



Parish Mission Statement

We, the community of St. Mary's, Manhasset, building on our rich heritage of Catholic faith and tradition, center ourselves in the Eucharist and honor God in proclaiming the Good News of Jesus Christ.

*Guided by the Holy Spirit, we seek to be the presence of Christ through our liturgical, educational and social ministries. We dedicate our time, talent and treasure to the service of all as we build the kingdom of God in our world. **We commit to this mission in the name of Jesus Christ.***

Masses for the Week

Monday, March 2nd

Lv. 19:1-2, 11-18
7:00 AM Gigi Daly
9:00 AM Jorge Valdez-Rodriguez
12 Noon Cecilia McMahon

Tuesday, March 3rd

St. Katherine Drexel
Is. 55:10-11, Mt. 6:7-15
7:00 AM Vivian & Mateo DeMarco
9:00 AM Joseph McNamara
12 Noon Veronica Polchow

Wednesday, March 4th

St. Casimir
Jonah 3:1-10, Lk. 11:22-32
7:00 AM Catherine Sager
9:00 AM Lois Phillips
12 Noon Antonia Mahler

Thursday, March 5th

Esther C:12, 14-16, 23-25, Mt. 7:7-12
7:00 AM Barbara Zinczak
9:00 AM John Daniel O'Leary
12 Noon Veronica Polchow

Friday, March 6th

Ez. 18:21-28, Mt. 5:20-26
7:00 AM Thomas Collins
9:00 AM Rita Krumdieck
12 Noon Robert King

Saturday, March 7th

Sts. Perpetua & Felicity
Dt. 26:16-19, Mt. 5:43-48
8:00 AM Barbara Ludeman
5:00 PM John E. Shields, Terence Cullen,
Stanislaus & Mary Catherine
Moran, Richard Fee,
Walter France

Sunday, March 8th

Second Sunday of Lent
*Gn. 22:1-2, 9a, 10-13, 15-18,
Rom 8:31b-34, Mk.9:2-10*
7:30 AM Rev. Msgr. John J. Wiest
9:00 AM Msgr. Thomas Groenewold
10:30 AM For the People of the Parish
12:00 Sara Ponsiglione, Edward W. &
Elizabeth T. McAndrews,
Crystal Nicolarus, Francis &
John Doran, Margaret &
Owen Kenny
5:00 PM Edmond Jabbour

Parish Directory

Rev. Msgr. John J. McCann - Pastor

627-0385 ext. 1004

Diane Bayen
Music Director
627-0385 ext. 1021

Deacon Frank Bice
627-0385

Anthony Chiofalo
Controller
627-0385 ext. 1007

Lorraine Czarniak
Faith Formation Gr. K-8
627-4028 ext. 1127

Msgr. Joseph DeGrocco
Sunday Assistant

Fr. Michael Galea
627-0385 ext. 1101

Vincent Hartley
Facilities Manager
627-0385 ext. 1002

Deacon Charles Kammerer
627-0385

Patricia McDonough
Director of Youth Ministry
627-0385

Dr. Jo-Ann Metzдорff
Pastoral Associate
627-0385 ext. 1010

Theresa Perrella
*Parish & Elementary School
Development Office*
627-0385 ext. 1160

Fr. Allan Sikorski
Associate Pastor
627-0385 ext. 1006

Christine Sutherland
Parish Social Ministry
365-2705 ext. 1126

Eileen Symmons '86
Director of Communications
627-0385 ext. 1001

William Wrensen
Faith Formation Gr. 9-12
627-4028 ext. 1164

St. Mary's Elementary School
627-0184 | www.stmary11030.org

Celeste M. Checchia, PhD
Principal

Elaine Drzymalski
Assistant Principal

St. Mary's College Preparatory High School

Dr. Kevin McBride, Principal 627-2711
Kristin Lynch Graham '88, Director of Development 627-4605
Jay McDonnell, Director of Alumni Relations 627-4605

Please Pray for the Ill

Barbara Benz Jack Joseph Lewinger
Livia Richards Madison Lewinger
Janice Thorkelsan
Bill Rozea
Robert J. Kohlhagen

Names will remain on the list for 3 months. Please notify the Bulletin Editor if you would like to continue.

