Sr. Gabriel Miriam, S.C., 914-528-3563

Sacristan, Sunday, Joseph Mozdzierz

Third Order (Secular) Franciscans, Nick Oliverio

Ushers (see: Ministers of Hospitality)

Webmaster, Noreen Donnellan, 914-962-4419

Birthright of Peekskill

Need a New Years resolution? Volunteers are needed in the office of Birthright of Peekskill on **Tuesday, Wednesdays, and Fridays.** "The harvest is plenty, but the workers are few". We are presently open on Mondays, Tuesday evenings, Thursdays and Saturdays, but need to be open more days. Trainings will be held soon. Please call **Tina McDermott, 914-245-1795.**

Monthly Prayer Intentions of Pope Francis

The Holy Father asks the people of the world to pray with him for the following during January:

Universal: That those from diverse religious traditions and all people of goodwill may work together for peace.

Evangelization: That in this year dedicated to consecrated life, religious men and women may rediscover the joy of following Christ and strive to serve the poor with zeal.

MASS INTENTIONS

	5:30	Jane A. Pica
Sun	Jan 11	The Baptism of the Lord
	7:00	People of Seton Parish
	8:00	Clara Eberhardt
	9:30	Steven Medeo
	11:00	Maria Conner
	12:30	Liv & Dec'd Mbrs of the Evans Family
Mon	Jan 12	Weekday
	7:00	Catherine Obraz
	9:00	Karen De Ieso
Tue	Jan 13	Weekday
		St. Hilary, Bishop & Church Doctor
	7:00	Louis Zanini
	9:00	Mary & Pat Crocitto
Wed	Jan 14	Weekday
	7:00	Biagio Antonucci
	9:00	Peter Dronzek
Thurs	Jan 15	Weekday
	7:00	Harold Whalen
	9:00	Lucy Carone
Fri	Jan 16	Weekday
	7:00	Thomas Joyce
	9:00	Brendan Kelly
Sat	Jan 17	St. Anthony, Abbot
	9:00	Richard Rossi
	5:30	Lucille Marini
Sun	Jan 18	Second Ordinary Sunday
	7:00	Ann & Fred Tornow
	8:00	People of Seton Parish
	9:30	Steven Romero
	11:00	Liv & Dec'd Mbrs of the Delehanty, Fitzpatrick & Barry Families
	12:30	Frances & Thomas Pavletich

WEEKLY MEMORIALS (3)

The **Sanctuary Lamp**, indicating the Real Presence, burns in memory of **Frances & Dominick Stingone**.

The **Eternal Flame** in Our Lady Memorial Chapel, burning in memory of deceased children, and those lost on September 11, 2001, has been donated in memory of **Tommy Roberts**.

The **Sacramental Bread and Wine** were donated in memory of **Frances Bellantoni**

PRAY FOR OUR SICK

As is our custom, a person's name will appear for four weeks, after which it will be removed unless we hear from the family.

Barbara Barreiro, Gloria Colbrook, Jennifer Comerford, Oscar Orlando Cruz, Brynlee Davis, Barbara Dearstyne, Louis Dearstyne, Edward DiCaprio, Kathleen Heffernan, Helen Hendrick, Patrick Hurley, Jr., Dorothy Johns, Eileen Kostecke, Marie Lazarz, Brad Lewis, Sr., Noreen Malanaphy, Lucy Mazzeo, Ramona Olszewski, Frank O'Rourke, Katharine Pacensa, Catherine Peace, Rose Pryschiak, Jake Steven Rohrauer, Terry Samborski, Virginia Schultz

Select January Events

Mon, Jan 19	Rev. Martin King Day-RECTORY CLOSED
Sat, Jan 24	Volunteer Workers Appreciation Dinner
Sun, Jan 25	Patronal Feast Day (Observed) School Open House
Tue, Jan 27	"Touring Tuesday"/School Open House
2nd Collections:	Catholic Communications/Catholic University, Seton Emergency Maintenance Fund, Seton School

Commissioning of our New Altar Servers

The new altar servers were commissioned at the 8:00 AM Mass today.

