



Aug 7, 2016

# St. Mary of the Lakes

## CATHOLIC CHURCH AND SCHOOL

We Make Disciples

40 Jackson Road, Medford, New Jersey 08055



Parish Website

Parish Website: [www.smlparish.org](http://www.smlparish.org)  
 Parish Email Address: [email@smlparish.org](mailto:email@smlparish.org)



School Website

#### MASS SCHEDULE

Monday—Friday: 7:15 a.m., 9:00 a.m.  
 Saturday: 9:00 a.m., 5:30 p.m.  
 Sunday: 7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.

#### OUR COMMUNITY IS SERVED BY

Reverend Daniel F. Swift, Pastor, [father\\_dan@smlparish.org](mailto:father_dan@smlparish.org)  
 Reverend Carlos A. Florez, Parochial Vicar, [cflorez@smlparish.org](mailto:cflorez@smlparish.org)  
 Deacon Ken Motylinski  
 Deacon Timothy R. Collins  
 Deacon Joseph Tedeschi  
 Susan B. Kraemer, Business Administrator  
 Christine Brandt, Pastoral Associate  
 Jean E. Hoover, School Principal  
 MaryPat Scordato, Director of Religious Education  
 Sister Regina McCalla, SSJ, Liturgy/Music Coordinator  
 Linda Xerri, Parish Youth Minister  
 Georgiana Francisco, Minister of Evangelization and Marketing  
 Nancy Finan, Candace Corrado, Administrative Assistants  
 William P. Kiernan, Michael Maher, Parish Trustees

#### OFFICE HOURS

Monday - Friday: 9:00 a.m.- 4:00 p.m.

#### ST. MARY OF THE LAKES ONLINE

Website Address: <http://www.smlparish.org>  
 Email Address: [email@smlparish.org](mailto:email@smlparish.org)  
 Facebook: [www.facebook.com/smlparish](http://www.facebook.com/smlparish)  
 School Website: <http://www.smlschool.org>  
 Knights of Columbus: <http://www.Medfordknights.org>

#### LOCATION, TELEPHONE NUMBERS

Parish Office	40 Jackson Road	654-8208 Ext.110
Parish Health Ministry		654-8208 Ext.610
St. Mary of the Lakes School	196 Route 70	654-2546 Ext.210
Parish Religious Education	196 Route 70	654-2546 Ext.310
Parish Youth Minister	40 Jackson Road	654-2546 Ext.111
St. Vincent de Paul	1 Jones Road	953-0021

**PARISH REGISTRATION: ALL ARE WELCOME** “God is rich in mercy, because of His boundless love for us.” Ephesians 2:4 tells us God’s love knows no boundaries and neither does St. Mary of the Lakes. New parishioners, regardless of where they live, are welcome and encouraged to register at our parish. Registration forms are available at the doors of the church, in the parish office, and on our website at [smlparish.org](http://smlparish.org). Click on contact us/registration.

**SACRAMENT OF RECONCILIATION** Confessions are heard on Saturdays after 9:00 a.m. Mass and at 4:30 p.m. You may also call the parish office to make an appointment for a different time.

**SACRAMENT OF THE SICK** Please call the parish office anytime or speak to one of the priests after Mass.

**SACRAMENT OF BAPTISM** Baptisms are celebrated on the second and fourth Sundays of the month. Parents must attend a Baptism Preparation Session prior to their child’s Baptism. Sponsors also are encouraged to attend. Call the parish office (609) 654-8208, Ext. 110 as early as possible to make the necessary arrangements.

**SACRAMENT OF MATRIMONY** Congratulations to our engaged couples. Call (609) 654-8208, Ext. 117 to make arrangements for your wedding. We suggest you call at least a year in advance.

**BECOMING CATHOLIC (RCIA)** If you or someone you know is considering becoming a Catholic Christian or if you were baptized Catholic but never received First Communion and/or Confirmation, call (609) 654-8208, Ext.113. There are no tests to pass or fail. There is only faith to give and share.

**EUCCHARISTIC ADORATION** Every Thursday after 9:00 a.m. Mass, concluding with Benediction at 7:00 p.m.

**MINISTERIAL VISITS** The Sacraments are available to anyone confined to home or institution. Please contact the parish office if you know anyone who is unable to get to church.

