



SAINT ANNE OF THE HEIGHTS CHURCH

3545 Kennedy Blvd., Jersey City, NJ 07307
Tel: 201-360-0838 Email: info@sahjerseycity.com
Fax: 201-721-5996

Parish registration:
General parish feed:
Website:

sahjerseycity.com/register
[@stah_nation](https://twitter.com/stah_nation)
sahjerseycity.com

Pastoral Team

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 Trustees

Weekly Planner

SUNDAY 5/22 MOST HOLY TRINITY
10 AM CCD Mass *Church*

MONDAY 5/23
1-3 PM St. Anne Seniors *Cent Hall*
3:30-4:30 PM Legion of Mary *Convent*
6-8 PM Brownie Mtg *Cent Hall*

TUESDAY 5/24
12:15 PM Bingo *Cent Hall*
7-8 PM Nelson Ave Block Assn *Cent Hall*

WEDNESDAY 5/25

THURSDAY 5/26
9:30-10:30 AM Holy Hour for Priests *Church*

FRIDAY 5/27
12:15 PM Bingo *Cent Hall*
7:30-9:30 PM J&M Prayer Mtg *Convent*

SATURDAY 5/28
5 PM Confessions *Church*

SUNDAY 5/29 MOST HOLY BODY & BLOOD OF CHRIST
10 AM CCD Mass *Church*

How much should I give in the collection basket each Sunday?

We ask **each person working** in the household to gift **one hour's wage** to the parish **every week**. **How much is one hour?** Below you can find the recommended contribution based on your annual combined income:

Annual combined income	Hourly Wage (Recommended weekly donation)	Annual combined income	Hourly Wage (Recommended weekly donation)
\$75,000	\$38	\$30,000	\$15
\$50,000	\$25	\$25,000	\$12
\$40,000	\$20	\$20,000	\$10

Sick List

Let us pray for the sick (People will remain on sick list for 2 weeks unless otherwise notified): Doreen Busacca, Kathleen Link, Orlando Basile, Marie Carlson, John Norton, Patricia Kucinski, Frank McNamara, Jennifer O'Connor, Donna Tuzzo, Matt Bolger, Lawrence Shin, Lupe Pena, Frances Kearns, 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

Mass Intentions • May 23rd—29th 2016

Mon 5/23
9 AM †Bruno Spazian Frances

Tues 5/24
9 AM †Christina Burke

Wed 5/25
9 AM Angela Aversano Family
7 PM Special Intention OL Perpetual Help Group

Thurs 5/26
9 AM †Dolores McNamara Gemma & Frank Infante

Fri 5/27
9 AM †Dolores McNamara Roseann Capparelli

Sat 5/28
9 AM †Camilla Bianco Daughter-in-law, Toni
5:30 PM †Geraldine Sovaia Roz & George
7:00 PM †Julian Rodriguez Joanna

Sun 5/29
8 AM †Mildred Pinto Marie Carlson
10 AM †Rachel Stefano Marie Carlson
12 PM †Christina Burke

Sanctuary Gifts • May 22nd—28th 2016

Gift	In memory of	Requested By
Altar Wine	Mona Tortora	Parish Intention
Altar Bread	Rosemarie DiRenzi	Joyce Tuzzo
Sanct. Lamp	Bridget Shannon	Parish Intention
Altar Candles	Teresa Fusco	Parish Intention

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: info@sahjerseycity.com**

Baptism Information

Families are asked to please contact the Rectory for further information on preparing for the sacrament of Baptism.

Sacrament of Matrimony

In accordance with archdiocesan policy, couples contemplating marriage are asked to begin the sacramental preparation program at least one year in advance of the wedding date. Please contact the Rectory for further information.

May Prayer Intentions of the Holy Father

Universal: Respect for Women That in every country of the world, women may be honored and respected and that their essential contribution to society may be highly esteemed.
Evangelization: Holy Rosary That families, communities, and groups may pray the Holy Rosary for evangelization and peace.

