

The Bulletin

St Anne's of the Heights • Jersey City, NJ

August 9, 2015
Nineteenth Sunday in Ordinary Time



ASK THE EXPERTS

Tips for a Happy Marriage



By **JOHN AND CLAIRE GRABOWSKI**
THE CATHOLIC UNIVERSITY OF
AMERICA MAGAZINE

- **Communication is not automatic.** Communication is vital to a good marriage. But good communication takes time, patience, and practice to develop. Family history, temperament, gender, personality, and experience all impact a couple's communication patterns, and couples need to take time to understand these factors and patterns. As a couple's schedule becomes more crowded by jobs, kids, and responsibilities in and outside of the home, it can become easy to overlook time for communication. Make some time to talk - and listen - daily.
- **Don't stop dating.** One reason for the feelings of closeness in the beginning of a couple's relationship is that they spend most of their time together doing fun things. It's important to keep having date nights, sharing activities, and going for occasional getaways without the kids. And these don't have to break a couple's budget. A date could be playing a game together or curling up on the couch to watch a dollar movie rental. Make sure you both take the initiative to plan activities.
- **Pray together.** Social scientific studies show that couples who pray together not only feel more connected to each other, they also enjoy more satisfying sexual relationships. Why? Because sex is a mirror which reflects the various forms of intimacy present between

a couple - physical, verbal, emotional, and spiritual. There is nothing more intimate than praying to the One who made you both, drew you together, and united you in a love which exceeds your own human resources (what Catholics call a sacrament).

- **"Be angry but do not sin; do not let the sun set on your anger."** These words from the Letter to the Ephesians (4:26) should be a rule of daily life for married couples. Properly handled, conflict is a doorway to deeper understanding and intimacy in a marriage and helps the relationship to grow. When anger does flare, couples should make it a point to reconcile before retiring for the night.
- **Eat together at the family table and the Lord's table.** As children grow and family schedules get more complex, many couples settle for eating dinners or attending church in shifts. While occasionally there are unavoidable circumstances, fight to keep the habit of family dinners and family worship together. These offer the best opportunities for you to witness as a couple the gift your marriage is and the place of God within it.

John Grabowski is an associate professor of moral theology and ethics. He and his wife, Claire, are one of two American member couples on the Pontifical Council for the Family, and are involved in the upcoming World Meeting of Families in Philadelphia. They also have worked together for the past 20 years to help couples prepare for marriage through pre-Cana programs and have been directing a "post-Cana" ministry for married couples in their parish for the last five years.

Safeguarding Children and Addressing Abuse

The Archdiocese Responds to all Allegations Quickly and Appropriately



In line with Archbishop Myers' personal directive and a Memorandum of Understanding with County Prosecutors, the Archdiocese reports all allegations of sexual abuse of minors to the local County Prosecutor, and cooperates with law enforcement investigations.

Those accused of abuse are temporarily removed from ministry or assignment while investigations are ongoing. If the allegation is substantiated, the removal is permanent.

Since his arrival in 2001, Archbishop Myers has removed permanently from ministry 19 priests against whom allegations were substantiated and who faced penalties under Church law. Only two Archdiocesan priests have been convicted or pleaded guilty to criminal charges involving minors during this same time, and both have resigned or been dismissed from the priesthood. No Archdiocesan priest has been charged with a crime involving minors since 2004.

Healing Service

The New Jersey Catholic Charismatic Renewal Conference Committee is organizing a healing service at the Immaculate Heart Academy, 500 Van Emburgh Avenue in the Township of Washington on Saturday, August 15 at 7 PM. This free service will be wheelchair accessible. The main celebrant will be Rev Robert C Richardson. Come and receive God's healing grace in your life!

Celebration of Marriage Retreat

This weekend is intended for couples married at least 10 years. It honors and celebrates the commitment of marriage. Presentations and small group discussions address (1) how we got to this point in our marriages, (2) where we are now and (3) what the future might hold. We strike a deliberate balance among participation/reflection, liturgy, free time and fun and plenty of "couple time."

