



1300 Northern Boulevard
Manhasset, NY 11030
(516) 627-0385 FAX (516) 627-6070
www.stmary.ws

Msgr. John J. McCann, Pastor
Fr. Allan Sikorski, Associate Pastor
Deacon Frank Bice
Deacon Charles Kammerer
Dr. Jo-Ann Metzдорff, Pastoral Associate
Msgr. John J. Skelly, Pastor Emeritus



© Annika Nelson

Second Sunday of Advent

December 5, 2010

We Celebrate the Eucharist on Saturday at 5:00 PM, and Sunday at 7:30, 9:00 (Family Mass), 10:30 AM, 12:00 Noon and 5:00 PM.

We Celebrate the Weekday Eucharist as scheduled.

We Celebrate The Sacrament of Penance on Saturdays from 4:00 to 4:45 PM. At other times by appointment.

We Celebrate Baptism at 2:00 PM on the Second and Fourth Sundays of the month. Please call to arrange for a pre-baptismal interview. Parents are required to attend a Baptism Preparation Session held once every month. Those chosen as sponsors for Baptism should lead lives in harmony with the Catholic faith and the role of Godparent.

We Celebrate the Sacrament of Marriage. At least six months before you plan to be married and before you make arrangements for the reception, please make an appointment with one of the priests to begin the necessary preparations.

We Care For The Sick. Those who are seriously ill or about to undergo serious surgery are encouraged to celebrate the Sacrament of the Anointing of the Sick. The Sacrament is celebrated on the second Sunday of the month following the 10:30 AM Mass in the Chapel. If one is unable to come to Church, please call the Parish Office to arrange for a home visit for Anointing or reception of the Eucharist.

We Care For Our Sisters And Brothers through our Parish Social Ministry and Food Pantry. For information call 365-2705.

We Educate Our Children

Saint Mary's Elementary School offers excellent education in the Spirit of the Gospel from grades N, Pre-K to Eighth grade. For information call 627-0184.

Saint Mary's High School offers a college preparatory education for the ninth to twelfth grades in the context of Catholic moral values. For information call 627-2711.

The Faith Formation Program (Religions Education) provides excellent formation in the Catholic Faith for children in public or private schools. Preparation for First Holy Communion and Confirmation requires two years. All classes are held at St. Mary's. Grades 1 through 5 meet on Tuesdays and Thursdays from 4:30 to 5:30 PM. Families choose which day. Grades 6, 7 and 8 meet on Mondays from 7:30 to 8:30 PM. For information about Grades 1-8 call 627-4028 and for Grades 9-12 call 627-5759. Office hours: Mon. 11-9; Tues. & Thurs. 9-6; Wed. 9-5. Closed Fridays.

We Reach Out To Our Teens through our Youth Ministry Program. For information call 627-5759.

We Welcome New Members to the Catholic Church and to Saint Mary's Parish. If you are new in the area or interested in learning more about the Catholic faith, please call the Parish Office.

We Have Opportunities For Prayer. The Church is open Monday to Friday until 8:45 PM and on Saturday and Sunday until 6:00 PM so that we may have the opportunity for quiet prayer before the Blessed Sacrament. The **Miraculous Medal Novena** is said each Monday following the 9:00 AM Mass. Monday to Friday the Rosary is said following the 9:00 AM Mass. **Eucharistic Adoration** is held every Thursday from 1:00 to 8:00 PM in the Chapel. On **First Saturdays** the Scriptural Rosary is recited following the 8:00 AM Mass. Each Monday evening a **Rosary Service** is held at 7:15 PM.



Parish Mission Statement

We, the community of Saint 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, December 6th

St. Nicholas

Is 35:1-10, Lk 5:17-26

7:00 AM Thomas J. Cassidy
9:00 AM Michael Howard
12 Noon James Maloy

Tuesday, December 7th

St. Ambrose

Is 40:1-11, Mt 18:12-14

7:00 AM Robert & Helen Gross
9:00 AM Vito Perone
12 Noon Thomas F. X. Walsh
5:00 PM Lillian Chiofalo

Wednesday, December 8th

Solemnity of the Immaculate Conception of the Blessed Virgin Mary

Gn 3:9-15, 20, Eph 1:3-6, 11-12, Lk 1:26-38

7:00 AM Nora Cioppa
9:00 AM For the People of the Parish
12:10 PM Concetta Cataudella
7:30 PM Concetta Gentile

Thursday, December 9th

St. Juan Diego

Is 41:13-20, Mt 11:11-15

7:00 AM Richard V. Minieri
(2nd anniversary)
9:00 AM Mary Concetta DeMaio
12 Noon Denis J. Butler

