

89 OVERLOOK DRIVE
MASTIC BEACH, NY 11951
PHONE: 631-281-5743

Roman Catholic
Shrine Church of
St. Jude

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FAX: 631-395-5786

“To the Greater Glory of God and the Salvation of Souls.”



**Celebration of
the Eucharist**

SATURDAY EVENINGS
5:00pm Vigil Mass
7:30pm Spanish Mass

SUNDAY
8:00am English & Italian
9:30am Children's Choir
11:30am Adult Choir
5:00pm Youth Mass

MONDAY, TUESDAY,
THURSDAY AND FRIDAY
9:00am Mass

WEDNESDAY
9:00am Mass
Noon Mass

SATURDAY
8:30am Mass

HOLY DAYS AS
ANNOUNCED.

4th Sunday of Lent - April 3rd 2011

Pastor
Rev. Gregory Yacyshyn

In Residence
Msgr. John Heinlein

Senior Priest
Rev. James Leone

**Parish Office
Hours**

MONDAY, TUESDAY,
THURSDAY AND
FRIDAY
9:00am-5:00pm
WEDNESDAYS
9:00am-6:00pm
SATURDAYS
CLOSED
SUNDAYS
9:00am-2:00pm
CLOSED HOLIDAYS

Deacons
Thomas Gillen
Kenneth Geoghan
Mark Herrmann
Joseph Simeone

Useful Numbers

RECTORY
281-5743
PARISH OUTREACH
281-5634
RELIGIOUS
EDUCATION
281-2835
YOUTH MINISTRY
281-5743
NURSERY SCHOOL
395-3959
QUEEN OF APOSTLES
SCHOOL
878-1033
ST. VINCENT DEPAUL
281-5743 ext. 29

**Sacrament of
Anointing of
the Sick**
Available in danger of
death or whenever
there is a personal
need, call the rectory
for an appointment.

**Sacrament
of Penance/
Confession**
SATURDAYS
Noon during Lent,
4:00-4:45pm and by
appointment
WEDNESDAYS
2:00-2:45pm and by
appointment

Parish Outreach
MON.-THURS.
9:00am-1:00pm
CLOSED
FRI., SAT., SUN.
AND HOLIDAYS

**Sacrament of
Marriage**
Couples wishing to be
married should contact
the rectory at least one
year in advance to meet
with one of the priests
to make wedding
arrangements.
Pre-Cana is required
for all couples.

**Sacrament of
Baptism**
Celebrated on most
Sundays throughout
the year. Please contact
the rectory to set up
an appointment with
a member of the staff
to arrange for the
Baptismal preparation
session and to set a
date for Baptism.

Devotions

MIRACULOUS MEDAL
NOVENA
Mondays after the
9:00am Mass

ST. JUDE NOVENA
Thursdays after the
9:00am Mass

ADORATION OF THE
BLESSED SACRAMENT
Wednesdays after the
NOON Mass

Benediction at 3:00pm
FIRST FRIDAY
8:00pm-9:00pm

Benediction at 9:00pm
THE HOLY ROSARY
Monday through Friday
at 8:30am; Saturdays at
8:00am

Masses for the Week

SATURDAY, APRIL 2, 2011

5:00pm Cyril Wolpert †

7:30pm Paul Kemp †

SUNDAY, APRIL 3, 2011

8:00am Deceased members of the Romano Family †

9:30am Parishioners of St. Jude

11:30am Marie Josephine MacIntosh †

5:00pm Andrew Signorelli †

MONDAY, APRIL 4, 2011

9:00am Stephen J. Stribula †

TUESDAY, APRIL 5, 2011

9:00am Joan M. Jeans †

WEDNESDAY, APRIL 6, 2011

9:00am Domenica & Pietro Cucci †

NOON Saint Jude Guild — Helena Ramsay †, Bridget Healey †, “Special Intention”, Antoinette Angioli †, Shirley O’Sullivan †