**Like us on Facebook!**  
[www.facebook.com/smlparish](http://www.facebook.com/smlparish)

## Nineteenth Sunday in Ordinary Time

### Mass Intentions

- Sunday Aug 7**  
 7:30 a.m. For Our Parishioners  
 9:00 a.m. Tina Salvatore—Pam and Brian McLaverty  
 10:30 a.m. Jack Kennealy Jr.—Diana Scimeca  
 12:00 p.m. Allen Scott—His Family  
 6:00 p.m. Jennie Stavola—Linda Fitzpatrick
- Monday Aug 8**  
 7:15 a.m. Dolores Marie Rodrigues Eskta-Nayda and Mario Rodrigues  
 Al Tumolillo—Perpetual Adoration Apostolate Church of the Holy Name, Delran
- Tuesday Aug 9**  
 9:00 a.m. Deceased Members of Knights of Columbus Council 6520  
 Joseph Mooney (living)—9 a.m. Mass Women
- Wednesday Aug 10**  
 7:15 a.m. Joanne Marinelli—Sal and Peggy Benigno  
 Rose Dooley—Peter and Gerry Schneiders
- Thursday Aug 11**  
 9:00 a.m. Joseph Py—Mr. and Mrs. Robert Abplanalp  
 Anthony Urban—Joyce Eleuteri and Victoria Martin
- Friday Aug 12**  
 7:15 a.m. Kenneth Motylinski, Sr.—Knights of Columbus Council 6520  
 Michael J. Marinelli (living)—His Family
- Saturday Aug 13**  
 9:00 a.m. Daniel Akouka—His Parents  
 5:30 p.m. Louise Agnes Carforo—Joe and Christine Volpe
- Sunday Aug 14**  
 7:30 a.m. Josephine Nobile—Harvey and Mary Pitts  
 9:00 a.m. Nancy Swift—Leo and Mary Ann Coceano  
 10:30 a.m. Jack McHugh—His wife, Helen  
 12:00 p.m. Richard Palmay—Joette and Jim Ewen  
 6:00 p.m. For Our Parishioners

### Daily Mass Schedule for August

Father Carlos will be on vacation from today until August 22nd. While he is away, the daily Mass schedule will be Monday, Wednesday, and Friday at 7:15 a.m. and Tuesday, Thursday, and Saturday at 9:00 a.m. Mark your calendars or note it in your phones.



Long-term prayer requests (those over a year old) will not be published individually, but will be prayed for at each Mass, as will the following: Marilyn Smith, Cathy Gargiulo, Lisa Dyonda, Baby Dyonda, Brooke Conklin, Charles Baldoni, Joseph Aromando Sr., Cathryn Byrne, Jean Harley, Thomas Hanley, Jean Newland, Joseph Ranaldo, Terry McKenna, Robert Rogers, Patricia Thomas, Louis Tedeski, Colin Yearly, Joanne Kojeski, Cathryn Roberts, Jennifer Kenderdine, Frank Parker, Morgan Kelly, Florence DeRenzis, Jeffrey Edwards, Anne Flinn, Norman Rebel, Pam Poling, Bruce Bunning, Joseph Rowan, Kristin Hurley, Camille Smith, Manuel Pernas, Ron Lyczak, Kimberly Shifflett, Ron Sabo, Maureen Layman, Alyson Long, Margaret Lane, Elizabeth Murphy, John Orio, Dick Uth, Alex Roggio, Michael Josephs, James Zuratt, Reily Gardner, Andrew Lee, Leslie Brown, Alexander Jennings, Colleen Patton DeSantis, Carol Santos, Jacques Crochet, Marguerite Fenimore, AJ Russo, Barbara Zanna, Jane Branin, Sally DiBella, Susan Janice, Nicholas Meola, Donna Burtis, Carrollanne Piazza, Anita Platania, Helen Rotiliano, Michael Codianni, Elaine Boshko, Jamie Westphal, Sawyer Michael Howarth, Joseph Mooney, Neil Johnson, Jenet Ruland, Michelle MacDonald Bendell, Bernadette DiAndrea, Alice D'Orisio, Gladys Gail Donnelly, Cheryl Klimaszewski Sorino, Alissa Rose Rorie, Harold G. Schultz and Colleen Sorbello



LTJG Kevin Hickey, Ensign Sean Hickey, Lt. William Hock, USAF; Private John Anderson, C1C Kyle Brandt, USA; Captain Matthew Sturgis, USA, Spc. Nicholas Graham; 1<sup>st</sup> Lt. Erin Corcoran, USA; 1<sup>st</sup> LT Katherine Collins, USA; Lt. Matthew Knepper, USN, LTJG Jeremy Griffin, USN; Pvt. Nicholas Lawrence, USA; GM3 David Lewis, USN; Brigadier General Steve Gilland, US Army