In Memoriam





From the Pastor's Desk

Welcome North Shore Firemen

This Sunday we welcome to St. Mary's the North Shore Firemen Holy Name Society. They will attend the 7:30 Mass. Their Chaplain, Father Kevin Smith, will return to St. Mary's to celebrate the Mass.

Lenten Prayer

Prayer, fasting and special acts of charity and kindness are traditional activities for Lent.

Just a few lines on prayer: We all pray. Some of us pray the Rosary, others turn to God at the beginning or end of the day seeking His help with our needs and the needs of those around us. There are so many different ways to pray.

One way that I suggest you consider for your prayer during these Lenten days in order to draw yourself deeper into the spirit of Lent is to center your prayer on the scripture readings used at Mass. You can find them listed on the opposite page of the bulletin with the Mass Intentions for the day.

Settle yourself in a quiet place, pick up your bible find the passages and slowly, prayerfully read them. Read them again slowly and then let God's Spirit lead you into prayerful reflection on them. One day you will find that a line from the Gospel passage opens up for you new discoveries about something in your life. Another day it will be a line or section from the first reading.

And you have to try to be quiet – it is not easy - so that in the silence of your heart the Lord will be able to speak to you the words He knows you need to hear. Slowing down our ever racing mind to silence doesn't always happen. But God works in mysterious ways and time spent with Him and His Word will bear fruit.

Prayer in silence and with a spirit of openness to God's love in the presence of Christ in the Eucharist can be powerful and transforming prayer. Consider

stopping in during our Thursday Eucharistic Adoration (from 1 to 8 PM). It is held in the Chapel off the west side of the Church. Or maybe there is a Church you could stop in at for a few minutes on your way to or from work or during your lunch break. St. Mary's is open Monday to Friday from 6:30 AM to 8:30 PM. On Saturdays and Sundays, it is open from 7:30 to 6:00 PM.

My prayer is that each of us make this Lent a time "to grow" our prayer life!

Daily Mass in Lent

This Lent we will have an additional daily Mass (Monday to Friday) at 12 NOON. Mass will also be celebrated at 7 AM and 9 AM.

Catholic Ministry Appeal

Please remember that your gift to the Catholic Ministry Appeal helps the Church fulfill its mission to reach out to our brothers and sisters in need through the many charitable programs at both the Parish and Diocesan levels. Whether it's through the works of Catholic Charities or the religious education programs our Catholic identity is rooted in a history of helping people.

I ask you to please join me in supporting the Catholic Ministries Appeal. What it is about is helping to make possible the "work of Christ" here on Long Island through the charitable, educational and pastoral programs of our local Church.

I thank those who have already made a gift to this year's Appeal. Your gift will help continue the "work of Christ" on Long Island.

God Bless!

Msgr. John J. McCann



Lent at St. Mary's

DAILY MASS DURING LENT

will be celebrated at 7:00 AM, 9:00 AM and 12 NOON (Monday to Friday). On Saturday Mass will be celebrated at 8:00 AM.

STATIONS OF THE CROSS

will be held in Church each Friday at 7:30 PM.

THE ROSARY SOCIETY LENTEN DAY OF RECOLLECTION

lead by Father Allan Sikorski, will be held on Wednesday morning, March 4th at 10 AM at St. Ignatius Retreat House on Searingtown Road.

STAFF RETREAT DAY

at St. Ignatius Retreat House, Friday, March 20th.

MEN'S PRAYER GROUP

Wednesdays at 7:30 AM in the Ministry Center.

LITTLE ROCK SCRIPTURE GROUP

Mondays at 10 AM in the Ministry Center.

CATHECHISM EXPRESS

Mondays at 7:40 PM in the Ministry Center

LIVING THE CHRISTIAN LIFE

Wednesdays, March 4, 11, 18, 25 and April 1st at 7:30 PM in the Ministry Center.