The retreat will take place on September 18-20 and the cost is \$260 a couple which includes all meals, room, programs, etc. For more information, or to register, call 609.884.3829 or visit: www.capemaymarianists.org.

OUR CONFLICT BETWEEN PRIVATE PROPERTY AND UNIVERSAL ACCESS TO CLEAN FRESH WATER

He Has Nothing. The Well is Everything

Both men look on the desert's distant horizon as the small black figure kicks up the sand into the sky. Both men stand still in an eerie silence as the figure approaches them. Tafas stands on the well and he is frozen, fearful that the figure may be who he thinks it is. Both men continue to stand there as the camel rider trots over the mirage towards the well.

Tafas makes a sudden move towards his camel as Lawrence anxiously watches him grab a pistol. The scout aims down the horizon to shoot. A shot is fired, the pistol lands at Lawrence's feet and Tafas is dead.

The dark figure comes near and the camel rider comes to a halt at the well's edge. The man dismounts and looks over the body, and then over at Lawrence and states, "He is dead." Lawrence, still frozen, courageously asks for a reason to which the rider responds, "This is my well." The Englishman claims that he too, like his friend, has drunk from the well, but instead of a bullet, Lawrence is given a smile and a, "You are welcome."

Sherif Ali introduces himself to Lawrence while sipping a drink from his well next to the dead Hazimi scout. Lawrence refuses to give his name claiming, "My name is for my friends" and as Ali begins to mount his camel, he calmly shouts, "None of my friends is a murderer." Ali responds, "He was nothing. The well is everything. The Hazimi may not drink at our wells. He knew that."

Before Sherif Ali rides off, Lawrence cries, "So long as the Arabs fight tribe against tribe, so long will they be a little people - a silly people! Greedy, barbarous, and cruel as you are!" The Englishman sweeps the dust off of his sleeve at Ali, and then goes to the well, draws some water and bathes himself.



By **NICK LEEPER, BA**

This scene from *Lawrence of Arabia* accurately depicts our current conflict over water rights. People kill each other, in more ways than one, by denying fresh and clean water access to people around the world and even in this country. We as the Church can speak truth into this current conflict as Lawrence did to lead to peace.

Our world is at the well in the desert, where ownership of a scarce and necessary resource is beginning to cause significant strife between persons, corporations, organizations, and communities. Corporations, such as Nestlé, claim that they have the right to own and sell water as a commodity, whereas

the Church and the United Nations among other groups have made claims insisting that access to clean water is a fundamental human right. As the world's already small fresh water supply is dwindling and some countries, and even some states, face immediate water shortages, the discussion about water rights is swelling to the surface of an international conversation and crisis that leads to real human casualty.

The poor and the vulnerable are the ones at the most risk in this situation. Globally, one out of every sixth person has no access to clean water and every twenty seconds a child dies from water-borne ill

“When our world fights over water and refuses to make it accessible and clean, are we being the little, silly people that are cruel, barbarous and greedy?”

“What is of value to you and the world: the person or the well?”

ness. They are like Tafas in the desert, who are desperate for a cup of water but are denied access to clean water by corporations who monopolize and charge for their commodity.

The owners and producers of clean water are entrusted by society to manage, protect, and purify the water, but profit complicates this mission. Corporations that bottle and sell water or that produce clean water are hesitant and unwilling to work for free, and rightfully so, to provide the world with free or cheap clean water access. For them, like Sherif Ali, they view ownership as their right over universal access to clean water.

Both values in the Catholic perspective, private property and universal access to water, are at tension in this worldwide issue. The Church has been claiming that water is a fundamental human right since 2003, but at the same time it has a deeper history for protecting private property since St Thomas Aquinas. Both universal access and the preservation of private property are deeply held values in the eyes of the Church but this issue gets complicated when these values clash and compete with one another.

Meanwhile, away from the lofty arena of Church values and teachings, people are dying to a lack of clean water and due to conflict over it. Starvation, dehydration, illness, war and poverty all stem from this issue and these consequences ought to call into question where the world's values lie. What is of value to you and the world: the person or the well?

