



THE PARISH of SAINT MONICA

Called by Name; Gifted by God; Committed to Prayer; Driven to Serve... Abiding in Hope

THE CHURCH of SAINT MONICA

Founded January 11, 1897

Parish Offices

(Pastoral Administration; Religious Education; Business & Finance; Worship & Music; Facilities)

Saint Monica Rectory
635 First Avenue
Berwyn, Pennsylvania 19312
Phone: 610.644.0110
Facsimile: 610.695.0850

Office of Religious Education (Rectory)

610.647.4757

Parish Website

www.saintmonicachurch.org

Twitter & Instagram

@StMonicaBerwyn

Join Flocknote!

Text "Monica1897" to 84576

Parish Staff E-mail

FirstInitial.LastName@
saintmonicachurch.org

Parish Leadership

parishcouncil@
saintmonicachurch.org

financecouncil@
saintmonicachurch.org

Mass Schedule

Daily Mass 8:30 a.m.

(Monday thru Saturday with a
Communion Service on Wednesday)

Saturday Vigil 5:00 p.m.

Sunday 7:30 a.m.

9:30 a.m.

11:30 a.m.

Holy Days 8:30 a.m.

of Obligation 12 noon

The Sacrament of Reconciliation (Confessions)

Saturday from 4 to 4:45 p.m.

Anytime by appointment.



Thirteenth Sunday in Ordinary Time

June 26, 2016

FROM the PASTOR'S DESK...

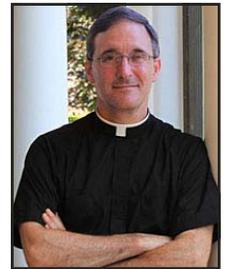
Nancy Rones is an award-winning freelance writer and content contributor based in Charlotte, North Carolina. She writes on a range of topics for numerous national magazines and websites including *Parents*, *The Knot*, and *Yoga Journal*.

Over the past two weeks, we examined challenges to prayer from an ignatian perspective. Two weeks ago we examined "Distractions In Prayer." Last week we looked at "Dryness and Boredom In Prayer." This week we look at another challenge to prayer, business and the difficulty of sitting still. Nancy offers some thoughts on this challenge. Caveat: Some of this might come off as a bit "new-age-y" but hang with it. She presents solid ideas that, as you will see, are in concert with Catholic thought.

Many of us spend our days on a perpetual treadmill. Going from one thing to the next. The suggestion of slowing down to mindfully meditate might sound like an invitation to climb Everest. Note to inner self: it is worth the effort.

Mindfulness brings your awareness to the present moment and gives you pause to notice what's happening inside and outside of yourself, says Jen Johnson, a mindfulness teacher and licensed professional counselor at *Everyday Mindful* in Wilmington, North Carolina. This "space" allows you to reflect before automatically reacting; you feel more capable of managing your responses to life's circumstances, including the icky ones. And may also help alleviate anxiety, depression, pain, and stress.

In a formal mindfulness meditation practice, you're quietly sitting and paying attention to the breath or sensations and feelings; whenever your attention drifts, you shift your awareness back to your focus. Too sedentary for you? With practice, everyone has the ability to sit still, says Johnson, who offers strategies below. An informal approach brings mindfulness to everyday activities (which may be more active). Notice smells, textures, or your frustration rising on the long checkout line. From showering to (Continued on Page 4)





OUR PARISH PRAYER INTENTION for THIS WEEK

During this Year of Mercy, excerpts of the Diary of Saint Faustina's will be published weekly in our parish bulletin in the hope of bringing the parishioners of Saint Monica closer to our Lord through the knowledge and experience of His infinite mercy.

"I realize more and more how much every soul needs God's mercy throughout life and particularly at the hour of death."

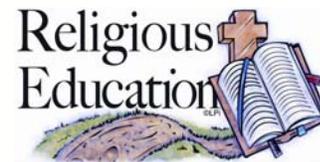
Saint Faustina (Diary, 1036)

FROM *the* OFFICE of RELIGIOUS EDUCATION

Registration for the 2016-2017 Monday evening RE classes (Grades 1-6) school year is ongoing. The registration forms can be found on the parish website, under Religious Education. Parents are asked to register their children as soon as possible to ensure the optimal student-catechist ratio. Questions? Mary Pizzano would be happy to speak with you. You can contact Mary at mpizzano@saintmonicachurch.org or 610-647-4757.