REVIAL GLORY PRAYER GROUP

Wednesday, March 11th in the Chapel.
3:30 - 5:30 PM

MONDAYS WITH MARY

Monday at 9:30 AM in the Sharp Library

BOOK CLUB

The Road to Cana by Ann Rice
Monday March 24th at 10 AM

FAST AND ABSTINENCE

Those who have reached their fourteenth year are bound to abstain entirely from meat on all the Fridays of Lent.

SACRAMENT OF PENANCE

Lent is a special time to celebrate the Sacrament of Penance. Priests are available for confessions each Saturday afternoon from 4:00 to 4:45 PM.

On the MONDAY OF HOLY WEEK (April 6th) confessions will be heard from 3:00 to 9:00 PM.



Come spend some time in prayer!

Thursdays

1 PM to 8 PM

Benediction at 7:45 PM

in the Chapel.

You can easily reach the chapel though the door to the Parish Office and up the stairs.



Stewards of God's Gifts

The waters of Baptism make us part of the new covenant in Christ. But the bishops' pastoral letter on stewardship reminds us that "there is a fundamental obligation arising from the sacrament of baptism...that people place their gifts, their resources - their selves - at God's service in and through the Church."



We are grateful this week for all stewards in our parish whose giving - whether of alms or of service - will be an expression of gratitude for what the Father has given them.

The collection for Sunday, February 22nd 2009 amounted to **\$20,797.**

Credit Cards amounted to **\$3,322**, totaling **\$24,119**

The collection for Sunday, February 24, 2008 amounted to **\$23,009**

The Children's collection for Sunday, February 22nd, 2009 amounted to **\$16.**

Children's Time & Talent: **Loving, praying for children in need.**

Readings and Questions for Faith Sharing



Reading I: *Genesis 9:8-15*

See, I am now establishing my covenant with you and your descendants after you.

Reading II: *1 Peter 3:18-22*

Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God.

Gospel: *Mark 1:12-15*

This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.

Theme:

Fulfillment does not center on what we have done but what we are and what we hope to become.

Question for Adults:

What can I do this Lent to deepen my trust in God as my only source of strength and peace? Is there anything hindering my spiritual growth?

Question for Children:

What can I do at home or school this Lent to be more like Jesus?

Saint Mary's Elementary School

Thirteenth Annual

Take~A~Break Dinner Dance

Saturday, March 28, 2009
North Hempstead Country Club
Port Washington



The journal deadline is rapidly approaching!
Please get your journals in by
Monday, March 9th
to Theresa Perrella in the
Development Office!
Or contact her at 627-0385 ext. 1160.



Adult Faith Formation

Catechism Express

Monday, March 2nd, 2009

Confirmation

Nancy Azzaro, MA - instructor

March 9th - Eucharist - Dr. Jo-Ann Metzdorff

March 16th - Penance - TBA

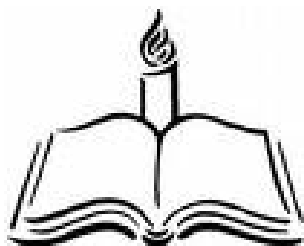


Class is from 7:40 - 8:20 PM in the Ministry Center.

Do You Know?

This week's question: Why is it a sin to miss Mass on Sunday?

Answer to last week's question: Today our catechumens are going to the Rite of Election at St. Agnes Cathedral. What is the Rite of Election and what happens at it? The Rite of Election is the way those preparing to enter into the Church on Easter begin their final preparation for the sacraments of Baptism, Confirmation and Eucharist. The celebration of the Rite of Election has two parts. There is a sending and a receiving. First, the catechumens are sent by the parish, generally on the First Sunday of Lent. This sending is a public pronouncement, at a Sunday Mass, that the catechumens are ready to enter a covenant relationship through participation in the sacramental life of the Church. This public pronouncement is done through their presentation to the Bishop. The second part is the actual presentation to the Bishop. Catechumens from throughout the diocese gather at the Cathedral and are called by name. Their sponsors attest to their readiness to receive the Easter sacraments. They then process to the altar. It is there that they sign the Book of the Elect, a special book containing all the names of those preparing to be baptized at Easter. They then are addressed by the Bishop and receive a blessing. They are now called the Elect and enter into the Period of Purification and Enlightenment. The Rite of Election is a joyous occasion for all the Catechumens, their family, and sponsors, and indeed for the entire Church.



