





### 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 23rd St. Toribio deMogrovejo

*Is 65:17-21, Jn 4:43-54*  
7:00 AM Concetta & Guisto Fararo  
9:00 AM Dr. Anthony J. Pesiri  
12 Noon Dominic Fitzpatrick

##### Tuesday, March 24th

*Ez 47:1-9, 12, Jn 5:1-16*  
7:00 AM Patrick Neenan  
9:00 AM Robert Barker  
12 Noon Veronica Polchow

##### Wednesday, March 25th Annunciation of the Lord

*Is 7:10-14, 8:10, Heb 10:4-10, Lk 1:26-38*  
7:00 AM Robert Ball  
9:00 AM Dr. Anthony J. Pesiri  
12 Noon Robert King

##### Thursday, March 26th

*Ex 32:7-14, Jn 5:31-47*  
7:00 AM Richard Markiewicz  
9:00 AM Evelyn Baxter  
12 Noon Laurence Rice

##### Friday, March 27th

*Wis 2:1a, 12-22, Jn 7:1-2, 10, 25-30*  
7:00 AM Janet Conlon  
9:00 AM Vito A. Matulonis  
12 Noon Flo Marsal

##### Saturday, March 28th

*Jer 11:18-20, Jn 7:40-53*  
8:00 AM Ellen Kenlon  
5:00 PM George Gardella,  
Eileen McNamara,  
Michael Pulese, John E. Shields,  
Louis J. & John D. Reed

##### Sunday, March 29th Fifth Sunday of Lent

*Jer 31: 31-34, Heb 5:7-9, Jn 12:20-33*  
7:30 AM Frank Grande  
9:00 AM Damiano Porcella  
10:30 AM For the People of the Parish  
12 Noon Raymond Tekverk,  
Walter France, Madeline Tallon,  
Edith Ciniglio, Mary Endres  
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 DeGroccho**  
*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

Janice Thorkelsen	Jack Joseph Lewinger
Livia Richards	Madison Lewinger
Robert J. Kohlhagen	Stasia Alvarez
Helen Stasky	Eva Fabian
Grace Pirozzi	Gene Travers

#### In Memoriam



Lucia Bonafede  
Mary Del Pietro

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



## From the Pastor's Desk

### ***Penance and Sacrifice***

I recently came across this on the spirit of penance and sacrifice in a little meditation book, "*In Conversation with God*," by Francis Fernandez.

"We practice a spirit of penance and of sacrifice in our daily lives, in the ordinary events of the day... Penance is fulfilling exactly the timetable you have fixed for yourself, even though your body resists or your mind tried to avoid it... Penance is getting up on time and also not leaving for later, without any real reason, that job that you find hard or difficult to do."

"Penance is knowing how to reconcile your duties to God, to others and to yourself, by making demands on yourself that you find enough time for each of your tasks. You are practicing penance when you keep to your schedule of prayer, despite feeling worn out, listless or cold."

"Penance means being charitable at all times toward those around you, starting with the members of your own family. It is being kind toward the suffering and sick. It is to give patient answers to people who are boring and annoying. It means interrupting our work or changing our plans, when circumstances make it necessary, above all when the rightful needs of others are involved."

"Penance consists in putting up good-humouredly with the thousand and one little pinprick of each day, in not abandoning your job even though you have lost enthusiasm for what you started..."

"For parents and those involved in supervision or teaching, penance is to correct when necessary. This should be done bearing in mind the type of fault committed and the situation of the person who needs to be helped, not letting one be swayed by subjective viewpoints, which are often cowardly and sentimental."

"A spirit of penance keeps us from becoming too attached to the vast imaginative blueprints we have made for our future projects, when we have foreseen success. What joy we give to God when we are happy to lay aside our

third rate painting efforts and let him put in the features and colors of his choice."

May this Lent continue to be for you a time of grace and growth in God's love.