**Thank you for your service to our country!**

### Stewardship

Church Offertory Collection for Sunday, July 31, 2016

Donations In Cash	287.94
Donations In Envelopes	\$27,171.00
Average Envelope Gift	\$40.61
Total Number of Envelopes	742
St. Vincent de Paul (Poor Boxes)	\$106.35

## Altar Flower Donation

Altar flowers for today's Masses, August 7, and throughout the week were graciously donated:

*In memory of John & Janet McCarthy*

*By Tina, their daughter*

## Father Dan's Homily Notes

Recently, I (Father Dan) "heard" we only remember five percent of what we hear. I hear and I forget. However, I "see" and I remember. I "do" and I am transformed. To that end, it is my intention to have homily notes in the bulletin each week. Below are key points in this week's homily. So take notes and fill in the blanks. Answers are found on another page in the bulletin.

Catholics are not saved, but \_\_\_\_\_.

Fire and brimstone, hell, fire and damnation homilies could also be called \_\_\_\_\_.

Fundamentalists read the Bible \_\_\_\_\_.

For Catholics, salvation depends on the state of the soul at the time of \_\_\_\_\_.

The possibility of getting into heaven when we die is \_\_\_\_\_.

"Are you saved?" asks the fundamentalist, born again Christian. "No," says the Catholic. \_\_\_\_\_."

## Bear's Den Beach Party Revived!

The next meeting of the Bear's Den is this Friday, August 12th, from 7:00 p.m. to 9:00 p.m. in the Emmaus Center. The Beach Party will take place at this meeting due to the unforeseen events of last month. The Beach Boys will be playing their music! If any adult with special needs would like to join us, call Pat at (609) 388-4445.

## Painting the Exterior of the Church



The exterior of the Church will continue to be painted this week along with the light poles, gravel parking lot fence, Rectory trim and shutters.

Please be careful when entering or leaving the church. We'd hate to baptize you with a bucket of paint!



**KNIGHTS**  
**OF COLUMBUS**  
IN SERVICE TO ONE. IN SERVICE TO ALL.

Corner

## Knights To Host Tour of Local Breweries

The Knights of Columbus are organizing a tour for men and women of four local breweries: Village Idiot; Spellbound; Lower Forge; and Nale House. The tour takes place on Saturday, August 20th, when the tour bus will leave the parish parking lot at 4:00 p.m. and return at 10:00 p.m. The tour is limited to 25 people and is \$63 per person, which includes transportation and one tasting at each location. Make checks payable to "Knights of Columbus" and mail to David Karbasian, 95 Nantucket Trail, Medford Lakes, NJ 08055.

Contact Dave at DKardasian@Karbasianlaw.com or (856) 667-4666 if you have questions.

## Summer Bowling August 18th

The Knights of Columbus is hosting a bowling night for men and women on August 18th at 6:30 p.m. at Medford Lanes, 665 Stokes Road. The \$20 per-person fee includes three games, shoe rental, and pizza. Bring your own beverage and have fun socializing with fellow parishioners. Fall bowling league starts September 14th. Contact Bill Mazzio, (609)458-0704, williammazzio@yahoo.com.

## August Business Meeting Reminder

Council 6520's next business meeting is Thursday, August 11<sup>th</sup> at 7:30 p.m. in the Emmaus Center. We encourage all members to attend as we will be discussing ongoing Council activities and ways in which we can make a difference in our parish and community via the four core principles of the Knights of Columbus: charity, unity, fraternity, and patriotism.

## Young Adult Ministry on the Move

Last week's second *Theology on Tap* event at PJ Whelihan's was a great success. Mercy being the topic of the evening, a healthy discussion centered on what mercy is and how we can apply it in our daily lives. It was the perfect topic to accompany Pope Francis' Year of Mercy.

Our next meeting takes place on Wednesday, August 17<sup>th</sup> at 7:00 p.m. If you are between the ages of 21 and 35 and are interested in attending, contact Sean and Mary Bell for more information at (609) 668-0111 or [sean34bell@yahoo.com](mailto:sean34bell@yahoo.com).

## Emergency Operations Plan

Over the past several months, an Emergency Operations Council comprised of parishioners with a background in security and law enforcement has been working in conjunction with the Medford Township Police Department to put an emergency operations plan in place for the parish. Most of their work has been focused on being proactive in upgrading church facilities and practices to increase safety.

These measures include upgrading entrances/exits to the Church, installing a camera system, locking all areas where a bad actor could hide or a bomb could be hidden, such as confessionals, storage rooms, boiler room, slop sink, sexton's office and sacristies. In addition, they are writing a response plan regarding setting up a command center in the Emmaus Center and triage.