Due to low student enrollment in the Sunday morning Religious Education classes, the Sunday classes will not be offered to the 2nd and 6th grade students

during the 2016-2017 school year. Students already registered for Sunday morning classes will be automatically enrolled in the Monday evening session. (6:00-7:15pm) The Religious Education Program classes are scheduled to begin on Monday, September 12.



FAMILY and YOUTH MINISTRY

— FOLLOW —

SAINT MONICA
FAMILY &
YOUTH MINISTRY



Follow Highschool
Youth Ministry
@CSMLIFETEEN



Follow Junior High
Youth Ministry
@CSMEDGE



FROM *the* OFFICE of WORSHIP and MUSIC

Our New Organ in Pictures II



The Cornel Zimmer Organ Company of Denver, North Carolina continues constructing the console of our new organ. The console is taking shape, the stop jam is in place and now we're waiting for the keyboard stack to be installed! Stay tuned.



NEWS AND ANNOUNCEMENTS



Save the Date!

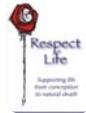
Saturday, September 24, 2016
The 3rd Annual AbbeyFest:
Faith, Music and Family

This all-day music festival will be held on the grounds of Daylesford Abbey in Paoli from 11:00 am-9:00 pm. Come and join us at this faith-filled event that features Music bands/Christian artists, Speakers, Mass, Confessions and Eucharistic Adoration.

Last year, *AbbeyFest* drew close to 3,000 attendees of all ages, including many parish families. So grab some friends, family, a blanket...and make a day of it! In addition to music, there will be food, craft vendors/exhibits, and games for kids. The 2016 music line-up include award-winning bands such as: *Sidewalk Profits*, *Stars Go Dim*, *The Josh Blakesley Band*, and many more! Catholic author and speaker, *Jeff Cavins*, will give the keynote.

More Information and Tickets on sale now at: www.theabbeyfest.com. Any questions, please check the website or contact Jim or Lia Gorman at (610)296-2330 or jimliagorman@comcast.net.

LIFE IS BEAUTIFUL



*Not even a murderer loses his personal dignity” – from Pope Saint John Paul II’s encyclical *Evangelium Vitae*, 9*

Reflection: If we ask, “How can we eliminate capital punishment?” The answer is, “Eliminate abortion.” After all, as long as we try to solve problems by throwing away the innocent, it is quite hard to convince people that we don’t solve problems by throwing away the guilty.

Prayer: Lord, we confess that so often we think that the way to fix people’s problems is to throw people away. Free us from that way of thinking. May we protect the innocent, and may we not fail to recognize the dignity even of the guilty. Amen.--*compiled by Fr. Pavone*

GREAT VALLEY FOOD CUPBOARD

Next time you are at the grocery store, please consider buying an extra roll of paper towels, soap, cleaning supplies, shampoo, or body wash. Saint Monica’s collects these (and similar household items) for our neighbors at **Great Valley Food Cupboard**. Please place your donations in the purple bin at the back of the church.

SUMMER OFFICE HOURS

The Parish Offices will operate on a Summer Schedule through September 6, 2016.

Monday through Friday
9:00 a.m. to 12 noon; 1:00 p.m. to 3:00 p.m.

SUNDAY COLLECTIONS for MAY 2016

May 2016	\$71,199	42% Electronic	May YTD 2016	\$764,251	45% Electronic
May 2015	\$75,809	38% Electronic	May YTD 2015	\$796,176	42% Electronic
May Budget	2015-16	\$81,000	May YTD Budget	2015-16	\$837,339

SUNDAY COLLECTIONS

Sunday, June 19, 2016

Sunday Collection **\$8,403**
 Electronic **\$4,758**
 Total **\$13,161**

We have 167 families contributing electronically.

SPECIAL COLLECTION

There will be a Special Collection this weekend for the Peter’s Pence fund. God bless you for your continued generosity.

The Fiscal Year 2016 budget for Saint Monica Parish is available on line at www.saintmonicachurch.org under the Parish Information tab in the Parish Leadership section.

NEWS AND ANNOUNCEMENTS

FROM THE PASTOR'S DESK . . .

(Continued from page 1)

to walking, any activity can be done more deliberately; here are some easy ways to slip into mindfulness mode.