Little Rock Scripture Study

Our Monday morning Little Rock group has been meeting for several years and explores two books of the bible each year. This spring the group is studying the **Acts of the Apostles** as a follow up to their study of the **Gospel of Luke**. Anyone interested in joining the group should meet on Monday mornings from 10 AM - Noon in the John Paul II Room. There is a \$7.00 fee for the book.



Family Day of Faith and Fun

We invite you to take a break from the usual, and spend some time as a family reflecting on your faith, the season of Lent, and renewing your family bonds.

March 22nd, 2009

Immediately following the 9:00 AM Family Mass - concluding at 2:00 PM

A light breakfast and lunch will be included.

\$40 per family - Please register at the Parish Office - registration a must!

Forms available in the Parish Office, Faith Formation Office or in the south vestibule of the church

A **Marianist Retreat Team** experienced in multi-generational family retreats will present this day filled with quality family time, faith and fun. All families, of all ages welcome.

Bring Grandma and Grandpa too!!

Have you considered becoming a Catholic?

The **Rite of Christian Initiation of Adults (RCIA)** (for short) is the normative way for the unbaptized and those people baptized in other Christian communities to enter the Roman Catholic Church. The RCIA group meets on Sundays at the 10:30 AM Mass with instructional sessions following Mass until approximately 12:30 PM.

Adult Confirmation Classes

Catholic adults who have not received the Sacrament of Confirmation have the opportunity to receive the Sacrament this coming Pentecost. Please obtain a recent baptismal certificate. Classes begin this week.

Call Jo-Ann Metzdorff in the Parish Office for more information or e-mail joannm@stmary.ws.

Living the Christian Life

Basic Morality Course

Dr. Eileen McNamara
Instructor

Wednesday evenings

March 4, 11, 18, 25, April 1st
7:30 PM

in the John Paul II Room

Qualifies for Basic Catechist Certification.

\$25 course fee

Please register by March 2nd by calling the Parish Office.



Parish Social Ministry



ST. MARY'S BEREAVEMENT SUPPORT GROUP

St. Mary's Bereavement Support Group for the **loss** of a loved one will meet,

Time: 7:00 PM - 8:30 PM

Date: Wednesday, March 4th

Location: Parish Social Ministry Office

Our facilitator is Mrs. Anne Hohn-Harrington

Please call the Office of Parish Social Ministry at 365-2705 to register.

DIOCESAN BEREAVEMENT CONFERENCE

"Fill My Heart with Peace"

The 2009 Diocesan Bereavement Conference, "Fill My Heart with Peace", will be held on

Saturday, March 21st

at Kellenberg Memorial High School, Uniondale, NY

8:30am – 5:30pm

This conference is for the bereaved and those caring for them, and is sponsored by Catholic Cemeteries, Diocese of Rockville Centre.

The day features an opening keynote by Antoinette Bosco, Ph.D. (award-winning syndicated columnist and author, bereaved mother of three), 43 workshops for all losses (registrants may choose three), conference bookstore, and closing Eucharistic celebration.

Breakfast, lunch and conference folder are included in the registration fee (\$50 postmarked by March 1st, \$60 after March 1st, \$70 walk-in registration).

Flyers with complete information and registration forms are located in the south lobby of St. Mary's Church.