THURSDAY, APRIL 7, 2011

9:00am Laura Szumski †

FRIDAY, APRIL 8, 2011

9:00am Phyllis O’Donnell †

SATURDAY, APRIL 9, 2011

8:30am Richard A. Triolo †

5:00pm Owen Igoe †

7:30pm Carmela DiStefano †

SUNDAY, APRIL 10, 2011

8:00am Romeo D’Ambrosio †

9:30am Jeanette Monaco †

11:30am Parishioners of St. Jude

5:00pm James Peck †

† Denotes Mass is for deceased

FOR THE SICK: Rich Alliegro, Benjamin Archer, Christopher Barnes, Sr., Barbara Breier, Edwin Brennin, Don Bull, Diane Bulin, Francis X. Butler, Cory Castelli, Rose Coppola, Anthony Cuccia, Mary Theresa Cunningham, Dorothy Davin, Anthony DeLuco, Alexandra Ditman, Mike Fallgren, William Farrington, Nicholas Ferrara, Theresa Ferrer, James Fiore, Santo Giunta, Steven Heerbrandt, Alfonso Inoe, Richard & Matthew Kaminsky, Lawrence Katz, Ann Kazanecki, Cookie Landau, Joseph Lutz, Dennis MacWilliams, Joe Maloney, Jean McDonald, Jack McCarthy, Phyllis Mohn, Logan Murphy, Joshua Mussi, Anthony Naglieri, Francis Naglieri, Jennie Paruolo, Dorothy Romero, Frank Russo, Jeffrey Scaccio Jr., Fara Schacca, Lucille Scharrer, Barbara Schiebel, David Simon, Tony Sinagra, Bill Smith, Julia Tolve, Julia Vaglio, Al Vanderbilt, Mary Vazzana, Ronald Weick, Joan Weisner, Tony Zottoli

FOR THE DECEASED: Doris Rogers, Anna A. Diadema, Theresa Lindroth, Donald DiBenedetto, Donna Marie Wirshup

FOR THE MILITARY: John Abel, Joseph Competello, Matt Corica, Michael Cuervo, Kenneth Drumm, Jr., Daniel Edwards, Daniel Engo, Michael Hickey, Jeffrey Holmes, Steven Kay, Richard Kruger, Chris Manakides, John Maresca, Joe Occhineri, Matthew Parenti, Rich Pinckney, Tory Pinckney, Gerard Posillo, John Redding, Jr., Eric Reilly, Vinnie Riveria, Don Skelton, Bobby Sosa, James Tagliamonte, Derek Trabocchi, Timothy Weisner

Lenten Regulations

All Catholics who have reached their fourteenth year are bound to abstain entirely from meat on all Fridays of Lent. All Catholics between the ages of eighteen and fifty-nine inclusive are also bound to observe the law of fast on Ash Wednesday and Good Friday. This means limiting oneself to a single full meal and avoiding food in between meals. Two other light meals, which together do not equal a full meal, may be eaten during the day.

Morning Lauds

As has been the custom here at St. Jude, we will pray Morning Prayer (The Prayer of the Church) Monday through Friday at 8:15AM followed by the Holy Rosary.

Sacrament of Confession/Penance

Lent is a special time of grace in the life of the Church. It is a time when many people receive the grace to come back to the practice of the faith. It is also a time of ongoing conversion for each of us.

The Sacrament of Confession/Penance is available each Saturday during Lent at noon, and from 4PM to 4:45PM and Wednesdays 2:00PM to 2:45PM. We encourage you to make use of this sacrament. Please mention this opportunity to family and friends who may be looking for the opportunity to come home!

Lenten Stations of the Cross

‘The Way of the Cross’ each Friday evening during Lent at 8:00PM.

Spanish Stations will be on Tuesdays at 7:30PM.

Italian Stations will be on Wednesdays at 7:30PM.

Next Friday, April 8th at 8:00PM, there will be a presentation of the Stations of the Cross. The Lenten season is an especially prayerful time for us. We focus on our challenge to Follow Christ and the narrow road He took, that eventually led Him to Calvary. In our own way, we are called, by Him to do the same. The Stations, are a vivid reminder of those last 18 hours of Jesus’ life.

We will be using scenes from the movie “*The Passion.*” Each scene is between 45 seconds to a minute and a half. They are played to remind us of that particular station and what it was that Jesus truly endured for us. There will be songs sung and prayers we will participate in, to bring us to a deeper understanding of Jesus’ Passion.

These stations are a reenactment of those last hours of Christ. They are dramatic, awe inspiring and painful to watch. It was His journey. It was and is an act of pure love. This is a powerful experience that is not meant for children (not recommended for children under 14). It is meant for those who wish to know and understand the length and depth and width of Christ’s love for us.