Family Faith Formation

Please contact Rectory for more information.
Please follow the Twitter channels of the parish:

- [@sah_promise](https://twitter.com/sah_promise) Faith Formation Grade K—1
- [@sah_goodnews](https://twitter.com/sah_goodnews) Faith Formation Grade 2—3
- [sah_venture](https://twitter.com/sah_venture) Faith Formation Grade 4—6
- [sah_visions](https://twitter.com/sah_visions) Faith Formation Grade 7—8

Family Faith Formation Registration:

sahjerseycity.com/ccd

SAFEGUARDING CHILDREN AND ADDRESSING ABUSE:

The Archdiocese Acts to Protect Youth and Children

Archbishop Myers has stated categorically that the primary responsibilities of the Archdiocese are to protect children and young people, and to promote the healing of, and provide compassion to, victims of abuse.

The Archdiocese of Newark requires all staff and volunteers working with children and youth to undergo background checks and receive sexual abuse awareness training. More than 20,000 Clergy, Religious and Lay people have received this training and undergone criminal background checks.

Nearly 95,000 children annually receive safe environment training through our Catholic schools and through opportunities offered to public school students in our religious education programs.

The Archdiocese utilizes the services of a Licensed Clinical Social Worker as the first contact for individuals who allege that they were abused so that counseling and other support services can be offered immediately if appropriate—sometimes even before a determination is made regarding the credibility of an allegation.

A full-time Office of Child and Youth Protection dedicated to protecting children works with parishes and schools to ensure that safe environments are in place throughout the Archdiocese.

Sunday Readings

First Reading: **PRV 8:22-31**
Psalm: **PS 8:4-5, 6-7, 8-9**
Second Reading: **ROM 5:1-5**
Gospel: **JN 16:12-15**

Weekday Readings

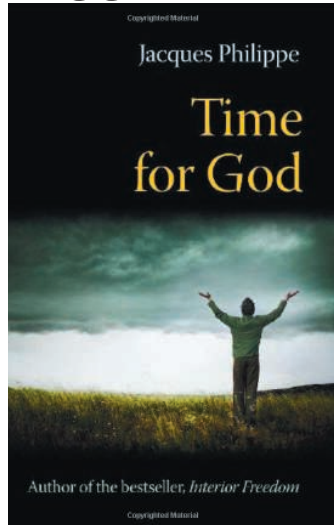
Mon 1PT1:3-9/PS111:1-2, 5-6, 9 AND 10C/MK10:17-27
Tue 1PT1:10-16/PS98:1, 2-3AB, 3CD-4/MK10:28-31
Wed 1PT1:18-25/PS147:12-13, 14-15, 19-20/MK10:32-45
Thu *Memorial of St Philip Neri* 1PT2:2-5, 9-12/PS100:2, 3, 4, 5/MK10:46-52
Fri 1PT4:7-13/PS96:10, 11-12, 13/MK11:11-26
Sat JUDE17, 20B-25/PS63:2, 3-4, 5-6/MK11:27-33

More Summer Reading Suggestions

Time for God — Fr Jacques Philippe

<http://amzn.com/1594170665>

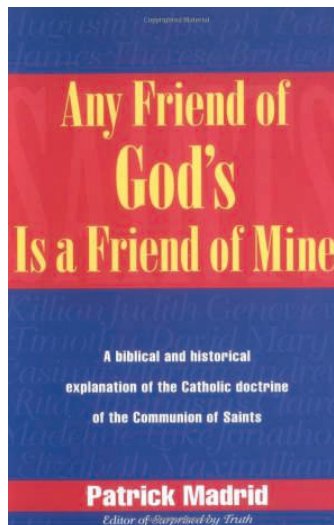
Are you too busy to pray? What if you could actually gain time and be more productive by praying? Would you pray more? We often forget the real secret to gaining time and being productive is to seek first His kingdom and His righteousness, and all these things shall be yours as well (Mt 6:33). If we make time for God through prayer, He multiplies our time and makes it fruitful and productive in all areas of our life. But have you ever felt unsure about how to pray? For that matter, what exactly is prayer and who is it for? And where, when and how should you pray? These questions find an answer in this latest book from Scepter, *Time for God*. Written in a simple and modern style, author Jacques Philippe draws on years of experience as a spiritual guide to illuminate the fundamental principles of true prayer and describes some common mistakes and misconceptions that can lead it astray. This book is a must-read for anyone wanting to make better use of their time with God.