### ***Catholic Ministries Appeal***

I thank the 310 parishioners who have made a gift to this year's CATHOLIC MINISTRIES APPEAL.

To date \$148,000 has been pledged toward our parish goal of \$190,000



If you have not as yet made your gift to the 2009 Catholic Ministries Appeal, please consider making your gift this week. Your gift to the Catholic Ministries Appeal helps make things happen. It helps Catholic Charities continue to be the healing hand of Jesus to those who are hurting. It helps make possible many efforts to witness to the Gospel in many different areas of ministry from evangelization efforts with teens and young adults to ministry to the sick in hospitals like North Shore, and to those in the jails of Long Island, to the work of faith formation in our schools and after school programs.

Part of your gift to the Catholic Ministries Appeal is returned to St. Mary's to help us continue our parish ministries.

If you have misplaced the Appeal envelope that was sent to your home, you can find another on the tables at the entrance to the Church.

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.

## SACRAMENT OF PENANCE

Saturday afternoons from 4:00 to 4:45 PM.

## EUCCHARISTIC ADORATION

Thursdays 1:00 PM to 8:00 PM  
Benediction at 7:45 PM  
in the chapel.

## STATIONS OF THE CROSS

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

## 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

## MONDAYS WITH MARY

Mondays at 9:30 AM in the Sharp Library

## BOOK CLUB

*"The Road to Cana,"* by Ann Rice  
Tuesday, March 24th at 10:00 AM.  
In the John Paul II Room

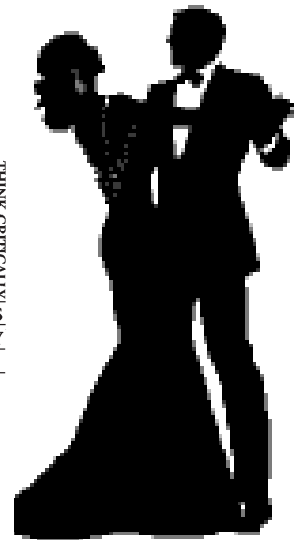
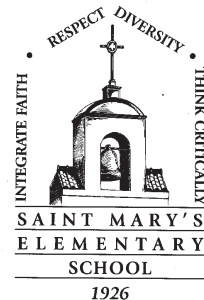
## FAST AND ABSTINENCE

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

## Saint Mary's Elementary School

## Thirteenth Annual

# Take~A~Break Dinner Dance



Saturday, March 28, 2009

North Hempstead

Country Club

Port Washington

Call Theresa Perrella in the  
Development Office!  
at 627-0385 ext. 1160.



## *Stewards of God's Gifts*

All that we have and all that we are comes from the Lord. "We are truly his handiwork," says St. Paul in the second reading, "created in Christ Jesus to lead the life of good deeds which God prepared for us in advance."



*We are grateful this week for stewards in our parish who remain steadfast to their Lenten promises through increased prayer, sacrifice and almsgiving.*

The collection for Sunday, March 15th 2009 amounted to **\$20,247.**

Credit Cards amounted to **\$3196**, totaling **\$23,443.**

The collection for Sunday, March 16, 2008 amounted to **\$36,153.**

The Children's collection for Sunday, March 15th, 2009 amounted to **\$6.00**

Children's Time & Talent: **babysitting, set table, loving.**

### *Readings and Questions for Faith Sharing*



**Reading I:** *2 Chronicles 36:14-16, 19-23*

Whoever, therefore, among you belongs to any part of his people, let him go up, and may his God be with him!

**Reading II:** *Ephesians 2:4-10*

By grace you have been saved.

**Gospel:** *John 3:14-21*

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

*Question for Adults:*

When is it difficult for you to believe? What particular line in this reading helps your faith?

*Question for Children:*

Who is one person in your life who supports your faith and helps it to grow?

