



FEATURE POST

# Technology Distraction

By **MARCUS HAMMONDS**

Let me start with an admission. I'm an audio nerd. I'm a person who loves big speakers, tube amplifiers, subwoofers, and anything else produces good (loud) sound.

When I'm not actually listening to my home system, I'm reading about the things I want to buy for it. And there's no better place to do that than the Internet. It overflows with equipment reviews, message boards, "unboxing" videos, blogs, podcast, and video tours (of other audio nerd's systems). There's literally an endless supply.

At the dawn of cable television, people marveled at the idea of a 24-hour television channel devoted to one topic, such as food or home decorating. With content sites such as YouTube and Instagram, as well as blogs and forums, there is now enough information about ANY topic to occupy a person's attention 24 hours a day. No matter what you're into, be it fantasy football, quilting, or antique fountain pens, the Internet can provide you with an endless supply of videos, pictures, and articles. On top of that, social media sites like Facebook and Twitter allow us to engage in endless conversations with other people who like the same thing we do.

Thanks to technology, we have been able to create this "virtual playground" – a collection of websites, blogs, forums, and social media sites we visit regularly on our devices. It is filled only with the information, people, and content we like. It is built in part through the monitoring of our online habits. Using data collection and powerful algorithms, companies determine what content we will most likely click on and adjust what we see on their sites to feature more of it. By doing this, the companies behind our favorite sites and apps effectively narrow the window of what we see to the things their analysis thinks we like. In theory - we're happy because we're getting to see more of the type of content we like. The companies behind these sites are happy, because the more time you spend on their site or using their apps, the more

they can charge advertisers for ads. However, there are some important differences between physical and virtual playgrounds. Unlike physical playgrounds, your virtual playground never closes. You always one click or tap away from the latest news about whatever you're interested in. The flow of new content only stops when we put down our phone, or close your laptop. And since so many of us use mobile devices, our playgrounds go wherever we do.

But what happens to us when we have both an endless supply of and unlimited access to content that we can't get enough of?

The result is distraction. Technology distraction is a failed attempt to do the things we *want* to do, while doing the things we *have* to do.

However, distraction isn't the only price we pay if we spend too much time in our virtual playgrounds. The more time we spend in a digital world that is limited to the things we like, the more self-centered we become. The digital world builds within us an expectation that all we should see are the things we want or are interested in. This attitude has changed our expectations everywhere. Once you get used to having only the things you like delivered to you, your tolerance for situations where you don't get what you want goes down. You want things to go your way everywhere—online or offline.

Attributes like self-centeredness and impatience towards those not like us work against what Christ asks of His followers. In John 15:13, Jesus states that there's no greater love than to lay down ones life for a friend. In 1 Corinthians 8, Paul encourages mature Christians to refrain from eating meat that come animals that have been sacrificed to pagan gods. He asks this of them not because doing so will endanger their salvation, but for the sake of other Christians: *Be careful, however, that the exercise of your rights does not become a stumbling block to the weak.* (1 Cor 8:9).

A fundamental element of Christian-

ity requires that believers be willing to put the needs of others above their own desires. Technology doesn't innately prevent that, but our choice to use it to focus on our desires works against this Gospel message.

The distraction we see around us reflects our misuse of technology. By putting a virtual playground in our pockets, we feed our desire to only see and do the things we want. As a result, we focus on ourselves.

Our state of technology distraction is an indicator that our current relationship of technology needs to be transformed. We can start to do this by first accepting the fact that, unlike the microprocessors that run our devices, people cannot successfully do two things at once. Studies have shown that when people try to do multitask, their understanding of what they're doing goes down. The first step in changing our relationship with technology requires that we better prioritize our interactions with people and information. We must be more sensitive to the people and conditions physically surrounding us at any given time - a circumstance that may not occur again. We must be able to recognize the rarity of certain interactions. We must be willing to prioritize them over the information and people online, which are accessible at any point and time. This can be done by better grasping the significance of where we are and "when" we are. In other words, we transform our relationship with technology by better interpreting the value of what's going on around us. We then can use that understanding to discern whether or not we reach for our devices.

While technology is a blessing, it is up to us to use in a way that helps us fulfill our God-given purpose.