Becoming distracted and being constantly bombarded by a sense of urgency once you begin praying are typical according to Father William Barry, S.J. If you're the restless type, Johnson suggests sitting still for bite-size sessions by injecting two minutes of seated stillness into your day. As stillness becomes easier, add five minute increments to your sessions. "If you get caught up in thoughts like, 'I don't have time for this,' notice that tendency to hurry," says Johnson. "Say to yourself, 'Oh, here's that sense of urgency; what would happen if I took a deep breath to soften into this uncomfortable moment and just be still for another minute?'" Repeat this if the urge to flee arises again. By simply noticing what's happening, those rushed feelings simmer down. Ultimately, you'll figure out how much stillness works for you, but one study found increased resilience to stress after 25 minutes of mindfulness meditation, three days in a row.

I thought that another suggestion from Johnson could be based on St. Teresa of Avila's "Kitchen Prayer" also known as "God of The Pots and Pans."

O Lord of pots and pans and things, since I have no time to be a great saint by doing lovely things, or watching late with Thee, or dreaming in the dawnlight, or storming Heaven's gates, make me a saint by getting meals, and washing up the plates.

Warm all the kitchen with Thy Love, and light it with Thy peace; Forgive me all my worrying, and make my grumbling cease. Thou who didst love to give men food in room, or by the sea, accept the service that I do - I do it unto Thee.

Johnson writes - Try this: Wash the dishes. When it's your turn to clean the dinner plates, completely engaging your senses during the task may help quiet your internal (or obvious) grunting and suds away stress. In a recent study, students who approached dishwashing in a more thoughtful manner—they zeroed in on the scent of the soap, the temperature of the water, and the touch of the tableware—had a 27 percent decrease in nervousness and a 25 percent increase in feeling inspired.

Or color or paint. Considering the explosion of both businesses offering group painting classes and stylish coloring books geared toward grown-ups, it may be that many folks have already caught onto the calming effects of these activities. Finding ways to express ourselves creatively—dance, playing a musical instrument, or writing count too—sweeps away emotional stress, which paves our ability to focus on the present moment, says Dr. Susan B. Lord, a Massachusetts-based integrative family physician and executive director of *The Center for Peace Through Culture*.

When you eat, don't just shovel the food into your mouth and swallow as fast as possible. Eat with intention. Since you eat multiple times a day, you have endless opportunities to take a crack at mindfulness. Plus, science says mindful eating may curb emotional eating and unhealthy choices. Catholic blogger Jen Fulweiler mused on the ways you can structure your lifestyle to make it more conducive to holiness (e.g. getting enough sleep, eating healthy foods, not getting overcommitted, etc.). Johnson suggests to sitting down to meals without any distractions around; slowly chew, while concentrating on the texture and savoring the flavor of every bite. For beginners, adding an element of surprise to your usual meals can really awaken your mindfulness skills, says Dr. Lord. At breakfast, add zingy sriracha to eggs and for lunch, tuck creamy avocado slices into your turkey sandwich. Going to the supermarket can even be a mindful experience, especially in the produce section where you can touch and smell all the fruits and veggies you're grabbing.

Try this: Admire an Aquarium (*NOW we're talking! Or forget the aquarium – just go fly fishing... Fr. Zlock*). Apparently, it's no coincidence that fish tanks are in medical offices. Time spent in front of an aquarium tank may reduce our heart rate and lift our moods. According to scientists, people find natural environments restorative and part of the reason is our fascination with the setting. Vivid marine life effortlessly holds our attention, which makes mindfulness easy.

Try this: Get into a garden. We go to the garden for the pleasure of being there and to escape from it all, says Cheryl Wilfong, author of *The Meditative Gardener*. It's a wonderful place for contemplation. This applies whether you're simply enjoying the scene or working in the home garden. When planting, pruning, or pulling weeds alone, your attention isn't often interrupted (never mind that garden snake). The repetitive motion and awareness involved in pulling weeds may also activate the relaxation response in the brain, which reduces physical and emotional responses to stress. The serene setting promotes mindfulness, which Wilfong points out, makes us aware of our mental weeds; once those are clear, happiness and tranquility can grow. (*And if you have too much parsley, sage and thyme, bring it over so I can make the tomato-gravy. No basil! I have plenty of that ... Fr. Zlock*).