Any Friend of God's is a Friend of Mine — Patrick Madrid

<http://amzn.com/096426109X>

The best ever explanation of the Catholic doctrine of the communion of saints written for a popular audience. Patrick Madrid explains in a clear, easy-to-follow style why Catholics pray to and honor Mary and the saints. Using the Bible and the testimony of the early Church Fathers, he provides a concise overview of the biblical and historical foundations of this often misunderstood Catholic doctrine. He also walks you through the standard anti-Catholic arguments against praying to Mary and the saints and demonstrates from the Bible why these arguments are themselves unbiblical. Patrick Madrid is the editor-in-chief of *Envoy Magazine*. For over 10 years, he has been active in the full-time apostolate of Catholic apologetics.



Natural Family Planning

Please join us for a morning of professionals speaking, in an understandable way, about different dimensions of Natural Family Planning, and why NFP matters. Attendees will hear about the physical, emotional, and spiritual significance of NFP and there will also be book giveaways. We welcome engaged and married couples, single men and women, clergy and Religious, health professionals, youth leaders, teachers, and anyone else who would like to join us. Why Natural Family Planning Saturday, June 11, 2016 9:30am-12 noon Archdiocesan Center 171 Clifton Ave., Newark RSVP Preferred: jillc@nfnfp.org or call 973-497-4325

Fathers Who Lost a Child

The needs of fathers who have suffered the loss of a son or daughter are unique. The Office of Family Life Ministries of the Archdiocese of Newark invites all grieving fathers to a morning of prayer, sharing, and discussion, away from societal expectations, in the hope it will provide a special place of understanding and healing. The Support Group for Fathers Whose Children Have Died will meet on Saturday, June 11, 2016 at Notre Dame RC Church (in the Rectory), 359 Central Avenue, North Caldwell at 10:00 AM. Pre-registration is requested. Please call the Office of Family Life Ministries at 973-497-4327 for information, directions and registration.

DON'T FORGET

St. Anne's Festival

St. Anne's Festival will take place July 22,23,24, 2016! Licenses are being processed; festival meetings will take place in Centennial Hall on **Tuesday evening at 7:00 PM** and will be held on the following Tuesdays: **May 31, June 14, June 28, July 5, 12, 19**. Anyone interested in participating with the Festival, please attend the meetings.

2016-17 Parish Calendar Schedules Due

Conflicting dates will be discussed via email/phone; **Please be sure to include your contact information - name, email address and phone number.**

PLEASE NOTE: no scheduling in Centennial Hall for the months of July and August; repairs need to be made in church and school buildings; premises need to be vacant. Thank you.

All Parish Organizations who use Centennial Hall/Convent/Church are requested to submit their yearly calendar for 2016-17; **Parish Calendar year is September 1, 2016 to June 30, 2017. Please submit your calendar by May 31st!**

When preparing your schedule, please keep the following in mind:

- **Two Annual Parish Events** that take precedence over organizational fundraising – **Parish Auction** (March 5, 2017; setup March 4, 2017) and **the Festival** (July 22,23,24, 2016). The Festival Committee schedules 'pre-festival fundraisers' to help fund the Festival – "A Nite at the Races" (April 2017), and possibly one "Atlantic City Trip" during the month of March or May, or other event.
- **Religious Education Program** takes precedence in reserving the use of Centennial Hall on most Sundays until 12:00 noon, especially **the first and last Sundays of every month.**

Calendars need **SPECIFIC EVENT DATES & TIMES** (general info not accepted: ie. meeting every Friday) **DO NOT SCHEDULE EVENTS/MEETINGS ON HOLY DAYS AND HOLIDAYS – WHEN RECTORY OFFICE IS CLOSED!** Thank you

Class of 1972 Graduates!!