Friday, December 10th

Is 48:17-19, Mt 11:16-19

7:00 AM Maura Clancey Noonan
9:00 AM Mildred Schnurr
12 Noon James Flynn

Saturday, December 11th

St. Damasus I

Sir 48:1-4, 9-11, Mt 17:9a, 10-13

8:00 AM Salvatore
& Provvidenza Asaro
5:00 PM Salvatore Bonventre,
Pilar Montane,
John & Ella Surgala,
Edna McMahon,
Nora Cioppa

Sunday, December 12th

Third Sunday of Advent

Is 35:1-6a, 10, Jas 5:7-10, Mt 11:2-11

7:30 AM Leslie Anne Kempa
9:00 AM Milka Bastianich
10:30 AM For the People of the Parish
12 Noon Terence O'Neill,
Michael Howard,
Ed Devlin,
Thomas Connors,
John Ninfo,
Joan Ryan
5:00 PM John Peter Misciagna

Parish Directory

Rev. Msgr. John J. McCann - Pastor

627-0385 ext. 1004

Deacon Frank Bice

627-0385

Martha Brincat

Music Director

627-0385 ext. 1021

Anthony Chiofalo

Controller

627-0385 ext. 1007

Lorraine Czarniak

Director of Faith Formation Gr. K-8

627-4028 ext. 1127

Terence Goff

Choir Director

Vincent Hartley

Facilities Manager

627-0385 ext. 1002

Deacon Charles Kammerer

627-0385

Patricia McDonough

Director of Youth Ministry

627-5759

Saint Mary's Elementary School

627-0184 | www.stmary11030.org

Celeste M. Checchia, PhD

Principal

Elaine Drzymalski

Assistant Principal

Saint Mary's College Preparatory High School

627-2711 | www.stmary.ws/highschool

Grace M. Cavallo, President

Jonathan D. Kramer '92, Principal

Kristin Lynch Graham '88

Director of Development and Alumni Relations 627-4605

Please Pray for the Ill

Livia Richards John O'Shea
Billy Fischer Luis Roman
Patrick Finnegan Michael Hallquest
Harriet Brensic Kazimer Nawojchik
Grace Falcone Charlotte Baranello
Gladys Domke

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

In Memoriam



Salvatore Melito
Anne Kilhenny
Irene Vicari
Brigid Wilson
Rosemarie Gribbin



From the Pastor's Desk

Doing Christ's Work in Challenging Times

As I was waiting for Bishop Murphy's arrival for last Sunday's 10:30 AM Mass, a parishioner coming into the Church told me that they had received the mailing about our Offertory Enhancement Program. They then told me the percentage by which they were increasing their weekly offering. I thanked them and I thank each of you who are able to increase your weekly offering to your parish.

Today is **COMMITMENT SUNDAY**. I thank those who have returned their Commitment Cards either by mail or in the collection basket. If you have not yet done so, please bring or mail it by next Sunday. Additional Commitment Cards may be found on the windowsills of the Church.

Through this offertory program, I ask every family to consider an increase in their weekly contributions to the parish. I know that with the ongoing economic difficulties some will only be able to maintain their current giving level. I thank you for giving this request your prayerful consideration.

Daily Mass in Advent

We remind you that during Advent there will be three daily Masses (Monday to Friday): 7:00 AM, 9:00 AM and 12 Noon. On Christmas Eve, there will be one morning Mass at 9:00 AM.

Your Advent Confession

During these busy Advent days, please do not forget to plan a time for you to celebrate the Sacrament of Reconciliation as part of the your preparation for Christmas.

God Bless!

Rev. Msgr. John J. McCann



FEAST OF THE IMMACULATE CONCEPTION

**Wednesday
December 8th
A Holy Day of Obligation**

MASSES

**Tuesday 5:00 PM
Wednesday 7:00 AM
9:00 AM
12:10 PM
5:00 PM
7:30 PM**

**A Respect Life
Holy Hour
will follow the
7:30 PM Mass.**



Stewards of God's Gifts



We must be good stewards of God's gifts to us, receiving them gratefully and cultivating them with care lest we be the ones about whom John the Baptist speaks today: "Every tree that does not bear good fruit will be cut down and thrown into the fire."

We are grateful this week for all stewards in our parish who strive to consider how they are fulfilling God's purpose to be of service to our parish and to the wider community.

The collection for Sunday, November 28, 2010 amounted to **\$24,818.00**
Credit Cards and *Faith Direct* amounted to **\$4,479.00** totaling **\$29,297.00**
The collection for November 29, 2009 amounted to **\$27,568.00**
The Children's collection for Sunday, November 28, 2010 amounted to **\$4.00**
Children's Time & Talent: **help lifting, help Mom.**



Have you enrolled yet? Visit www.faithdirect.net. Our parish code is NY281.

