

MASS INTENTIONS

**Saturday, September 19**

- 4:00 PM Leo Lemire + (Wedd. Anniv. rem. from wife)
- James Bozak (from brother & sister)
- Lucille Rix (from the Cressotti family)
- Janet Trusty (2<sup>nd</sup> anniv. from the Daley family)

**Sunday, September 20**

- 7:00 AM Special intentions for health improvements for R. Keith Johnson (from sister)
- 8:30 AM Luella Mickna (2<sup>nd</sup> anniv. from sister)
- 10:00 AM Tony (10<sup>th</sup> anniv.) & Carmella Calcasola (8<sup>th</sup> anniv. from Nancy & Nicky)

11:30 AM

**Monday, September 21**

- 8:30 AM Special Intentions for Marilyn Barbour

**Tuesday, September 22**

- 8:30 AM Special Intentions for Marilyn Barbour

**Wednesday, September 23**

- 8:30 AM Special Intentions for Marilyn Barbour

**Thursday, September 24**

- 8:30 AM Special Intentions for Marilyn Barbour

**Friday, September 25**

- 8:30 AM Arthur & Marion Baillargeon (from William & Jean Egan)

**Saturday, September 26**

- 1:30 PM Carlie Colson & Kevin Bosini Wedding
- 4:00 PM Frank Cressotti (from the Cressotti family)
- James Sabadosa (from Mary Petrucelli)
- Michael Crane (10<sup>th</sup> anniv. from family)
- 5:15 PM Ellen Houlihan & Anthony Cropanese Wedding

**Sunday, September 27**

- 7:00 AM
- 8:30 AM
- 10:00 AM Deceased members of the Della Luna family (from Sophie)
- Donald Burrage (13<sup>th</sup> anniv. from wife & family)
- 11:30 AM Tomas Gonzales (from family)



**Flowers on the Altar this week are in memory of:**

- ❖ Tony Calcasola 10<sup>th</sup> anniv. & Carmella Calcasola 8<sup>th</sup> Anniv. from Nancy & Nicky

*If you would like to contribute towards the beautiful flowers on our altar, there is a notebook in the main entrance of the Church. It is easy to fill out a request and a great way to honor someone who has passed away or celebrate a great event in someone's life.*

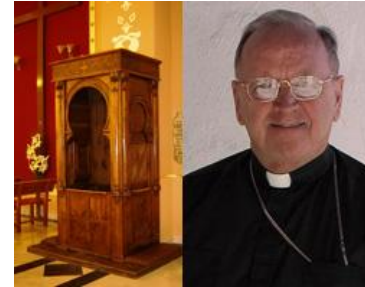
**Please remember in your prayers:** Margaret Andersen, Albert Petrucelli, Miguel A. Rivera, Sr. Therese Rapanault, SP & Rev. Thomas Greene

**We steward our treasure...** The collection for last week, 9/13, totaled \$13,805 (we aim for \$13,000 per week). This came through 547 adult envelopes, 0 children's envelopes, with \$912 in loose cash.

Thanks to all who do give so generously. It is through your support that we can do all that we do.

FROM THE ASSOCIATE PASTOR

*Tuesday is the first day of Autumn. In honor of this unpredictable season of transition and rest, we are given some practical and wise advice by a respected US bishop regarding the need for each of us to lovingly address healthy change and rest within our soul . . . .*



**Catholic News Agency (17 July 2009):** Comparing the *Sacrament of Reconciliation* to “an oil change for the soul”, Bishop Daniel F. Walsh of Santa Rosa, California, is urging all Catholics to return to a regular practice of sacramentally confessing their sins.

Writing within his diocesan newspaper, *The North Coast Catholic*, Bishop Walsh highlights the well-know consequence of an owner who refuses to perform regular oil changes upon his/her vehicle. Such oversight (or stubbornness) eventually leads to the build-up of preventable impurities, causing “major and costly problems” down the road. So it is with the human soul.

Similar to a property owner who fails to clean hard-to-reach areas within a house, or remove destructive weeds from a garden, the build-up of “filth and dust” as well as foreign competition is bound to occur. So it is with the human soul.

