

Welcome
to
Saint Lawrence
A Roman Catholic
Community



Saint Lawrence

Welcome to Saint Lawrence.

As a Parish Family, we worship and work together to serve our Lord.

I echo what one of my predecessors wrote: “I sincerely hope that you will regard this Parish as your home away from home – a place of peace, comfort, and security but also of challenge, strength and spiritual growth. I pray that you will consider this Parish Community as an extension of your own family, and that you experience God’s love for you in the celebration of the sacraments and in other members of the community.”

As you will see in this handbook, there are several outreach programs such as making sandwiches for the Soup Kitchen in Middletown, Helping Hands, and many others.

I encourage you to become involved in the various activities and groups outlined in this handbook.

There is a committee, group or organization for each of you. I invite you to take advantage of what our parish has to offer and get involved.

This is a very Family-Oriented and Eucharistic-Centered Parish, and it is a privilege to serve here at Saint Lawrence, and also to be part of this family.

May God bless you.

Rev. Joseph F. De Costa



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Parish History

The Catholic Community in Killingworth was first entrusted to the pastoral care of Saint Mary Parish in Clinton in May 1964 under Father Walter Keenan. Although few in numbers, Father Keenan obtained permission from the local Board of Education to hold Mass in the all-purpose room of Killingworth Elementary School. The first Mass in Killingworth was celebrated September 21, 1964, with 200 in attendance.

One year later, after a successful fund-raising campaign, Bishop Hines gave permission to erect a building on six acres in Killingworth purchased by the diocese for \$15,000. The date of purchase was August 10, 1965, the feast of Saint Lawrence, the Martyr, who thus became the patron of this new Roman Catholic community. On October 15, 1966, the new building was completed and dedicated as the visible presence of a Killingworth Catholic Church, housing both the church and social hall.

On February 2, 1978, Father Daniel F. McGrath was named the first Pastor. The Catholic community was continuing to grow and Father McGrath instituted several building committees to research possibilities for a church and hall expansion.

On October 11, 1984, Father Michael J. O'Hara became Pastor of Saint Lawrence Church. He spent time considering numerous committee reports and recommendations. On October 6, 1985, Father O'Hara developed a Parish Expansion Program (PEP) whose chief goal was to construct a new church building on the west side of the parking lot. The Parish Council served as the Building Committee.

In April of 1988, J.H. Hogan, Inc. of New Haven was chosen to build the new Church, and ground was broken on May 2, 1988. The first Mass was celebrated at Christmas Midnight Mass in 1988, with 400 in attendance. Just four years after the PEP campaign began, twenty-five years after the Catholic Church had been established in Killingworth, a new Church building was erected to the honor and glory of Almighty God under the patronage of Saint Lawrence, the Martyr.

On March 27, 1998, Father Michael Phillippino joined St. Lawrence as Parish Administrator. On July 1, 1998 Father Michael was named Pastor and was installed on August 9, 1998. Father Michael was reassigned to St. Joseph/Sacred Heart Parish in North Grovesdale, CT.

On January 10, 2006, Father Robert Buongiorno was appointed as Parish Administrator to St. Lawrence. He was named Pastor on January 10, 2007, and installed on February 10, 2007. Father Buongiorno was reassigned to three parishes; Our Lady of Perpetual Help, Our Lady of The Lakes and St. John the Evangelist, CT.

In December, 2009, Father Jan Swiderski was assigned to St. Lawrence as Pastor and Father George Mattathilanikal was assigned to be our Pastoral Vicar.

On February 11, 2011, Father Joseph F. De Costa came to St. Lawrence as our Pastor and was installed on February 27, 2011, by Fr. Greg Fluet.

There are currently 677 registered families and approximately 250 children in our CCD program.

As a growing Catholic Community, we seek the expansion of ministries and parish activities. We pray for continued growth and participation of all parishioners in our St. Lawrence Catholic Community and for guidance from the Holy Spirit to lead us in faith, service and love.

Parish Administration

"...Teach your children gentleness, and mercy to the weak, and reverence for life, which, in its weakness or excess, is still a gleam of God's omnipotence....."

Parish Council Members 2016

Yale Gordon, Chairman
Donna Lebert, Vice Chairwoman
Melissa Ferrara, Secretary
Sue Adinolfo
Jackie Bousquet
Robert DeMarini
Kevin Dooley
Lourdes Hosking
Bill Leahy
John McManus
Marcie Mikolinski
Dan O'Sullivan
Carole Pleines
Maryann Rose
Donna Shanoff

Jon Todzia
Mark Simoniello
William Zeidler
Reverend Joseph F. De Costa
Deacon John Balchus
Deacon Robert Ferraro
Youth Representatives:
Julia Duffield
Maggie Fisher
Trustees:
Andrew O'Neil
George Rosenbaum
William Zeidler



Parish Personnel

Reverend Joseph F. De Costa, Pastor Administrator
Deacon John Balchus, Spiritual Director
Deacon Robert Ferraro
Mrs. Eileen Boulay, Office Administrator
Mrs. Diana Blair, Religious Education Director
Mr. Jack Schuster, Youth Leader
Mrs. Nancy Rymut, Music Director
Mr. Robert Vissers, Pro-Life
Mr. Andrew O'Neil, Mr. George Rosenbaum, Mr. William Zeidler, Trustees
Rectory 860.663.2576, Hall 860.663.2196, Fax 860.663.4238

Website: www.stlawrencechurch.com

Email: stlawrence@yahoo.com

Mass Schedule

Saturday Mass
4:00 p.m.