ST. MARY'S Gift Shop

COME AND SEE OUR
CARDS, GIFT ITEMS & JEWELRY
FOR
ADVENT & CHRISTMAS



OPEN TUESDAY & THURSDAY
9:30 AM-1:30 PM
SUNDAY 9:30 AM-1:30 PM

UNIQUE RELIGIOUS GIFTS & CARDS NOT
FOUND ANYWHERE ELSE ARE AVAILABLE FOR
EVERY OCCASION,

THE GIFT SHOP IS LOCATED ON THE LOWER
LEVEL OF THE CHURCH
PHONE - 627-0385 X. 1106

All Proceeds Benefit Parish Social Ministry

Readings and Questions for Faith Sharing



Reading I: *Isaiah 11:1-10*

The spirit of the LORD shall rest upon him.

Reading II: *Romans 15:4-9*

Welcome one another as Christ welcomed you.

Gospel: *Matthew 3:1-12*

Repent, for the kingdom of heaven is at hand!

Question for Adults:

Do I have a "desert spot" where I can quiet my inner noise to listen to God?

Question for Children:

What does hope mean to me?

Church of Saint Mary
“Doing Christ’s Work in Challenging Times”
Offertory Enhancement Program

Offertory Enhancement Program Continues

THIS WEEKEND IS COMMITMENT WEEKEND

This weekend is *Commitment Weekend* for our Offertory Enhancement Program. All parishioners are asked to prayerfully decide on a new level of financial support. As a response to the call for increased annual and weekly giving, we are asking all of our parishioners to return their completed Commitment Cards today by placing them in the collection basket.

During the past weeks, Msgr. McCann and fellow parishioners have spoken to you about our current circumstances and how all parishioners can participate. In addition, special information has been mailed to every home along with a special Commitment Card and return envelope. For those who may have misplaced the commitment card, there are additional cards in the pews and at the back of the Church. If you are unable to return your commitment card this weekend, please return it as soon as possible by mail, at Mass next weekend or drop it off at the parish office.

In order for our parish community to continue to meet its growing financial obligations, please consider a commitment plan from the brochure that is best suited to your own circumstances. Your choice will allow St. Mary’s to accurately plan for the future.

***PLEASE CONSIDER YOUR COMMITMENT
PRAYERFULLY AND CAREFULLY***

While every family will not have the financial ability to make the same commitment because of fixed or limited incomes, many of our parishioners could manage to do so on a regular basis. We realize that every commitment is a true sacrificial gift to God. We can never outdo God's generosity and this is our opportunity to say “Thank you, Lord, for everything.”

*Our Parish Community is a reflection of each of its members.
Our generosity will determine what this community can do or cannot do.
A small sacrifice will make a big difference.*

“Doing Christ’s Work in Challenging Times”

Doing Christ's Work in Challenging Times



Parishioners gathered recently in response to Msgr. McCann's invitation to learn about the launch of the Offertory Enhancement Program to assist the parish in maintaining present ministries, activities and much needed maintenance while forecasting the needs of the future to continue our good work.





*Music
at
St. Mary's,
Manhasset*



Advent Lessons & Carols

Sunday, December 5th

7:30 PM

in

St. Mary's Church

1300 Northern Boulevard

Manhasset, NY

*Please join us
for a peaceful and reflective evening
of hymns, Scripture readings,
and choral anthems by*

The Choirs of St. Mary's





Faith Formation

Grades 1-8



There will be no classes on **Tuesday, December 7th** for Grades 1-5.
There will be classes as usual on **Monday, December 6th** and **Thursday, December 9th**.

8th Grade Confirmation Retreats will be held on **Monday, December 6th** and **Tuesday, December 7th** at St. Ignatius Retreat House for the following classes:

December 6th - St. Mary's Elementary School Students

December 7th - Elaine Caliendo, Anita Gallo and Grace Ready/Marlena Kern



7th Graders and their families are invited to attend the 5:00 PM Mass on **Wednesday, December 8th**, for the Feast of the Immaculate Conception and stay for the Prayers For Life Holy Hour. These prayers after the Mass can be used as the prayer experience for your Confirmation Workbook.

Semi Annual Blessing of Expectant Families

Those families expecting or preparing to adopt a child are invited to come to the 9:00 AM Family Mass on Sunday, December 19th, for a special blessing. If you know anyone who is expecting or adopting, please invite them to attend. Our annual Advent Hospitality will follow in the Marian Room with great food, crafts, entertainment, and a "special visitor." All are invited!