“The *Sacrament of Regeneration*”, Bishop Walsh continues, “is similar to a careful moving of furniture within our soul in order to get into places that routinely escape everyday cleaning. It’s like periodically checking the garden of our soul for the weeds that will eventually hamper our discipleship . . . .”

He cites Pope Benedict’s recent exhortation for all Catholics (Clergy, Religious and Laity) to rediscover the “liberating power” of this holy *Sacrament of Forgiveness*, where an honest confession of personal sins is met by “God’s merciful words of pardon and peace”.

Bishop Walsh acknowledges that many people, “for many reasons, have not been to confession for a very long time. They may not remember how, or may not feel comfortable. Whatever the reason, I invite all to return to the Lord of Mercy!” Why? Because through the *Sacrament of Reconciliation*, Jesus lovingly asks what He can do for us! After courageously unburdening our heart, we too will hear the healing words of our Divine Physician: “Go in peace; your Faith has made you well” . . . .

*Here at Saint Mary’s, this holy and awesome Sacrament is offered in the “lower church” every Saturday between the hours of 2:30 and 3:30pm. Father Brian, Padre José and myself take turns. Personal meetings in the Rectory or in the home are always a possibility. If for any reason you don’t feel comfortable within your own Parish, or with your own priests, don’t despair. Simply find a House of God where you will feel comfortable. Then go often! Our Divine Lover is worthy of these small sacrifices, as well as so much more—Alleluia!*

--FR. JAMES W. LONGE

**This Week at St. Mary's**

Mon	9/21	4 PM	2-6 CCD – ES & Center
		6:30 PM	Baptism Class – Center
		7 PM	Boy Scout Troop 109 – ES Café
Tue	9/22	4 PM	2-8 CCD – ES & Center
		6 PM	Deanery Meeting – Rectory
		6:45 PM	Being Catholic – Center
		7 PM	Circulo de Oracion – Lower Church
Wed	9/23	9 AM – 6 PM	Adoration & Benediction – Church
		5:45 PM	Faith Formation Commission – Center
		6 PM	Folk Group Practice
		7 PM	Bible Study – Center
Thu	9/24		STMHS Magazine Drive begins
		6 PM	Book Discussion Night – HS
		7 PM	Choir Rehearsal – Church
		7 PM	Cursillo – Center
Fri	9/25	6 PM	STM ES Movie Night – ES
			NAMI selling silk irises after all Masses
Sun	9/27	8 AM	El Camino – ES
		8:30 AM	CMHR Comm. Breakfast – Church/Ranch
		10:00 AM	Little Church – ES
		1 PM	Baptisms – Upper Church
		1 PM	K of C Horseshoe Tournament
		3 PM	Afternoon of Reflection – Genesis

10/8 Diocesan Schools Dinner @ Chez Josef; 10/11 Pilgrimage of Grace; 10/22 Pius X Awards @ St. Michael's; 10/30 Barnes & Noble Book Fair; 11/3 Election Day



**RCIA:** We are having an open meeting of anyone interested in becoming a Catholic. This **Thursday – September 24<sup>th</sup>**, 7:00 pm– St. Mary's Rectory (30 Bartlett St., right next to the church as you come out the front doors). This is a great chance to ask questions, to share our stories, to begin the formal process. Sponsors and other team members are very welcome to attend. If you have any questions or would like more information, call the rectory.

**REMINDER: CONFRATERNITY OF THE MOST HOLY ROSARY** will hold its annual **Communion Breakfast** on Sunday, September 27<sup>th</sup> at the Ranch after the 8:30 AM Mass.



**Raffle Drawing**

**SISTERS OF ST. JOSEPH COLUMBUS DAY RAFFLE DRAWING** will take place on Monday, October 12<sup>th</sup> at 2 PM at Mont Marie in Holyoke (enter through the main entrance at the front of the building). The Sisters of St. Joseph, friends and associates will be **selling raffle tickets before and after the Masses the weekend of Oct 3<sup>rd</sup> and 4<sup>th</sup> or they can be purchased at the Elementary School during school hours.** Tickets are \$1 each or 6 for \$5; prizes will include \$3,000, \$1,000 and 5 \$100 drawings. Feel free to join us for refreshments and music following the drawing. The fundraiser will help to support the Sisters' Retirement and SSJ ministries. As always, the Sisters of St. Joseph are extremely grateful for your continued support.