Lenten Fish Fry

‘St. Jude Parish’ and the ‘J.V. Kavanaugh Knights of Columbus’ will be hosting the annual Lenten fish fry! Come feed your body and soul. Each Friday during Lent ending April 15th the week before Good Friday. There is plenty of time to enjoy your meal and afterwards join us for the Stations of the Cross at 8PM in the church. Dinner includes: Fish fillet, french fries, coleslaw, roll, dessert and soda (or bring a drink of your choice) for just \$8.00 per person. The fish fry is held at the parish center hall from 5:00PM to 7:30PM.

The third fish fry was once again very successful. A special thank you to the ‘Eucharistic Ministers and Lectors’ for the scrumptious desserts, donations towards the sheet cakes purchased and those who helped serve; Judy Moran, John & Lori Gagliardi, Kitty Hennessey, Virginia Struckhoff, Denise Franzone, Angela Gross, Mike Savino, Jeff Scaccia, Maureen DiMeo, Nikki Curcio, Ellen Peters, Phyllis Zolnowski, Jeanine Signorelli and Kathy Farrow. Thank you to all who came and supported this event on Friday, March 25th.

From the Pastor

April 3rd, 2011

Fourth Sunday in Lent — “Laetare Sunday”



nvy

Envy is the “culpable sadness or displeasure at the spiritual or temporal good of another. In popular usage envy is often not distinguished from jealousy, but jealousy implies a sense of right, on the part of the jealous person, to the exclusive possession of something (or someone). Jealousy, in spite of the pejorative connotation that it is usually attached

to the term, is not necessarily evil, so long as the right is well founded and the reaction to its violation is expressed in a reasonable manner. The desire of exclusive possession appears at first sight to enter into St. Thomas Aquinas’s concept also of envy, for he says that envy makes the good of another evil to one’s self, inasmuch as it lessens one’s own excellence. (*Summa Theologicae 2a2ae, 36.1*). But the point is that the envious person is saddened not precisely because he feels his exclusive right is violated when another person possesses the good he envies, but because he feels lessened and humiliated when another is more favored than himself.

“Not all displeasure at another’s good is sinful: the good may be undeserved, as when an unworthy person is advanced to a position of trust and responsibility; the good may create a nuisance to others, as when the boy next door acquires a bugle; the good may be harmful to the possessor himself, as when sudden affluence comes to a person lacking the virtue to make good use of it.

“But if it is supposed that the good is a true good, to be pained or displeased at another’s enjoyment of it is sinful. Envy springs from pride, vanity, and ill-regulated self-love. It is sinful because it is opposed to the benevolence essential to charity. Its gravity is dependent on the importance of the good that is envied. The worst envy is that which looks with displeasure upon the spiritual good of another, for such envy has an obviously diabolical character. Envy is a venial sin when it is concerned with rival trivial goods or when, as is often the case, it is indeliberate or imperfectly voluntary. From the time of Origen (185-254), envy has regularly been numbered among the capital sins; from it come hatred, calumny, detraction, and many types of malevolent behavior.

“The vice of envy is best and most radically remedied by the curbing of the pride, vanity, and self-love from which it comes. Growth in fraternal charity will inevitably weaken the disposition to envy.” (Catholic Encyclopedia)

Taking pleasure in someone else’s failure (*schadenfreude*); needing glory and praise to come to oneself and experiencing sadness when someone else gets it; seeing a lack in oneself when comparing oneself to others, rather than to God—are some examples of envy. The scape-goating and gossiping which result from envy, in addition to being scandalous and harmful to others, are always self-destructive.

The antidote? Thanking and praising God for what you *do* have; counting blessings; and developing admiration for others’ talents and achievements; acknowledging that all gifts come from God. They are not of your own fashioning. There is no need for comparison. Use the gifts God has given you to your best ability, and then there is nothing of which to be ashamed. Go out of your way to praise, say something legitimately good about another, especially one for whom you are tempted to envy.

Though our gifts are clearly not equal, we are equal in God’s sight. Give credit where credit is due, yet we must also realize that there are many people of whom we can be envious, while not always know the trials, pains, and struggles they might experience. *The grass is only greener on God’s side; and that is really the only place to be.*

**In Christ,
Fr. Greg**

P.S.: We are almost at goal for the 2011 Catholic Ministries Appeal! Thanks to all who have made a gift or pledge to the CMA, and thanks in advance to those who will bring us to goal and beyond.

Faith Formation

STEWARDSHIP: The stewardship item for April is toothpaste for St. Vincent de Paul. Thanking you in advance for your generosity.

