

"You are the temple;



**the spirit of God
dwells within you."**

1 Corinthians 3:16

Dedication of the Lateran Basilica

Our Lady of Lourdes • November 9, 2008



Pastoral Team

Rev. Michael A. Vetrano

Pastor

Rev. Robert Scheckenback

Associate Pastor

Parish Office

661-3224

Monday-Friday: 9 AM - 7:30 PM

Saturday: 9 AM - 3 PM

Sunday: 9 AM - 2 PM

email: ParishOffice@ollchurch.org

fax: 661-7143

website: www.ollchurch.org

Our Lady of Lourdes School

587-7200

Monday-Friday: 9 AM - 3 PM

email: lkrol@ollschool.org

Religious Education Office

661-5440

Monday-Friday: 9 AM - Noon

1 PM - 5 PM

7 PM - 9 PM

email: ReligiousEd@ollchurch.org

Parish Outreach Office

661-9262

Monday -Friday: 9:30 AM - 3:30 PM

S.A.G.E.

661-3224

(Senior Advocates for Growth
and Enrichment)

email: Sage@ollchurch.org

Rev. John Asomugha

In Residence

Rev. Ambrose Cabildo

In Residence

Deacon John DeGuardi

Deacon Tom Lucie

Deacon Jack Meehan

Coordinator of Stewardship

Deacon John Teufel

Sr. Margaret Bickar

Senior Ministry-SAGE

Sr. Nancy Campkin

Director of Religious Education

Jennifer Gallagher

Childrens' Choir/Women's Chorale

Summer Program Director

Carol M. Goetz

Parish Music Director

Louise Jane Krol

School Principal

Sr. Diane Liona

Director of Religious Education

Mary McMahan

Director of Parish Social Ministry

Vita Scorgia

Ministry Spiritual Director

John Sureau

Coordinator of Worship

Sr. Betty Toohig

Senior Ministry-SAGE

Anthony Trombino

Business Manager

Pastoral Council

Stacie Baltrusitis

Jane Desthers

Anne Kerrigan

Deacon Jack Meehan

Vita Scorgia

Mary Steck

Fr. Mike Vetrano

Parish Staff

Barbara Catusco

Religious Education Office

Mary Anne Lettieri

Parish Office

Debbie Meyer

Bulletin/Parish Office

Rosemary Multer

School Office

Rex Muro

Organist

Rita Spera

Religious Education Office

Lori Walsh

Parish Office

Mission Statement

As stewards of all that God has given us, the Parish Family of Our Lady of Lourdes serves and ministers to all who come to this place. Regardless of a person's history, ethnicity, gender, orientation, age or race, we commit ourselves to open wide the doors of our Parish to provide a place of welcome and hospitality.

Welcome to our Parish Family! New Parishioners are cordially invited to register as members of our parish family. Please call or visit our Parish Office.

Vision...

so that all may know that they are a vital part of the Body of Christ, we further recommit and challenge ourselves to:

***Live** out our Baptismal call passionately by caring for all of God's people with justice.*

***Grow** in an understanding of God's role in each of our lives.*

***Respond** to the Gospel in a radical way, inviting and inspiring all to form the Kingdom of God in every moment of life.*

***Acknowledge** we are not complete without the willingness to grow, discern and discover the Spirit who moves and guides us.*

*Our Lady
of Lourdes*

455 Hunter Avenue

How our Parish is Supported

Can you imagine what life would be like in your family household if every time you opened your paycheck the take-home amount was different? How could you plan to take care of your family's needs? That's what it is like for our parish family to operate with weekly collections as our main support. Collections at OLL vary from as little as \$14,550 for some summer weeks to as much as \$20,000 on a few others. The average contribution is \$17,400, but even if we try to count on this there are other unpredictable realities. A weekend snow-storm can set a parish budget back by \$15,000 and it can take months to recover.

Parishioners give to a parish in a variety of ways. Some people decide their weekly contribution well in advance and they never fail to give exactly the amount they plan. If there is a winter snowstorm they make it up the next week. If they take a two week summer vacation they are sure to send in their contributions for the weeks they are away. Without their support, it would be impossible for our parish to plan ahead in any dependable way. This year our parish is planning to offer two new services to our planned contributors. One is automatic payments in which an amount of your choosing can be automatically deducted from your credit card or bank. Another is friendly reminders in which we will keep track of your pledges and remind you if you are behind.