*Marcus Hammonds (@bytesandbelief) is a Christian educator and Innovation Strategist. His new book, available on Amazon, God, Technology, & Us, explores how living with technology is affecting our relationship with God. Learn more By Marcus Hammonds (marcus@bytesandbelief.com)*

## 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.**

## 1<sup>st</sup> Friday Healing Mass

Everyone is invited to the First Friday Healing Mass at St. Anne's Church and the 20th anniversary of the Jesus and Mary Prayer Group. Celebrant will be Rev. Victor P. Kennedy – Pastor of Immaculate Conception Parish in Secaucus. **Mass begins at 7:30 pm with confession, Novena prayers, Holy Mass and Anointing; Fellowship reception to follow in Centennial hall.**

## Blessing of the Animals

In celebration of St. Francis of Assisi, bring your animal to be "Blessed" 1:00 pm on Sunday, October 4th; meet at St. Francis Garden (behind rectory/near elevator).

# Is it Easier to Love an Animal?

By **MATTHEW BORK, BA**

A few my friends were discussing social justice recently, and someone made the comment that sometimes it seems like people find it easier to love animals than to love strangers. I thought a lot about that, and while it sounds so sad, it seems hard to disagree with. We've all seen those commercials of neglected and abused animals, the ones with Sarah McLachlan singing *Angel*, and they seem so compelling.

A few days later I saw a video on facebook where three men decided to help cats in the humane society. In a large house they set up an intricate series of ladders, toys, little beds, and small doors, all interconnected by a massive network of catwalks. There were dozens of litter boxes around the house, kept in closets with ventilation fan systems, ensuring that fumes were constantly sucked out of these bathrooms. The owners of the house had five roomba vacuums which were constantly moving around the house gathering up fur. There were gardens, beds, and even a koi pond for the cats to play with (according to the video, none of the fish have been eaten... or so they say). All fifteen cats were well-fed, and when one cat was diagnosed with cancer, the owners paid for multiple surgeries. It was like a resort, and all with the purpose of loving these unloved cats.

I think it was good of these men to help animals, but if I'm honest, I found they lengths to which they went just a bit bizarre. I took to the comments section to see what others were saying. Not surprisingly, many people said things like "I wish I was a cat in that house," and that too got me thinking. Of course there is something about the cats' lives that people want in their own lives, and it's not hard to see what that "something" is: these cats have it made. The cats have a clean place to sleep, their own lavish "parks," their own bathrooms, they never fear going without food, they even have universal healthcare-and all of this is free for them! They live in what we could easily consider to be a utopia for cats; that is surely the root of the commenters' jealousy.

In contrast, we live in a world which we know to be far different than the microcosm of those cats. Even in the United States, the most wealthy nation in the world, we see the problems of our less-than-utopian society. Not all of us have our own bedroom, or even our own



bed. Not all of us have a nice bathroom, nor do we all know where our next meal will come from. Some of us are unsure if we will get the help we so desperately need to treat our cancer, or HIV/AIDS, or our addiction. We suffer from these problems in the wealthiest nation on earth, and we know others like us face even more problems throughout the world.

Is this news to anybody? Of course not. We know we have brothers and sisters in need, just like we know there are innocent animals still in need. But while we can so casually help animals, what of our lost or sick brothers and sisters? What of those who know what help they need, but cannot get it? As I rewatched the video, I kept considering the disparity: our society loves to help animals, but our society cannot fully provide for each other. It seems so easy for us to give up our time and money to help unfamiliar cats and dogs, but not as easy to help unfamiliar people; is it easier to love an animal?

It is a challenging question, maybe even insulting, but I think it is a reasonable one to consider. We are surrounded by poverty that can be alleviated, and yet it continues day after day.

In a recent interview with Portugal's Radio *Renascença*, Pope Francis alluded to a fear of helping others, saying: *If somebody has a room in his house which is closed for long periods, it develops humidity, and a bad smell. If a church, a parish, a diocese or an institute lives closed in on itself,*

*it grows ill (just like with the closed room) and we are left with a scrawny Church, with strict rules, no creativity... On the contrary – if it goes forth – if a Church and a parish go out into the world, then once outside they might suffer the same fate as anybody else who goes out: have an accident. Well in that case, between a sick and a bruised Church, I prefer the bruised, because at least it went into the street... Sometimes we appropriate Jesus, just for us, and we forget that a Church which is not going out into the world, a Church which does not go out, keeps Jesus imprisoned.*

Perhaps it is fear that keeps us from solving problems like poverty: a fear of taking responsibility, a fear of the costs to fight poverty, or a fear of being "bruised," as Pope Francis put it, but I do not think we simply love people less. I suspect that is the answer to the question, or the key to answering the question, anyway. Maybe we just find it easier to care for animals.

Helping others is a complex subject, perhaps more complex than we realize, and certainly more complex than I have been able to discuss in this article. There are many more ideas and issues to consider, and I hope to write more about them in the future.