**ANYONE HAVING NOTICES FOR THE OCTOBER 17<sup>TH</sup> & 18<sup>TH</sup> BULLETIN MUST HAVE THEM INTO THE RECTORY NO LATER THAN THURSDAY, OCTOBER 8<sup>TH</sup> AT 4 PM.**

**THE ST. MARY'S PRAYER SHAWL MINISTRY** wishes to reach out and give comfort to all who are in need in our parish community. Some needs for comfort may be illness, serving in our military, or a family challenge. If you wish to request a prayer shawl for someone in need of comfort please contact Carol Robinson at 568-7039 or Toni Hills 568-7961 or the rectory. We invite new members to join our group on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month starting Oct. 13<sup>th</sup> from 9-10 AM at the rectory.



**New Readers & New Extraordinary Ministers of Holy Communion:**

If you feel led to assist the parish in participating in one of these ministries, classes are held September 22, 29, Oct 6 for Extraordinary Ministers and on Oct 27 for Readers. All are being held in Florence from 6:30 – 8:30. You need Fr. Brian's permission to attend. Call Larry Hunt to register at 562-5477, ext 48.



**Bible Study**

**BIBLE STUDY:** Our first Bible Study for this year will be "**Work - God's Gift**" This study will focus on how our commitment to Christ affects our attitudes toward work. These studies explore God's guidelines for ethical choices on the job, relationships with our employers, co-workers, and the balance between work and rest. Creative work is one of God's good gifts. God answers your concerns on power, relationships, ethics, money and helps you understand success from his point of view. This 13-week study will begin on **Wednesday, September 23 from 7 to 8:30 p.m.** and run through December 16th. All are welcome to attend, whatever your Bible knowledge. Please call Joanne Bagge at 562-5484 with any questions or to register for this class.

**BOOK DISCUSSION GROUP:** our first **book discussion** group was very successful with the book "*The Shack*". On September 24<sup>th</sup>, we will try again with "*Joshua*", by Joseph Girzone. This is a profoundly moving, deeply inspiring book that no reader will forget. Joshua has been called life changing, engrossing, inspiring and entertaining. The book is available at many local libraries, on Amazon, and we will have a few copies for sale at the Office of Religious Education (see Joanne Bagge). This group will again meet in the high school cafeteria from 7-9 PM. All are welcome. For more information or to get a copy of the book, please call Joanne at 562-5484, or Christine Farrell at 568-6982.

**CHRISTIAN MUSIC CONCERT – Oct 10<sup>th</sup>** from 6-10 PM in St. Mary's High School Gym, cost is \$5 for adults and \$3 for children under 12 years.

ST. MARY HIGH SCHOOL

RELIGIOUS EDUCATION

**New York City Bus Trip**, Saturday, October 3<sup>rd</sup> sponsored by the St Mary High School's parent group. Cost is \$35.00 per person round trip. Leaving at 7:30am from South Middle School in Westfield & leaving NYC at 7:00pm. Seating is limited- call the high school to sign up 568-5692.

Attention all prospective freshmen: The High School will host an Open House on the 4<sup>th</sup> of November at 6:30 pm. Students and their families will have an opportunity to learn why an education at St. Mary High School is a gift. **The mission of St. Mary High School, serving Westfield and the surrounding communities for over 100 years, is to educate our students in a comprehensive college preparatory curriculum. Through a demanding academic program, students are challenged to reach their highest potential. Guided by the Gospel message and supported by parents, students are prepared in matters of faith and moral development. We value a caring and diverse community environment, inspiring students to mature into responsible young people.** We have the lowest tuition rate of any regional parochial high school and traditionally 98% of our graduates continue their education. We are proud to boast that for the past two years, 100% of our graduates went on to college! To learn more about our challenging curriculum, new AP Courses and sports programs, please join us at the Open House. Through a lottery, ten \$1,000 scholarships will be awarded to one student per school represented. You must be present to win. Come see why St. Mary High School students continue to 'Light the Way to the Future'. Log onto [www.stmaryhs.com](http://www.stmaryhs.com) for more information.

