

CHURCH OF SAINT TERESA OF THE INFANT JESUS

ST. NICHOLAS CHAPEL

JUNE 29, 2025 | SAINTS PETER AND PAUL, APOSTLES

CONTACT US

ST. TERESA CHURCH / RECTORY
1634 Victory Boulevard
Castleton Corners
Staten Island, NY 10314
PHONE 718 442 5412
EMAIL rectory@stteresasi.org
WEBSITE www.saintteresasi.org
OFFICE HOURS: 9:00am to 4:30pm

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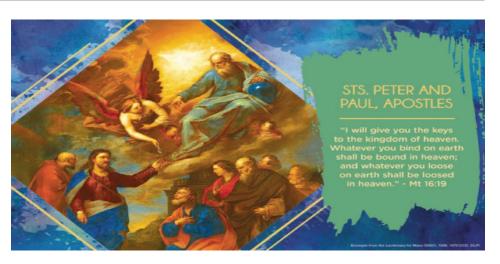
MASS SCHEDULE

SUNDAY MASSES SATURDAY 4:00PM SUNDAY 7:30AM, 9:00AM, 10:30AM, 12:30PM, 5:00PM

ALL THESE MASSES ARE IN ST. TERESA CHURCH ON VICTORY BLVD., EXCEPT THE 9AM MASS WHICH IS IN ST. NICHOLAS CHAPEL, ON NORTHERN BLVD. AT LA BAU AVE., ONE BLOCK IN FROM VICTORY BLVD

WEEKDAY MASSES
MONDAY TO SATURDAY 8:30AM
TUESDAY TO FRIDAY 12 Noon

SACRAMENT OF RECONCILIATION SATURDAYS, NOON TO 1:00PM



SACRAMENTS

BAPTISMS

Designated Sundays at 1:30 Please call the rectory to check dates and to meet with a priest or deacon.

CONFESSIONS

Every Saturday, Noon to 1pm, in confessionals in church

WEDDINGS

Please call and speak to a priest to begin planning your wedding

ANOINTING OF THE SICK Anytime

NOVENA SERVICES Mondays after 8:30 Mass

EUCHARISTIC ADORATIONFirst Fridays after Noon Mass
until Benediction at 3PM

RELIGION/ SCHOOL

St. Teresa Religious Education Program for public school students begins with first grade and leads to sacraments of Reconciliation, Holy Communion, and Confirmation. Students are taught on Tuesdays 4pm to 5:30. Call 718 981-2632 or email ccd@saintteresasi.org.

ST. TERESA — ST. RITA STREAM ACADEMY for 3k to

8th grade offers a sound education in the Catholic faith. Students take part in a rigorous instructional program that challenges them in a STREAM- supported atmosphere—science, technology, religion, engineering, art, mathematics. Our ultimate goal is to provide students with the skills to be productive members of the church and positive members of society. Please call the office at 718 448 9650 or visit stsrstreamacademy.com.

THIS SUNDAY, JUNE 29	DO WHATEVER HE TELLS YOU!	NEXT SUNDAY, JULY 6
4:00PM Anthony P. Barone 7:30AM Roberta Wisnieski 9:00AM Deceased Members of the Tighe Family 10:30AM Peter Paul King 12:30PM For the People of Our Parish 5:00PM Anthony Spennato	Mass Intentions	4:00PM Evelyn Froelich 7:30AM David Malone Jr., Brian Hicks and Elli Sweeney 9:00AM Leo Granello 10:30AM Clare Murphy 12:30PM Froelich Family 5:00PM For the People of Our Parish
MONDAY, JUNE 30	TUESDAY, JULY 1	WEDNESDAY, JULY 2
8:30AM Burton Cohen	8:30AM Jennifer Ann Stead 12NOON Mary DePalo	8:30AM Macario and Clara Manaluz 12NOON Joseph Bikar
THURSDAY, JULY 3	FRIDAY, JULY 4	SATURDAY, JULY 5
8:30AM Thomas J. Burke	8:30AM Stephen Boyle	8:30AM Emanuel Amatrudo
12NOON Jinuman Antony	Please note: there will be a Mass offered for our Country at 12 Noon	

IT IS A DEVOUT AND LOVING PRACTICE TO COME TO MASS AND PRAY FOR THE SOULS OF OUR LOVED ONES WHO HAVE DIED.