Some parishioners do not plan ahead. They contribute when they are at Mass and they decide at that moment what they will give for the week. If they are not at Mass, even for a good reason like storm, illness, or vacation, there is simply no contribution made that week. While we are grateful for any gift given to the Church, it is a fact that people expect the Church to be reliable and we are reliable. We never close our doors to anyone and we help those who come for education, outreach, weddings, funerals, etc. without fail. But you can probably understand that it is hard to be a reliable friend without reliable supporters. Some give only occasionally, perhaps only at holidays or special times.

And then there are others who do not contribute at all. It is a fact of life that 90% of our parish's support comes from only 1200 of our 6000 families. While some may simply not be able to give because of circumstances in their own lives, it is probably true that most simply do not appreciate how much OLL has to offer and how much we are in need of their support. We hope this year to reach out to these parishioners through mail, school, religious education, and other groups to help spread the word about our parish.

I am sure you can see that having each of our parishioners become a planned giver is the key to success in supporting all of our parish's programs. Please take a step by making a commitment to planned giving.

When we love...

Renewing our Support for Our Lady of Lourdes

Dear Parishioners:

Each year, our parish uses the weeks at the end of October and beginning of November to celebrate parish stewardship. Stewardship is a way of life, an attitude of generosity and faith that allows us to use our gifts of time, talent, and treasure to do the work of the gospel. Our parish community would not exist without the generosity of our members. Please pay special attention to the message of stewardship on these upcoming weekends.



...we serve.

Saturday and Sunday, November 8 and 9 Parish Commitment Weekend

We will be invited, this weekend to listen and understand the importance of the stewardship of time, talent, and treasure in our lives. Parishioners will also be invited to make or renew a commitment to support Our Lady of Lourdes. The commitment cards may be put into the collection baskets at this Mass or at Mass over the next several Sundays. In addition, the commitment cards can be dropped off at or mailed to the Parish Office in the Rectory.

Saturday and Sunday, November 15 and 16

Commitment Weekend

Parishioners will be invited to return their commitment cards if they did not do so last weekend. In addition, we will have cards available at the entrances of the Church over the next several weeks for your use. All cards can be returned in the collection baskets at Mass or they can be dropped off at or mailed to the Parish Office in the Rectory.

Financial Summary

November 2, 2008

Weekly Collection	\$ 18,479.00
Weekly Budget	-\$ 21,000.00
+/- for the week	\$ (2,521.00)

The estimated weekly collection needed to maintain and operate our parish buildings, ministries, programs and salaries is \$21,000.

OLL School 8th Grade Fund Raiser

David's Frozen Cookie Dough and Cheesecake Sale

The Cookie Dough Cheesecake Sale will be from November 3 to November 14.
Order forms are available in the OLL School Office or call Joanne at 661.4407.
What a great way to plan ahead for the holidays!
Orders can be picked up Wednesday, December 10
between 2 PM and 4 PM in the school lobby.
Thank you for your support!



The Parish Office will be closed on Tuesday, November 11 in observance of Veteran's Day. The Parish Office will reopen on Wednesday, at 9 AM.



RCIA-Rite of Christian Initiation for Adults

What's it all about?

IF you are an adult and

- ... you were never Baptized
- ... you were Baptized in another faith and would like to become a baptized Catholic
- ... you never received Holy Communion (Eucharist)
- ... you never received your Confirmation

IF you are an adult and one or all of the circumstances above apply to you

IF you feel you would like to become a Baptized Catholic or become more fully initiated into your Catholic faith...

Please contact John Sureau, Sister Nancy, or Fr. Bob at the Parish Office, 661.3224, option #1, and we would be happy to help you.

Our first information meeting will be on **Sunday, November 16, at 11:30 AM in the Parish Center.**

Heroes & Heroines... of Our Faith



These friends of God challenge, inspire and deepen our faith. Come join us as we journey with these living witnesses of God's unchanging love.

... our second "Heroine" and friend of God is **Dorothy Day** "**Icon of the Streets.**" This year marks the 75th Anniversary of the *Catholic Worker*, a movement, which has changed the way the Catholic Church has reached out to the poor and destitute and viewed nonviolence and social justice. Does the message of its founder, Dorothy Day, have any words of wisdom for each one of us today?