**Earn \$\$\$\$ and Supplies for our School with Groceries!** Do you shop at Stop & Shop or Big Y? Then it is time to register your cards for the 09-10 school year! Here is how it works: **Stop & Shop:** With A+ Bonus Bucks points accrue with each purchase if you use your **registered** Stop & Shop card. At the end of the school year, we are awarded a check to spend as needed. Last year we earned close to \$1,000 with only 23 registered participants. Imagine if everyone registered their card! Go online at [www.stopandshop.com/aplus](http://www.stopandshop.com/aplus) and follow the prompts. Our school ID is 05193. **Big Y:** With BIG Y Education Express, points are earned to get items such as computers, art supplies, sports equipment, etc. You can register your card at the customer service desk. Our school ID# is 6488. We have our own customer service department! If you wish us to register your cards, please email [ktjaszek@yahoo.com](mailto:ktjaszek@yahoo.com) with your last name and card numbers. Be sure to include all numbers on the back of the card. Please join us in participating in these valuable programs for our school.



**"HOLLY DAY" CRAFT FAIR** will be held this year, Friday November 20<sup>th</sup> 4-8pm and Saturday November 21<sup>st</sup> from 9:00am to 6:00pm at St. Mary High School Gym, 27 Bartlett Street, Westfield, MA. Crafters who would like to participate may call Patty Schweitzer for more information or to reserve your space at 568-4482 or St. Mary High School 568-5692. Registration fee is \$55.

**FORMAL CLASSES for Religious Education** begins in **First Grade**. It is an important year of preparation and allows them to become familiar with their church through the tour and their faith through the classes. If your child is in public school now is the time to register. Classes start Oct. 4<sup>th</sup>.

**RELIGIOUS EDUCATION CLASSES** begin for grades 2-11 this week. All registered students should have received a letter from the office with a calendar schedule of the first half of the year. \*Some children have not yet registered. Please do so quickly so everyone can be placed in a class.

**"LITTLE CHURCH – SUNDAY SCHOOL" & BABYSITTING**": will begin Sept 20<sup>th</sup> during the 10:00 Mass. It is a great program for children 6 and younger, to learn and play while giving parents a worry free opportunity to worship at Mass. Stop by the Elementary School any Sunday Morning and check it out!

**PIUS X AWARD:** Congratulations to Marie Popielarski, the recipient of this year's Pius X Award. This award is given to an outstanding Religious Education Teacher who is dedicated to sharing her faith with the youth of this parish. Marie has taught for the past 9 years and will teach 3rd grade this year. We are grateful for her enthusiasm and dedication and are blessed she has chosen to teach our children.



**COFFEE HOUR:** The first Parish Coffee Hour of the season is this Sunday, Catechetical Sunday, September 20<sup>th</sup> after the 10:00 Mass. Let us all start the year with a big gathering after a long summer to catch up with old and new friends! Coffee's on.....**COFFEE HOUR VOLUNTEERS:** We are in need of volunteers (singles or groups) to host one coffee hour a year. Please call the ORE if you can help with this fun project!

**BEING CATHOLIC:** If you have a desire to deepen your knowledge of the Catholic Faith, come join us in our study of the Catholic Catechism for Adults. We are meeting every other week starting Tuesday, September 8<sup>th</sup> from 7-8 PM at the Parish Center. This study is open to all, come when you can. For further information, contact Larry Hunt at 562-5477 x. 48 or Joanne Bagge 562-5484.