Attention:

Extraordinary Ministers of Holy Communion

Assignments for the Christmas and New Year's Masses are made on a volunteer, first-come, first-served basis. Please note that New Year's Day is **not** a holyday of obligation this year.

Christmas Schedule

December 24th: 4:00 PM, 4:15 PM (Wiest), 5:30 PM, Midnight

December 25th: 7:30 AM, 9:00 AM, 10:30 AM, 12 Noon, 12:15 PM (Wiest)

New Year's Schedule

January 1st: 10:30 AM, 5:00 PM

If you would like to serve at any of these Masses, please E-mail Jane Clifford at bulletin@stmary.ws or leave a message for her at the parish office. It is also important to know if you are not available to serve since unfilled Masses will be assigned. Please also communicate your availability for the first quarter of 2011 at this time.



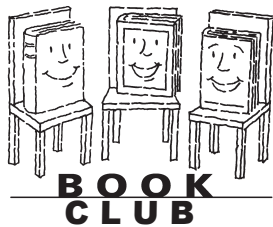
Adult Faith Formation

Do You Know?

This week's question: Why do we read from the Book of Isaiah during Advent?

Answer to last week's question: **What is Lessons & Carols?** The Festival of Lessons and Carols is a service of Scripture and song that has its origins in ancient Christian vigils but in its present form dates to the late 19th century in the Anglican Church. Traditionally, it consists of nine readings from Scripture that begin with the fall of man, the prophesies of the Messiah, and up until the birth of the Jesus. These "lessons" are interspersed with choir anthems and hymns. Over the decades, this original service has been adapted for use by Catholic parishes as well and has been changed with regard to the number and selection of "lessons." It originally was a service that took place before Midnight Mass but now is usually done during Advent. It is not a "concert" but an actual prayer service. You can still find the traditional Lessons and Carols at High Anglican or Episcopal churches like St. John the Divine and St. Thomas in Manhattan. Join us tonight, December 5th, at 7:30 for our version of Lessons and Carols.

If you have a question you would like to see answered in this column, please call, write, or E-mail Jo-Ann Metzdorff in the Parish Office (627-0385 or joannm@stmary.ws).

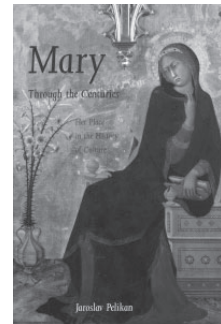


Special Series for Advent Continues

Mary Through the Centuries: Her Place in the History of Culture

by
Jaroslav Pelikan

Presenter: Fr. Vincent Ritchie
2 Tuesday sessions remaining:
December 7th and December 14th
10:00 AM OR 7:30 PM
in the John Paul II Room



It is not necessary to read the book before coming to the sessions.

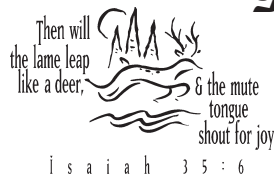
The Grandparents of Jesus

will continue on
Thursday, December 9th
at 10:00 AM
in the John Paul II Room
Presenter: Pat Paone



Meet the Grandparents and it's not Joachim and Anne! In this 2-day mini-Scripture series, we look at four "grandmothers" of Jesus mentioned in the first chapter of the Gospel of Matthew and the men who accompanied them. We explore their stories and look at why Matthew chose these four women and what their lives say to us today as we wait in joyful anticipation for the birth of Salvation.

Monday Night Faith Express



Prophecy

Facilitator: Bill Downey

December 6th

7:40 PM in the Parish Center

\$ 20 may not seem like much,

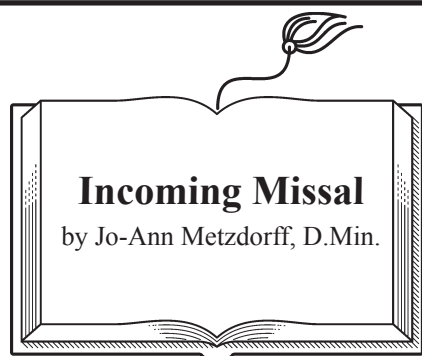


**but to us,
it is our
lifeline.**

**We need your \$ 20 contribution on
Long Island Catholic Weekend
December 4-5, 2010 (at all Masses) to
enable us to maintain a Catholic newspaper
that you can be proud to have in your home.**

**Every penny in your \$ 20 donation gives life
to The Long Island Catholic and supports
Excellence in Catholic Journalism
here on Long Island.**

**THE LONG ISLAND
CATHOLIC**



Eucharistic Prayer - Part II

We now come to the main body of the Eucharistic Prayer. The texts for this part of the Mass will be significantly revised. This means that we will need to pay close attention to the prayer and, in so doing, it will take on a deeper meaning since the words are no longer so familiar. We should begin by paying attention now because, while the words will be different come Advent 2011, we are doing the same thing: offering our gifts to the Father, participating in the Paschal Mystery, and witnessing the changing of bread and wine into the Body and Blood of Jesus Christ.