**Tuesday, November 18 from 7:30 PM - 9:30 PM in the Parish Center
Presented by Dot Horstman, Instructor P.F.I., Diocese of RVC**

Preregistration is necessary and helpful. This will enable us to have enough reading material and refreshments for all those attending. Please call the Religious Education Office to register at 661.5440, option 3, Monday-Friday from 9 AM until 5 PM and 7 PM until 9 PM or you can email to religioused@ollchurch.org.

upcoming...

Heroes & Heroines of Our Faith

St. Benedict presented by *S. Diane Liona, CSJ*

St. Bernadette presented by *Deacon John DeGuardi*

Thomas Merton presented by *Tom Petriano*

My Life with the Saints

Enjoy an evening with Fr. James Martin's inspiring, witty and surprising account of how the saints can help us to find our way in the world.

Fr. James Martin, author of *My Life with the Saints*, believes along the way he has been accompanied by special friends—the saints of the Catholic church.

Tuesday, December 2 from 7:30 - 9:30 PM in the Church

Fr. Martin's book will be available for purchase and signing this evening.



Daily Mass

8 AM

Weekend Masses

Saturday: 5 PM

Sunday: 8 AM, 9:30 AM,
11 AM, 12:30 PM and 6 PM

Reconciliation

Saturday: 4 PM - 4:45 PM



Support Groups

Alcoholics Anonymous:

Monday and Tuesday at
8 PM and Saturday at 2 PM
and 7 PM in Lourdes Hall-
convent lower level.

ALANON:

Each Wednesday at
10 AM in Lourdes Hall-
convent lower level.

(Babysitters available)

Rosary/Novena

Rosary

Daily after 8 AM Mass

Miraculous Medal Novena

Monday after 8 AM Mass

Anointing of the Sick

Throughout the liturgical year.

If needed sooner, please call the Parish Office.

Baptism

Please contact the Parish Office to schedule an appointment.

Marriage

Arranged at least six months in advance, please call the Parish Office.

Rite of Christian Initiation of Adults(RCIA)

A process to be embraced by the Catholic Church. For non-Catholics and for Catholics who have never received formal religious education. If interested, please call the Parish Office.

Rest In Peace

Nicholas Caccavo died on October 18 and celebration of the Mass of Christian Burial was in Holy Cross, Vero Beach, FL. We extend our prayers to his daughter, Grace O'Connor and entire family.

Edward J. Roth died on October 24 and celebration of the Mass of Christian Burial was October 28. We extend our prayers to his children and entire family.

Ronald S. Marchese died on October 27 and celebration of the Mass of Christian Burial was October 30. We extend our prayers to his wife, Barbara, children, step-children, grandchildren and entire family.

Remembering...

Monday, November 10

St. Leo the Great, pope, doctor

8:00 AM Andrew Joseph Brennan

Tuesday, November 11

St. Martin of Tours, bishop

8:00 AM James Kaste

Wednesday, November 12

8:00 AM Barbara McGarrity

Thursday, November 13

St. Frances Xavier Cabrini, virgin

8:00 AM LaRocca & Sweeney Families

Friday, November 14

8:00 AM Emma Killen

Saturday, November 15

8:00 AM John Lovari, Charles Loehr, Joseph DiBenedetto,
Nicholas Caccavo, Joseph F. Andreucci,
Paul Masterson, Dolores Nizen (*living*)

5:00 PM Salvatore Carrano

Fr. Mike Vetrano

Sunday, November 16

8:00 AM Barbara McGarrity

Fr. Bob Scheckenback

9:30 AM Joseph A. Santangelo

Fr. Ambrose Cabildo

11:00 AM Joseph Rizzo and Family

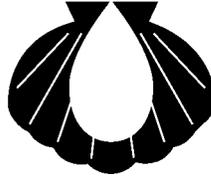
Fr. John Asomugha

12:30 PM Peter Santoro (*birthday*)

Fr. Mike Vetrano

6:00 PM People of the Parish, Frank & Eleanor Dato,
William Kuhlwilm, James Stephen, Thomas Dalton,
Stanley Renkas, Frank Carbone, Richard Bailey,
Aurora Rose Meir, Jane Donnellan, Salvatore Dellaria,
Dominick Yannotti

Fr. John Asomugha



Baptisms

Alexa Marguerite Berberich

Ronald and Angela

Carson Michael Cafaro

Adam and Kimberly

Keira Therese Foy

Justin and Melissa

Conor William Kenefick

Dennis and Adrianna

Dylan Anthony Tasso

Anthony and Regina

Parish Outreach

Office telephone:

661-9262, option 4

Office hours:

Monday - Friday: 9:30 AM - 3:30 PM

~As you know, each month Outreach records the number of families and individuals who come to the office seeking assistance. This time consuming task is completed each month by Flo Worysz. I want to thank Flo for her time and dedication to Outreach. Flo has been a conscientious volunteer for several years-one of the 'old faithful' whom I can call upon at any time for help! My sincere thanks to Flo for her commitment to Outreach.