**There are three things, my brethren, which causes faith to stand firm, devotion to remain constant and virtue to endure. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains and mercy receives. Prayer, mercy and fasting are one. They give life to each other.**

- St. Peter Chrysologus (Bishop, 400-450)

Sabias que **Los símbolos de la Iglesia son:** En la Sagrada Escritura encontramos multitud de imágenes y de figuras relacionadas entre sí, mediante las cuales la revelación habla del Misterio inagotable de la Iglesia. Las imágenes tomadas del Antiguo Testamento constituyen variaciones de una idea de fondo, la del “**Pueblo de Dios**”. En el Nuevo Testamento, todas estas imágenes adquieren un nuevo centro por el hecho de que Cristo viene a ser “**la Cabeza**” de este Pueblo el cual es desde entonces su Cuerpo. En torno a este centro se agrupan imágenes “**tomadas de la vida de los pastores, de la agricultura, de la construcción, incluso de la familia y del matrimonio**”. “**La Iglesia, en efecto, es el *redil* cuya puerta única y necesaria es Cristo Es también el rebaño cuyo pastor será el mismo Dios, como él mismo anunció. Aunque son pastores humanos quienes gobiernan a las ovejas, sin embargo es Cristo mismo el que sin cesar las guía y alimenta; El, el Buen Pastor y Cabeza de los pastores, que dio su vida por las ovejas.**” La Iglesia es *labranza* o campo de Dios. En este campo crece el antiguo olivo cuya raíz santa fueron los patriarcas y en el que tuvo y tendrá lugar la reconciliación de los judíos y de los gentiles. El *labrador* del cielo la plantó como viña selecta. La verdadera vid es Cristo, que da vida y fecundidad a los sarmientos, es decir, a nosotros, que permanecemos en él por medio de la Iglesia y que sin él no podemos hacer nada.” “También muchas veces a la Iglesia se la llama *construcción* de Dios. El Señor mismo se comparó a la piedra que desecharon los constructores, pero que se convirtió en la piedra angular. Los apóstoles construyen la Iglesia sobre ese fundamento, que le da solidez y cohesión. Esta construcción recibe diversos nombres: casa de Dios en la que habita su *familia*, habitación de Dios en el Espíritu, tienda de Dios con los hombres (Ap 21, 3), y sobre todo, *templo* santo. Representado en los templos de piedra, los Padres cantan sus alabanzas, y la liturgia, con razón, lo compara a la ciudad santa, a la nueva Jerusalén. En ella, en efecto, nosotros como piedras vivas entramos en su construcción en este mundo. San Juan ve en el mundo renovado bajar del cielo, de junto a Dios, esta ciudad santa arreglada como una esposa embellecida para su esposo (Ap 21, 1-2)”. “La Iglesia que es llamada también ‘la Jerusalén de arriba’ y ‘*madre nuestra*’ (Ga 4, 26), se la describe como la esposa inmaculada del Cordero inmaculado. Cristo ‘la amó y se entregó por ella para santificarla’ (Ef 5, 25-26); se unió a ella en alianza indisoluble, ‘la alimenta y la cuida’ (Ef 5, 29) sin cesar”

**II ORIGEN, FUNDACIÓN Y MISIÓN DE LA IGLESIA** Para penetrar en el Misterio de la Iglesia, conviene primeramente contemplar su origen dentro del designio de la Santísima Trinidad y su realización progresiva en la historia **Un designio nacido en el corazón del Padre** “El Padre eterno creó el mundo por una decisión totalmente libre y misteriosa de su sabiduría y bondad. Decidió elevar a los hombres a la participación de la vida divina” a la cual llama a todos los hombres en su Hijo: “Dispuso convocar a los creyentes en Cristo en la santa Iglesia”. Esta “familia de Dios” se constituye y se realiza gradualmente a lo largo de las etapas de la historia humana, según las disposiciones del Padre: en efecto, la Iglesia ha sido “prefigurada ya desde el origen del mundo y preparada maravillosamente en la historia del pueblo de Israel y en la Antigua Alianza; se constituyó en los últimos tiempos, se manifestó por la efusión del Espíritu y llegará gloriosamente a su plenitud al final de los siglos”

Cantad al Señor toda la Tierra. **CONCIERTO** de música cristiana que refresca el alma. **Ministerio:** “Pecador de Hombres” de Johnny Helena, **Ministerio:** “Los Hijos de la Luz” con Gloria Rios y muchas otras sorpresas. **Fecha:** octubre 10, **hora:** 6 – 10 PM, **lugar:** gimnasio Santa Maria (Westfield). Costo: \$5 adultos y \$3 menores de 12 años.