F.O.C.U.S. NEWS

Friends Offering Care Understanding and Support for widows, widowers and singles

St. Patrick and St. Joseph Luncheon

Wednesday, March 18, 2009 - 12:30 pm - Marian Room

Cost \$25.00 per person

Corned Beef and Cabbage, Italian Pastries, Espresso, Irish coffee, Wine, Assorted Beverages
Irish Entertainment – Raffles and Prizes

R.S.V.P. no later than March 11, 2009 – No Refunds Will be Issued

Make check payable to St. Mary's Church

Mail to: F.O.C.U.S. Luncheon

St. Mary's Church Parish Social Ministry - 1300 Northern Boulevard, Manhasset, NY 11030



Faith Formation Grades 1-8

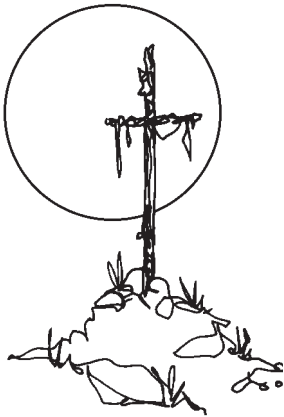
This Monday evening the 8th graders can be dropped off at the Church and will gather in the Marian Room to listen to a talk on Vocations given by Father Brian Barr. Please pick them up at Marist Hall at 8:30 PM.

Parents of those receiving Confirmation this year are asked to attend a meeting on
Wednesday, March 4th
at 7:30 PM in the Marian Room.

Some of our 2nd graders will receive **First Reconciliation** on Saturday, March 7th at 11am and 1:30 pm.
Please pray for these children and their families.

Rockville Centre Diocese is celebrating *Religious Education Week* beginning **Sunday, March 8th**. Plan to come down to the Marian Room before or after Mass to see the displays created by some of our religion classes. Our children continue to grow in their faith through the instruction they receive here and at home. Let us continue to pray for and support one another in this important work of the parish.

Rosary Society Lenten Day of Recollection



Wednesday, March 4th

St. Ignatius Retreat House

Check-in at 10 AM

Join us for a morning of prayer and reflection in keeping with the season of Lent including Recitation of the Rosary and Mass, followed by a light lunch.

Guest Speaker: Father Allan Sikorski

All are welcome - \$20 donation is requested

Important: please RSVP to Ann Welsh 627-4621

New Member Coffee for Prospective Rosarians

All interested women of the parish are invited.



**Thursday, March 26th 10 AM
in the Marian Room**



Please join us to learn more about the Rosary Society, our devotion to the Blessed Mother, and the fellowship of prayer among our members. Share in our mission: "To foster devotion to Mary through prayer and good works." We have many ongoing opportunities for prayer, and also sponsor an annual trip to Our Lady of the Island Shrine, the Living Rosary, the May Crowning, just to name a few. For more information please call Marijo Marino at 516-627-3205.



Banns of Marriage



Two Become One

First Time

Vincent Rossicone
 Our Lady of Fatima, Elmhurst
 and
Tricia Abrahamsen
 Our Lady of the Cenacle, Richmond Hill



Anyone interested in making an offering for the bread and wine or the oil candles for the week, please contact the Parish Office for donation amount and availability of dates. This year, the Paschal Candle can also be memorialized for the entire year beginning on Easter Sunday, by an individual or by a group.

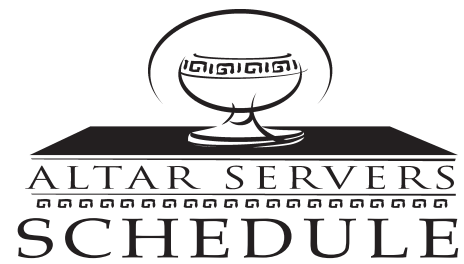


Offerings for flowers will be suspended during the season of Lent and will resume following Easter.

MASS SCHEDULE

March 7th & March 8th
 (subject to change)

5:00 p.m.	Saturday, March 7th Fr. Allan Sikorski
7:30 a.m.	Sunday, March 8th Fr. Michael Galea
9:00 a.m.	Fr. Allan Sikorski
10:30 a.m.	Msgr. Joe DeGrocco
12:00 p.m.	Fr. Jacob Vattackattu
5:00 p.m.	Msgr. John J. McCann



March 2nd - March 8th

Monday, March 2nd

7 a.m.	V. deVenoge & C. Lavelle
9 a.m.	B. Gallagher & J. Sanservino
12 Noon	M. Barcia & C. Lynch