THANK YOU: A sincere thank-you to all the Catechists and Assistants that volunteered their time to help out with our 2nd Annual, Level 2 First Communion Retreat that was held March 19th. The children, 140 of them, had a great time, did fun things and watched a great DVD about Communion, and I must say were very well behaved! Thank you parents! Thanks to my staff for running things, I could not be there. Keep attending mass, praying and setting a good example and they will get it, I promise!

CONFIRMATION PREP 2 & RCIC2 UPPER: Reconciliation Service on Monday, April 4th from 6:30–8:00PM in our church. This is for students who attend class on Monday evenings. This will take the place of regular class on April 4th.

There will be regular Conf. Prep. 2 & RCIC2 Upper classes as scheduled on April 5th.

SACRAMENTAL ITEMS: The Week of April 4–7th, 4–7:30PM and Saturday, April 9th from 9–12:30PM, Lou, our salesman for Sacramental Items will be in the Parish Center Lobby for your convenience. He has a great selection of bracelets, rosaries, prayer books, sacramental tokens of remembrance, veils, armbands, ties and photo frames and many other items on display for you to choose. Stop by for a few minutes and glance over the items, I'm sure something will catch your eye.

RELIGIOUS EDUCATION WEEK: Our parish will be celebrating the week of April 4–9th. After you sign your child in for class, come into the main hall and view a DVD titled "Living the Gift" in celebration of Religious Education Week in our Diocese. The closing Mass for the Religious Education Week will be held on Sunday, April 10th at Sacred Heart of Jesus & Mary in Southampton at 3PM and the celebrant is the Most Reverend Peter A. Libasci. ALL ARE INVITED TO ATTEND! Please notify the Faith Formation Office at 281-2835 if you plan on attending. God bless you.

CONFIRMATION CONVERSATION: On Friday, April 8th beginning at 4:30PM. Please check in at the Faith Formation Office. This is for 6th level students

that are entering Confirmation Prep 1 in the fall. Each student needs to have a conversation about their faith with staff. Please be prompt. If you have not received your letter with your scheduled appointment, please call 281-2835.

LEVEL 2 & RCIC2 LOWER: First Reconciliation Service on Saturday, April 9th at 1:00PM in our church.

Lighthouse Catholic CD of the Week "FOLLOWING THE CALL OF CHRIST" – FR. ROBERT BARRON

Fr. Barron, one of the great spiritual teachers of our time, presents these biblical stories of true conversion, drawing from the riches of scriptural accounts. Includes a discussion of The Woman at the Well, from the gospel we heard last Sunday.

Catholic Charities' Talbot House

Are DRUGS causing FAMILY problems? 'Catholic Charities' Talbot House,' for males and females over the age of 18, is a crisis center for withdrawal from alcohol and/or drugs. Each call is confidential. Each person who is eligible for 'Talbot House' services is evaluated individually, by phone and/or appointment. The medical and clinical staff helps to determine the kind of care the person needs, to begin his/her journey to recovery. For more information, please call: 631-589-4144. 'Talbot House' staff can assist you 24 hours a day, 7 days a week. NO fees are necessary. The only requirement is the desire to be "clean and sober."

Rosary Altar Society
Our next meeting will be held on Monday, April 4th in the parish center. Meeting starts at 7:45PM, no one will be allowed in the main hall until 7:40PM. Agenda: Election of Officers, Instructions on pressing linens, Rosary making, Raffle chances to be distributed, Choosing of Team for July raffle.

St. Jude Annual Golf Outing
Save the date. The golf outing will be held on Wednesday, May 4th at Rock Hill Country Club in Manorville. All proceeds will go to our Outreach Program here at St. Jude. Price is \$150 per golfer or \$45 for dinner only. Tee sponsorships are \$100. Please call Tom 921-6793 or Ron

255-0339 for more information.

Bishop McGann-Mercy Diocesan High School
Mercy Diocesan High School in Riverhead will hold its 'Spring Open House' on Sunday, April 10th from 12PM to 2PM. McGann-Mercy will open its doors to families of prospective students, grades 7-12, giving them the opportunity to tour the school and learn more about its academic, athletic and service programs. With average class sizes of 24 students, 36 athletic teams, and over 50 clubs and service programs, 'Bishop McGann-Mercy Diocesan High School' provides a robust learning experience intermingled with catholic values and is uniquely positioned as the catholic college preparatory school on the East End. For more information about the Open House or registration, please call the Registration office at 631-727-5900 ext 35.