SERVED BY

MSGR. WILLIAM BELFORD Pastor

FATHER JOHN KALLATTIL, VC Parochial Vicar

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DEACON JONATHAN REYESDeacon

MRS. NICOLE C. FRESCA St. Teresa-St. Rita Principal

MRS. LISA RAMETTA
Religious Education Coordinator

MRS. LISA NAUGHTON Parish Manager

MR. EDWARD MORAND
Director of Music

PLEASE PRAY FOR OUR PARISH COMMUNITY

Your prayers are requested for all who are sick in our parish and community, especially: Grace Agalo-os, Bernadette, Karen Bertuzzi, Michael Borik, Vincent Borzumato, Rosemary Callenberg, Eileen Carroll, Carina DeGiulio, Kevin Dunne, Patricia Dunne, Joanie Edwards, Augustine Ferrer, Mark & Arlene Fileccia, Michael G., Josephine Greco, Edward Gross, Elaine Guarlino, Ricky Gundacker, David Hall, Barbara Harris, Vincent Hicks, Barbara Hicks, Buddy Jarrel, Pat Jarrell, Jennifer Johnson, Fred Kabat, Donnalyn Lawton, Catherine Leone, Edward Lewis, Genevieve Lewis, Josephine Linton, Lomando, Linda Mahoney, Paul Mahoney, Janet Massa, Judy C. Mc., Marie McMillen, Christine Momole Susan Morris, Josephine Nastasi, Joseph Pastore, Ryan Pizzaro, Joanny Pizzuti, Sal Prestigiacomo, Gerry Pye, Edwin Rodriguez, Marty Rose, Ronald Rothmund, Jerry Scattaglia, Cheryl Spinelli, David Valle, Tita Valonzo, Michael Walsh, Jerry Yannaci Sr.,

Margaret White

Pray for Our Parishioners in the Military

Sergeant Michael R. Mazzuki, Jr. U.S. Army, Middle East
Staff Sergeant Connor M. O'Brien, U.S. Marine Corp., Camp Lejeune, NC

NEXT SUNDAY'S SCHEDULE OF MASSES FOR PRIESTS

Monsignor Belford 4pm, 9am, 10:30, Father Kallattil 7:30, 12:30, Clove Lakes Home Father Challman 5pm

PASTOR'S LETTER FOR JUNE 29, 2025 | SAINTS PETER AND PAUL, APOSTLES

Dear Parishioners and Friends of Saint Teresa Church.

You may have heard the expression: EVERYTHING OLD IS NEW AGAIN! I thought of that when I read results of new research about the recitation of the Rosary, reported by Thomas Reiter of CNA Catholic News Agency, Brussels, June 21.

"In an era where mindfulness apps dominate smartphones and meditation studios populate urban corners, a new groundbreaking international study suggests that the ancient Catholic prayer practice of praying the rosary may offer comparable mental health benefits compared to Eastern-inspired meditation techniques. The research, published in the <u>Journal of Religion and Health</u>, also reveals surprising insights about who is actually praying the Rosary in 2025.

Researchers from Italy, Poland, and Spain surveyed 361 practicing Catholics to assess the impact of praying the rosary on their well-being and mental health. They found that participants who prayed the rosary reported higher levels of well-being, increased empathy, and significantly lower levels of religious struggle or spiritual anxiety — which research has shown can be benefits of other meditation techniques. Researchers also found that 62% of participants held graduate or master's degrees, challenging an assumption they say some may hold that traditional Catholic devotions appeal mainly to the less educated.

"We were struck by how this traditional practice transcends educational and generational boundaries," said the lead researcher Father Luis Oviedo from the Pontifical University Antonianum in Rome. Fr. Oviedo told CNA that the study originated out of frustration that a lot of research had been devoted to the benefits of practicing mindfulness and other meditation techniques, but practically nothing has been published about the benefits of the rosary, despite it clearly being a form of meditation too.

"Our team tried to explore whether we could find similar benefits in this Catholic prayer to those attributed to more fashionable forms of meditation," he said. "I was convinced that we would find positive results, as I knew from personal experience and the testimonies of others what this prayer meant and what they experienced during it."

Perhaps the study's most striking finding is how praying the rosary functions as a mental health intervention. Participants consistently reported that the practice provided "spiritual peace, calm, confidence" (26.3%), helped with "coping with problems" (10.2%) and offered "protection against evil" (8.6%). One participant said: "Praying the rosary saved my life. After my husband's death, I could not cope with the pain and emptiness. Every day, I reached for the rosary and it gave me the strength to survive the difficult moments. Without it, I don't know how I would have managed."

The research also showed that praying the rosary correlated positively with reduced depression, and with increased optimism about the future. These effects rival those reported in studies of mindfulness meditation, but come without the sometimes hefty price of meditation retreats or app subscriptions.

The study's implications extend far beyond Catholic communities. As mental health crises escalate globally — with particular severity in the U.S. and Europe — the research suggests society may be overlooking accessible, culturally rooted resources for psychological well-being. In the U.S., where the wellness industry generates billions annually, the findings raise questions about the commodification of spiritual practices. Why pay for expensive meditation classes when a traditional practice offers similar benefits? The study also challenges assumptions some have that Eastern non-Christian practices are superior to Western spiritual traditions.

For Germany, where both Catholic and Protestant traditions have shaped the culture but face declining influence, the research offers a potential bridge between secular mental health approaches and traditional spiritualities. German Catholics might find validation in maintaining practices often dismissed as outdated. The implications for Poland are particularly significant. As the country navigates tensions between its deeply Catholic identity and European Union secularization pressures, the study provides empirical support for the mental health value of traditional practices — potentially influencing both health care policy and cultural debates.

In Italy, where Catholicism remains culturally significant despite declining Mass attendance, the findings suggest that traditional practices like the rosary might serve as accessible mental health resources, particularly for older populations who may be less comfortable with secular therapy.