To see the cat video referenced in this article, please visit [tiny.cc/somanycats](http://tiny.cc/somanycats) To read or listen to the entirety of Pope Francis' interview with Radio *Renascença*, visit: [rr.sapo.pt/noticia/34088/pope\\_i\\_trust\\_the\\_young\\_politicians\\_corruption\\_is\\_a\\_global\\_problem](http://rr.sapo.pt/noticia/34088/pope_i_trust_the_young_politicians_corruption_is_a_global_problem)

LK 7:36-50

## “Your Faith Has Saved You”

By **SR JMARY JOSEPH SCHULTZ, SCC**

Will my faith save me? There is no way of knowing. It takes a great deal of trust to live a life of faith! When I hear arguments about the existence of God, I always go back in my mind to the days when I taught Pascal's Wager to my senior theology students. To me it makes so much sense because of its logic.

If I believe in God and it turns out there is no God, I have lost nothing. I won't live an eternity of regret because there will be no eternity. If there is no God, my soul will not exist after my body dies, will it? But if I spend my life believing in God and serving God and it turns out there is a God, I will spend eternity rejoicing in His presence with no regrets.

If I do not believe in God, and it turns out there is no God, once again I will not spend eternity gloating with a million “I told you so's” because once I die I'll be gone and so will everyone else. There will be no feelings of self-righteous, because there will be no feelings. If I do not believe in God and it turns out that there is a God, then that may be a very sad scenario for me.

### What do I have to lose by having faith?

*Lord, do not let my faith be stagnant but help me study, pray, and do all in my power to live as if I believe.*

**SR MARY JOSEPH REGULARLY WRITES FOR ST JOSEPH'S OUTREACH. FIND MORE COLUMNS AT WWW.SJOPRAYER.ORG**

## CATHOLIC EDUCATION

### Regis HS of Manhattan Open House

Regis High School of Manhattan, an all-scholarship Jesuit school for talented and gifted Catholic boys invites students and their parents to its Open House on Columbus Day, Monday, October 12, from 1-4 pm. **For more information, contact Eric Di Michele, Director of Admissions: Regis H.S., 55 East 84<sup>th</sup> St, New York (212) 288-1100, Ext 2057; edimichele@regis.org**

### St Dominic Academy Open House

Saint Dominic Academy, Jersey City will host Open House events on Sunday, October 4 from 1-3 PM and Thursday, October 8 from 6-8 PM. More information can be found on the website: [www.stdominicacad.com](http://www.stdominicacad.com) **Questions can be directed at any time to Andrea Apruzzese, Director of Saint Dominic Academy Admissions at 210.434.5938, Ext. 14 or by email at [aapruzzese@stdominicacad.com](mailto:aapruzzese@stdominicacad.com). St Dominic Academy is located at 2572 Kennedy Blvd, Jersey City.**

### St John's—Staten Island Open House

The St John's Staten Island Campus Open House will be held on Saturday, November 21 from 9AM through 3PM, and will provide students and their families the opportunity to learn more about St John's University, its Vincentian heritage, the benefits of a Catholic University education, its prestigious academic programs, international service learning opportunities and more. **For questions or additional information, please call the Office of Admissions at 718.390.4500.**

### Paramus Catholic Open House

Paramus Catholic cordially invites 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students and their parents to visit us during one of our Open Houses on Sunday, October 4<sup>th</sup>, 2015, from 1-4PM and Wednesday, October 14 from 7-9PM. The school is located at 425 Paramus Road, Paramus. **For more information, please contact the Admissions Office at 201.445.4466 Ext. 104.**

### Bergen Catholic High School

Bergen Catholic High School located at 1040 Oradell Avenue, Oradell is hosting its first Open House of the year on Thursday, October 1, 2015 from 6:30-9PM. You may RSVP online at [www.bergencatholic.org](http://www.bergencatholic.org). **Questions, please call 201-261-1844.**

### Immaculate Heart Academy Open House

Immaculate Heart Academy will be hosting an Open House on Sunday, October 18, 11AM to 2PM. IHA's Open House is a great opportunity to learn about the school, the curriculum, and IHA's artistic, athletic and extracurricular programs. Members of our administration, faculty and coaching staff will be on hand to answer questions. A second, smaller Open House will be held October 29 at 6:30PM. Online preregistration is requested at [www.ihanj.com](http://www.ihanj.com). **Call 201-445-6800 for more information. IHA is located at 500 Van Emburgh Ave. Township of Washington.**