Tomorrow!

Contemporary Music Meeting

Monday, January 12th

at 7:30PM in the Church

Are you interested in forming a Contemporary Ensemble to lead music at a weekend liturgy? Members of the former "Folk Group" are meeting with Fr. Quarato to brainstorm. If you sing and or play an instrument, we are interested in you! Speak with Fr. Quarato if you are interested.

First & Third Sundays

CHILDREN'S LITURGY OF THE WORD

Next Sunday, **Nov. 16th**, following the Opening Prayer at the **9:30AM** Family Mass, we will invite youngsters, ages 4 to 7, to come to Our Lady Memorial Chapel for a *Children's Liturgy of the Word*. Parents of little ones may accompany them.

Happy Birthday!

We wish a very "Happy Birthday" to all **parish children** who celebrate their birthdays in January, especially those who received a blessing at the 5:30 Mass last Saturday:
Jason Dillon, Luke Numme

PARISH

VOLUNTEER WORKERS' DINNER

The annual, free event, honoring those parishioners who have worked throughout the entire year for the parish, is scheduled for Saturday evening, **January 24th**. This is a party for adults only, and yes, spouses are **invited**.

(1) If you belong to a parish group (choir, A&R, Holy Name, Ushers, Eucharistic Ministers, etc.), make your reservation **through your parish group leader**.

(2) If you do NOT belong to a group, make your reservation by **calling the rectory** at (914) 528-3547, after the first of the year to make a reservation.

PRAY FOR OUR DECEASED

Angelo (Charlie) Rocco Rossi, Vivian S. Bremer, Dominic DiRubbo, Lucille Fanelli, Mary Rose Lawler, Raymond Carino, Charlotte Layman, Joseph Falasca, George DePolo

Next Weekend No Second Collection

Third Sunday 50/50 Raffle

Tickets for the 50/50 Raffle will be on sale at all Masses next weekend, **January 17th/18th**. Last month the winner won **\$622.50**.

ARE YOU THINKING ABOUT BECOMING A CATHOLIC?

OR ARE YOU AN ADULT WHO WOULD LIKE TO

RECEIVE COMMUNION AND/OR CONFIRMATION?

Please speak to Fr. Quarato if you are interested. RCIA Meets on Tuesday evenings from 7:30PM to 9PM in the Chapel.

Special Presentation

On **Wednesday, January 21st at 9:45am**, join St. Patrick Church, Yorktown for a talk on **Separation Anxiety in Infants and Toddlers** given by **Juliette Doyle** (NYS Licensed Marriage & Family Therapist, Certified Parenting Educator, NYS Early Recognition Specialist). Babysitting and light refreshments available. Please call **914-962-5050** by January 20th if you plan to attend.

It's Time to Come Home!



Parish Pictures

Visit our website to see the pictures from our parish's events, so graciously taken by Ed Herzog, our parish photographer. Pictures are available for purchase with all proceeds going to the parish. For prints, please email Ed at baby-pict@earthlink.net, or call **914-844-7611**.

Parish Book Club

We meet today, **Sunday, Jan. 11th at 2pm** in the Chapel.

Altar and Rosary Society

We meet for our monthly **9:30 Mass** next Sunday, **Jan. 18th**.

Religious Articles Gift Shop

The Franciscan Missionary Sisters of the Sacred Heart's Gift Shop is open every day from 10-12, and 1-5. See their display of religious articles, handmade sweaters, and greeting cards. They are located at 250 South Street, Peekskill, NY, see their website, www.fmscusa.org.

MARK YOUR CALENDARS!

LENT PARISH MISSION 2015

MARCH 23-25

PRAYER + PREACHING + PRAISE

With the CFRs

Franciscan Friars of the Renewal

&

Franciscan Sisters of the Renewal

EVERYONE IS WELCOME!