We are looking for 1972 Graduates from St. Anne's Grammar School in Jersey City Heights in preparation for the **45th Anniversary Reunion Celebration** that is scheduled for 2017.

Please contact: jam24336@aol.com and/or look for our page on Facebook *St Anne School JC Heights Class of 72.*

THREE PERSONS IN ONE GOD:

The Holy Trinity as a Model for Human Community

By **DREW STUART, MA**

On the Sunday after Pentecost, we celebrate the Solemnity of the Holy Trinity. The doctrine of Holy Trinity states that there are three Persons, the Father, the Son, and the Holy Spirit, united in one God. Each of these three persons is distinct but they share a single divine nature. Therefore, while we acknowledge each Person, the Father, Jesus Christ (the Son), and the Holy Spirit as divine, we believe that they are only one God because they share in the same divine nature. This concept is, admittedly, difficult. The Church goes so far as to refer to the doctrine Trinity as a mystery precisely because our limited human perceptions will never fully comprehend it.

However, this doesn't mean that we cannot understand anything about the Holy Trinity. Scripture and Tradition, for example, tell us that the three Persons of the Trinity are united in one God by love. According to St Augustine, one of the most important theologians in the history of Christianity, the Father and the Son are united by a mutual love that is so great that it eternally forms another person, the Holy Spirit. We see this love and unity clearly in the accounts of Jesus' encounter baptism in the early chapters of the four gospels. In Matthew, Mark, and Luke, Jesus comes to John the Baptist and asks to be baptized. After being submerged in the Jordan River, the Spirit descends upon Jesus in the form of a dove. As the Spirit comes upon Jesus, God the Father's voice asserts that Jesus is his beloved Son. The account in John's gospel is slightly different. After baptizing Jesus is baptized, John the Baptist sees the Holy Spirit descend upon him. John then receives a private revelation from God the Father and tells his disciples that Jesus is the Son of God. Despite this difference, all four passages clearly reveal the Holy Trinity as a community of person united in love. God the Father shows his love and favor for Jesus, the Incarnate Son, by sending the Holy Spirit down upon him.

Chromatius, a fourth century bishop and Church Father, elaborates on how the three persons of the Trinity are unified in the work of salvation. He says "The Father does nothing without the Son or the Holy Spirit, because the Father's work is also the Son's and the Son's work is also the Holy Spirit's. There is but one and same grace of the Trinity." Essentially, while there are actions that are specific to a certain Person of the Trinity (eg only Jesus, the Son, died on the cross while only the Holy Spirit descend upon the Apostles at Pentecost), all three persons are always united, in some sense, in that action. This is yet another reason we say that the Trinity is a community of love.

Why does all of this Trinitarian theology matter? As

Christians, we are supposed to model our lives and our relationships after Jesus Christ. Since Jesus is part of the Trinity, Christian interactions and relationships reflect the loving Trinitarian community.

Christian marriage should, ideally, model the Trinitarian love. The selfless love of a husband for his wife and of a wife for her husband is meant to be so great that it produces new life in their children, who then become part of this community of love. This reflects the mutual, self-giving love of the Father and the Son, which is embodied in the third Person, the Holy Spirit.

Trinitarian love should also be prominent within the Church. All baptized Catholics become part of the Body of Christ. All Catholics should therefore be united by our mutual love, forming a community that is modeled after the Holy Trinity. Unfortunately, we often let petty disagreements separate us into different groups, such as "conservative" Catholics or "progressive" Catholics. However, we must acknowledge that there is the Church is Catholic, universal, and not "conservative" or "progressive. Therefore, we must support one another with love, refusing to allow such differences to break apart and wound the Body of Christ. In essence, the Church should be one as the Trinity is one. After all, we all share the same goal: to live and share the gospel in the hope of one day sharing in divine life of the Trinity in heaven.