### Fordham Graduate School of Religion & Religious Education

Interested in pursuing a Degree/Certificate in the field of ministry, or want more information about taking a course for personal growth? Fordham University, Graduate School of Religion and Religious Education (GRE) is offering traditional programs including: PhD in Religious Education, Christian Spirituality, Pastoral Studies and Pastoral Counseling and Spiritual Care and more as well as Doctor of Ministry/Master of Arts in Religious Education: Youth and Young Adult Ministry, Pastoral Studies, Pastoral Care and Christian Spirituality and more. **For more information about the degrees and programs offered at the GRE, visit [www.fordham.edu/gre](http://www.fordham.edu/gre) or contact GRE Admission Director, Jodi Hunt at 718.817.5966 or by email at [jhunt18@fordham.edu](mailto:jhunt18@fordham.edu)**

OCTOBER 20

**TUESDAY, OCT 20**

9:30AM	Mass
11:00AM	Arrival of Holy Relics
12-5PM	Private Prayer / Devotions
5-6PM	Rosary
6-7PM	Confession
7PM	Holy Mass
8PM-12AM	Private Prayer / Devotions

**WEDNESDAY, OCT 21**

8-9AM	Rosary
9:30AM	Mass
10AM	Departure of Holy Relics

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## Pastoral Team

<b>Fr. Nigel Fr. J. Ranieri</b>	<b>Parish Priest</b>
<b>Msrgr. L.J. Miller</b>	<b>Weekend Assistant</b>
<b>Fr. D.X. Stump, S.J.</b>	<b>Weekend Assistant</b>
<b>Mrs. J. Waddleton &amp; Lt. J. Carroll</b>	<b>Weekday Assistant</b>
	<b>Trustee</b>

## Weekly Planner

### SUNDAY 9/27 • 26<sup>th</sup> Sunday in Ordinary Time

10 AM-12 PM Centennial Hall Reserved for CCD

### MONDAY 9/28

1-3 PM St. Anne Seniors *Cent Hall*  
3:30-4:30 PM Legion of Mary *Convent Comm Room*  
6-8 PM Brownie Mtg *Cent Hall*

### TUESDAY 9/29

12:15 PM BINGO *Cent Hall*  
3-4 PM Holy Hour for Priests *Convent*  
4-5 PM Rosary Mtg *Cent Hall*

### WEDNESDAY 9/30

6-8 PM Daisy/Jr Mtg *Cent Hall*

### THURSDAY 10/1

7-9 PM OLG Choir *Convent*

### FRIDAY 10/2

10 AM H.N.S. Board Mtg *Cent Hall*  
12:15 PM BINGO *Cent Hall*  
7:30-11 PM 1<sup>st</sup> Friday Healing Mass *Church/Cent Hall*

### SATURDAY 10/3

4 PM Baptism Instruction *Church*

### SUNDAY 10/4 • 27<sup>th</sup> Sunday in Ordinary Time • Respect Life Sunday • St. Francis of Assisi

10 AM-12 PM Centennial Hall Reserved for CCD  
10 AM/12 PM Baptism *During Mass in Church*  
1-1:30 PM "Blessing of Animals" *St. Francis Garden*