Catholic Infertility Support Group for Women

If you are facing infertility and long for some guidance and support, please join St. Patrick Church, Yorktown **every 1st Monday of the month** from 7:30-8:30 at the Family Education Center, Room 101. The next meeting will be **Feb. 2nd**. Please contact: toni.saintpats@gmail.com.

Welcome to Our Youngest!

Seton Parish is delighted to welcome into the Catholic Church the following children, baptized in December: **Cameron Joseph Hay, Gavin John Garibaldi, Peter Joseph Garibaldi, Stella Jean Garibaldi, Anthony Joseph Ronzoni, Nico Emil Wierengo**

Thank You!

HandCrafting Justice and the **Sisters of the Good Shepherd** offer their deepest thanks to our parishioners for the very generous response to their mission. The receipts of the sale, which amounted to **\$5,521**, and donations of **\$448**, will enable them to continue their support for women and their families in Asia, Africa, and Latin America. They know from their visits with the women themselves, that this support makes a great difference in their lives and the lives of their families. They thank you on behalf of them and invite you to read more on their website: www.Handcraftingjustice.org, where you can also shop for more of their amazing work. Thank you again for your support.

Third Sunday

Food Pantry Sunday

Food donations for the **Community Pantry** at St. Mary's Episcopal Church, Mohegan Lake, will be collected **next weekend**. Your donations are greatly appreciated.

Shop and Donate, Painlessly!

Did you know if you shop at the **De Cicco Market**, and tell the cashier to credit St. Elizabeth Ann Seton, **2% of everything you purchase will be given to us?** Perhaps there are other stores who offer such nice services! Speak to Fr. Quarato. Each of these little donations goes a long way!

Young Adult Outreach

www.catholicnyc.com

A Note about Becoming Sponsors For Baptism and Confirmation

It is a great honor to be asked to be a sponsor for Baptism or Confirmation. The role of a "godparent" is to be an "other parent" in matters of our holy Faith. That is why sponsors must be practicing Catholics, 16 years of age or older, having received Confirmation and currently living a good Christian moral life. If the sponsor is married, that person must be in a valid Church marriage. One sponsor is required for Confirmation. It is customary to have two for Baptism, in which case one must be male and the other female. A nominated sponsor is asked to get certification from his/her current parish. This is a declaration by a priest/ deacon that the individual is qualified to be a sponsor according to Church Law. To be so certified, the individual must be a current parishioner of the particular parish where the certification is being sought, and be known to the priest/ deacon as being a faithful practicing Catholic, attending Mass there regularly. Unfortunately, at times, family members or friends are chosen to be sponsors with good intentions, but are found to be ineligible according to Church Law. Also, more and more, people seem to think that they are still "parishioners" of their childhood parish, where they attended school or received sacraments years ago, while no longer living in the area or attending Mass there regularly. It is important for all individuals to be active members of their local Catholic faith communities. The unfortunate fact is that some are neither practicing Catholics nor faithful members of a parish family, and are thereby ineligible to become sponsors. Like all other things in life, individual choices bring consequences. **Here, at Seton, Certificates of Sponsorship are given by the pastor to registered members of the parish who are practicing Catholics and who meet the above criteria. Please see the pastor after Mass on Saturday evening or Sunday to inquire about getting a certificate.**

ParishPay
Making it Easier to Give™

PARISHPAY – ELECTRONIC COLLECTION
SUPPORT SETON WITH ONLINE DONATIONS
See our website, www.seton-parish.org, go to ParishPay.com, or call 866-727-4741.