**Pilgrimage of Grace and Healing – Sunday, October 11**  
**Our Lady of Lourdes in Litchfield, CT**



Marie-Bernarde Soubirous was born 07 January 1844 in Lourdes, France, to Francois and Louise (Casterot) Soubirous. She was the eldest of nine children, three of whom died as infants. Because of her small stature, Marie-Bernarde was usually referred to by the diminutive form of her name: “Bernadette”. Although pleasant, she was sickly and suffered from asthma her entire life.

During the mid 1800’s, Lourdes was a very uninviting place. Many of the residents were poor in education and in finances, and their homes were routinely uncomfortable during the winter. Like their neighbors, they were humble peasants.

Between the tender years of 12 and 14, Bernadette was hired out as a servant in order to help support her parents and younger siblings. She labored as a shepherdess, and spent many hours alone with sheep and a Rosary. Each day was difficult because the work was hard; her health fragile; and her education minimal.

Because of cold temperatures, in the evening of 11 February 1858, Bernadette and two companions were sent into the woods for twigs and sticks. A fire was needed. Eventually their path led to the cave-like structure of Massabielle (from *masse vieille*: “old rock”). Upon entering, Bernadette heard a noise like a gust of wind; she also saw a bright light. Then she noticed a young girl dressed in white, with a blue sash around her waist, a yellow rose resting on each foot, and a Rosary draped over her arm. Although her companions saw nothing, Bernadette began to pray.

Upon returning home, she quickly informed her parents of the Vision. Startled, they forbade Bernadette from returning to the Grotto. Soon afterward, preparing for First Holy Communion, she went to the Sacrament of Confession. Bernadette told the parish priest of her encounter with a mysterious “lady” at Massabielle. On 14 February 1858, she returned to the Grotto and experienced a Second Vision.

The Third Vision, on 18 February 1858, was possibly the most significant, for the “lady” revealed herself as the Virgin! Although perplexed, Bernadette felt peace in Mary’s presence. The Mother of Jesus then asked her to return to Massabielle fifteen days in a row. Bernadette agreed. Then Mary offered a profound insight: “I do not promise to make you happy in this world; I promise to make you happy in the next!”

The news of Bernadette’s miraculous Visions spread quickly throughout the region. While some believed, most scorned her as a fool, liar, and/or charlatan. They asked: why would the Mother of God want to socialize with such an unimportant person? (Source: [www.answers.com](http://www.answers.com)) . . . to be continued . . .



**VOCATIONS VIEW:** God chooses, from among the royal priesthood of the faithful, a few to serve Him in a special way and to serve their brothers and sisters. This life is the ministry of a priest, sister, brother or deacon. If you feel God is calling you to one such vocation, call Fr. Gary Dailey at 452-0816 or write [g\\_dailey@diospringfield.org](mailto:g_dailey@diospringfield.org)

**Readings for the Week of September 20, 2009**

Sun: Wisdom 2:12, 17-20/Jm 3:16-4:3/Mark 9:30-37  
 Mon: Ephesians 4:1-7, 11-13/Matthew 9:9-13  
 Tue: Ezra 6:7-8, 12b, 14-20/Luke 8:19-21  
 Wed: Ezra 9:5-9/Luke 9:1-6  
 Thu: Haggai 1:1-8/Luke 9:7-9  
 Fri: Haggai 2:1-9/Luke 9:18-22  
 Sat: Zechariah 2:5-9, 14-15a/Luke 9:43b-45  
 Next Sun: Numbers 11:25-29/Jm 5:1-6/Mk 9:38-43, 45, 47-48

**NATIONAL ALLIANCE OF MENTAL ILLNESS, INC.** (NAMI-WM) honors Vincent Van Gogh's life in September and October every year with their **IRIS PROJECT**. Van Gogh painted a famous picture of the Iris while he was a patient in a mental hospital in France. NAMI-WM, Inc. has a growing and important presence in the Pioneer Valley and has helped countless people and families whose lives have been stolen from them by this tragic brain illness. The silk Irises will be available after all our Masses the weekend of September 26<sup>th</sup> and 27<sup>th</sup> for a donation of \$2 for each Iris. Won't you help us continue our work?