Tuesday, March 3rd

7 a.m.	N. Inglese & P. Inglese
9 a.m.	L. Gallo & M. Gallo
12 Noon	T. Gentile & J. Lynch

Wednesday, March 4th

7 a.m.	B. Ackert & J. Meyer
9 a.m.	G. O'Connell & C. Vanderberg
12 Noon	M. Heaney & L. Procaccino

Thursday, March 5th

7 a.m.	C. Begley & C. Begley
9 a.m.	J. Henry & S. Palma
12 Noon	C. Holm & T. Mangione

Friday, March 6th

7 a.m.	N. Cordi & L. Merola
9 a.m.	N. Inglese, P. Inglese E. Kearns & A. Kelly
12 Noon	C. Keating & I. Salas-Allende

Saturday, March 7th

8 a.m.	P. Klimuszko & H. Mulholland
5 p.m.	T. Ahern, A. Alacqua P. Radman & C. Salter

Sunday, March 8th

7:30 a.m.	N. Behringer, M. Broderick D. Carroll & B. Gallagher
9:00 a.m.	J. Baydar, M. Duvnjak L. Merola & C. Murphy
10:30 a.m.	C. Malhame, M. Malhame V. deVenoge & C. Gentile
12:00 noon	L. Procaccino, J. Kiggins G. O'Connell, T. Sanseverino
5:00 p.m.	P. Denihan, S. Gomez A. Benja-Athon, C. Fox

Please be sure to arrange for a replacement if you cannot make your assignment.



DEACON FRANK BICE

will be speaking to the youth group at 5:45pm in the Marian Room. Those of you who know Deacon Frank Bice already know him as a man of deep faith, broad intellect and tremendous heart. Don't miss his time with the youth group tonight. As always, he will inspire all who hear him to move more deeply into the life of Christ.

NEWS FROM GUATEMALA

Fr. Anton holds one of the many fish born on the farm that was built with donations from St. Mary's parishioners. The fish farm not only put hundreds of his parishioners to work, but gave the parish a source of ongoing income as well as an added source of protein in their diet. St. Mary's Youth Ministry will be returning to Guatemala on July 19th. There will be a Parent / Teen Information Meeting on **SUNDAY, MARCH 8th**, at 5:45 pm in the Marian room in lieu of our regularly scheduled Sunday night meeting.



MONDAY NIGHT CATECHESIS meets tomorrow in Marist Hall, at 7:15pm on March 2nd.

Newly Baptized

We welcome the following children who were baptized during the month of February 2009.

- | | |
|-------------------------------|------------------------|
| <i>Leila Altamura</i> | <i>Madeleine Klein</i> |
| <i>Luca Altamura</i> | <i>Anna Kosciusko</i> |
| <i>Natalia Caamano</i> | <i>Declan Paterek</i> |
| <i>Hazel France-Miller</i> | <i>Conor Slevin</i> |
| <i>Theressa France-Miller</i> | <i>Megan Slevin</i> |
| <i>Kyle Guido</i> | |



Don't be late for Mass next Sunday.

Set your clocks ahead on Saturday night, March 7th.

Purgatorial Society

The following names have been enrolled in our Purgatorial Society for one year beginning March 2009.

- | | |
|-----------------------------|-------------------------|
| <i>Mary Lee Adams</i> | <i>Robert King</i> |
| <i>Pauline Bisconti</i> | <i>Agnes Kirby</i> |
| <i>Ron Bryant</i> | <i>Cecilia McMahon</i> |
| <i>John Catapano</i> | <i>Joan Patti</i> |
| <i>Salome DeGuzman Cruz</i> | <i>Charles J. Smith</i> |

Welcome New Parishioners

We welcome those who registered in our parish during February 2009.