## 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

**Tuesdays Convent Chapel** 3-4 PM

## Sacrament of Penance

Saturdays *Church (Or by Appointment)* 5 PM

## Schedule of Masses Sept. 28<sup>th</sup>– Oct. 4<sup>th</sup>, 2015

### Monday, September 28

9 AM Lawrence Shin *Family*

### Tuesday, September 29

9 AM † Mary & Michael *Frank & Gemma Infante*  
Capparelli

### Wednesday, September 30

9 AM † Fred J. Day *Parish Intention*  
1<sup>st</sup> Anniv. in Heaven

7 PM Special Intention *OL Perpetual Help Group*

### Thursday, October 1

9 AM Novena

### Friday, October 2

9 AM Novena

### Saturday, October 3

9 AM Novena

5:30 PM † Lyda & Doris Cullen *Ruth Cullen*

7 PM † Sonia Eguiguren *Family*

### Sunday, October 4

8 AM Novena

10 AM † Carmine & Andrew *Aunt Toni*

Creazzo

12 PM † Joseph Glabicki *Julia Motyka*

## Sunday Readings

First Reading: **Numbers 11:25-29**

Psalm: **Psalm 19:8, 10, 12-13, 14**

Second Reading: **James 5:1-6**

Gospel: **Mark 9:38-43, 45, 47-48**

## Weekday Readings

### Monday

Zec 8:1-8 / Ps 102:16-18, 19-21, 29 & 22-23 / Lk 9:46-50

**Tuesday** *Ss Michael, Gabriel, & Raphael*

Dn 7:9-10, 13-14 / Ps 138:1-2AB, 2CDE-3, 4-5 / Jn 1:47-51

**Wednesday** *St. Jerome*

Ne 2:1-8 / Ps 137:1-2, 3, 4-5, 6 / Lk 9:57-62

**Thursday** *St. Thérèse of the Child Jesus*

Ne 8:1-4A, 5-6, 7B-12 / Ps 19:8, 9, 10, 11 / Lk 10:1-12

**Friday** *Holy Guardian Angels*

Ba 1:15-22 / Ps 79:1B-2, 3-5, 8, 9 / Mt 18:1-5, 10

### Saturday

Ba 4:5-12, 27-29 / Ps 69:33-35, 36-37 / Lk 10:17-24

## Sanctuary Gifts for Sept. 27<sup>th</sup>— Oct. 3<sup>th</sup>

*Gift In Memory/honor of Requested By*

Altar Wine † Michele Fusco Fusco Family

Altar Bread † Michele Fusco Fusco Family

Sanct. Lamp † Michele Fusco Fusco Family

Altar Candles † Michele Fusco Fusco Family

## 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 Aguilon

● 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](mailto:Webmaster@stannesjc.com)*

## October Prayer Intentions of the Holy Father, Pope Francis

**Universal:** That human trafficking, the modern form of slavery, may be eradicated.

**Evangelization:** That with a missionary spirit the Christian communities of Asia may announce the Gospel to those who are still awaiting it.

## Religious Education News

**St. Anne's Religious Education Office is located inside St. Anne's Rectory located at 3545 Kennedy Blvd., Jersey City. Office Hours: Monday, Tuesday, Wednesday 9:00 am to 5:00 PM. Religious Education Classes have begun. Deadline for Registration is Tuesday, October 13, 2015! Please contact St. Anne's Rectory to be placed on "waiting list".**

## Novena – October 2015

### Requested for

† Mae Baker  
*1st Anniv. in Heaven*

† Patricia Santana  
*1st Anniv. in Heaven*

Lawrence Shin

† Teresa Fusco

† Esterina Manzi-Luanetti

† Mercian Travasso

† Patricia D. Sandal

† Roberto R. Sandal

Kerry & Patrick

† Charles Kaufman

† Eileen Gaughan

† Maria Santos

† Charles Kaufman

† Chris DeVenezia

† Eileen Gaughan

† Paolo Principe

† Paolo Principe

† Paolo Principe

† Paolo Principe

Rev. Victor P. Kennedy

Rev. Victor P. Kennedy

Elaine Przystup

Ruth Cullen

Mary Yori

† Ryan Flores

† Lorenza Dairo

† Antonio Limpe

† Dominic Manna

### Requested by

Parish Intention

Parish Intention

Mary Shin

Angela & Ennio Maccini

Mr. & Mrs. Michael Makofka & Family

Piedad Mascarenhas

Jocelyn R. Sandal

Jocelyn R. Sandal

Mom

Marie Van Beuren

St Padre Pio Prayer Grp

Pat & Patrick Roda

Pat Roda

Debby & John Faherty

Marty & Nancy Schade

Clare Maglori

Elaine Przystup

Pat Roda

Loretta Dempsey

St Joe's Prayer Grp

Rosary Altar Society

St Joe's Prayer Grp

St Joe's Prayer Grp

St Joe's Prayer Grp

Pat Roda

SFRC

Danilo & Cecilia Morales

Clare Maglori

## Baptism Information

**Baptisms take place on the 1<sup>st</sup> Sunday of every Month: 2 Baptisms per Mass at 10 AM & Noon**

Because they will be promising to help raise your child in the practice of the Faith, the church requires that at least one of your child's godparents be a 'fully initiated Roman Catholic'; i.e., one who has been Baptized and received the sacraments of Holy Communion and Confirmation. At the time of registering your child for Baptism, we ask that one of your chosen godparents provide a copy of their Confirmation certificate or some documentation from their church of Baptism or Confirmation indicating the month and year of their Confirmation. **Contact the office with any questions. Thank You.**

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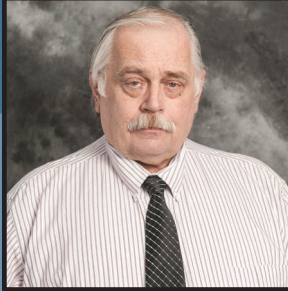
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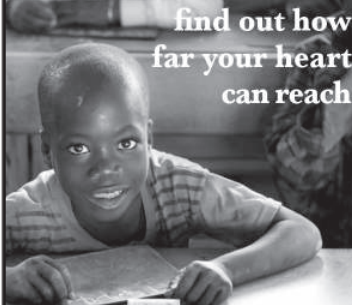
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