**80<sup>TH</sup> ANNIVERSARY ORGAN CONCERT**

America's youngest and brightest rising star, Christopher Houlihan, will present a spectacular performance on the pipe organ at the "80<sup>th</sup> Anniversary Organ Concert" on September 26<sup>th</sup>, 2009, at St. Michael's Cathedral, 260 State St., Spfld. The 1929 Casavant organ in St. Michael's Cathedral is a world-class instrument built right before the Great Depression, and it is one of the treasures of our diocese. Mr. Houlihan, an international talent, has been thrilling audiences across America and Europe. He has performed for Heads of State, and 'Houli-fan' fan clubs spontaneously spring up on university campuses wherever he performs. At age 21, his skills are phenomenal and his personality engaging. Don't miss this opportunity to hear a 21st century musical giant! Admission to the concert and gala reception are free, courtesy of 'The American Guild of Organists' and 'Friends of the Cathedral Organ'. For more information contact the Office of Divine Worship at (413) 452-0839 or at [worship@diospringfield.org](mailto:worship@diospringfield.org).



**ST. PEREGRINE MEDALS & PRAYER CARDS:** (The official patron Saint of Cancer) If anyone would like these blessed medals for someone they love, you can pick one up at the Rel. Ed. Office. Donated by a friend at St. Mary's!

**BEREAVEMENT:** Firtion-Adams Funeral Service Grief Support Center sponsors **LIVING AFTER LOSS** – a six week Grief Support Group offering information on the grief process, discussion around practical strategies for coping and provides an opportunity to share your own personal struggles and receive support in your grief process. The group will meet at Genesis Spiritual Life Center (53 Mill St.) from 6-7:30 PM on Oct. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> and Nov. 4<sup>th</sup> and 11<sup>th</sup>, facilitators are: Jill Adams, M.S.W., L.I.C.S.W. (Licensed Clinical Social Worker) & Certified Bereavement Facilitator and MaryAnn Rode, B.A., M.S. The program is open to the public and free of cost. Registration is required as space is limited. Refreshments will be served. Please contact Jill Adams at **562-3133** to register for the program or for more information.

**AFTERNOON OF REFLECTION:** The first in a series of five afternoons of reflection for the parishioners and friends of St. Mary's Parish: Sunday, September 27, from 3:00 – 4:30 p.m., at Genesis Spiritual Life Center – **Tending the Soul, Honoring the Body**. It is a busy and noisy world in which we live and the benefits of withdrawing and quieting the body, mind, and soul for even brief periods of time have been shown to have dramatic effects on overall health. Join us in an afternoon of reflection that opens with a combination of balance and yoga poses, along with deep stretching, followed by a relaxation practice and meditation. All ages and abilities are welcome, as each participant will work according to their own capability. Wear loose and comfortable clothing, bring a friend, and, if you have access to a yoga mat, please bring that along, too.

**SAVE THE DATES:** Fr. Brian will be leading a group to Italy next April during school vacation. Details are not finalized, but save the date and keep your eyes peeled for sign-ups. If you want to be put on a mailing list for the trip, contact the rectory (562-5477). The trip will take place from Thursday, April 15 – Saturday, April 24, 2010. We will visit Turin (where the shroud will be on display for the first time in many years), Bologna, Assisi and Rome (we'll be there for the birthday of Rome). These trips are always great.



**ST. MARY'S PARISH CHOIR** is preparing for a new year. They have ended their summer vacation and have returned to the 8:30 Mass on Sunday. The choir is looking for new

members and the beginning of the year is a great time to join. **Rehearsals** are held on Thursday evenings throughout the year at 7 PM. You do not need to know how to read music to join. If you can sing "Happy Birthday" in tune, then you have what it takes, and we'll teach you the rest! If you have any questions or are interested in joining, please contact Rob Lepage at 508-642-8832 or [roblepage@gmail.com](mailto:roblepage@gmail.com).

