

WELCOME TO THE PARISH COMMUNITY OF  
***ST. MARY'S CHURCH, BALLSTON SPA,  
& ST. MARY'S CHURCH, GALWAY***

~ **Fr. Francis Vivacqua, *Pastor*** ~ **Deacon Ronald Hogan**

**Mrs. Lynn Fitzgerald, Principal**  
**Sister Nancy Schmidt, RCIA Coordinator**

**Mr. Jake Stomieroski, Youth Minister**  
**Mrs. Vicki Schuette, Dir. of Religious Ed.**



**St. Mary's of Ballston Spa**

Parish Office: 167 Milton Ave.  
Ballston Spa, NY 12020

Hours: M-F, 8:30 am - 2:30 pm  
Emergencies call anytime.

**Phones:** Parish Office 885-7411  
School 885-7300  
Religious Ed/Youth Ministry 884-8479

**Website:** [parishes.rcda.org/stmarysballstonspa](http://parishes.rcda.org/stmarysballstonspa)

**Masses:** Sat. night for Sunday obligation 4:00 pm,  
Sunday 8:30 am, 10:30 am & 12 noon

**Confessions:** Saturday 3:00 pm - 3:45 pm.  
Every Tuesday evening after Novena Devotions &  
Mass 5:30 pm (except during Lent).

**Baptisms:** Call the Office for confirmation of time  
(2nd & 3rd Sunday after 12 noon Mass), acceptance  
of sponsors & instruction for new parents.



**St. Mary's of Galway**

**PO Box 536**

**2113 East St.**

**Galway, NY 12074**

**Email:** [stmarygal@nycap.rr.com](mailto:stmarygal@nycap.rr.com)

**Religious Ed:** Contact Kim Beatty @ 518-882-6857 or  
Bonnie Aldi at [religion.stmarysgalway@gmail.com](mailto:religion.stmarysgalway@gmail.com)

**Website:** [www.rcda.org/churches/stmarysballstonspa](http://www.rcda.org/churches/stmarysballstonspa)

**Masses:** Sat. night for Sunday obligation 6:00 pm (July  
1st — Labor Day weekend),  
Sunday 9:30 am (year-round)

**Baptisms:** Please call Joe Novak at 882-5412 at least 4  
weeks in advance.

**Marriage Policy:** If you are planning on getting married at St. Mary's, Ballston Spa, or St. Mary's, Galway, please call the parish office at 885-7411, before you make any commitment to a reception site. We don't want anyone to be disappointed because the date is no longer available. Weddings can be scheduled for Fridays or Saturdays. No Sunday weddings are allowed.

# ST. MARY'S CHURCH, BALLSTON SPA, NY



## MASS INTENTIONS

### MONDAY – September 3, (St. Gregory the Great)

9:00 AM + John Kochanek  
req. by Elizabeth & Kevin Keelan

### TUESDAY – September 4, (Weekday)

5:30 PM + Special Intentions of Doris Smith  
req. by Our Lady of Peace Prayer Group

### WEDNESDAY – September 5, (Weekday)

7:45 AM + Special Intentions of Matt Grumo  
req. by Our Lady of Peace Prayer Group

### THURSDAY – September 6, (Weekday)

7:45 AM + Lucille DeFillippo  
req. by Noreen & Bob McClements

### FRIDAY – September 7, (Weekday)

9:30 AM + Jim McHale  
req. by Wife  
+ Deacon Martucci  
req. by Riley Family

### SATURDAY – September 8, (Vigil – 23<sup>rd</sup> Sunday in Ordinary Time)

4:00 PM + Ronald Rhodes  
req. by Wife, Dolores  
+ Mary Keelan  
req. by Elizabeth & Kevin Keelan

### SUNDAY – September 9, (23<sup>rd</sup> Sunday in Ordinary Time)

8:30 AM + Pro Populo  
10:30 AM + Stanley "Stan" Ren Jr.  
req. by Peggy Bielby & Children  
+ Elizabeth Hughes  
req. by Barbara Leo & Family  
12:00 PM + Carmen & Eduardo Diaz  
req. by Diaz Family  
+ Patricia Guarnieri  
req. by Burnham Family

## ALTAR SERVERS

### SAT., Sept. 8

4:00 PM

Alessandra Layer,  
Justin Layer

### SUN., Sept. 9

8:30 AM

Michael Desmond,  
Christopher  
Desmond

10:30 AM

Michael Vogel,  
Joseph DiMascio

12 NOON

Eli Sutton



### SAT., September 8

4:00 PM, Lector: Marilyn Hogan  
E.M.: Crystal Kenneally,  
Frank Haskell, Sue Van Patten,  
Marilyn Campbell, Marilyn Hogan

