

POINTS OF INTEREST

Congratulations. We congratulate Victoria SHUFELT for receiving the *Academic All-American Award* and Mikayla BOUTROS who received the *Physical Education Leadership Award*. We congratulate also Rhea Frangieh who was confirmed last Sunday in our parish.

Thank You! Thank You! Thank You! We thank Sister Florence, Patricia Thornton, Betty Karrat, Rosemary Patnode, Al Patnode, Mike Rezey, Maria-Lynn Rezey, Joe Jabbour, Michel Boutros & Daniel Milow for helping us getting ready of the Junk from our basement. God bless you all.

Feast of the Ascension. On May 14, we celebrate the Feast of the Ascension. The **Only** Divine Liturgy on that day will be at **6.30 PM**

Garage Sale. Our Garage sale this year will span two days:

- **Friday June 5**, open **ONLY** for **PARISHIONERS**.

- **Saturday June 6**, open to the **public**.

Lebanese Food Festival. Our *food festival* will take place on **June 13** at the Hudson Shores Park in Watervliet. We are looking for **Volunteers** to help with advertising and food preparation. We also need some men to help organizing and setting up the equipment. **There is a Job for everyone.** For more information call Betty KARRAT at (518) 434-1535.

Bus Trip to Yankee Stadium on July 18th to attend the New York Yankees v/s Seattle Mariners game. The cost is \$100 per person. For more info, contact Mike Rezey 339-9468; Al Patnode 225-3335 or Richard Peters 272-2934.

Memorials. Memorials for the offerings used in the sanctuary as part of the Divine Liturgy are available for a donation of 60\$ / month. You can arrange for a memorial by calling Father Elias during office hours.

Liturgy Intentions. If you would like to offer a Divine Liturgy for your loved ones, call the parish office. In preparing your will, you might wish to arrange for the celebration of Divine Liturgies for yourself and your family.

Verse Of The Week

"The bread that we break, is it not a participation in the body of Christ?"

(Cf. 1 Cor 10:16)

St. Athanasius : 296 - 373

St. Athanasius, was born at Alexandria of Christian parents. Educated under the eye of Alexander, later Bishop of his native city, he made great progress in learning and virtue. In 313, Alexander succeeded Achilles in the Patriarchal See. Two years later St. Athanasius went to the desert to spend some time in retreat with St. Anthony.

In 319, he became a deacon. Even in this capacity he was called upon to take an active part against the rising heresy of Arius, an ambitious priest of the Alexandrian Church who denied the Divinity of Christ. This was to be the life struggle of St. Athanasius.

In 325, he assisted his Bishop at the Council of Nicaea, where his influence began to be felt. Five months later Alexander died. On his death bed he recommended St. Athanasius as his successor. Athanasius was unanimously elected Patriarch in 326.

His refusal to tolerate the Arian heresy was the cause of many trials and persecutions for St. Athanasius. He spent 17 of the 46 years of his episcopate in exile. After a life of virtue and suffering, this intrepid champion of the Catholic Faith, the greatest man of his time, died in peace on May 2, 373.

He is both a Confessor and Doctor of the Church

Saint's Quote

"I am not capable of doing big things, but I want to do everything, even the smallest things, for the greater glory of God."

St. Dominic Savio

Confession (Part 2 of 2)

Examination of conscience cont'd.

For instance, let's continue to use the fifth commandment as an example. Sub-questions for this commandment might include, "Did I gossip (i.e., kill someone's reputation)?" "Did I get angry or lose my temper?" "Did I endanger someone's life by reckless driving?" "Did I lead people into sin by telling scandalous jokes, disparaging religion, dressing immodestly, lending harmful books or magazines, etc.?" Notice that each of these questions has something to do with killing either the soul or the body.

Father Mendes says that the importance of making a good examination of conscience can't be overstated. "Before Vatican II, the people in many parts of our diocese were not well trained to make a good examen, so confession was just routine. [After I was transferred to] the Philippines, I experienced a completely different reality. People were taught to make their confessions well, and they were serious." Croatian priest Father Bozidar Nagy, SJ, reports a similar situation in his nation.

Next, we need true contrition. Each of the priests interviewed for this piece agreed that the penitent must be "really sorry." After all, if you've sinned and aren't truly contrite, not only will your confessor sniff that out, but more importantly, it's not like you're fooling God. So prayer, examination, and authentic contrition are essential.

What about the confessor?

Andrea West of Brea, California, says, "He needs to listen." That seems pretty basic. However, several people interviewed for this article reported experiences where the priest seemed disengaged.

On the other hand, there are priests who are maybe too engaged. Echoing a common frustration, a California physician says, "On many occasions I've waited in line for well over an hour with only a few penitents ahead of me, only to have the priest leave with everyone still in line. I would humbly ask priests to remember that oftentimes numerous people greatly need the sacrament's graces, and they won't get them because of the in-depth counseling."

This brings up a good point. We might be afraid to approach the confessional because we can't believe the priest has heard a sin as bad as ours. However, ask any priest, and most will say shock over people's sins ends a few weeks after ordination. Many also report forgetting the particulars of a confession as soon as absolution is granted, even if they know the penitent well. Furthermore, most priests are simply happy that the penitent is confessing in the first place.

Priests serve as unfailingly gentle icons of Christ, in whose name they give absolution. One head of a religious order shows servant-like humility by always ending his confessions with, "Please pray for me, a sinner, too."

What else can the Church do to promote this sacrament?

Father DeCesare believes the Church needs to "have more time for confession" and also schedule more "convenient" times for the sacrament. Indeed, is Saturday at 3:30 p.m. really the best time? Think of all that happens on a typical weekend at that hour. Then again, maybe, as Father DeCesare says, if people come "to see [confession's] value, that it is worth going frequently," they will make an extra effort to go. Part of that, everyone I interviewed seems to agree, will come with clerics preaching confession more from the pulpit.

Interestingly, laity and priests from all backgrounds proactively suggest making reconciliation available before and even during each Mass. Why? Father Evaristus Eshiove, FSSP, says, "If a priest makes himself available for confession in any church—even while Mass is going on—people will line up [to confess]. This [I know] from experience."

Go to confession as a family

"Parents need to teach at home by example," notes Andrea West. "[Mom] would have us at [church] every Saturday at 3:30 whether we needed it or not. If we did not go to confession, we did not receive. She taught us to see reconciliation as a gift—that to forgive and be forgiven is a gift of love."

Source: Catholicdigest.com by Brian O'Neel

April 13, 2015



The Pope Tweets

"In the Sacraments we discover the strength to think and to act according to the Gospel."

@ Pontifex / Apr 23, 2015