~ In September, Outreach was so busy it was impossible to keep the pantry stocked! Shelves, which were filled in the past to overflowing, consistently were empty. There were gaps where, in the past, peanut butter was stored. When Flo gave us the numbers for September, we could understand the empty shelves. Outreach provided food to 125 families-which breaks out to 503 individuals. The volunteers in Outreach know the clients and the particular needs each family has. It is the norm and the expectation, that a volunteer will give extra food (when we have it) to the family with several children, to the client with a chronic illness unable to work, or to the young mother of three recently diagnosed with breast cancer. We make exceptions to the "two bag rule."

~Speaking of the "Two Bag Rule"... a family of two or more can take two bags of food from Outreach weekly. The bags consist of the following:

BAGA

- 1 jar spaghetti sauce
- 2 cans tuna
- 2 cans pork/beans
- 1 can string beans
- 1 can corn
- 1 can peas
- 1 can fruit
- 2 small cans soup
- 1 large can soup
- 1 pound pasta
- 1 pound spaghetti
- 2 boxes mac & cheese
- Box of tea or cocoa
- Loaf of bread (if available)

BAGB

- 2 cans of spaghetti or chili
- 1 jar jelly
- 1 jar peanut butter
- 1 box cereal
- 1 box rice or stuffing
- 2 boxes of jello
- 1 bar soap
- 1 roll toilet paper
- 1 sleeve crackers
- 1 box cookies
- 1 roll paper toweling

An individual may take a bag Marked 'S' which contains smaller quantities of the above. Laundry soap and coffee are distributed monthly.



Mary,

Greetings and I hope you are doing fine. I wish to express my deep gratitude to you and the entire parish community of Our Lady of Lourdes, West Islip for your generous gifts to the children in my village. I thank you in a special way for initiating the move. My people appreciated it so much and they send their greetings. The gifts made a lot of difference in the children's lives. Some who were ill told me how the multivitamins put them back on their feet.

Once more, many thanks. My warm regards to all my good friends at Our Lady of Lourdes. I remember them with deep appreciation for their care and concern for me while I was there. I am sure God will reward all of you eternally. I keep you in my prayers.

Some of the pictures I took with a group of kids in my village are attached.

Remain blessed!

Stan

SOC



Donations

Outreach has received a donation in memory of *Nicholas Caccavo* from Flo Worysz.

Francoise Heim has made a donation to Outreach in memory of her husband, *William Heim*.

Peter and Regina Mirabella have made a donation to Outreach in memory of *Mildred Ebersold*.

Outreach Oktoberfest

UPDATE

There was sauerbraten!! There were pretzels!
There was beer! There were prizes!
But more importantly, there was a crowd!!

A heartfelt thank you to all who supported and attended the Outreach Oktoberfest~

If we measure success financially, then the evening was a tremendous success, raising five thousand dollars to benefit the works of our Outreach program. If success is determined through connecting with others and deepening bonds of community, then this event was far more successful than we could have imagined! How wonderful to see people dancing and socializing and just having fun! Fun is good!!

~A very special thanks to Dave Brethel who donated his time to "DJ" our event. Yes, there was German music in the Hibernian Hall!

(St. Patrick had to move over-St. Hildegard was in town that night!)

~Our thanks also to John Biesty who helped with the arrangements at the Hibernian Hall and to Bill Weiss who served up our epicurean delights!

If you missed out on this year's event...don't worry, we are already tossing around ideas for our next fundraiser....we'll keep you posted!

Thanksgiving at OLL

It's November...

and Thanksgiving is fast approaching.



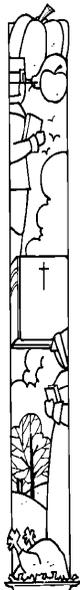
As all may be aware, Outreach has had a dramatic increase in requests for assistance in these past few months. This year we have requests from 90 families for assistance at Thanksgiving.

Once again, we ask our generous parish family to help those less fortunate in our community by making a donation to **OLL Parish Outreach-Adopt-A-Family**.