## *Save the Date*



### **Church of Saint Mary**

### **12th Annual Parish Golf & Tennis Classic and Dinner**

**Thursday, June 18, 2009  
Plandome Country Club**

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

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

**www.stmary.ws**



## Adult Faith Formation



# Catechism Express

Monday, March 23rd

## Penance

Dr. Jo-Ann Metzdorff, D. Min. - instructor

March 30th - Holy Orders - TBA

No Class during Holy Week

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

Join us in learning about your faith in an informal atmosphere over a cup of coffee or tea. Parents with children in Middle School Faith Formation classes are especially encouraged to attend.

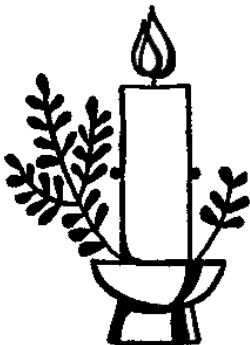
## Do You Know?

**This week's question: What is the difference between adoration of the Blessed Sacrament in the tabernacle and adoration during exposition?**

**Answer to last week's question:** *On the 3rd, 4th and 5th Sundays of Lent we celebrate the Scrutinies at the 10:30 AM Mass. What is a scrutiny?* The final weeks before Easter are times of intense preparation for those who will be baptized and received into the Church at the Easter Vigil. In the ancient Church, this was a time when the lifestyle of the baptismal candidate was closely examined and prayers were said over them to free them from the grasp of Satan. Since the reintroduction of the Rite of Christian Initiation in 1988, the scrutinies are "meant to uncover then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong, and good. They are celebrated in order to deliver the elect from the power of sin and Satan, to protect them against temptation, and to give them strength in Christ" (RCIA #141). The scrutinies consist of intercessions that are focused on the Elect and a Prayer of Exorcism.

## R.C.I.A.

### Rite of Christian Initiation of Adults



Next year we will be in need of new team members for our R.C.I.A. process. We have seen an increase in the number of people wishing to be received into the faith and some of our catechists are retiring. We also find we may have a need for catechists for R.C.I.A. adapted for children. We meet on Sunday mornings following the 10:30 AM Mass.

New Inquirers are accepted at any time during the year. If you or someone you know is interested in becoming a Catholic, or if you would like to join the team, please call Jo-Ann Metzdorff in the Parish Office, 627-0385 or e-mail joannm@stmary.ws for more information.



## St. Mary's Book Club



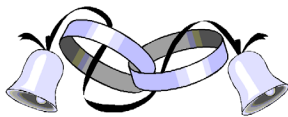
The Book Club will be reading Anne Rice's book, "*The Road to Cana*," which is available in paperback at most bookstores and on Amazon.com.

We will be meeting to discuss the book on  
**Tuesday, March 24th at 10:00 AM**  
in the John Paul II Room.

## 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.

## Diocesan Golden Wedding Jubilee Celebration



On Sunday, May 3rd, 2009, couples married 50 years or more are invited to a special Mass to be celebrated by Bishop Paul Walsh at Maria Regina Church in Seaford, at 2:30 PM.

Please pick up your registration card at the Parish Office, fill it out and return it to the Office in time to reach the Diocese of Rockville Centre no later than April 19th. Approximately one week to ten days before the ceremony information regarding the day will be mailed to you.

If you have any questions you may call  
516-678-5800, ext 242.

## Liturgical Minister Training

The Diocese is offering training for new **Extraordinary Ministers of Holy Communion**, and **Lectors** on Saturday April 25th at Kellenberg Memorial HS. Anyone considering being nominated for the ministry of Extraordinary Minister must be a practicing Catholic over 18 years of age, and, if married, must be in a valid sacramental marriage and living according to Catholic moral principles. We are not looking for homebound ministers at this time, but only those who can assist on Sunday's and Holy Days. However, those who have not taken Part B (for the homebound, hospitals and nursing homes) of the training are welcome to do so on May 9th. Please send a letter to Msgr. McCann with your request by April 1st.