During an actual bad event, there is not much that can be done except: run, hide, or fight.

**Run:** Run away from the shooter. Once outside, if possible, run toward Jackson Road or gravel parking lot, as a fence is behind the paved parking lot and Rectory. If someone near you is traumatized and freezes, it is your decision to stay or run. There is no wrong decision here, but you are encouraged to run.

**Hide:** As stated above, in the very near future, areas to hide will be locked, so trying to open a confessional or sacristy door will only waste time. The only place to hide would be under the pew.

**Fight:** If you are near the shooter and decide to fight, fight with all your strength. Nothing is sacred at that point and anything you can grab is a weapon -processional cross, candle stick, baptismal candle, Missal.

When emergency personnel arrive, put your hands up so they realize you are not the perpetrator. If you know where the perpetrator is, tell them, then follow direction. If you are licensed to carry a gun, please do, but see Father Dan personally so he can put a name with the face.

Finally, we must continue to pray fervently the Prayer to St. Michael. It's unfortunate that some parishioners regularly leave Mass after Communion and do not have time to make this prayer a priority. For some, this will not hit home until home is.

## Kidney Donor Needed—Can You Help?

Jamie Westphal, a 19 year old parishioner, is in need of a kidney. With the family's consent, we are offering the following links at University of Pennsylvania Hospital should you have an interest in being a donor and/or to receive the forms for one who has the qualifications of being a donor:

[www.pennmedicine.org/~media/Documents%20and%20Audio/Patient%20Forms/Transplant/LivingKidneyDonorApplication](http://www.pennmedicine.org/~media/Documents%20and%20Audio/Patient%20Forms/Transplant/LivingKidneyDonorApplication)

[www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/transplant-institute/living-kidney-donor-transplant/treatments-and-procedures/types-of-kidney-donations](http://www.pennmedicine.org/for-patients-and-visitors/find-a-program-or-service/transplant-institute/living-kidney-donor-transplant/treatments-and-procedures/types-of-kidney-donations)

You can find out more at: <https://www.facebook.com/Findingjamieakidney/?ref=bookmarks>.

## Inexhaustible Treasures in Heaven



In today's Gospel, Jesus says "Sell your belongings and give alms. Provide money bags for yourselves that do not wear out, an inexhaustible treasure in heaven that no thief can reach nor moth destroy."

You can build an inexhaustible treasure in heaven by giving to the area's poor and suffering by taking a shopping bag as you exit the church today. Fill it with some items listed below and bring it to Mass next weekend for the Society of St. Vincent de Paul.

This month the food pantry is in special need of rice, canned soup, cereal, canned vegetables, canned fruit, jelly, spaghetti sauce (jars), tuna fish, potato flakes, meals in a can (e.g., SpaghettiOs), pasta, and macaroni and cheese.

If you or someone you know needs assistance, call St. Vincent's at (609) 953-0021.

## Invite the New Families

Shortly after a new neighbor moves into their home, the parish sends them a letter of welcome, inviting them to be members here. Wouldn't it be a nice touch when you introduce yourselves to your new neighbors to ask them if they have found a Church? If not, wouldn't it be nice to introduce yourselves as members of St. Mary of the Lakes and tell them a letter of welcome is on its way?

## In Lieu of a Homily

Ever have any questions during the Mass? For example, where did this prayer come from? Why do we genuflect? What's with the Sign of Peace?

Next weekend, in lieu of a homily, Father Dan will explain the Mass, from the Introductory Rite to the prayer of the faithful. The following weekend, he will explain the Mass from the Offertory to the Dismissal Rite.

## A Mercy Moment...

We need constantly to contemplate the mystery of mercy. It is a wellspring of joy, serenity, and peace.

## Remade for Happiness

So long as there are poor, I am poor.  
So long as there are prisons, I am a prisoner.  
So long as there are sick, I am weak.  
So long as there is ignorance, I must learn the truth.  
So long as there is hate, I must love.  
So long as there is hunger, I am famished.

## Christmas in August? Not Really...



We're delighted to announce the beginning of a new parish ministry: *Baby's First Christmas*. On the Feast of Epiphany, after the 10:30 a.m. Children's Mass, families of babies baptized since last Christmas will be invited to the Emmaus Center to enjoy breakfast provided by the Knights of Columbus. The Young Adults Ministry will host and present each family with a *Baby's First Christmas* tree ornament. These families will receive a "save the date" mailing in upcoming weeks.