We would like to suggest that when you are shopping for your Thanksgiving dinner, simply buy a duplicate dinner for one of our needy families and bring it to Parish Outreach for distribution.

If shopping is not in your schedule, we will gladly accept food certificates or financial donations.

We ask that you bring your **donations to the Parish Center on Monday, November 24 between the hours of 10 AM and 3 PM.**



Thanksgiving at OLL

Parish Outreach Adopt-a-Family

I will be happy to donate a Thanksgiving dinner with all the fixins' for a family of _____

Name _____

Address _____

Telephone # _____



Dedication of the Lateran Basilica

It is said that the famous early-20th century sculptor Auguste Rodin was once asked how he created such beautiful statues from large pieces of stone. "It is very simple," he said. "I choose a block of marble and chop off whatever I don't need." Perhaps it could be said that as we grow older, we are doing just the opposite; continually adding layers of things we don't need, traits we shouldn't have, until we are no longer recognizable to God. We have simply become a large piece of stone.

Today's Gospel reading from John is one of the more recognized passages from the Bible in that it is a rare description of Jesus showing anger and emotion. Finding a temple in which traders have set up tables to sell sacrificial animals to the people, he not only turns over their tables but grabs a whip and chases them out! After doing so, he turns to those remaining and says when the temple is torn down he will raise it again in three days. We know that the temple he referred to was his own body; we also must know in our hearts that he was asking us to remove from our temples all that we don't need, as well.

Each year, billions are spent in an effort to look better, feel better, and fool the world that we are better than before. But if we simply look within and understand that we have a solemn responsibility, we would begin to shine, because the human body shares in the dignity of "the image of God"-it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit (CCC 364). Today, let's rededicate ourselves to cleansing the temple, to removing whatever we don't need, revealing God's beautiful creation.

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Readings for the Week of November 9, 2008

Sunday:	Ez 47:1-2, 8-9, 12/1 Cor 3:9c-11, 16-17/Jn 2:13-22
Monday:	Ti 1:1-9/Lk 17:1-6
Tuesday:	Ti 2:1-8, 11-14/Lk 17:7-10
Wednesday:	Ti 3:1-7/Lk 17:11-19
Thursday:	Phlm 7-20/Lk 17:20-25
Friday:	2 Jn 4-9/Lk 17:26-37
Saturday:	3 Jn 5-8/Lk 18:1-8
Next Sunday:	Prv 31:10-13, 19-20, 30-31/1 Thes 5:1-6/Mt 25:14-30 or 25:14-15, 19-21

Christ is the icon of the invisible God.

-Colossians 1:15

Our pastor, Father Mike, has graciously given me the opportunity to create a new processional cross for our parish here at Our Lady of Lourdes. With the carpentry skills of Ed Hawkins, I was able to design the front and back of the icon image of the Crucified Christ and Christ's Resurrection.

The icon image reflects a form of spirituality that is identified with many Byzantine, Russian and Greek Christians, however, as for us in the Roman Catholic Church, these images offer us an opportunity to grow and deepen our faith. The word icon comes from the Greek, "eikon", which simply means "image" specifically referring to a sacred image.

Unlike other art experiences, the one who paints the icon comes to prayer with each painting session by making the sign of the cross. The process of making the icon image becomes a level of prayer between the artist and the image that is being formed. It is at this time that there is truly a one on one spiritual relationship with the artist and the saint or the Christ image that is the subject of the icon. Over a period of many months, the iconographer comes to a realization that he is not doing the icon, the icon is doing him. When the icon is complete, a prayer of gratitude is said thanking God that His mercy has granted the grace to paint the Holy Image.

In the tradition of all icons, when completed, they must be blessed. On Thanksgiving Day, Thursday, November 27, at the 9:30 AM Mass, our new icon processional cross will be blessed. During the process last year, our parish school then seventh graders, now the eighth grade class, had the opportunity to follow the process when the different stages of the developing icon was brought to their class-seeing the drawings, and following the painting, but most of all, understanding that viewing an icon is truly a personal spiritual relationship between the image and the viewer.

And so I dedicate the new processional cross to the class of 2009 of Our Lady of Lourdes School.

-Deacon John

The People who Need Affordable Housing are our Neighbors

MICAH*: An Interfaith Campaign to End Poverty on Long Island

(*Mobilized Interfaith Coalition Against Hunger)

“Do justice, love mercy, walk humbly with your God.”