Thank You

On **December 19th**, Seton's Midnight Run Committee brought food, clothing and a little compassion to the homeless living on the streets of New York City. We thank all of those who donated clothes and money, and the many volunteers who helped with the collection, sorting, food preparation, and truck loading. Thanks to those who went on the Run. We would also like to thank the **Seton students** who prepared lunches, and the several restaurants that donated hot food, **Chili's, Pizza Pizzaz, Frankie and Augie'Z.**

ST. ELIZABETH ANN SETON SCHOOL ALUMNI

In anticipation of Seton School's 50th anniversary in 2015-16, we are searching for all Seton graduates and alumni. If you are a Seton alumnus, parent, relative, friend, spread the word and send full contact information to **SetonShrubOakAlumni@outlook.com** or call **Christopher Campo, 845-526-2363**. Find us on Facebook: "Saint Elizabeth Ann Seton School Alumni, Shrub Oak, NY."

Looking for that right person?
www.catholicsingles.com

Days of Prayer & Healing

Do you know someone who is carrying the grief of a past abortion? There is help and hope available, and the pain and sorrow of a past abortion need not endure for a lifetime. "**Days of Prayer and Healing**" offer the opportunity to experience the love and mercy of God, and to heal the wound of abortion. **The next "Day of Prayer and Healing" is Saturday, January 17, 2015 in Manhattan.** For confidential registration and more information, call the Sisters of Life at **(866)-575-0075** (toll free) or email hopeandhealing@sistersoflife.org. For additional tri-state retreats and information, see Lumina Hope & Healing after abortion www.postabortionhelp.org, or email lumina@postabortionhelp.org, and you may also visit the Family Life/Respect Life Office -- Project Rachel website at <http://nyfamilylife.org/project-rachel/>.

REMINDER FOR 8:00 MASS-GOERS!

January 18th, Sunday morning's Religious Ed classes begin with the 8:00 AM Mass; so it is very important that students be in the auditorium by 7:45 AM. If they are brought after Mass begins, they are to *sit with their parents* for the Mass.

DECEASED PARISHIONERS

Parishioners who "passed from this life to the next" during the week of January 10th in previous years: **Mrs. Schiaro, Marie Mulligan, Anthony Grennan, Dennis Clement, Ralph Rinilli, Cathleen Barbara Dooley, Olga Vario, Johonna Dinan, Catherine Obraz, Florence Delaney, Frank Reda, Margaret L. Heidstra, Margaret Kelly, Maria Devlin, Nancy LeDuca, Vito Pasquale, Marie Mann, James White, George Sleight, Mary Doran, Jean Cantalupo, James Campanaro, Caroline Magro, Michael Cardo, Dorothy Novotny, Irene A. Galleno, Elizabeth E. Hagerty, Marcella Carter, Curtis Prior, Ann DeFelice, Gertrude Sasso, Thomas A. Faul**

BULLETIN SPOTLIGHT

This week, Seton Parish highlights **Jennifer's German American Restaurant** and **Raymond Opticians** whose advertisements at the rear of our bulletin, along with nearly 100 other local businesses, make possible the printing of this parish bulletin by the John Patrick Publishing Company, 52 weeks a year. **When the need arises, please patronize our advertisers.**

EUCCHARISTIC MINISTER AND LECTOR TRAINING

EXTRAORDINARY MINISTER OF HOLY COMMUNION TRAINING

For those interested in helping with the distribution of Holy Communion at Mass (weekdays and/or weekends) and/or interested in taking Holy Communion to the homebound or those in our local nursing homes. EMHC serve according to their own availability. Training will encompass five consecutive Thursdays. Choose either the afternoon or evening sessions: 2:30PM – 3:30PM or 7:30PM – 8:30PM in the Church.

The training sessions are:

- Jan 8 - Intro to Eucharistic Theology: Scripture and History
- Jan 15 - The Eucharistic Tradition of the Church
- Jan 22 - Liturgy and Ritual
- Jan 29 - Ministry and Spirituality
- Feb 5 - Practicum



LECTOR TRAINING

For those who are a good readers and feel called to proclaim the Sacred Scriptures at our Liturgies, we are interested in you! Lectors serve according to their own availability. Training will encompass five consecutive Wednesdays. Choose either the afternoon or evening sessions: 2:30PM – 3:30PM or 7:30 PM – 8:30PM in the Church.