## Baptismal Prep Assistance Needed

Father Carlos is looking for married couples with children to assist with our baptismal preparation program. Baptismal preparation is a ministry that meets with parents who about to have their baby baptized, explaining the significance of Baptism and the value of raising their child in the Catholic faith. If interested, please contact Father Carlos at [cflorez@smlparish.org](mailto:cflorez@smlparish.org) or (609) 654-8208, Ext. 127.

## Altar Flowers, Prayer Requests



If you would like to donate \$130 to adorn the altar with flowers to honor a loved one or make a prayer request, call the parish at (609) 654-8208.



## School Registration Ongoing

Registration and enrollment for the upcoming school year continues at St. Mary of the Lakes School. Celebrating 60+ Years of Catholic education, we are proud to offer:

- ◆ Academically Competitive/Spiritually Enriching Curriculum
- ◆ State-of-the-Art Computer/Science Labs
- ◆ Core Values, Championship Sports, Community Service
- ◆ Full/Half-Day Pre-School, Full-Day K-8, with Financial Aid Available
- ◆ Bus Service To/From Most Communities
- ◆ Before/After School Care

Parents considering enrolling their child/children can call (609) 654-2546, Ext. 210 for registration packet or a school tour. Visit [www.smlschool.org](http://www.smlschool.org) for additional information.

## SML School: Available Positions

There are a number of teaching positions available for the upcoming school year at St. Mary of the Lakes School. All positions require Virtus training and NJ fingerprinting. Forward a current resume, copy of appropriate NJ Teaching Certificate, and three professional references to Ms. V. Kleinknecht, St. Mary of the Lakes School, 196 Rte. 70, Medford, NJ 08055, email: [info@smlschool.org](mailto:info@smlschool.org)

- ◆ **Part-time Assistant, Grades 1-6**  
Teacher Certification preferred, minimum of Associate degree/60 college credits related field
- ◆ **Teacher of ILA, Grades 7, 8**  
NJ Teacher Certification, Grades 7,8 is required
- ◆ **Part-time Spanish Teacher, Grades 5-8**  
NJ Teacher of Spanish Certification required.
- ◆ **Math Teacher, Grades 5, 6, Religion, Grade 6**  
Appropriate NJ Teacher Certification for grades K-6 required; additional math certification or HQ in math preferred. Successful candidate must pass NJ fingerprinting, be Virtus-trained (or obtain Virtus training), and hold/obtain Catechist certification within first year.



### Are You Playing Pokemon Go?

Take a photo of a Pokemon in our church.  
Show to Father Dan or Father Carlos or email to [bulletineditor@smlparish.org](mailto:bulletineditor@smlparish.org) to win your prize!



Two New Pokemon Winners!

## A Smile Can Make a Difference

*Let us always meet each other with a smile, for the smile is the beginning of love.*

Mother Teresa

Do you ever take the time to smile at a fellow parishioner when coming in to Mass or leaving afterwards? It's possible that your smile may be the only moment of happiness or pleasure the other person may experience that day. Smile and make a difference!

## Free Educational Event on Medicare/ Long-Term Care 101

### WHEN

Afternoon: Tuesday, September 13<sup>th</sup> at 2:00 p.m.  
Evening: Wednesday, September 14<sup>th</sup> at 7:00 p.m.

### WHERE

Emmaus Center

### WHY

A free service to help parishioners clear up confusion and know their options in an easygoing, kind environment

### PRESENTERS

Medicare

Keith D. Hoffman, Registered Health Underwriter, Certified NJ Teacher, Registered Employee Benefits Consultant, NPN#1989524

Long-Term Care

David Doelp, Jr., Licensed NJ Insurance Producer w/over 25 years' experience

Technical Associate

Richard Feeley, Licensed NJ Property/Casualty Producer, Farmer's Agent  
Coffee and doughnuts will be served.

## Francis House of Prayer

### Seven-Day Silent-Directed Retreat

(Friday to Friday) August 26, 7:00 p.m. – September 2, 10:00 a.m. and September 23, 7:00 p.m. – September 30, 10:00 a.m. Receive the healing and transforming grace of seven days with God. Daily liturgy, spiritual direction and optional contemplative prayer periods are included. Donation: \$450/\$60 non-refundable deposit with registration.