Finally, as Christians, we should make all of our human interactions and relationships model Trinitarian love. Imagine the transformation that would occur in our society if we all started to treat each other with mutual love and respect, seeing other people not as burdens or competitors but as a brother or sister, or even another self. Plans to address social ills such as poverty, hunger, and unemployment may receive more funding and attention; the poor, vulnerable, and marginalized would be cared for as our brothers and sisters; and more conflicts would be resolved through dialogue than by military action. Essentially, the problems which divide our world would be replaced by selfless love that both the good of others before one's own good.

Overall, as Christians, we should attempt to model all our relationships and interactions after the Holy Trinity. Since the Father, Son, and Holy Spirit live together in a community of love, we should attempt to do the same.

Three in One?

By **SUSAN FRANCESCONI**
CATHOLIC BLOGGER

artinthesanctuary.com



How does 1 + 1 + 1 equal one? With God, all things are possible, but that doesn't make it any easier for us to grasp. St Patrick presented the shamrock as an example of how three can be one. Other symbols such as the pretzel, the Celtic triquetra, and overlapping rings for example, have been used with limited success to analogize how three separate entities can be understood as one while each maintains its differences. Another method used by early church leaders bypasses the geometry altogether and likens the Trinity to a Greek dance called the *perichoresis*. Maybe you've seen it at a Greek wedding, or even have participated in it: dancers hold hands and rotate in a circle, and as they whirl, people on the outside are invited to enter, causing the circle to increase. It is a playful, yet meaningful dance of belonging and union. *Perichoresis* as a metaphor for the Trinity envisions the three persons: The Father, Jesus, and the Holy Spirit engaged in a dance of joy-filled giving and receiving.

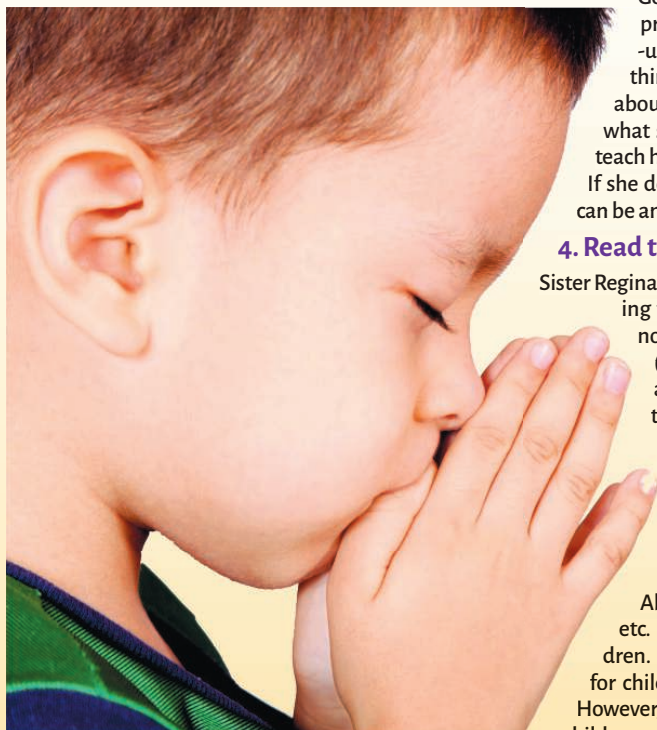
Trinity understood as *perichoresis* is a dance of creation that extends a continuous invitation to each one of us to participate in God's life. And the reason for the dance? Love. Love is why we exist. John's Gospel tells us God's act of love in the incarnation is not to condemn sinners but to save their lives. Jesus is about life, not death.

The Holy Spirit empowers us every day to fulfill Jesus' great commandment to Love one another. How well do we perform the *perichoresis*? Have we allowed ourselves to be swept up into the circle of God's love, extending our arms outward to gather in those who stand outside it? Do we understand the Source of creation in this holy dance and see how each of us fit into God's plan? As an evangelizing people our daily activities—particularly those that take place in the world—must revolve around the loving care, encouragement, and support of one another so as to live peacefully, and to recognize one another as God's own.