The researchers noted a striking bias in academic literature: e.g., PubMed contains 30,060 entries for "mindfulness" but only 13 mentions for "rosary prayer." This disparity reflects broader cultural prejudices that often dismiss Western devotions as more primitive. "From a purely cultural phenomenological point of view, **mindfulness is in**, glamorous, fashionable and interesting, while the **rosary is out**, outdated, boring and uninteresting," the researchers observed. Yet their data suggests this perception is more about cultural fashion than empirical reality.

The study's network analysis revealed that religiosity impacts well-being both directly and through two key pathways: increasing empathy and reducing religious struggle. The repetitive nature of the rosary — similar to mantra meditation — appears to create a meditative state that calms anxiety and promotes emotional regulation. Interestingly, the practice wasn't associated with social isolation or narrow-mindedness, as stereotypes might suggest. Instead, higher levels of rosary prayer correlated with increased empathy, suggesting it enhances rather than diminishes social connection."

Msgr. William Belford



A FREE RESOURCE FOR PRAYING THE ROSARY

The Rosary is a special set of prayers to God that helps us to remember the most important events in the lives of Jesus and Mary.

These events are called the MYSTERIES. Some are Luminous. Some are Sorrowful. Some are Joyful. Some are Glorious.

In the vestibules today is a free gift for you to take if you will use it or give it to someone who will. It is a beautiful folder that illustrates all twenty of the MYSTERIES OF THE ROSARY.

And if you want to pray the Rosary with others, you are welcome to join others every morning in church after the 8:30 Mass.

A PRAYER FOR THIS WEEK

For our parishioners graduating now at every level of schooling, from pre-k to college, to keep their faith in God, to show respect for other people, and to use their talents to make this world a better place, let us pray to the Lord...



BANNS OF MATRIMONY

THOMAS BEAUDOIN and DEIRDRE HANSALIK

NEXT SUNDAY IS FOOD PANTRY SUNDAY

Your freewill contribution after Mass next Sunday will provide food to more than 65 local families and individuals who need help to insure that they and their children have enough to eat during this month. Other donations marked FOOD PANTRY can be mailed or left at the rectory at other times.

THIS JUNE COULD BE A GOOD TIME TO MAKE YOUR CHURCH CONTRIBUTION <u>AUTOMATIC</u>, <u>EASY</u>, AND <u>DE-PENDABLE</u>

It is so easy to use <u>WeShare</u> that many of our parishioners already do. 1. Go to our parish <u>website:www.saintteresasi.org</u>. 2.

Look for a small church and "Give Online." 3. Fill in Primary
Church and Recurring Church Collection. Enter the amount you want to give. 4. Your donation is deducted safely from your bank account or credit card. It is always under your control and can be changed whenever you desire. You have less need for envelopes, and we save money by not sending them.

Thank you for your faithful weekly donations to God for our Parish Support.

WeShare online amount was \$2,328. Parishioners brought envelopes to Mass with contributions of \$6,060.







Movena to Saint Thérèse



We read in the Gospel: «Whoever humbles himself like this child Is the greatest in the kingdom of heaven.»

Saint Thérèse of the Child Jesus of the Holy Face, You tell us:

«I feel that my mission is about to begin, My mission of making God loved as I love Him, Of giving my little way to souls.»

Teach me the way of simplicity, The way of humility, the way of holiness. Teach me «to love Jesus and make him loved.»

Saint Thérèse of the Child Jesus of the Holy Face, You tell us:

«I want to spend my Heaven in doing good on earth...»

You know the secret of my heart, My joys, my sorrows, my worries. Hear my prayer, look at my life And intercede for me with Jesus

(Name the request...)

Saint Thérèse of the Child Jesus of the Holy Face, You tell us:

«I will let fall a shower of roses"

Thank you, Thérèse, for your promise: You listen to those who pray to you. With you, I want to say again, «Our Father...» With you, I want to pray, «Hail Mary...»

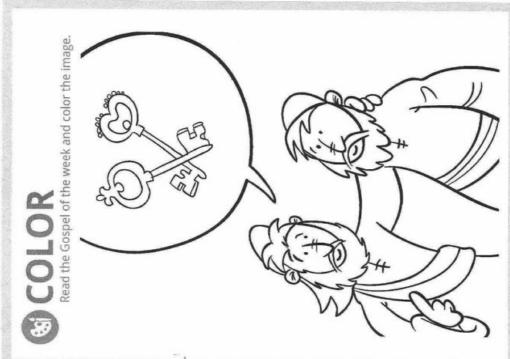
Glory be to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning, Is now and ever shall be, World without end. Amen

Saint Thérèse of the Child Jesus of the Holy Face, Pray for us.

Imprimatur: Most Reverend Jean-Claude Boulanger, Bishop of Bayeux and Lisieux

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Find and circle these words from today's Gospel: KEYS KINGDOM HEAVEN ≤ ш I S ROCK BUILD CHURCH 0 S 8 ш > B BLESSED SIMON

God has given your parents the key to your house. Always let your parents open the door to your home. Let them welcome your friends.

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