This desert scene evokes us to reflect on the status quo in the world regarding water rights. Lawrence's words can be readdressed to our world in the midst of this crises, “So long as the people fight against one another, so long will they be a little people - a silly people! Greedy, barbarous, and cruel!” When our world fights over water and refuses to make it accessible and clean, are we being the little, silly people that are cruel, barbarous and greedy?

Mind, Body and Soul

On mental health, mental illness and how to find help

By **ADRIENNE CEDRO HAMENT LCSW**
COORDINATOR OF THE CLERGY ACADEMY

Adrienne Cedro Hament LCSW works for the Department of Mental Health in Los Angeles. She coordinates the Clergy Academy—a 1½ year unbudgeted program within DMH. DMH has a goal of integrating spirituality into the mental health service delivery so they started some 15 years ago to reach out to the faith communities in the county. She is also a lay minister at St Ignatius of Loyola Church in Los Angeles.

I work for the Department of Mental Health. Whenever I introduce myself in this way, some people giggle; they laugh and make jokes on some things “mental.” Then I think of the media that whenever terrible things happen like shootings, local terrorism, or murders, the media folks would end their reports by saying that *so and so has mental illness* or that *so and so was sent for mental illness assessment*. Those with mental illness are portrayed by the media as violent persons, persons we need to be scared about.

So, when we see people who we think have mental illness, we avoid them, we stay away from, we don't want to have anything to do with them. Even in church, when they come, we want them to go away.

Yet, mental illness is very common. Universal statistics show that 1 in 5 persons has it or will have it in his lifetime. So, if we are some 500 people here in this church today, there are 100 of us here and now who have mental illness. But look around you? Do you recognize the 100? Are they violent? Are they scary?

Mental illness is only part of Mental Health. It is a small dimension of Mental Health. Mental Health is very broad and it encompasses more than mere illness. Mental illness affects 1 in every 5 persons; mental health affects each and every one of us. There is no escaping from mental health.

What then is Mental Health? It refers to what you think, what you feel, how you act, how you live. It is manifested as your relationship with God, with your parents, elders, with the older generation; it is your relationship with your spouse, your peers, your co-workers, your friends, those with the same generation as you; it is your relationship with your children, your nephews, nieces, the younger generation. It is also your relationship with systems like immigration system, church system, school system, welfare system, society in general.

The most vibrant of all these relationships is the relationship you have with your own *SELF*. You heard that you could be your own best friend but that you could also be your own worst enemy. When was the last time you *FORGAVE* yourself for doing the same

nasty thing over and over and over and you cannot seem to stop it? When was the last time you were *KIND* to your own self?

I like to talk about your personal trinity—your *MIND*, your *BODY*, and your *SOUL*. These 3 dimensions have to be in alignment so you have mental *WELLNESS*; if they are not aligned, you will have mental *ILLNESS*.

Look at yourself and ask: where is your *MIND*? How about your *BODY*—have you been taking care of it? How about your *SOUL*? Sometimes we behave as if we have no soul.

When your mind, body and soul are in alignment, you are well; when they are not, you are ill and you are broken. We talk about the “wear and tear” of our cars and we take our cars for tune ups, for maintenance. We, too have the wear and tear of our lives and we need tune ups. We need emotional tune up, spiritual tune-up. When you and your spouse no longer have the spark that you used to have but sparks occur when you are at each other's throat—you need *MARRIAGE* tune-up. When you and your children still live in the same house but no longer talk with each other, you need *FAMILY* tune-up.

When you are ill, you feel that you are broken. You need help. You come to church and ask God for healing. You pray that God helps you pick up the pieces because you want to be *WHOLE* again. God made us whole but it is life that puts us in this broken state.

Each one of us has a degree of brokenness. Some people may be more broken than you are; others may be less but they are broken just the same. We come to church and pray that we be made whole again.

The church is a resource for us; God is a resource for us. But just as we pray for healing, God also wants us to seek out other resources. You remember the saying: Do your best and God will do the rest? God will not just throw the assistance to you and say: *HERE*. You also have to go and look for the help that the community might be able to give you.

Remember it is your personal trinity that needs alignment: your mind, your body, and your soul. There are resources in the community that can help you with this alignment, this tune up. This is your personal mental health need. You have to search for help.