Charles Zlock Jr

NEWS AND ANNOUNCEMENTS

HOLY NAME SOCIETY: **NIGHT AT THE PHILLIES**



The Holy Name Society is again proudly sponsoring a spectacular night at the Reading Phillies for our parish community. Fathers are welcome to bring their children to a fun packed evening on Saturday, July 9th. Price per ticket of \$25 includes: bus transportation, ticket, buffet dinner and an outstanding fireworks display. Bus will depart from Saint Monica's at 4:15p.m.; game time is 6:35pm. Limited number of tickets are on hand, so chime in now to reserve your seats. Reservations: Mark DiLucca at mdilucca00@comcast.net.

UNLOCKING THE MYSTERY OF THE BIBLE!



Don't miss out! *Unlocking the Mystery of the Bible* begins on Wednesday, June 29th. Whether you have never participated in a Bible Study program or are very experienced, this study offers something for everyone. If you haven't registered yet, please do so by the end of the day on Sunday, June 26th by going to the parish website: www.saintmonicachurch.org and selecting "**Unlocking the Mystery of the Bible**". We will meet in the Hagenbach Room in the Parish Center from 7:00pm to 8:30pm for the next eight Wednesdays.

Unlocking the Mystery of the Bible helps you uncover the story woven through Scripture with its clever narrative approach and ingenious color-coded Bible Timeline. It is a great way to get the "big picture" of the Bible and see how our Catholic Faith is rooted in Scripture. You will see how the Bible reveals God's loving plan for your life, and you will learn helpful ways to put your faith into practice.

The study includes a series of eight informative and engaging half-hour videos on eight consecutive Wednesday evenings. Each video will be followed by a lively group discussion. You will receive a color-coded Bible Timeline Chart and a Bible study workbook. Don't worry about missing a session or two; you can stream the study videos online at your convenience once you have enrolled. The cost of the course is \$25.00 per person; scholarships are available if needed.

Please visit www.saintmonicachurch.org and click on *Unlocking the Mystery of the Bible* to register. For more information, contact Kit Sherman at 610-644-8827.

LET THE CHURCH ALWAYS BE A PLACE OF MERCY AND HOPE, WHERE EVERYONE IS WELCOMED, LOVED AND FORGIVEN... *Pope Francis*

OUTREACH



St. Gabriel's Food Cupboard collection is this weekend after all Masses. No time to shop? Cash and donations payable to *St. Gabriel's Food Cupboard* are most welcome and can be left in the designated box in the gathering space. Canned goods and donations can be left through Tuesday, June 28 at 8:00 a.m. Sisters Arleen and Rita extend many thanks for our summer help to our inner city neighbors.

ATTENTION PARENTS OF PRIVATE SCHOOL STUDENTS

Parents of private school and private Catholic school students who are eligible to receive the sacraments of Penance, First Communion, and Confirmation are asked to contact Mary Pizzano, DRE, as soon as possible so that your child or children can be included in the preparation plans for the 2016-17 school year. The sacraments of First Penance and First Communion are typically received during 2nd grade. Confirmation is typically received during 6th grade. For more information, please contact Mary Pizzano at mpizzano@saintmonicachurch.org or 610-647-4757.

CATHECHISTS NEEDED

The Religious Education Program is in need of a few enthusiastic adults to serve as catechists/teachers beginning in September for the 2016-2017 school year for the Monday evening session from 6:00-7:15 pm. Please consider participating in this rewarding ministry. Sharing your time and talent is a great and life-long gift to the youth of the parish. A stipend, guidance, and support are generously provided! Please contact Mary Pizzano for more information at mpizzano@saintmonicachurch.org or 610.647.4757.

WEEK-AT-A-GLANCE for June 26			
DAY	TIME	EVENT	LOCATION
Monday	8:00am-3:00pm 9:15am-4:30 pm	RE Summer Session Eucharistic Adoration	Parish Center Church
Tuesday	8:00am-3:00pm 7:00-9:00pm	RE Summer Session 33 Days to Morning Glory	Parish Center Hagenbach Room
Wednesday	8:00am-3:00pm	RE Summer Session	Parish Center
Thursday			
Friday	9:15-10:45 am 9:00pm-8:00am	Legion of Mary Nocturnal Adoration	Rectory Church
Saturday	4:00-4:45 pm	Confession	Church

THE CHURCH of SAINT MONICA

WWW.SAINTMONICACHURCH.ORG

SOCIAL MEDIA



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The Church of Saint Monica, Berwyn



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Instagram
@StMonicaBerwyn

FATHER ZLOCK



Website
Frzlock.com



Facebook
Fr. Charlie Zlock



Twitter
@FrZlock

FAMILY & YOUTH MINISTRY

Edge: Middle School Youth Group
Lifteen: High School Youth Group



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CSMEdge
CSMLifeteen



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@CSMLifeteen



Instagram
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BULLETIN SUBMISSIONS

The Saint Monica Parish Bulletin is published weekly and is available both on the parish website and distributed to the assembly after Sunday Worship.