-Micah, 6:8

Affordable housing (AH) is needed by individuals, families and communities, and the truth is, it is good for the neighborhoods in which it is built. Over the past 20 years, home prices and rents have skyrocketed faster than incomes on Long Island and in most parts of the country, increasing the need for AH. As baby boomers enter retirement, higher demand for housing for low-income seniors is expected. Medical advances allow many older and disabled Americans to live in their own homes for longer periods.

Why isn't more AH being built, especially when the need is growing, many state and local laws require it, and solutions exist?

Answer: Because many community residents and officials oppose the building of affordable housing based on misunderstandings. Opposition to AH makes it difficult and costly to construct or renovate houses and apartments, and undermines efforts to win political support for funding, zoning changes and project approvals.

According to the Campaign for Affordable Housing, “...NIMBY-ism (Not In My Back-yard) takes many forms. It can be as overt as a public demonstration against a new housing development. It also can be as insidious as the rigid application of zoning regulations that perpetuate social and economic segregation. Whatever its form, NIMBY-ism reflects the perception among existing residents that additional housing for low-to moderate-income people in their neighborhoods will hurt their property values or quality of life by increasing such problems as traffic congestion, crime and crowding of local public facilities.”

We can all help expand the supply of safe, decent and affordable housing by becoming MYTH BUSTERS. Common myths about AH include: 1) AH is ugly. 2) AH produces increased traffic. 3) AH increases crime. 4) AH generates many children in schools. The truth is that: 1) AH is designed to fit the community character in size & style. 2) Building AH near jobs supports the increased use of public transportation, shortens commutes and lessens congestion. 3) There is no correlation between safe, decent AH and crime. Studies show that what does cause crime (and a host of other socio-economic ills) is community disinvestment, overcrowding, lack of jobs and community services. Failure to build AH leads to the slum conditions of overcrowding, absentee owners, and deteriorating properties with no alternatives available to low-income families. 4) Studies show that AH, especially town house complexes and rental units, generate fewer children than single family dwellings.

Working together to spread the truth, helps our neighbors – the teachers, nurses, firefighters and police officers whose help we depend on- to provide safe and stable homes to their own families.

(Source: The Campaign for Affordable Housing, CA)

To learn more about the MICAH campaign, contact Rev. Thomas Goodhue at the LI Council of Churches (licchemp@aol.com) or LICC Advocacy Director Neelofer Chaudry (licmicah@aol.com)

Altar Society

Altar linens this week will be cared for by *Janet Loehr*.
If you would like to help care for our altar needs,
please call the Parish Office at 661.3224.

Pastoral Care of Our Sick

Please call the Parish Office at 661.3224 to leave the names
of parishioners who:

- are homebound and would like to receive the Eucharist
- are in Good Samaritan Hospital and would like to be visited
by a member of our Pastoral Care Ministry.
- would like to receive the Sacrament of the Sick.



Pray for Our Sick

Please remember to keep in your thoughts and prayers ...

*Connie Altadonna, Lucas Anderson, Susan Aviza, Deacon Dick Barry,
Nicholas Buscemi, Jr., Carmen Cajigal, Howard Campkin, Regina Cranor,
Karen DellaVecchia, Josephine DiBenedetto, Marge Flem,
James, Jr. & Julia Florio (infants), Susan Gigante, Brian Hinkelman,
Lili Hinkelman, Kathleen Kerrigan, Evelyn Lang, Richard Lang,
Nancy Letsch, Seymour Lichtenstein, Kara Lobasso, Baby Josephine Mahan,
Vicky Massaro, Michele McCann, Peter McCann, Sr., David McCarthy,
Eleanor McGee, Dorothy Meloni, Brenden Muldoon, Frances Parine,
Arthur Petrino, Joanne Popper, Joe Radosti, Patricia Salimbene,
Dorothy Shiovone, Joe Shields, Derek Stahl, Diana Marie Taveras,
Charlie Tibbetts, Baby John Tramazzo, Jean Virgilio, Pat Wallace*

Breathing Emotionally

by Ron Rolheiser, OMI

One of the things that made Henri Nouwen such a loved writer was his disarming honesty. He hid little about himself.