When you no longer giggle, laugh or make jokes at the mere mention of “mental health” then you'd know that you have reached the point of understanding and appreciation of what Mental Health really is.



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**LOOK:
NEW WEBSITE**

Pastoral Team

James Carroll	Trustee
Fr. Nigel	Parish Priest
Fr. J. Ranieri	Weekend Assistant
Msgr. L.J. Miller	Weekend Assistant
Fr. D.X. Stump, S.J.	Weekday Assistant
Mrs. J. Waddleton & Lt. J. Carroll	Trustee

Weekly Planner

SUNDAY 8/9 • 19th Sunday in Ordinary Time

MONDAY 8/10

3:30-4:30 PM Legion of Mary *Convent*

TUESDAY 8/11

12:15 PM BINGO *Cent Hall*

WEDNESDAY 8/12

THURSDAY 8/13

FRIDAY 8/14

12:15 PM BINGO *Cent Hall*

SATURDAY 8/15 • The Assumption of Mary

7 PM Baptism *Church*

SUNDAY 8/16 • 20th Sunday in Ordinary Time

Liturgies

Saturday Evening Church English 5:30 PM

(anticipating Sunday) Misa Español 7 PM

Sunday Church 8 AM, 10 AM, 12 Noon

Monday ▶ Saturday: Mass *Church* 9 AM

Wednesday: Mass *Church* 7 PM

Holy Hour

Holy Hour will be suspended during July & August

Sacrament of Penance

Saturdays *Church (Or by Appointment)* 5 PM

Schedule of Masses August 10th – 16th, 2015

Monday, August 10

9 AM Lawrence Shin Bday *Family*

Tuesday, August 11

9 AM † Ed Wrzesnewski *Sue Slodowski*

Wednesday, August 12

9 AM † Christina Burke *Stella & Roda Families*

7 PM Special Intention *OL Perpetual Help Group*

Thursday, August 13

9 AM † Carol Savulich *Tom Harris & Family*

Friday, August 14

9 AM † Pastor Gonzales Jr *Gonzales Family*

Saturday, August 15

9 AM † Honor of St Rocco *Gerardo Fusco*

5:30 PM † Pastor Gonzales Jr *Family*

7 PM † Mark Kendall *Family*

Sunday, August 16

8 AM † Dorothy Wetzel *Parish Intention*
1st Anniv in Heaven

10 AM † Living & Deceased of *Pat Backus*
Dunning & Keating
Families

12 PM † Frank Rapka *Wife & Daughter*

Sunday Readings

First Reading: **Exodus 16:2-4, 12-15**

Psalm: **Ps 78:3-4, 23-24, 25, 54**

Second Reading: **Ephesians 4:17, 20-24**

Gospel: **John 6:24-35**

Weekday Readings

Monday

Nu 11:4b-15 / Ps 81:12-13, 14-15, 16-17 / Mt 14:13-21

Tuesday *St John Vianney*

Nu 12:1-13 / Ps 51:3-4, 5-6AB, 6CD-7, 12-13 / Mt 14:22-36

Wednesday

Nu 13:1-2, 25-14:1, 26-29, 34-35 / Ps 106:6-7AB, 13-14, 21-22, 23 / Mt 15:21-28

Thursday *Transfiguration of the Lord*

Dn 7:9-10, 13-14 / Ps 97:1-2, 5-6, 9 / Mk 9:2-10

Friday

De 4:32-40 / Ps 77:12-13, 14-15, 16 & 21 / Mt 16:24-28

Saturday *St Dominic*

De 6:4-13 / PS 18:2-3A, 3BC-4, 47 & 51 / Mt 17:14-2

Sanctuary Gifts for August 9th—August 15th

Gift In Memory/honor of Requested By

Altar Wine † **Teresa Fusco** Parish Intention

Altar Bread † **Alma DeBenedetto** Parish Intention

Sanct. Lamp † **Teresa Fusco** Mildred & Mary

Altar Candles † **Bridget Shannon** Parish Intention

Sick List

Let us pray for the sick (*People will remain on sick list for 2 weeks unless otherwise notified*): Frances Kearns