The training sessions are:

- Jan 7 - Intro to Scripture: The Word of God
- Jan 14 - The Word in the Sacred Liturgy: Understanding the Liturgy of the Word
- Jan 21 - Ministry and Spirituality
- Jan 28 - How to Proclaim the Word of God - Skills Building
- Feb 4 - Practicum



Call Fr. Quarato if you are interested in either ministry, or if you would like more information. Current Lectors and Extraordinary Ministers of Holy Communion are encouraged to attend. If you plan to attend, please leave word at the Rectory, 914-528-3547.



Super Bowl XLIX
Boy Scout Fundraiser



- Be the hit of your Super Bowl Party and avoid the cooking and clean-up!
- Seton's Boy Scout Troop 238 is planning a SUPER fundraiser for the weekend of Jan. 31-Feb1 (Super Bowl weekend).
- The Scouts will be selling trays of ziti. Each tray of ziti will be cooked and ready to just pop into the oven before kickoff.
- The price is \$23 per tray, but if you order and pay in advance, the special REDUCED price is only \$20!
- The Scouts will also be selling after the Masses that weekend, but quantities will be limited.
- Scouts will be outside of the Masses on the weekends of Jan.17 & 18, and Jan.24 & 25 to collect your orders.
- Any questions, please call Giovanna Andreani
- @ 914-980-8370.

----- Order Form -----

Name _____ Phone # _____

of Trays _____

Total Price (\$20 per tray) _____

Please include your payment with your order. Checks can be made payable to "Troop 238".

GET YOUR NEW YEAR OFF TO A GREAT START

7 REASONS TO EMBRACE SUNDAY REST

1. GOD COMMANDS IT

The first and foremost reason for resting on Sundays is because God commands it. In Exodus chapter 20, God gives his people Ten Commandments that summarize the moral law. Among these is a commandment to “remember the sabbath day to keep it holy.” How is the sabbath to be kept holy? By resting.

Six days you shall labor, and do all your work; but the seventh day is a sabbath to the Lord your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates.

Mother Church also instructs the faithful to rest on Sundays, including a commandment to rest as the first of her six precepts.

“The first precept (“You shall attend Mass on Sundays and holy days of obligation and rest from servile labor”) requires the faithful to sanctify the day commemorating the Resurrection of the Lord as well as the principal liturgical feasts honoring the mysteries of the Lord, the Blessed Virgin Mary, and the saints; in the first place, by participating in the Eucharistic celebration, in which the Christian community is gathered, and by resting from those works and activities which could impede such a sanctification of these days” (CCC #2042).

In other words, go to Mass and then enjoy some leisure.

2. GOD RESTED

When you think of resting on Sundays, you may immediately begin to think of reasons why it is impractical. Whatever the reasons you come up with, though, your excuses are overcome by the fact that God rested on the seventh day—and if anyone didn’t need to take a break, it was Him! There are deeply theological reasons for God’s Sabbath, but the point is, God rested, and so should we.

3. YOU ACTUALLY NEED IT

Whether you think so or not, you need to rest on Sundays. Unlike God, you do not have unlimited creative energy. It is a scientific fact that the human brain and body can only take so much activity without deteriorating dramatically. The vast majority of us are overworked and stressed out, teetering on the brink of burnout. You need a day off to recuperate before tackling a new work week.

4. FAMILY AND FRIENDS

When is the last time you shared a family meal with your wife and children or close relatives? Big Sunday meals with the family after Mass used to be a highlight of every Catholic week. They still should be. The modern world, fueled by technology, has left us more isolated than ever before. The lack of face-to-face, personal interaction has left families fragmented and many people painfully lonely. Sundays, if properly respected, offer a unique opportunity to spend time with those we love, whether that is family or friends.