St. Jude Easter Fair
Our Annual Easter Fair is on Saturday, April 16th this year. Anyone wishing to donate new items for our Chinese Auction please drop them off at the rectory. Thank you. **Easter raffle tickets will be sold** after all Masses April 2nd & 3rd. Tickets are 3 for \$10.00. Please consider purchasing a ticket to help support our annual fundraiser. **The prizes are:** 1st \$300.00 cash, 2nd \$250 Value (\$100 cash & Oven Stoneware), 3rd \$200.00 cash, 4th \$150.00 cash, and 5th Variety Easter Basket by Lee Anne's Flower Shoppe, Bracelet from Enrico's Jewelry and \$25.00 Gift Certificate to The Cottage at Moriches (\$100 Value).

Easter Remembrance Envelope
The envelope for the Easter Remembrance Masses is included in the active coded parishioner mailed envelope packet. These Masses will be celebrated Easter Sunday, April 24th. Please return your Remembrance Mass envelopes by April 12th in the regular collection basket or at the rectory, so that your loved ones are in the Easter Day Intentions.

St. Jude Catholic Men's Ministry
Our ministry meets on the 1st and 3rd Wednesday of month at 7:45PM in the first floor classroom of the parish center. All Catholic men 18 years and over are welcome to attend.

Holy Week Schedule

PALM (PASSION) SUNDAY—APRIL 17TH

Saturday 5:00PM, 7:30PM (Spanish)

Sunday 8:00AM, 9:30AM, 11:30AM, and 5:00PM

MONDAY OF HOLY WEEK—APRIL 18TH

Confessions from 3:00PM to 9:00PM

WEDNESDAY OF HOLY WEEK—APRIL 20TH

Confessions 12:45PM to 2:45PM

8:00PM Penance Service with Confession

HOLY THURSDAY—APRIL 21ST

9:00AM Morning Prayer

8:00PM Solemn Mass of the Lord's Supper

Adoration of the Blessed Sacrament after Mass until Midnight

GOOD FRIDAY—APRIL 22ND

9:00AM Morning Prayer

Noon Stations of the Cross

3:00PM Liturgy of the Lord's Passion

HOLY SATURDAY—APRIL 23RD

9:00AM Morning Prayer

Noon Blessing of Food (parish center)

Confessions 12:30PM to 2:30PM

8:00PM Easter Vigil Mass

EASTER SUNDAY—APRIL 24TH

8:00AM (English-Italian)

9:30AM; 11:30AM; and 1:00PM

NO EVENING MASS ON EASTER SUNDAY



Easter Flower Donations

Easter is just around the corner and what would the celebration be without all the flowers that gracefully decorate our church and help bring us into the joyful spirit of Christ's resurrection? Flowers maybe dedicated to or in memory of your loved ones. A minimum suggested offering is \$20. Please use your envelope received in your mailed package or use the form below and drop it off at the rectory with your offering. Thank you.

Sign Up Form

EASTER FLOWER DEDICATIONS FLOWERS DONATED BY:

DEDICATED TO OR IN MEMORY OF:

AMOUNT: \$

Mass Attendance

	SATURDAY			SUNDAY			Total
	5pm	7:30	8am	9:30	11:30	5pm	
Mar. 6	344	210	183	413	605	225	1980
Mar. 13	348	200	187	323	605	223	1886
Mar. 20	352	150	223	372	630	200	1927
Mar. 27	400	140	198	375	625	201	1939

Weekly Collections

Regular Collection Mar. 27th \$9,932.64

Spare a Dime \$632.25

Catholic Ministries Appeal

2011 Goal \$50,174.00

Total pledges a/o 3/29/11 \$49,669.08

of Donors 161

Payments a/o 3/29/11 \$26,689.08

Incredible we are only \$504.92 to reach our goal. Upon receipt of all the goal money pledged the parish share will be \$10,034.80. Additional pledges over goal and received the parish share will receive 80%.