### Mornings with Merton: Delight in the Beauty of God's Creation (Four Mondays)

9/19, 10/17, 11/7, 12/5 from 9:00 a.m. to 11:00 a.m.: Let God catch you by surprise with His creation. We will listen to Thomas Merton and let his words inspire us to be more attentive to the love of God vibrating through nature and spend time outdoors enjoying what God has created. Donation: Love Offering; located at Trenton Diocesan Spiritual Center, Rancocas. Call (609) 877-0509 or visit FHOP@verizon.net

## Young Adults For Parish Pastoral Council

There are two seats available on the Parish Pastoral Council. Father Dan is looking to fill these seats with young adults under the age of 35. The purpose of the Council is to investigate parish matters, to consider them thoroughly, and to propose practical conclusions about them. The Council's task is, first, to study those matters brought to its attention and shed light on them. Its second task is to reflect on them and discern their true nature, and to evaluate and ponder them. Its final task is to draw sound conclusions.

The council presents their conclusions to the Pastor in the form of recommendations. This three-fold task—investigating, considering, and recommending conclusions—is called pastoral planning.

Members are chosen, above all, for their ability to accomplish its main task: the work of investigating, considering and recommending practical conclusions. They are baptized Catholics, in good standing with the Church, who reflect the parish's various neighborhoods, social and professional groups, and apostolates.

Finally, they are parishioners noted for their faith, good morals, and prudence. Contact Father Dan at [father\\_dan@smlparish.org](mailto:father_dan@smlparish.org) or (609) 654-8208, Ext. 115. if you are interested in participating.

## Faith Exploration: Consider R.C.I.A.

Are you or is someone you know wondering how to become a Catholic? Or you may have been baptized, but didn't received Holy Communion or Confirmation. If so, we heartily invite you to consider the Rite of Christian Initiation of Adults (R.C.I.A.), a process for those who are 15 years old and over that helps them look at their relationship with God and discover how the Church can help to support that relationship. If you are interested, contact Christine Brandt at (609)654-8208, Ext.113, [cbrandt@smlparish.org](mailto:cbrandt@smlparish.org).

## A Blessed Bond

*Jesus, let Thy Beautiful Presence be Always with Us*

"I will never leave thee, nor forsake thee." There is no bond of union on earth to compare with the union between a soul that loves Me—and Me. Priceless above all earth's imaginings is that Friendship.

In the merging of heart and mind and will a oneness results that only those who experience it can even dimly realize.

# Strengthening, Sharing Your Faith Weekly Survey

## Increasing the Size of Your Cross by Furthering Your Faith (from Father Dan's Homily this Sunday)

### The Size of Your Cross

There are three dimensions to Christian spirituality, and these three dimensions are symbolized in the cross.

The vertical dimension of Christian spirituality, symbolized by the vertical beam of the cross, represents the relationship we have between yourself and God "above." It's the above part is why we call it "vertical," even though God is in others and inside ourselves as well. People with a high vertical spirituality carry a tall cross, and invest most of their spiritual effort on improving or maintaining their relationship with God by praying regularly, going to Mass, learning more about God, and/or participating in religious events, rituals and traditions.

The horizontal dimension of Christian spirituality, symbolized by the horizontal beam of the cross, represents the way your faith motivates you to treat other people. People with a high horizontal spirituality carry a wide cross, and are always recognizing others in need, helping out, treating people with respect and kindness, and stick up for the underdog. They actively form a strong moral conscience about what's right and what's wrong, what's noble and true.

The internal dimension of spirituality represents the way your faith helps you deal with the stuff inside. People with a high internal spirituality invest most of their spiritual effort in coping with emotional issues, past hurts, and life's ups and downs. People with a strong internal dimension often have hope even when things don't go well. They don't give up easily, and they calm down more quickly when they get frustrated or angry.

To begin this process, take the following self-assessment survey. On a scale of 1-5, indicate how true each of these statements is for you. 1 equals "not true"; 5 "very true". (Note: not everything is supposed to be "very true" for you. Answer honestly so you can get a true picture of your spirituality.)

- \_\_\_\_\_ 1. The most important thing about my faith is keeping close to God.
- \_\_\_\_\_ 2. The most important thing about my faith is being a good person.
- \_\_\_\_\_ 3. The most important thing about my faith is that it helps me cope with life's ups and downs.
- \_\_\_\_\_ 4. My faith motivates me to serve others.
- \_\_\_\_\_ 5. My faith brings me a lot of inner peace.
- \_\_\_\_\_ 6. I pray a lot, and prayer helps me feel closer to God.
- \_\_\_\_\_ 7. My faith helps me feel better when I am sad.
- \_\_\_\_\_ 8. Because of my faith, I try hard to be straight with people.
- \_\_\_\_\_ 9. For me, going to church is an important way to stay close to God.
- \_\_\_\_\_ 10. God and I are close.
- \_\_\_\_\_ 11. My faith guides my decisions about what's right and wrong.
- \_\_\_\_\_ 12. My faith helps me stay hopeful.
- \_\_\_\_\_ 13. Because of my faith, I pay attention to when others need help.
- \_\_\_\_\_ 14. My faith helps me heal from emotional hurts.
- \_\_\_\_\_ 15. Nothing is more important to me than my friendship with God.
- \_\_\_\_\_ 16. My faith brings me a lot of happiness.
- \_\_\_\_\_ 17. I have a strong relationship with Jesus as my friend and savior.
- \_\_\_\_\_ 18. Living in a loving way is the most important thing about my faith.
- \_\_\_\_\_ 19. Because of my faith, I believe it is wrong to tell racist or dirty jokes.
- \_\_\_\_\_ 20. My faith helps me deal with my anger.
- \_\_\_\_\_ 21. I am always interested in learning more about God.