5. PRAYER AND SPIRITUAL READING

The saints tell us that prayer is absolutely essential to salvation. Spiritual reading, too, offers us an opportunity to hear God speaking in return. These two activities should be weekly habits for

every Catholic. Yet, despite their critical importance, many of us are so busy that we feel we simply do not have time to pray, read, or meditate as we want to. That's why Sundays are so important—they offer us the space we need to commune with our Lord, both literally in the Holy Eucharist, but also in restful times of prayer and meditation on the truths of the Faith.

6. THINGS YOU ENJOY

Creativity is part of being made in the image of God. Think about it, cultures of the past had far less of what we would consider free time, and yet everything they made—from tools to blankets to clothing—was made beautiful with intricate patterns and decorations. These days, we have countless conveniences that give us incredible amounts of free-time, but rather than creating, we merely consume. It is important for us to have a creative outlet. The options are endless—writing, woodworking, gardening, model building, working on engines, leather-working, and a lot more. Again, Sunday offers a unique opportunity to work with our hands, doing something we enjoy for its own sake.

7. NAPS

Sundays are all about *rest*, and there's no better way to celebrate this fact than with a good nap. On Sundays, take a guilt free nap.

If you think about it, it's really a beautiful thing that God commands us to rest. He is not a slave-driver or brutal taskmaster, pushing us to exhaustion and burnout. On the contrary, he is a loving Father who knows and desires what is best for his children.

“Take my yoke upon you, and learn from me; for I am gentle and lowly in heart,” Jesus said, “and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Mt 11:29)

Examine your Sunday routine and look for concrete ways to make it more restful and relaxing. Cut out the unnecessary shopping and errands. Make it a day of quiet, rest, fun, prayer, friends, and family.

Our Lord, in his great love for you, is commanding you to keep holy His day by setting aside the to-do list and enjoying some rest. Six days thou shalt run around like a crazy person, but on the seventh, thou shalt rest, take it easy, play a little bit. Really. Just do it.





Something happened when Jesus came up out of the water.
What was it?



Use the code to fill in the letters.



1 5 2 1 2 5 4 1 2

1 1 5 2 3 4 5 5

3 2 1 2 2 5

1 5 2 1 4 2

5 1 3 5 5 1 3 5 5

4 5 5 2 2 1 4 3 3

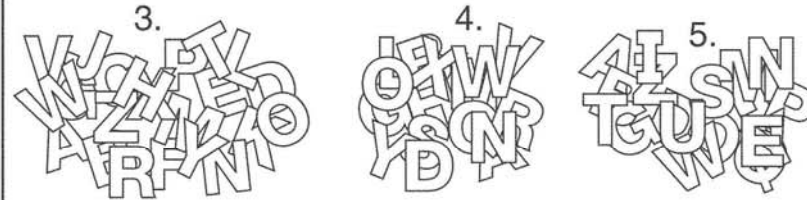
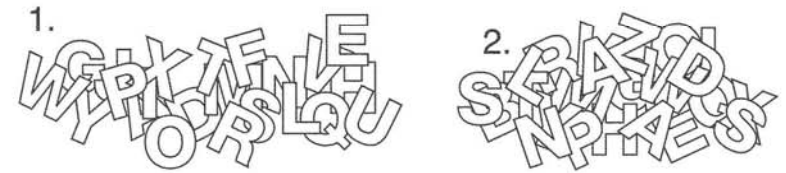
1 5 2 4 1 5

1 2 5 5 4 5 2 1 3 2 2

John and Jesus

As he was baptizing,
John gave a message to the people.
What did he say?

Find the letters in each pile that are not covered by another letter.
Unscramble those letters to fill in the blanks.



"After me will come One more _____ than I,
the thongs of whose _____ I am not _____
to stoop _____ and _____."

For Home Use Only