### SUN., September 9

8:30 AM, L: Ted Hercamp  
E.M.: Mary Anne Starnes,  
Jason Buczek, Kathy Catman,  
Joyce Richards, Bruce Richards

10:30 AM, L: Judy Bachorz  
E.M.: Mary Beth Waterstram,  
Gierianne Lehane, Joan Gallagher,  
Joyce Yates, John Yates

12:00 PM, L: Ed Foy  
E.M.: Ann Quinn,  
Terri Flaws, Len Smith,  
Christine O'Connell, Ed Foy

Choir: 10:30 AM Sundays  
Contemporary Music Group:  
12 Noon



We thank you for your sacrificial offering of \$10,770 for Sunday, Aug. 26. To cover our weekly expenses, we need \$11,500.



Bishop Edward B. Scharfenberger has announced a major event for the Roman Catholic Diocese of Albany:

## "Hearts Aflame Eucharistic Congress"

to be held Saturday, September 22, at the [Shrine of the North American Martyrs in Auriesville.](#)

In our Catholic tradition, a "Eucharistic Congress" is a special gathering led by the bishop focused on our Lord Jesus in the Eucharist. It is a time of joy, fellowship, prayer, and unity. This will be a time of spiritual renewal for our whole diocese.

### Message from Bishop Scharfenberger:

"On September 22, I ask that the Shrine become a pilgrimage site for Catholics from every corner of our diocese... "This will be a spiritual event, hallowed in part by the very ground on which it is held. My hope is that the Holy Spirit will make this a powerful time of spiritual renewal for our entire diocese."

8:00am Arrival & Onsite Registration

9:00am Welcoming

9:10am Opening Prayer

9:25am Speaker: Fr. Patrick Winslow

9:45am Keynote: Bishop Edward B. Scharfenberger

10:15am Break

10:30am Eucharistic Liturgy-Main Celebrant/Homilist: Bishop Edward B. Scharfenberger

11:30am Eucharistic Procession, Holy Hour, Adoration

12:10pm Lunch (takes place during Adoration)

1:00pm Children's Activities Tent

1:00pm Witness Presentations

1:45pm Rosary Walk (also in Shrine)

1:45pm Shrine tours/museum

2:30pm Benediction & Closing

3:00pm Departure

All Catholics in the diocese are invited to attend. Please register at: [rcda.org/heartsaflame](http://rcda.org/heartsaflame). If you do not have access to a computer, please register through your parish office by calling 885-7411.

### IMPORTANT REGISTRATION DEADLINES:

Event Registration with Lunch\*\* option by 9/14.

Event only Registration by 9/19.

\*\* Lunches are available for online purchase only for \$12 during the online event registration process until 9/14. Lunch payments canNOT be taken over the phone; they must be ordered & paid online. Lunches being prepared cannot accommodate allergies or special dietary needs. Attendees can carry lunch in & picnic for this event.

### Special Registration Sessions for the Eucharistic Congress:



Diocese of Albany, Hearts Aflame Eucharistic Congress is set for Saturday, Sept. 22. For those who would like to register, we will be available in the school cafeteria to assist in the registration process. Come in & register today after each Mass and next weekend Sept 8-9 after each Mass.



**Our Lady of Peace Prayer Group** will meet on Tues., 9/4, at St. Mary's Church, 6:30 pm - 8:15 pm. All are welcome!

**First Friday Mass — Sept. 7 at 9:30 a.m.,**

Followed by Exposition & Adoration of the Blessed Sacrament. Closing with Benediction at **3:00 pm**. Please see the sign-up sheet for adoration posted by St. Joseph's altar.

**5th Week of Novena about Roe v. Wade**

**Roe is bad Constitutional law:** even legal experts who support abortion believe Roe is not well-reasoned and is a case of extreme judicial overreach. The late Yale Law Professor John Hart Ely said, **Roe v Wade** is "a very bad decision...because it is not constitutional law and gives almost no sense of an obligation to try to be."<sup>1</sup> Attorney Edward Lazarus, former law clerk to **Roe's** author, Justice Blackmun, put it this way: "As a matter of constitutional interpretation and judicial method, **Roe** borders on the indefensible... [It is] one of the most intellectually suspect constitutional decisions of the modern era."<sup>2</sup> Harvard Law Professor Lawrence Tribe criticized **Roe** saying, "behind its own verbal smokescreen, the substantive judgment on which it rests is nowhere to be found."<sup>3</sup> Justice Sandra Day O'Connor said, "The Court's abortion decisions have already worked a major distortion in the Court's Constitutional jurisprudence...no legal rule or doctrine is safe from ad hoc nullification by this Court."<sup>4</sup> And then-Circuit Judge (now Justice) Ruth Bader Ginsburg said **Roe** "ventured too far in the change it ordered and presented an incomplete justification for its action."<sup>5</sup> When experts on both sides of the abortion debate agree that **Roe** is bad law, reversing it makes good legal sense and would return abortion policy back to the people to be decided through the democratic process. Footnotes are at the exit tables.