15 Ways

to Teach Children to Pray

By, Nancy FLANDERS
Creative Catechist Magazine



The single most powerful thing Catholic parents can do for their children is teach them to pray. As catechists, we can also teach children how to have a close relationship with God. There are a variety of ways to teach your students to pray. No matter what age your learners are, it's never too late. Here are some ideas to use in the classroom, as well as ideas for the students to practice at home:

1. Introduce Common Prayers

Start with a simple prayer like the Our Father and focus on just that one prayer for a couple of weeks. This prayer specifically teaches us how to show respect, request our daily needs, and ask for forgiveness and protection.

2. Teach Gratitude

Jared Dees, catechetical minister, says, "At dinnertime, have parents ask kids to share one thing they are thankful for to help them develop a spirit of gratitude."

3. Teach your children to listen

Teach children how to be still and recognize God's answers to their prayers. This involves follow-up. If a child prays for something, make sure you talk about whether or not she gets what she prayed for. If she does, teach her to say a prayer of thanks. If she doesn't, talk about how that can be an answer to her prayer, too.

4. Read the Bible together

Sister Regina Cochran, F.S.E., says, "Reading the Bible is important, and not just a children's Bible." (She reminds us that there are, of course, certain sections, especially in the Old Testament, that are not story-time material.) She says, "Read from God's inspired Word—especially the stories we all grew up with, such as Noah, Abraham, Moses, Jonah, etc. These are exciting to children. Children's Bibles are good for children to read on their own. However, reading pure Scripture to children can make a deeper impact."

5. Encourage children to keep a prayer journal

In it, your students can write down their favorite prayers, draw pictures of themselves talking to God, or illustrate the gifts God has given them for which they are thankful.

6. Teach obedience

Teach children to pray not only for what they want God to do for them, but what God wants them to do. This mentality will stay with them through life as they pray for guidance during tough times and when making big decisions.

7. Teach the five-finger method

This approach to prayer may help your students become comfortable with praying. It includes five steps: give praise, give thanks, make a request for another person, ask for forgiveness, and make a request for yourself.

8. Read

Keep a variety of Catholic books in the classroom and read them together, or just allow your students to explore the books on their own.

9. Sing

Teach prayer through song. Dees advises parents and catechists to use music with hand

motions. Younger children love this, and older kids will come out of their shells. "Praying with praise," he explains, "will get children more involved and using their voices and bodies for the purpose of praising God."

10. Teach the Sign of the Cross

Be sure to incorporate the Sign of the Cross into each prayer you say together, and take the time to teach it correctly. Father Michael Schmitz, chaplain for the University of Minnesota-Duluth Catholic Campus Ministry, says the Sign of the Cross is vital even for young children. He has observed that when many Catholics die, the last gesture they make is to cross themselves. Their very last act on earth is to make the Sign of the Cross, because, according to Father Mike, it has been such a part of their lives as far back as they can remember, beginning with their parents.

11. Pray the Rosary

Dees believes it is important to teach the Rosary even to very young children. It may not be possible to pray the entire Rosary in class, but even just a decade can help your students make praying the Rosary a habit.

12. Create a class prayer

Let your children compose the words to a daily prayer you can say together. This will help them to see that prayers can be in traditional forms (The Lord's Prayer) or in one's own words.

13. Teach your children that nothing is impossible with God

Let your students know that, even when a dream or a goal seems impossible to reach, with God it isn't. Tell your children stories about miracles that have occurred—even in today's world—because of prayer.

14. Read about the saints

Sister Regina says that discussing the saints with your students and reading stories about them can help your children desire a closeness with God while learning about the power of prayer through real-life examples of remarkable lives.

15. Encourage families to pray together

Father Patrick Peyton always taught, "The family that prays together, stays together" — and this is not a cliché. Sister Regina says, "If a child sees their mother and father on their knees, it will take only seconds and he or she will be there with them." **Prayer is a daily part of our lives and should be for our students, as well. Dees' last piece of advice is, "Don't get stuck with the basics. Once you know which methods of prayer will work best, stick with them."**

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