## St. Mary's Rosary Society

### New Member Coffee for Prospective Rosarians

All interested women of the parish are invited.

**Thursday, March 26th at 10:00 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.



# Parish Social Ministry

Canned fruit  
Tea  
Deodorant

Instant coffee  
Juice  
Tissues

Instant potatoes  
Shampoo  
Paper towels



Donations may be placed in the food baskets located in the north and south lobbies of the church or brought to the Parish Social Ministry office located on the ground floor level of the convent facing the east side of the church. Thank you for your continued generosity and support!

## SCOUTING TROOPS ASSIST PARISH SOCIAL MINISTRY



Parish Social Ministry would like to extend a special thank you to the Girl Scouts and Boy Scouts of St. Mary's and Manhasset for their continued support. The Scouts have donated generously to the support of our food pantry and other needs.

Thank you for your service, dedication, and support!

## EASTER CANDY COLLECTION



On Sunday, March 15th, Parish Social Ministry began our annual Easter candy collection. This candy will be distributed to needy children of the parish and community for their Easter baskets. We are collecting chocolate bunnies, chocolate eggs and jelly beans. If you are looking

for a specific idea, please take an egg from one of the Easter baskets located at each entrance of the church. Donations may be left in the collection boxes located in the north and south lobbies of the church, or at the Parish Social Ministry office. Your participation in this collection is warmly welcomed!

## GENNESARET RETREAT FOR THOSE FACING SERIOUS ILLNESS

A retreat especially designed for persons who live with a serious illness is planned for May 1st, 2nd & 3rd at the Montfort Spirituality Center in Bay Shore, NY. This retreat offers a respite, a quiet time, an oasis, to enable one to continue the journey. The retreat focuses on God's love, His forgiveness, and His faithfulness. Come and celebrate life and the love of the Lord Jesus in a beautiful and comfortable place among caring and generous people.

There is no cost for this retreat. To register or receive more information, please call Colette Fanelli at (631) 665-7052.



## Faith Formation Grades 1-8

Congratulations to our 2nd graders who made their First Reconciliation this month. The children were well prepared and very prayerful. It was wonderful to see so many of their parents and brothers and sisters receiving the sacrament at the same time. The reception of Jesus' love and forgiveness empowers us to live peacefully with one another. May this be a great blessing to your family during this Lenten season.

### ***THANK YOU!***

This past Sunday a special Mass to end Religious Education Week was held at St. Agnes Cathedral. We want to thank Ross Dispenza, Delaney and Emory Parker, and their families as well as Ms. Diane Bayen for coming. They provided the music and singing for our procession into the Cathedral and the singing of the responsorial psalm.

We also want to thank our Confirmation Candidates, Bridget Creighton, Kayla Feeney, and Isabella Pagano and their families for coming to represent our Faith Formation Program. I am very proud of these members of our church who shared their time and talent with the Diocesan community in such a special way.

There will be NO Home Study meeting held on Tuesday, March 24th at 7:30 PM a mailing will be going out with the new date and time.

On Wednesday, March 25th there will be a 6th and 7th Grade Catechist meeting at 7:30 PM. in the Elementary School.

Our 7th grade students are asked to attend Stations of the Cross on Friday, March 27th at 7:30 PM in the church.



VIRTUS Training is required for all volunteers and school parents who help out in ANY school or parish activity.

There will be a VIRTUS training session on

**Wednesday, March 25th at 9:30 AM or  
Thursday, March 26th at 5:30 PM  
in the Marian Room**

If you plan to attend, you must register online first at

**[www.virtus.org](http://www.virtus.org)**.

Click on "registration" in the left hand column

VIRTUS is a program that helps volunteers to recognize signs of potential child abuse and shows them how to deal with these issues.

Maryknoll Father Dr. Peter LeJacq will concelebrate the 5:00 PM Mass on March 22nd, after which he will join the youth group in the Marian Room for a discussion of his vocation as a missionary priest. Fr. Peter is a graduate of St. Mary's Elementary and High Schools.