Score Profile (Vertical, Horizontal, Internal)

Vertical: Add up the numbers you gave for statements #1, #6, #9, #10, #15, #17, #21. Your vertical score is \_\_\_\_\_.

Horizontal: Add up the numbers you gave for statements #2, #4, #8, #11, #13, #18, #19. Your horizontal score is \_\_\_\_\_.

Internal: Add up the numbers you gave for statements #3, #5, #7, #12, #14, #16, #20. Your internal score is \_\_\_\_\_.

### Furthering Your Faith

- ◆ **One way to know your faith better is to read John, Chapter 6**
- ◆ **One way to live your faith better is to sit for at least five minutes in front of the Tabernacle. Tell Jesus you love him and ask him to help you have a better understanding of the Eucharist.**
- ◆ **One way to share your faith better is to invite someone to go with you to Eucharistic Adoration.**

## Vacation Bible School!

*Cave Quest, Following Jesus, the Light of the World*, was this year's Vacation Bible School program, which ran from Monday August 1st through Friday August 5th. Over 100 children enjoyed this unique and active study of following Jesus through a host of activities, such as fun exercises, Bible stories, films, outdoor games and snacks.



## Parish Health Ministry Offers Tips on Immunization Awareness Month

**HPV vaccine is a smart way to protect kids from getting cancer:** a staggering 75-80 percent of us will have contracted a human papillomavirus (HPV) infection by age 50. Although HPV infections don't always result in long-term health problems, this sexually transmitted infection can lead to genital warts and many types of cancer. In fact, almost 100% of cervical cancer cases are attributed to HPV, which also accounts for a significant percentage of vaginal, vulvar, and anal cancers. Increasingly, HPV is considered a contributing cause of oral cancers as well.

The HPV vaccine can significantly help reduce many of these cancer cases. According to a recent study, since the HPV vaccine was introduced in 2006, HPV infections have dropped by more than half among teenage girls ages 14-19.

**Boys and girls should get the HPV vaccine:** It is strongly recommend that both boys and girls be vaccinated by age 11-12, but they may be vaccinated as early as age 9. Younger ages are recommend because the vaccine is most effective if used before sexual activity begins. However, girls ages 13-26/boys ages 13-21 who have not been vaccinated should get the vaccine.

Keep in mind that the vaccine won't help much once an HPV infection has been acquired. The vaccine also can't be used to treat an HPV. As the new study from the CDC shows, the HPV vaccine's long-term health impact may be beneficial. The more people who receive the vaccine, the less HPV infections spread. That means fewer cancer diagnoses.

**HPV vaccine isn't a substitute for Pap tests or birth control:** if you're a parent considering the HPV vaccine for your child, talk to him/her about it. It's important for them to understand what the HPV vaccination is and what it's not.

## School Bus Driver Needed at HCA



Holy Cross Academy has an immediate opening for morning and afternoon school bus runs and after school activities. Contact Mr. Dan Dockery, Transportation Director, [daniel.dockery@holycrosshighschool.org](mailto:daniel.dockery@holycrosshighschool.org) or (856) 461-5400, Ext. 3025.



Congratulations to newlyweds Kelly and Stephen Murphy, married at St. Mary of the Lakes on Saturday, July 30th.

## Nun Run with the Son: A Live-In Retreat Experience

On Wednesday, August 10th, through Saturday, August 13th, the Religious Teachers Fillippini invite you to experience a four-day live-in experience that will introduce you to the prayer life, community living, and ministry of the Filippini Sisters. Spend time in prayer, attending Mass, praying the Liturgy of the Hours, Eucharistic adoration, ministry and social time. This retreat is for single ladies who believe the Lord may be calling them to the religious life, are interested in a closer look at the Sisters Fillippini, and those desiring to pray and give service in the Filippini spirit. Contact Sister Shirlee at (917) 349-7935/[stbernadetteconvent@gmail.com](mailto:stbernadetteconvent@gmail.com).