And one of the things that he was able to give voice to was his constant struggle to be affirmed, to be made to feel special, to be touched, to be singled out for admiration, to feel tangible proofs of love. Over and over again, in his diaries, he shares his yearning for this. The wording varies, but the pleading is always along these lines:

Today the small rejections of my life are too much for me - a sarcastic smile, a flippant remark, a brisk denial, a bitter silence, a failure to be noticed, a coldness from a colleague, an indifference from someone I love, a nagging tiredness, the lack of a soul mate, a loneliness that I can't explain. I feel empty, alone, afraid, restless, unsure of myself, and I look around for invitations, letters, phone calls, gifts, for someone to catch my eye in sympathy, for some warm gesture that can heal my emptiness. And right now I don't particularly want God, faith, church, or even a big and gracious heart. I want simply to be held, embraced, loved by someone special, made to feel unique, kissed by a soul mate. I'm empty, a half-person. I need someone to make me whole.

What Nouwen articulates in this is not a particular neurosis, immaturity, narcissism, or a lack of intimacy. That may be true too of him (or any of us) on a given day, but what he expresses here is the universal human struggle for emotional and spiritual maturity. And that struggle isn't easy.

We aren't born simple, mature, whole, saints. That's life's journey. We're born complex, lonely, greedy, restless, with powerful, selfish instincts that remain with us even when we are mature. What Nouwen gives expression to is the aching and pressures we feel inside of us because of those instincts.

And it's not a just a question of finding intimacy and meaning in our lives (a spouse, a family, close friends, someone to socialize with, meaningful work). Having these can help, but nothing ultimately takes our loneliness away or fully reprograms our instincts and so the day inevitably arrives when the pain that Nouwen expresses here begins to gnaw away inside us. To feel this kind of need for tangible affirmation is not a sign that there's something wrong in our lives but simply a

sign that we're emotionally healthy and not calloused, warped, or depressed. In the end, it's healthy to feel our need for the touch of another in a way that's so visceral that it drives us to our knees.

And that isn't just emotionally painful, it's also spiritually confusing. When we take this tension to prayer and ask God to take it away, more often than not it will seem that our prayer isn't heard. The tension will remain and sometimes even intensify. Why?

Not because God hasn't heard our prayer, but because we are being weaned, just as surely as a baby from its mother's breast. What's happening is this: Our natural instincts give us one way of breathing emotionally. What naturally gives us energy, emotional oxygen, is the good feelings we derive from tangible love, emotional affirmation, loving touch, and physical pleasure. It's not that these are wrong, it's just we won't ever become mature if our motivation for living with and serving others is contingent upon always having to feel these. We'll never grow mature if unconsciously we keep saying: I will love you and stay with you, as long as there's something in it for me.

Maturity, emotional and spiritual, demands that ultimately we choose love, choose service, choose prayer, and choose God, not on the basis of a feeling but on the basis of value, truth, and goodness. We are mature when love is a decision that's not based upon an emotional pay-off for us but on the intrinsic goodness that's inside the other.

But to come to this, we have to learn a new way of breathing emotionally. The excruciating pain we feel sometimes when precisely we want nothing more in the world than a physical and emotional touch that we can't have is, in essence, a weaning, the pain of the child who has to cry herself to sleep because her mother will no longer nurse her, but is forcing her instead to learn a new way of taking in sustenance. Our prayers don't seem to be heard because God, like a good mother, knows that giving a certain emotional breast back to the child only delays the inevitable. Maturity lies in learning how to breathe emotionally in a new way.

The mystics called this "a dark night of the soul". And we are in one of these dark nights every time we feel the kind of aloneness that drives us to our knees pleading in mercy for the kind of tangible touch that, for a moment at least, would let us feel whole again.

Used with permission of the author, Oblate Father Ron Rolheiser. Father Rolheiser is a theologian, teacher, and award-winning author and is currently the President of the Oblate School of Theology in San Antonio, TX. He can be contacted through his website-www.ronrolheiser.com.

Good Samaritan Prayer Group of L.I.

The Good Samaritan Prayer Group of Long Island holds their **meetings every Friday (except the first Friday of the month) at OLL School in Room 16 from 8 PM until 10 PM.** All are welcome to experience singing, praying and fellowship each evening.

Jesus, King of All Nations Prayer Group

The Jesus, King of All Nations Prayer Group meets each **Thursday afternoon** in the **Church.** The meeting is from **3 PM until 4 PM** in **front of the Blessed Sacrament.**

A New Men's Group is Forming

An Invitation to all men from OLL and beyond...

Come join us on **Thursday, November 20, in the Parish Center after the 8 AM Mass.** We plan to meet once a month to read and discuss the Scriptures for the following Sunday. Come with your ideas and suggestions. We'll gather for conversation and fellowship. Join us in this pioneering experience for **MEN ONLY.** If you plan to attend, please call Jack Fitzgerald at 587.5548.