Please BE ON TIME.  
Dismissal and pickup is at 7:00 PM SHARP.

CHECKS for the mission trip to GUATEMALA are due **NO LATER THAN MONDAY, MARCH 23rd.** Checks should be made out to St. Mary's Parish and can be left in Pat McDonough's mailbox in the parish office.

**MONDAY NIGHT CATECHESIS**  
begins at 7:15 PM in Marist Hall



# Banns of Marriage



## Third Time

*Joseph Fontanetta*  
St. Mark the Evangelist, Tampa, Florida  
and  
*Kristina Madden*  
St. Mary's, Manhasset



*Bread and wine this week  
offered in memory of  
Patricia Welsh*

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

## MASS SCHEDULE

**March 28th & March 29th**  
(subject to change)

5:00 p.m.	<b>Saturday, March 28th</b> Msgr. Joseph DeGrocco
7:30 a.m.	<b>Sunday, March 29th</b> Fr. Allan Sikorski
9:00 a.m.	Fr. Michael Galea
10:30 a.m.	Fr. Allan Sikorski
12:00 p.m.	Msgr. John J. McCann
5:00 p.m.	Fr. Jacob Vattackattu



## ALTAR SERVERS SCHEDULE

### March 23rd - March 29th

#### Monday, March 23rd

7 a.m.	V. deVenoge & E. O'Connell
9 a.m.	K. Elliot & L. Kennedy
12 Noon	E. Enriquez & C. Gomez

#### Tuesday, March 24th

7 a.m.	N. Inglese & P. Inglese
9 a.m.	A. Ferraris & J. Kiggins
12 Noon	T. Ferraris & M. Heaney

#### Wednesday, March 25th

7 a.m.	C. Lavelle & A. Gallo
9 a.m.	S. Gomez & G. O'Connell
12 Noon	B. Gallagher & J. Sanseverino

#### Thursday, March 26th

7 a.m.	B. Ackert & J. Meyer
9 a.m.	L. Gallo & M. Gallo
12 Noon	T. Gentile & J. Lynch

#### Friday, March 27th

7 a.m.	T. Pavlovich & C. Fox
9 a.m.	C. Grillo & C. Kennedy
12 Noon	M. Heaney & L. Procaccino

#### Saturday, March 28th

8 a.m.	J. Henry & S. Palma
5 p.m.	D. O'Sullivan, K. O'Sullivan T. Hannon & S. Scaring

#### Sunday, March 29th

7:30 a.m.	C. Connors, D. Nicosia B. Ackert & J. Meyer
9:00 a.m.	T. Ahern, P. Radman A. DeMeo & V. Radman
10:30 a.m.	C. Lynch, J. Lynch S. Lynch & M. Barcia
12:00 noon	A. Alacqua, C. Salter D. Carroll & N. Behringer
5:00 p.m.	J. Baydar, T. Pavlovich P. Denihan & A. Benja-Athon

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



# CYO Basketball



The Nassau Suffolk CYO has announced the winners of the Boys Basketball programs 2008/2009 Sportsmanship Awards. St. Mary's CYO has won four of these prestigious awards; Tom Carroll's 8th grade team, Matt Roberts' 7th grade team, Rob Weber's 6th grade team, and PJ Barry's 4th grade team.

*"The Margaret McGorry Sportsmanship Award* is the highest award that CYO gives. Sportsmanship is the key to the values that CYO stands for and it is an outstanding accomplishment to have four teams win this award. It is often said that aside from parents and teachers, coaches are the most influential force in a young person's development," explained St. Mary's CYO Director John Kiggins, "For these coaches to conduct themselves accordingly and be role models for their players on how to conduct themselves speaks to the quality people they are. The boys are to be congratulated for not only their competitive effort, but also for their sportsmanship and fair play. The parents are also to be thanked for their commitment to the program and instilling good sportsmanship in their sons."