Scripture Readings

MONDAY, APRIL 4, 2011 *Lenten Weekday*

IS 65:17-21 • JN 4:43-54

TUESDAY, APRIL 5, 2011 *Lenten Weekday*

EZ 47:1-9, 12 • JN 5:1-16

WEDNESDAY, APRIL 6, 2011 *Lenten Weekday*

IS 49:8-15 • JN 5:17-30

THURSDAY, APRIL 7, 2011 *Lenten Weekday*

EX 32:7-14 • JN 5:31-47

FRIDAY, APRIL 8, 2011 *Lenten Weekday*

WIS 2:1A, 12-22 • JN 7:1-2, 10, 25-30

SATURDAY, APRIL 9, 2011 *Lenten Weekday*

JER 11:18-20 • JN 7:40-53

SUNDAY, APRIL 10, 2011 *Fourth Sunday of Lent*

EZ 37:12-14 • ROM 8:8-11 • JN 11:1-45 OR

11:3-7, 17, 20-27, 33B-45

Flower Offering

The altar flowers for the weekend of April 2nd & 3rd has been donated in memory of:

In loving memory of Stephen J. Stribula

Altar Bread and Wine

The altar bread and wine for the week of April 4th has been donated:

In loving memory of Stephen J. Stribula

Wedding Banns

II. Michael Lentino/Amanda DeGuiseppe

Baptisms

Yandel Xavier Ortiz Maisonet, Gabrielle

Rose Cucuzzo, Dylan Michael Engle, Bryan

Alexander Ortiz Maisonet, Summer Anne Noll

God Bless them and their family!

Catholic Men's Conference

"Come Follow Me and I Will Make You... Fishers of Men" Matt 4:19. Saturday, April 16th HOLY TRINITY DIOCESAN HIGH SCHOOL Hicksville, N.Y. For more information and to register go to www.catholicmensministry.net

Mastic Beach Hebrew Center

Invites you to their 1st Las Vegas Night Saturday, April 9th from 7-11PM. Admission \$5.00. Must be minimum 21 years of age for admittance For more information call Lew at 580-3932.

Mastic-Moriches-Shirley Community Library

Budget vote will be held on Tuesday, April 5th from 9AM to 9PM. Free Museum Passes for you and your family to places such as Mystic Seaport, Old Westbury Gardens, the Intrepid Museum, the Museum of Modern Art, Long Island Children's Museum and many more.

Gifts From Bethlehem

Olivewood Handcrafted from the Holy Land. Next weekend April 9th & 10th we will host an Olivewood Carving Event. The handicrafts trade evolved as a cultural tradition of Christians in the Holy Land for centuries. This indigenous form of art has since become an industry of great importance to the local people of the Holy Land for their livelihood. More than 60% of the income of the community in Bethlehem comes from this work. The holy crafts trade has suffered many hardships due to social and economical pressures. Sixty years ago the Christians represented 28% of the population in the Holy Land, today they are less than 2%. The loss of Christians in the land of Christianity's birth will represent a tragedy of immeasurable proportions for the billions of Christians worldwide. Thank you for your vital support for a Christian tradition and in protecting this very important culture and industry.

Are You A Fully Initiated Catholic?

As in past years we are offering a course for those who have been baptized as Catholic but have not received the Sacraments of the Eucharist or Confirmation. The course begins Tuesday, April 26th at 7:00p.m. and will continue meeting once a week until June 7th. If you are interested in completing your initiation in our Catholic faith please contact the rectory to register. Further information will be posted in next week's bulletin.

ST. JUDE'S BEREAVEMENT SUPPORT GROUP

Have you experienced the death of a spouse?
For support there will be eight sessions starting

April 26th 7:00pm-8:30pm

To register or for more information please call the rectory at 281-5743 ext. 4. Registration is required prior to start of session.



BEREAVEMENT SUPPORT GROUPS HAVE MULTIPLE FUNCTIONS. THEY ARE PLACES OF:

EMPATHY...

- To receive positive feedback that the experiences of grief are normal—"I'm not going crazy".
- To know that others—"just like me" have been there too, and have survived.

ACCEPTANCE...

- To be encouraged to share pain, fears and frustrations.
- To be enabled to tell your story—repeatedly.
- To be able to share the physical, emotional and spiritual pain of loss and to be understood by a caring group of friends.

SAFETY (CONFIDENTIALITY)...

- To ask for help and receive encouragement.
- To give to others as they give to you.
- To revive and review memories.
- To receive the strength to let go—to say goodbye.

GROWTH...

- To test the appropriateness of decisions.
- To find more effective coping strategies.
- To tolerate unanswerable questions.
- To become open to God's presence in your life.
- To experience God's love through His Church in the companionship of sisters and brothers in faith.