## Answers to Homily Notes

1. redeemed
2. heaven, living water and eternal life homilies
3. black and white, word for word
4. death
5. redemption
6. but I am redeemed

## Healing Mass at St. John Neumann Last Friday of Every Month

St. John Neumann parish, Mt. Laurel, offers a healing Mass on the last Friday of each month. Holy Hour: 7:00 p.m. to 8:00 p.m. with prayers to the Sacred Heart, Recitation of The Chaplet of Divine Mercy, and the Rosary. Mass is at 8:00 p.m. Confession before Mass. For information, call Raul at (856) 304-8783.

## While You're Away...



When you go to Mass while on vacation, be sure to take home the parish bulletin and/or other literature that catches your eye. When you return home, place it in one of the “Vacation” boxes at the front and back entrances of the parish so that we can read what kinds of ministries/activities/events are in other parishes. If you discover an idea from your vacation church and would like to share it, send to [vacation@smlparish.org](mailto:vacation@smlparish.org) and let us know if you would like to be involved in initiating that new idea, as the parish staff is already working hard and many hands make light work!

Thanks to all those who have already provided us with a myriad of bulletins from across the country, for sharing some new ideas, and for thinking of SMLCC while you were/are away.

<h3 style="margin: 0;">Weekly Calendar</h3> <p style="margin: 0;">Sunday, Aug 7, 2016 to Sunday, August 14, 2016</p>		
Sunday, Aug 7	Masses Redemption Rehearsal	7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.—Church 4:30 p.m.—Church
Monday, Aug 8	Mass	7:15 a.m.—Church
Tuesday, Aug 9	Mass New Sisters of St. Joseph Associates Sisters of St. Joseph Associates Glory to God Prayer Group Rosary	9:00 a.m.—Church 7:00 p.m.—Conference Room 7:30 p.m.—Conference Room 7:30 p.m.—Emmaus Center 7:30 p.m.—Church
Wednesday, Aug 10	Mass Legion of Mary Bible Study Knights of Columbus Horseshoe League	7:15 a.m.—Church 9:30 a.m.—Conference Room 10:15 a.m.—Emmaus Center 7:00 p.m.—Backyard — Last night for this season!
Thursday, Aug 11	Mass Adoration Benediction Knights of Columbus Business Meeting	9:00 a.m.—Church 9:30 a.m.—Church 7:00 p.m.—Church 7:30 a.m.—Emmaus Center
Friday, Aug 12	Mass Bear's Den	7:15 a.m.—Church 7:30 p.m.—Emmaus Center
Saturday, Aug 13	Masses Confessions	9:00 a.m., 5:30 p.m.—Church After 9:00 a.m. Mass and at 4:30 p.m.—Church
Sunday, Aug 14	Masses Cantor Rehearsal Redemption Rehearsal	7:30 a.m., 9:00 a.m., 10:30 a.m., 12:00 p.m., 6:00 p.m.—Church 10:00 a.m.—Emmaus Center 4:30 p.m.—Church

### Rosary Prayer Groups

Tuesday, 7:30 p.m. (see above for location), weekdays and Saturday after morning Mass,  
Monday, Tuesday, Wednesday and Friday, 3:30 p.m. in church



Children learn to make suet balls with seeds and pinecones to feed the birds in winter

Have You Marked  
Your Calendar?



Are you Ready for **Games, Prizes** and  
and **Arts & Crafts?**

If So, Come To The

Parish Friends and Family Picnic

Saturday, September 17th

Noon to 3:30 p.m.

**Can You Volunteer for Something?**

Contact Millie Linett (609) 668-1673/[milinet@verizon.net](mailto:milinet@verizon.net) or

Dar MacDonald (609) 859-0311

Knights of Columbus Council #6520

St Mary of the Lakes Catholic Church and School



# Adult Co-Ed Bowling League

Wednesday Nights at 7:00 p.m.

Starting Wednesday, September 14th for 20 weeks

\$15.00 per person, per week

Free rental shoes

Single players welcome or  
make your own team!

Great way to have fun  
and socialize with fellow parishioners.

Contact: Bill Mazzio 609-458-0704/fax 856-988-1811

[williammazzio@yahoo.com](mailto:williammazzio@yahoo.com)

Sign us up!

Name/Phone \_\_\_\_\_

Name/Phone \_\_\_\_\_

Name/Phone \_\_\_\_\_

Name/Phone \_\_\_\_\_

Name/Phone \_\_\_\_\_