At this point in the Eucharistic Prayer there is an epiclesis. This Greek word means “to call down.” Take notice of what the priest is doing at this point. He extends his hands over the offerings and then makes the Sign of the Cross over the bread and the chalice. If you pay attention to the words, you notice that he is calling down the Holy Spirit upon the offerings. The epiclesis in the Roman Canon (Eucharistic Prayer I) appears to be missing since there is no mention of the Holy Spirit. The Sign of the Cross over the offerings is present however, and the text implies that the epiclesis is taking place.

Keeping with the Roman Canon for a moment, the prayer continues with a commemoration of the living, including the Pope, diocesan bishop and others. We, too, may recall people who need our prayers at this point. Next the priest prays in union with Mary and the saints. There is a long and short version of this part of the prayer which names the apostles and martyrs. Following this, with hands outstretched over the offerings, the priest asks the Father to accept them.

Eucharistic Prayer IV has a longer introduction to the epiclesis in the form of a thanksgiving and an anamnesis. This is another Greek term which means “to remember.” In this part of the prayer we recall Christ’s saving action in the world.

In all the Eucharistic Prayers, we now move into the Institution Narrative or what we commonly refer to as the “consecration.” The narrative recalls the words of Christ at the Last Supper when the Eucharist was first instituted, and it is through these words, spoken by the priest in persona Christi, that the offerings become the Body and Blood of Christ. The postures and other actions at this part of the Mass are very specific and contained in the rubrics, the directions in the Missal that are written in red. The words should be spoken “clearly and distinctly,” and all should be paying attention to what is happening at the altar. The priest bows slightly when saying the words of institution. It is at this point, after each of the words of institution, that the offerings are no longer bread and wine but the Body and Blood of Jesus. Following the consecration of each species, the priest is directed to “show” the Body and Blood of Christ to the people. Some priests choose to elevate the host and chalice above their head but this is not required by the rubrics. It was however necessary when the Mass was celebrated “ad orientem” (to the East) when the altar was on the back wall of the sanctuary and the priest faced away from the people. The rubrics do not specify what the people are to do at this point but the General Instruction (#43) states that if the people are not kneeling they are to bow when the priest genuflects after consecrating the Eucharistic elements. These are two of the three genuflections the priest makes during the Mass. Many people have their own devotional practices that they do at this point, but none are specified by the General Instruction.

The General Instruction indicates that a bell may be rung during the elevation of the host and the chalice. This was necessary in the past to alert people as to what was taking place, especially at a time when people could not see what was happening at the altar and did not follow along with the Latin text in personal missals. Today, while the need for the bells has vanished, it is a custom that is still followed in many parishes and it does help to focus the assembly on the sacred action taking place.

When you attend Mass this week, focus on the words and actions of the Eucharistic Prayer. How does this help your understanding of what is happening at this part of the Eucharistic liturgy? Which Eucharistic Prayer do you like and why?



Welcome
Our New
Members

Welcome New Parishioners

We welcome those who registered in our parish during November 2010.

*Ms. Jane Donaghy
Ms. Stefanie Hollis-Sheppard and Family
Mr. & Mrs. Michael McGorry and Family
Mr. & Mrs. Luka Misetic and Family
Mr. & Mrs. Kevin Murphy and Family
Mr. & Mrs. Paul Pullo and Family
Mr. & Mrs. Juan Reyes and Family
Drs. Paul & Celeste Sforza and Family*



We welcome the
following children who
were baptized during
the month of
November 2010.

*Madeleine Elizabeth Blanchard
Annie Elizabeth Accurso
Oliver Laurence Accurso
William Matthew Sylvia
Violet Grace Sulzbach
Brigid Virginia Neff
Chloe Rose Tolentino
Thomas Henri Frey
Andrew Armando Frey
Madeleine Valerie Quinlan*

Purgatorial Society

The following names have been enrolled
in our Purgatorial Society beginning
December 2010.