**ST. MARY'S BEREAVEMENT SUPPORT GROUP** will meet on Wed., **Sept. 19, at 6:00 p.m.** in the school sitting area outside of the auditorium. Please use the Thompson St. entrance. For info, call Josephine Perniciaro at 518-596-6886.



**Pre-Baptism class** for parents who will be having children baptized in **October or November 2018** is **Tuesday, October 2, at 7:00 p.m. at St. Mary's School** (cafeteria entrance). Please call the office at 885-7411 to register. **Please note this class is for parents who have never had a child baptized.**

Since the mid-1960's the Catholic Church has been welcoming new members into its community through the process called the **Rite of Christian Initiation of Adults (RCIA)**. RCIA stresses formation in doctrine, liturgy, church life and service. It involves the larger church community in welcoming, instructing and praying for candidates. The first stage of RCIA is the Period of Inquiry. During this time, inquirers are invited to ask questions about the church while sharing their own faith stories. This first period is a time of unhurried reflection, discovery and hospitality. We will begin our RCIA sessions on Sunday, September 9 with six inquirers. Please contact Sister Nancy at 885-7411 or nancycsj@yahoo.com for more information.



**Registration for new students interested in our Religious Education program** will be either

**Saturday, 9/8**, from 10 -noon or **Wednesday, 9/12**, from 6 - 8 PM. Come either day which ever is more convenient & please bring a copy of the student's baptismal certificate. Classes for grades 1-5 are on Saturday mornings from either 8:30 - 9:30 or 10 - 11, your choice. Classes for grades 6-10 are either Sunday nights or Wednesday nights. A letter & calendar of classes will be mailed out to all of those who were in the program last year by the end of August. If you don't receive a letter, please call 884-8479 to let us know.



The **Catholic Daughter's of the Americas, Court McLaughlin #422**, will hold their first meeting **Tuesday, Sept. 4** at the K of C Hall, 50 Pine Rd, Saratoga. Members gather at 6:00pm & the meeting begins at 6:30pm. Members are asked to bring a dish to share & school supplies that will be donated to the Franklin Community Center; Notebooks, Binders, Folders, Pens, Pencils, Highlighters, Calculators, Backpacks, Lunch Boxes, etc.. New members are welcome! For info contact Regent, Ann Argentine at 518-306-6060 or Vice-Regent Lucille Koch at 518-587-6406.



**Eucharistic Adoration & Evening Prayer**

You're invited to spend a little extra time with Jesus by joining us for Eucharistic Adoration & evening prayer from 5-6 pm on Monday, **Sept. 17, 24. There will be NO Adoration on Monday, Sept. 3 (Labor Day) or Sept. 10.**

**DIOCESAN MARRIAGE JUBILEE:** The 46th Annual Diocesan Marriage Jubilee Liturgy will be held Sunday, October 7th, at 2:00 PM at The Cathedral of the Immaculate Conception in Albany. Couples celebrating their 25th, 40th, 50th or other special wedding anniversaries are invited to attend this celebration. Bishop Edward B. Scharfenberger will celebrate the Liturgy at 2:00 PM and greet couples and their guests at a reception in the gathering area at the Cathedral immediately following Mass. Please register through your parish office or by email to Marriage.Jubilee@rcda.org.

**ST. MARY'S SCHOOL**

**There's still time to register!**



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# ST. MARY'S MISSION CHURCH, GALWAY, NY



## MASS INTENTIONS

- ♦ **September 1, Sat., Vigil: Twenty-Second Sunday in Ordinary Time**  
6:00 pm
- ♦ **September 2, Sun., Twenty-Second Sunday in Ordinary Time**  
9:30 am     *Jeanne & Ben LaMarca*  
                  *req. by LaMarca & Patulla Families*  
                  *Michael Sawicki*  
                  *req. by Sawicki Family*
- ♦ **September 9, Sun., Twenty-Third Sunday in Ordinary Time**  
9:30 am     *John & Barbara Czernicki Rosenzweig*  
                  *req. by Children & Grandchildren*  
                  *Mary & Robert Kelley*  
                  *req. by Bart & Colleen Germond*