Msgr. John J. McCann, Pastor of St. Mary's added, "I offer my congratulations and thanks to Tom, Matt, Rob and PJ, and to the boys and their families on the exemplary way they represent St. Mary's."

The Church of St. Mary's CYO especially appreciates the effort of the players and coaches. Congratulations to:

4th grade coaches PJ Barry and Pete Kehoe and players Brendan Barry, Jack Becker, Tommy Giannone, Jack Keogh, Petey McAree, Timmy Moy, Paul Peterson, Nicky Whitaker and Spencer Fanuka.

6th grade coaches Rob Weber and Tom Carroll and players David Spampinato, Christian Weber, Brian Suga, Jack Breen, Dylan Carroll, Peter Cybriwsky, Justin DeHann, Thomas Fruhauf, Peter Genovese, Griffin Hyde and Dylan Lindner.

8th grade coaches: Matt Roberts, Tim Hayes and Mike Ferraro and players Hunter Bines, David Cole, Michael Ferraro, Chris Ferraro, Henry Griffith, Tommy Hayes, James Roberts, Michael Santos, Mark Vicklund and Michael Picone.

8th grade coaches Tom Carroll and Rick Pracher and players Patrick Carroll, Brendan Gallagher, Bryan Grimm, Owen Grimm, Sean Grimm, Lucas Pracher, Jake Miller, Peter Gray and Mike Joyce.

## Looking for a quality education?

### Consider Saint Mary's Elementary School Seats still available in K & 1 for Fall 2009



While other schools are forced to make budget cuts, St. Mary's continues to offer a first class education, including foreign language instruction, fine arts, smartboards in every classroom, and an extensive extra curricular program.

Join us for a personal tour of our safe, nurturing, state-of-the-art facility dedicated to excellence in Catholic education and personal development.

Celeste M. Checchia, Ph.D., Principal  
516-627-0184 - [www.stmary11030.org](http://www.stmary11030.org)



## Parenting is a Paschal Journey

Patricia Pitta Ph.D., ABPP

*Children's children are a crown to the aged, and parents are the pride of their children. (Proverbs 17:5-7)*

We had the pleasure to have one of our sons, Eric, marry this past year. As we all know the birth of a child is filled with joy, love and hope for the future. The parenting journey is filled with joy, happiness, beginnings, endings, frustration and challenge. That is the how everyone's journey goes. Hopefully, the positive outweighs the challenges and everyone is a winner! Spending a day with my son and his wife the other day enabled me to experience the results of the many years of parenting. There was a mature man capturing the joy of finding the love of his life working together on planning and dealing with all the new challenges that life has to offer. As a mother I could see and feel his joy with all the new beginnings as well as all the challenges that lie ahead. Young love is so intoxicating to experience because joy and hope outweigh any other emotion. What I experienced as now an onlooker is a man who can love, work and play. Freud (1959) postulated the ability to love, to work and to play is basic ingredients for attaining a fulfilling life. Now our parenting journey is one of support and to be ready when asked for our guidance and wisdom.

So you might ask, "How can my paschal journey of parenting be the most effective and worthwhile for my child and myself?" Did you know that when a person "acts out"(not acts appropriately), no matter age, he/she is looking for belonging and significance. That means they want to feel understood, related to and their needs met. So if your child is 3, 8, 16 or 25 this principle applies. So what can a parent do to promote understanding, belonging as well as independence? The formula is quite simple: be consistent in your discipline, set boundaries and limits, listen with full attention, respond with complete intent of following through with action and be emotionally available (love as God would love-follow principles in the Bible) and pray with your children. Sounds relatively simple. The matter of fact it is. Another fact is that the Bible is the best psychology book ever written. If you have a young child, get a child's version of the Bible and read it together nightly. The Bible is translated in a friendly readable version that you and your child will like. You can learn together!