*Devon Jarvis
Mary Jane Surgala
Ella & John Surgala
Anthony Grosso
Karen Emmett
Anna & Anthony Labella
Liliane Labella
Alice & John Phillips
Maria & Carmine Carlo
John F. Phillips
Donald H. Scott
Dolores McCooey
Victoria Strobach
John Leiva-Marchissano
John Desmond Glynn
Joan Gorycki
Eleanor Shea
Yolan DePhillips
Edward Murphy
Rose Scalese
Jack McGorry*





Parish Social Ministry



The annual **Giving Tree** is located in the south lobby of the church. Decorated not with colored balls and garland, but with the **needs** of adults and children. To give this tree meaning, we ask that everyone come and **un-decorate** it by taking an ornament and fulfilling the need. After purchasing the requested gift, place it under the tree **with the ornament attached**. It is important that the ornament is attached so that we know where to deliver the gift. Help celebrate the birth of Our Lord Jesus Christ and spread the Christmas message of Joy, Peace and Love!

Please return all gifts unwrapped or in gift bags by December 15th.

Remember those
who are less
fortunate



SHARE CHRISTMAS DONORS

We kindly request that all who are participating in the **Share Christmas** program bring their gifts in no later than:

Wednesday, December 15th.

Please note that for the convenience of all donors, the Parish Social Ministry office will remain open on Monday, December 13th until 7:00 PM.

Need to reach us? Telephone: 365-2705
Fax: 869-5899
E-Mail: socialmin@stmary.ws

***The Knights of Columbus
will light their outdoor creche
located at the Northern Boulevard
side of the convent/school
on Saturday, December 11th,
after the 5:00 PM Mass.***

All are invited!



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TUESDAYS WITH MARY

Every mother knows that the most important thing we can do for our kids is **PRAY FOR THEM**. Every Tuesday, at 12:30 PM, moms meet in St Mary's Chapel to pray the rosary. This week, as we celebrate the Feast of the Immaculate Conception of the Blessed Virgin Mary, let us make a special effort to gather, to pray, and to honor Our Blessed Mother.



**YOUTH GROUP meets THIS SUNDAY,
December 5th at 5:45 PM
in the Marian Room.
Pick up is at 7:00 PM in the south
parking lot behind the Church.**

MASS SCHEDULE

(subject to change)

December 11th & 12th

Saturday, December 11th

5:00 PM Msgr. John J. McCann

Sunday, December 12th

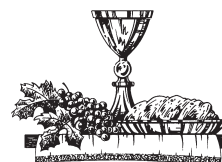
7:30 AM Fr. Vincent Ritchie

9:00 AM Fr. Allan Sikorski

10:30 AM Fr. Raphael Soadwah

12:00 Noon Fr. Jacob Vattackattu

5:00 PM Msgr. John J. McCann



*The bread and wine this week
are offered in loving memory of*

Gerald Florio Scott

*If you would like to make an offering of the bread
and wine for the week please call the Parish Office.*



Internet Pornography: An Addiction/An Escape/A Disease

by
Patricia Pitta Ph.D., ABPP

“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” (1 Corinthians 10:13)

Did you know that \$3,075.64 is being spent on Internet pornography per second? In that same second, 372 Internet users are typing adult terms into search engines. Every 39 minutes a new pornographic video is being created in the U.S. (Ropelato, Internet Pornography Statistics). Twenty-five percent of total search engine requests are pornography-related. The pornography industry has larger revenues than Microsoft, Google, Amazon, eBay, Yahoo, Apple and Netflix combined. Child pornography generates \$3 billion annually as well as 100,000 websites offer child pornography. Ninety percent of 8-16 year-olds have viewed porn online, most while doing homework. The average age of first Internet exposure to pornography is 11. The largest consumer of Internet pornography is the 12-17 age group. Ten percent of all adults admit to having an Internet sexual addiction. So you can see that Internet pornography is a very big problem for teens and adults. According to Mary Anne Layden, co-director of the Sexual Trauma and Psychotherapy Program at the University of Pennsylvania Center for Cognitive Therapy, pornography is “the most concerning thing to psychological health that I know existing today” (Singel).

The Internet is an easily accessible delivery system where you are anonymous, can learn through viewing role models, and can become addicted to the drug-like effects of viewing Internet porn. Pornography promotes the direct release of the most addictive substance that causes masturbation and increases the release of naturally occurring opioids. According to Satinover, “It does what heroin can’t do” (Singel). Porn addiction replaces important relationships and commitments. Internet porn users and addicts isolate themselves when engaging in sexual acting out.

What are some of the signs that you are addicted to Internet porn? You have an inability to stop the behavior despite a desire to stop and making attempts to do so. You become angry and irritable when trying to stop or when asked to stop. You hide and keep secret your porn usage despite all the consequences to your life (marriage and relationship dishonesty, betrayal and disruption, job consequences if partaking at work, isolation and loss of time).