- Mr. & Mrs Vito Altamura & Family*
- Ms. Sabrina D'Chiutiis*
- Mr. & Mrs. Andrew Didora*
- Mr. & Mrs Sean Egan & Family*
- mr. & Mrs. James Fenton & Family*
- Mr. & Mrs Robert Lesica & Family*
- Mr. & Mrs Joseph Mayo*
- Mr. & Mrs. Gregory Westfall & Family*



What Happened to Your New Year's Resolutions? "Change Your Mind Set" – A Lenten Plan

Patricia Pitta Ph.D., ABPP

Well it is already March and many of us made New Year's Resolutions which were broken a long time ago. Do you know that most people break their New Year's Resolutions within a week? The hope is that we all wish we could change ourselves and particularly our patterns and behaviors. Some patterns and behaviors are based upon addictive styles. Yes, you want to lose weight, stop drinking, drink less, control your temper, go to bed earlier, exercise or exercise more. So what happens? I know you have heard the saying "The road to hell is paved with good intentions and broken promises". So why would you make a promise to yourself you don't follow thru on? Because it is very difficult to change behaviors and or addictive patterns!! The Lenten season is a time to prepare for Christ's rebirth. How about using this season for you preparing to make changes that you wish you could make. It takes planning and Lent is the best time to begin.

So what is the road to changing behavioral patterns permanently? You need to first: contemplate the change you want to make. Ask yourself, "How come you want to make this change"? Second: Visualize what making the change looks like. For example: if you want to stop drinking, drink less, or eat less. Visualize yourself in a scenario where these substances are available and what would your new behavior look like? As your friends are eating or drinking, you only have one drink and or pass the dessert or just take one taste. As your children whine, you ask them a question when they quiet down rather than screaming at them as they whine. Decide the change you want to make and only one at a time. Third: Visualize this change for a month. Start to see yourself in this new behavior. It is becoming part of your "Mind Set". If you can't visualize making a change, you can't do it". If you are stuck at this point, seek professional help from a psychologist to help you to prepare your "Mind Set" for change.

The next step is to make a commitment to yourself. Don't commit to others. For sure you will sabotage yourself. When we commit to others if you have the least bit of oppositionalism in your bones which we all have, it will lurk it ugly head. A bit of advice: "Never make a promise to someone else for a change that you need to do for yourself". Many announce to others their desired changes and cannot follow thru because it is very difficult to do so and then feel humiliated by their lack of mastery over the behavior. Fifth: Visualize your commitment for at least a week. Identify how come you want to make the changes and what it will look like in your new behavior. After the commitment to change is made then plan how you will make the change. Spend at least a month setting and visualizing your plan. If you want to drink or eat less, think about the many challenges you will have to face in controlling your urges. Visualize the usual settings that will tempt you to drink or eat in a way that you want to change. For example: If you don't want to drink any longer-make a plan and visualize how you will manage yourself in settings where people will be drinking. Also practice how you will deal with the emotions that set off the desire to drink. When we are sad, anxious and happy these can be triggers that set off a drinking or eating response. So you see you are spending months preparing and setting "Your Mind Set" for permanent changes. It is necessary to connect the head to the heart and emotions to become successful at changing behaviors. The road between the head and heart can be a long one.

So before you decide to change a behavior do the necessary "Mind Set" preparation. Use prayer to center yourself and discern if you really are ready to do the work to make the change. May you be successful in this Lenten season.

A tear off to change your "Mind Set"- Put in your wallet and read daily:

1. Contemplate the change.
2. Visualize the change.
3. Commit to yourself.
4. Plan how to make the change.

Dr. Pitta (www.drpatriciapitta.com; drpatpitta@optonline.net) is a Clinical Psychologist and a Board Certified Family and Marital Psychologist practicing in Manhasset and is the chair of the Mental Health Ministry of St. Mary's. She is also a professor of psychology at St. John's University and a graduate of the Pastoral Formation Institute of Rockville Centre.



Save the Date



Church of Saint Mary

12th Annual Parish Golf & Tennis Classic and Dinner

Thursday, June 18, 2009
Plandome Country Club

Honoring Dr. Florence Barricelli and Dr. Thomas A. Nicosia

For more information please contact
Theresa Perrella at 516-627-0385, ext. 1160
or via E-mail at development@stmary.ws

www.stmary.ws