● Nicholas Zegular ● Frances Wise ● Vicky Aguillon
● Marie Foley ● Josephine Cermak Rowan ● Steve & Rachel Mastin ● Diane Shea ● Joseph Callandrillo ● Humberto Quintana ● Julia Annicchiarico ● Javier Vega ● Jennifer Moloughney ● Antoinette Maddi ● Carol Jordan ● Anthony Biggio ● Sammy DeLeon ● Shane Quinn ● Alice Daly ● Sadie Krieger ● Dolores DelMonte ● Dianne O'Sullivan ● Carl Carlson ● Larry Bello ● Miyuki Campbell ● Diane Albert ● Meghan Connaughton ● Lupe Pena

Ministry to the Sick

We hope to give to all the sick and aged in our parish the opportunity to receive the Eucharist. If you or someone you know can no longer get to church, and would like a Eucharistic Minister to bring you Communion, **please call St. Anne's Rectory at 201-360-0838 or email: Webmaster@stannesjc.com**

August Prayer Intentions of the Holy Father, Pope Francis

General intention: That volunteers may give themselves generously to the service of the needy.

Missionary intention: That setting aside our very selves we may learn to be neighbours to those who find themselves on the margins of human life and society.

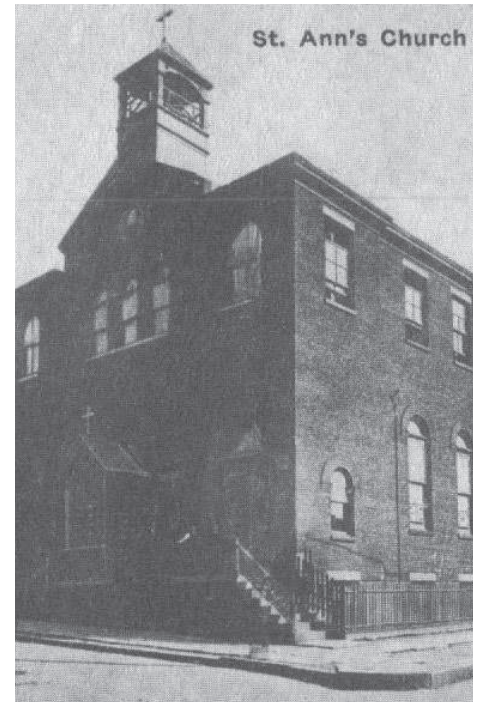
Weekend Breakdown

Financial figures will be published at a later date.

NEW WEBSITE

Calling All Writers!

We need your help to update our parish history page.



With the launch of our new website, we are making strides in utilizing technology and fostering modern communication techniques to minister to our parishioners. With these strides, it is important to learn from and not forget how our parish has grown throughout the years.

Preserving our parish history is integral for teaching future generations of Catholics at St Anne's about the vitality of our community. Highlighting that history on the new St Anne's webpage will help to ensure the continuation of our parish traditions for years to come. It is in this spirit, that we are asking for all those well versed on the history of St Anne, to engage in helping us in updating our parish history information.

Currently, our parish history section of the website leaves off after the Centennial in 2004. We are asking for your help in filling in the history between then and now! This is your time to get engaged in this collective effort and tell the world what makes St Anne's special and how it is evolving.

If you are interested in providing insight into the parish history of St Anne, please contact the rectory. Thank You

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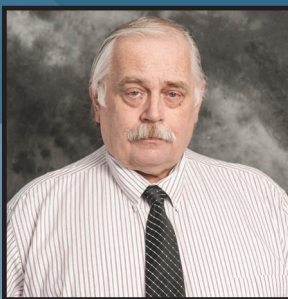
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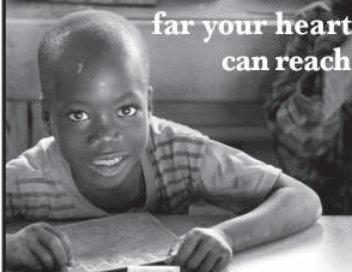
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