Why does someone partake in an Internet porn addiction? If you suffer from anxiety, depression or other addictions and feel unhappy, socially isolated and are stressed, you are more susceptible to become addicted. When you feel distressed as described, your ability to self-soothe is limited and people look to addictions to fill the emptiness and fear they feel. With Internet pornography so readily available, it has become an addiction for the masses.

How do you know you are addicted? When you are on Internet porn sites you lose track of time. You have trouble completing your work and at home tasks. You find yourself isolating from family and friends. You feel a sense of guilt or defensiveness about your Internet usage. You feel a sense of euphoria while involved in porn Internet activities. Remember, it is impossible for real people to compete with cyber sex fantasy connections, which interfere with creating and maintaining intimate relationships.

If you want to stop this addiction, it is like stopping any other addiction. You must first admit you have a problem and look for help in overcoming these behaviors. It is necessary to realize that your addiction is representative of underlying problems already mentioned. Many people who are addicted feel shame about admitting their problem. Even spouses keep it a secret because they feel it reflects on who they are as a woman, man and spouse. No one can make someone stop an addiction but the person who is addicted. The first step is: the addicted person wants to stop. There are many ways to reach out for help. There are 12 step programs for sexual addictions as well as going to therapy to explore what this addiction serves in an addict’s life. Using stress-breaking techniques as exercise, activities with others and building a healthy support network through doing activities can be useful. Some practical suggestions include using blocking software on your computer, moving computers to public spaces, creating an addiction prevention plan; e.g., what else you can do instead of viewing porn, use the self-soothing strategies mentioned above, make a commitment to break your patterns one moment at a time, hour by hour and day by day. Recommit yourself to a full and healthy life style and relationships.

Can you use your faith as a means of breaking an addiction (Weber)? The sacraments are one of the best means for personal transformation. Reading Scripture can help to rid the mind of pornographic images. Read a Scripture passage daily. There are Catholic websites that offer materials for someone wanting to overcome Internet porn addiction: www.catholiceducation.org/articles/sexuality/se0200.htm, www.dads.org or call 1-800-705-6131.

Ropelato, J. <http://internet-filter-review.toptenreviews.com/internet-pornography-statistics-pg11.html>

Singel, R. (2004). <http://www.wired.com/science/discoveries/news/2004/11/65772>

Weber, Marysia, R.S.M., D.O. “Internet Pornography: an occasion of sin for our time.” <http://www.catholiceducation.org/articles/sexuality/se0197.htm>

Dr. Pitta is a Clinical Psychologist and a Board Certified Family and Marital Psychologist practicing in Manhasset and 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.



**This Week's Events
at
St. Ignatius Retreat House**

Tuesday, December 7th 7:30 - 9:30 PM

Women at the Well

Facilitator: Jean Lynch

Offering: \$15.00

Wednesday, December 8th 9:30 AM - 2:00 PM

Feast of the Immaculate Conception:

Day of Prayer at Inisfada

Presenter: Fr. Bill Walsh, SJ

Offering: \$45.00

Thursday, December 9th

Fr. Peter Arabia Mass for Healing

Rosary at 6:30 PM, Mass at 7:00 PM.

Thursday, December 9th 7:30 - 9:00 PM

Workplace Spirituality

Presenters: Joan McGovern & Vince Buzzeo

Offering: \$20.00

Friday, December 10th - Sunday, December 12th

St. Jude Men & Women Retreat

Saturday, December 11th 1:00 - 4:00 PM

*Healing a Grieving Heart:
Coping with the Holidays after
the Death of a Loved One.*

Presenter: Georgina McKee, RN

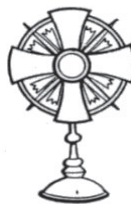
Offering: \$20.00

Saturday, December 11th 1:00 - 4:00 PM

*Experiencing God's Amazing Embrace:
A Musical Mini-Retreat*

Presenter: Ralph DiCicco

For more information on these
and other programs, please call 621-8300
or visit www.inisfada.net.

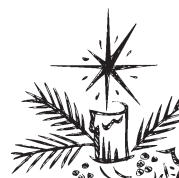


**Eucharistic
Adoration**

**Thursday
1:00 to 8:00 PM**

In the Chapel,
off the south side of the Church.

*Pray for your family!
Give thanks to God
for the blessings in your life!*



**Advent
Day
of
Prayer**

In the midst of a very busy season you are
invited to step into a place of prayer and
silence to prepare for the great feast of the
Incarnation.