Members in the Military

We ask that you pray especially for those in our parish that are on active duty in the Middle East conflict.

They are:



Bryan R. Dempsey-US Marines
James J. Ferrara-US Marines
Thomas W. Ferrara -US Air Force
John Finn-US Army
Christopher Florca-US Marines
Donnie Frank-US Marines
Armand J. LeComte-US Marines
Michael Mallimo- US Army
Anthony Mannino-US Marines
Peter Provenzano-US Army

...and remember those of our parish family that are in the armed services, listed in our Parish Book of Intentions.

Celebrate a Special Mass

A Special Mass will be celebrated for anyone afflicted with any form of cancer, survivors of cancer, and their families on Monday, November 17, 2008 at 8:00 p.m. at SS. Cyril and Methodius Church on Deer Park Avenue in Deer Park. Refreshments will follow. For information, please call Debbie at the Parish Center at 667-4044 ext. 114.

Rock Our World

A concert series for teens and young adults featuring bands—code Anchor, Black Pearle, Dancing After Hours and Well Hello. The concert will be on Friday, November 14 at 6:30 pM at Our Lady of Grace, West Babylon. Admission is \$10. For mor information call Terence at 587.5185, ext 219.

Fall Concert

The West Islip Symphony Orchestra presents “Fall Concert” to be held at the West Islip High School on Sunday, November 16 at 3 PM. suggested ticket donation is \$10, students admission is free and senior citizens are discounted. For more information please call 661.8348.

Help Feed the Hungry

The Mercy INN Soup Kitchen in Wyandanch is in need of a person to pick up food early on Thursday mornings and someone to make a once a month mid-morning food pickup on a Monday. If you can help, please call Kathy at 631.422.1420.

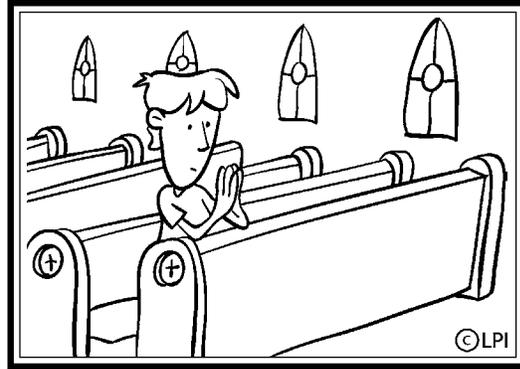
Religion & Rock

Tune into “Religion & Rock” with Msgr. Jim Vlaun on Sunday from 7 AM to 8 AM on WBAB 102.3 FM or 95.3 on Long Island’s East End. The show is also available on Sirius Radio, Channel 159 at 11 PM on Saturday nights.

Next Sunday’s theme is: “**Family Life.**” Don’t miss it! To listen online or receive more information regarding Religion and Rock, go to www.ReligionandRock.com. Don’t forget to tune into TELECARE, Cablevision 29 or Verizon FIOS 271 for the best in Catholic television!

Sharing the Gospel

The temple in Jerusalem was very special. It was the place people came to pray, to give offerings, and to be close to God. One day Jesus went to the temple. People weren't praying there at all. They were buying and selling animals. No wonder he was angry!



Mission for the Week

After Jesus rose from the dead, God promised to live inside of us. Love and respect God by taking good care of your body, just like your body was God's temple.



Puzzle

Find and circle these words from today's Gospel:

PASSOVER
TEMPLE
CATTLE

SHEEP
DOVES
MONEY

WHIP
DESTROY
RAISE

J	N	E	T	S	T	U	O	S	T	W
H	U	W	H	I	P	E	C	A	J	E
A	T	E	F	M	A	I	A	U	N	O
N	H	D	U	C	S	O	T	R	T	S
M	D	O	V	E	S	L	T	I	E	N
G	E	C	L	A	O	H	L	P	M	T
A	S	N	S	D	V	S	E	O	P	H
E	T	M	H	A	E	W	P	H	L	I
U	R	T	E	O	R	A	I	S	E	F
M	O	N	E	Y	C	D	O	H	R	C
A	Y	T	P	R	E	T	Y	M	E	N

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Prayer



God,
help me to always
treat you with love
and respect.

Something to Draw



Draw a picture of
yourself praying to
God in the church.