### **Faith Formation - Catholic Practices To Get Out of Habitual Sin**

- We all know that we are weak. Our enemies: the demons, the flesh and the world are at our sides continuously. So, we need help to stay in God's grace and out of sin. Here are 10 suggestions to practice to stop sinning, stay out of sin and to grow in holiness.
6. **Custody of the Eyes.** Pious Job made a covenant with his eyes that he would not so much as look at a virgin. Our eyes lead to thoughts that then can lead to actions. Look away from what will cause lust.
  7. **Keep busy.** Many saints made vows to never live in idleness. That is a great idea and allows one to do great things with one's life. "Idle hands are the devils workshop".
  8. **Hell.** Remember the consequences of past sins and the possibility of being damned forever for sins. Meditate on the reality of death, judgement, heaven or hell. Go over in detail the torture of hell for the instantaneous pleasures obtained through sin.
  9. **Avoid Depression.** Remember how sad the separation from God feels after sinning. Remember the guilt the shame and sadness caused by these sins.
  10. **Help other people to stop sinning.** As we try to save our own souls with God's help, we must also live to save others souls. It is easier to live a good life if we are helping others live holier lives too. *TraditionalCatholicPriest.com*

### **St. Mary's Community Service:**

#### **Chocolate Chip Cookies Needed for the Sept. 7<sup>th</sup> Chicken Barbecue Fund Raiser -**

We need your help to bake or purchase chocolate chip cookies (no nuts or peanut butter, please) - 1000 cookies are needed for the barbeque. Please plan to donate 3 to 5 dozen. Cookies can be frozen & brought to church the weekend of Sept. 1- 2. There is a sign-up sheet on the high kitchen counter for those who will donate cookies. Thank you so much for your consideration of this request.



**Next weekend is our monthly collection for the Galway Food Pantry.** Non-perishable food, paper and cleaning products and items for personal hygiene will be greatly appreciated. Items may be placed in the bins located at both church entrances. Thank you in advance for your donations.

**Thank you to all who donated School Supplies for Galway Students in Need. Your contributions are greatly appreciated!**



### **Health Ministry: BREATHING**

***The spirit of God had made me; the breath of the Almighty gives me life ~Job 33:4***



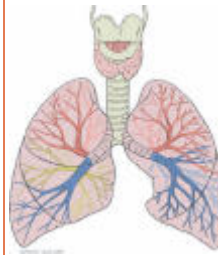
To live a better, longer and healthier life, you must breathe properly.

Most human beings utilize only 30 to 40 percent of their lung capacity, with a minimal awareness of breath or idea of how to control it. It is important to breathe properly because: Breathing affects virtually every part of the body. It oxygenates the body, revitalizing organs, cells and tissues. Breathing properly:

- Fuels energy production
- Improves focus and concentration
- Eliminates toxins
- Strengthens the immune system
- Improves bowel function
- Reduces stress, tension and anxiety
- Increases feelings of calmness and relaxation
- Can lower blood pressure
- Increases metabolism, aiding in digestion and weight loss.

#### **Learning to Breathe Properly**

1. Lie on your back with your knees bent and your feet flat on the floor. (Although you can do this exercise while sitting or standing, it's easiest to practice by lying down at first.)
2. Place your hands on your abdomen.
3. **Breathe in through your nose** - counting to four. Picture a balloon in your belly that you're inflating with the air you are inhaling. Your hands should rise as your abdomen fills with air.
4. **Hold the breath** for a few seconds.
5. **Exhale slowly through your mouth** - counting to four. Picture letting the air out of your belly balloon. Your hands should go down as your abdomen deflates.



Practice this exercise for a minimum of five minutes at a time, at least two or three times a day. It may take a while to retrain your body to breathe properly without you thinking about it. If you put forth the effort, your body, mind and spirit will thank you! ~Health Central



We thank you for your sacrificial offering of \$961 for Sunday, Aug. 26. To cover our weekly expenses, we need \$1,000.

**PLEASE JOIN US AFTER OUR 9:30 am MASS IN THE SOCIAL HALL for COFFEE, DONUTS, & FELLOWSHIP.**



### **Parish News**



#### **Today's second collection is for Parish**

**Improvements.** The new paint on the Church looks very good, but there is a large expense associated with this. Please be as generous as possible. Thank you.

#### **Chicken Barbeque Fundraiser - Friday, Sept. 7, at St. Mary's, Our Major Fundraiser for the Year!**

Tickets are \$13 and available after Mass or on line at stmarys-support.org. For additional info, please contact Tom Liuzzo at tliuzzo@nycap.rr.com or 518 -269-9482. Spread the word!!



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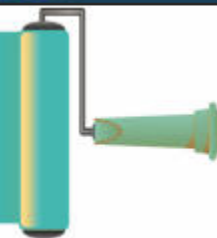
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