Saturday, December 12th, 2010

2:00 PM - 7:00 PM

Presented by Rev. Edward Faliskie, CSSR

Cost is \$40.00 including dinner.

Our Lady of Grace Center
627-9255 or olgcenter@gmail.com

**Keep
in Christ
Christmas**

The Knights of Columbus
are selling their
"Keep Christ in Christmas" car magnets
after all Masses this weekend.



SCHEDULE

December 6th - December 12th

Monday, December 6th

7:00 AM O. Lavelle & J. Whelan
 9:00 AM L. Bernic & Q. Scaring
 12:00 Noon C. Tansey & I. Zalvidar

Tuesday, December 7th

7:00 AM S. Murphy & B. Reilly
 9:00 AM R. DeCastro & N. Caliendo
 12:00 Noon M. Murphy & W. Newman
 5:00 PM P. Salas-Allende, I. Salas-Allende,
 K. Elliot, L. Elliot

Wednesday, December 8th

7:00 AM E. Trotta & K. Trotta
 9:00 AM C. Barcia & M. Duvnjak
 12:10 PM P. Kennedy, A. Alacqua, C. Kennedy,
 J. Alacqua

Thursday, December 9th

7:00 AM J. Henry & T. Larre
 9:00 AM T. Brooks & C. McNamara
 12:00 Noon M. Cain & N. Cain

Friday, December 10th

7:00 AM C. Lewis & T. Mangione
 9:00 AM D. DeLucia & P. Inglese
 12:00 Noon M. Duvnjak & M. Duvnjak

Saturday, December 11th

8:00 AM A. Benja-Anthon & P. Denihan
 5:00 PM J. Broderick, D. Stevenson, T. Brooks,
 C. McNamara

Sunday, December 12th

7:30 AM M. Cain & N. Cain
 9:00 AM M. Duvnjak, M. Duvnjak, K. Elliot, L. Elliot
 10:30 AM M. Cannatella, N. Cordi, N. Behringer,
 A. Caggiano
 12:00 Noon V. Caliendo, N. Caliendo, W. Charbonneau,
 E. Lennon
 5:00 PM D. Nicosia, F. Minieri, E. Fenton, T. Larre

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



Please pray for our men and women currently serving our country.

25th Marine Regiment	Higgins, James, SSGT, USMC
Abbott, Kyle C., PFC, USMC	Howard, Edward, PV2, USA
Alexander, James W., 1LT, USA	Keating, Peter, COL, USMC
Amerson, Jason, CPT, USA	Keating, Thomas, COL, USMC
Baber, Joseph, MAJ, USAF	Keenom, Chris, SrA, USAF
Bova, Thomas J., SPC, USA	Keenom, Craig, SrA, USAF
Broderick, Evan, SGT, USA	Lanza, Anthony E., LTCOL, USMC
Broderick, Steven, SN, USN	O'Leary, Jason, SSGT, USAF
Conroy, Craig, PFC, USA	Polowczyk, John P., CPT, USN
Delaney, Matthew, LCDR, USN	Rodi, Caroline G., LCDR, USN
DiStefano, Matthew, CPT, USAF	Sharkey, John J., LTCOL, USMC
Dwyer, Connor, 1LT, USMC	Spivak III, Edmund, CPT, USAF
Fontanetta, Joseph, 1LT, USMC	Vaughan, Kevin, LCPL, USMC
Gannon, Garrett E., PFC, USMC	Wilson, Gordon S., CDR, USN

If you have a service member that you would like to add to this list please contact Fr. Sikorski via E-mail at frsikorski@stmary.ws. Please include name, rank and branch of service.

Children's Choir rehearses
 on Wednesday
 at 7:00 PM in the Church

Adult Choir rehearses
 on Wednesday
 at 8:00 PM in the Choir Loft

New members are most welcomed.
 For more information, please call
 the Music Office at 627-0385
 ext. 1021. Join us!





2011 Reunions *Attention Graduates!*

If you graduated from Saint Mary's High School in a year that ended in a 1 or a 6, you will be celebrating an anniversary in the upcoming year!

Would you like to help coordinate your reunion?

Please contact Carol McCarthy in the Office of Development and Alumni Relations for more information at 516-627-2711 x1159 or cmccarthy@stmary.ws



Knights of Columbus

Father William A. Daly S. J. Council #2122
Serving St. Mary's Parish in Manhasset
& St. Aloysius Parish in Great Neck
www.kofc2122.org

Serve Your Church Serve Your Community

To join or find out more about the Knights, see the website, or contact Grand Knight Ted Newkirk at (914) 318-7369 or ted.newkirk@yahoo.com.

Our **Columbian Squires** program welcomes young men ages 10 through 18



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