Submissions are due each Monday by noon and should be e-mailed to parishbulletin@saintmonicachurch.org with formatting left to a minimum.

Please include a contact name and phone number with your submission. In the case where announcements must be submitted handwritten, please make sure the text is legible.

BULLETIN INSERTS

All inserts must be submitted to the Rectory Office for approval a minimum of **two weeks** before you would like it to appear.

MASS INTENTIONS for June 26 — July 3

MASS TIME	INTENTION	PRESIDER	MUSIC MINISTRY	NOTES
5:00 pm	Intentions of the Forbes Family	Fr. Avicolti	Cantor	<i>Special Collection: Peter's Pence</i>
7:30 am	People of the Parish	Fr. Fitzgerald	Quiet	
9:30 am	+ Kitty Borzillo-Dowds	Fr. Fitzgerald	Cantor	
11:30 am	+ Bill Ward	Fr. Zlock	Cantor	
Monday, 27th	+ Sheila Gaffney	Fr. Zlock		
Tuesday, 28th	+ Supreme Court Justice Antonin Scalia	Fr. Zlock		
Wednesday, 29th	Communion Service			
Thursday, 30th	+ Timothy Kelleher	Fr. Novielli		
Friday, 1st	+ Ray and Betty O'Donnell	Fr. Zlock		
Saturday, 2nd	Intentions of John and Joan Wojcik	Fr. Zlock		
5:00 pm	+ Marie MacFaun	Fr. Zlock	Cantor	
7:30 am	+ George Mautz	Fr. Zlock	Quiet	
9:30 am	People of the Parish	Norbertine	Cantor	
11:30 am	+ Richard Dressler	Norbertine	Cantor	

THE SICK AND THOSE IN NEED OF PRAYER

Sonia Altirman, Jack Barausky, Drew Brazier, Michael Byrne, Mary Byrnes, Bill Canfield, John Canfield, Lina Cappelli, Terri Carson, Lilly Ciocca, Kathleen Dempsey, James DiAntonio, William Dahlman, Rita Dunn, Joseph Erwin, Yolanda Fazzini, Kelly Glacken, Mary Hartley, David Hill, Jenna, Maya and Eva Izzi, Eleonora Jauslin, Faith Johnson, Libby Judge, Anne Maas, Dan Maguire, Eugene Matta, Louise Merlino, David Mikowchok, Melanie Mizenko, Dr. Mark Nardone, John and Lilly Neff, Courtney Frances Patterson, Josephine Pogorzelski, Rita Reilly, John Robinson, Mary Rose, Cathy Russell, Bob Schubert, Gary Smith, Helen Triolo, Bob and Mildred Walsh

THOSE WHO HAVE GONE BEFORE US

Patrick Maher, Husband of Jennifer

H.O.P.E. — HELPING OTHER PEOPLE IN EMERGENCIES

Leader for this week: Joanne Rogers at 610-889-0963

PARISH LEADERSHIP

PASTORAL COUNCIL

Sandra Concannon
Maureen Friedrich
Levi Keene
Tobias Hoppe, *chair*
Martha McGurk
Dr. Anthony Roeder
Brendan Powell, Jr.

FINANCE COUNCIL

Gerald O'Brien
Giulio Perillo
Matt Tomasicchio, *chair*
Michael Vadner
Lawrence Wieser

PARISH PASTORAL STAFF

Reverend Charles Zlock, M.Div., M.A., M.B.I.S., *Pastor*
Reverend Allan Fitzgerald, O.S.A., Ph.D., *Pastoral Assistance*
The Norbertines of Daylesford Abbey, *Pastoral Assistance*
Mary C. Pizzano, *Director of Religious Education*
Frank K.J. Orman, *Director of Worship & Music*
Jason Carter, *Director of Family & Youth Ministry*
Theresa Carey, *Business Manager*
Catherine H. Levine, *Parish Administrative Assistant*
Diane Kirsch Pealer, *Religious Education Assistant*
Elizabeth P. Tenaglio, *Cemetery Administration*
Frank Pantano, *Facilities Manager*