Another essential fact: You need to be calm enough to parent effectively. So that means that your anxiety levels need to be not too heightened so you can really listen, respond and interact from a loving place within you. Love as Jesus loved others. You have heard the saying, "If a man is hungry teach him how to fish". If your child has a problem, "Teach him how to solve it". Don't solve it for him/her. If you do, you are promoting dependency that long term will not prove worthwhile. Of course, I am saying guide your actions and give responsibility that is age appropriate. Example: If your child has trouble with a friend. Talk to him/her about the issue and if he is old enough to talk and work out the problem guide him in that manner rather than call the parent and take care of the issue. I know you understand what I mean. Parent intervention instead of child responsibility is sometimes warranted that is beyond the scope of this article.

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### **Tear off and put in your wallet and refer to when needed:**

Steps to parenting effectively and lovingly:

1. Keep your anxiety level as low as possible.
2. Set boundaries: Let your child know what the rules are and how to follow them.
3. Listen with full attention.
4. Respond with full intent of following through.
5. Be consistent in your discipline.
6. Show your love and acceptance daily.
7. Pray together. Let your child know there is nothing that cannot be solved (many times we solve our problems but the end result is not what we envisioned or wanted) without God's help.

Dr. Pitta ([www.drpatriciapitta.com](http://www.drpatriciapitta.com); [drpatpitta@optonline.net](mailto: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.



Saint Mary's College Preparatory High School  
Alumni Association

**Fourth Annual Hall of Fame Induction  
and Spring Alumni Reception**

Join us for cocktails and hors d'oeuvres  
as we honor

**Sister Barbara Jablonski, IHM '59**

**Brother John William Klein, FMS '65**

**Lee Hayes '62**

**Rosemary Hoban '81**

Thursday, April 23, 2009 at 6:00 PM

New York Athletic Club | 180 Central Park South  
New York City

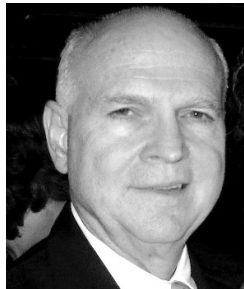
# 2009 Inductees



Sr. Barbara Jablonski, IHM '59



Br. John William Klein, FMS '65



Lee Hayes '62



Rosemary Hoban '81

# Hall of Fame

Complimentary coach bus service will be available to and from the event departing from the St. Mary's Parish parking lot. Please reserve your seats today.

For more information or sponsorship opportunities, please call the Office of Alumni Relations at 516 627 4605 or visit [www.stmaryalumni.ws](http://www.stmaryalumni.ws).





***Want to recharge and refresh your  
spiritual battery?***

**Catholic Pilgrimage to France**

May 26- June 5, 2009

Spiritual Director: Fr. Nick Zientarski

Visit the beautiful towns, cities, and churches of France, including Paris, Lyon, Lourdes, Lisieux, Ars, Paray Le Monial, La Sallette, and Nevers. Encounter the lives of many saints, enjoy delicious French food, and explore the beauty of France with the expert guides provided by 206 Tours, an outstanding Catholic tour group. Stop by the parish office for a full brochure. Or go online at: [www.206tours.com/tour20](http://www.206tours.com/tour20). Contact Fr. Nick with questions at: [04zientarski@cua.edu](mailto:04zientarski@cua.edu). Merci!

*The Sisters of Charity, NY Region Anti-Human Trafficking Committee invites you to join us on*

**Sunday, March 29th from 1:00-3:30 PM**

*for a program:*

***STOP THE DEMAND FOR  
HUMAN TRAFFICKING!***

**Guest Speakers**

**Betty Alaniz**  
Polaris Project,  
NJ Case Manager

**Kathleen Slocum**  
Sanctuary for  
Families

St. Gregory the Great Parish (Oak Room)  
242-20 88th Ave., Bellerose, NY 11426  
RSVP by March 21: Carol Swan 718-779-8075