Weekday Mass
Tuesday, 7:00 p.m.
Wed., Thurs., Fri., Sat., 8:30 a.m.

Sunday Morning
8:30 and 10:30 a.m.

Sacrament of Reconciliation
Saturdays 2:30 - 3:30 p.m.

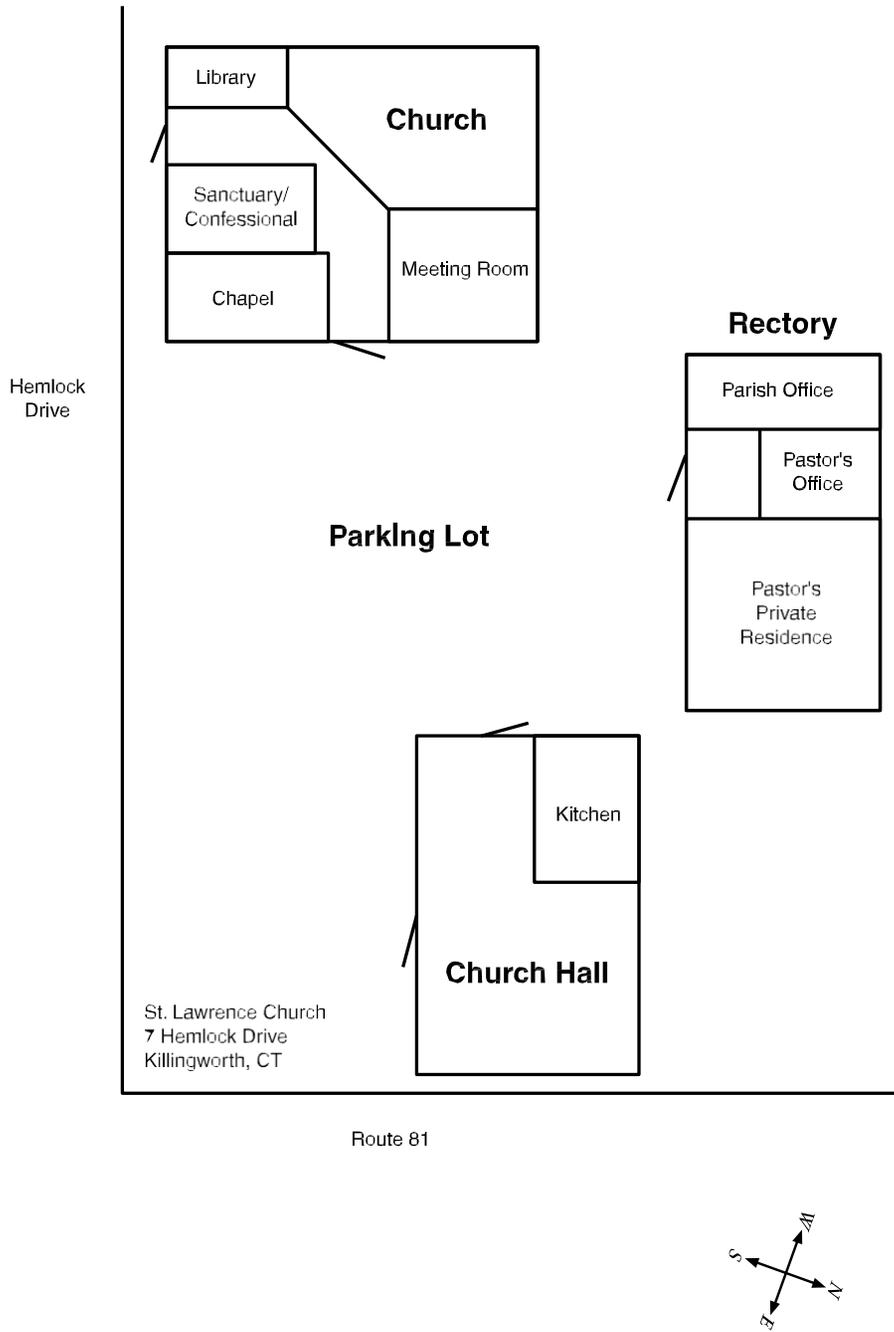
Sacrament of Baptism
Upon Request

Rosary
Monday 7:00 p.m.
Wednesday 9:00 a.m.

Marriage Preparation
Arrangements to be made at least one year prior to date.

First Friday
Adoration 9:00 a.m. - Noon

Parish Layout



Parish Hall Usage Policy

By decision of the Parish Council on July 11, 1989, the Hall and its facilities can be used for functions and activities as follows: first for Parish-sponsored functions, which shall always have precedent; second by active parishioners (those who regularly celebrate Sunday Eucharist) for sacrament-related or other family celebrations; and third for community-directed or related activities which are not in accordance with the teachings and customs of the Catholic Church.

In every case and use, the good name of the Parish and its intent are to prevail.

Scheduling

Call the rectory to reserve the day and time. The key may be picked up from the Pastor or the secretary and returned to them. Functions in the hall must not interfere with scheduled Parish events. All functions in the hall must conclude by 11:00 p.m. Users agree to lower thermostats after use, remove garbage to the dumpster, close and lock windows, turn off inside and outside lights, and leave all areas neat and clean.

Liability

It is Parish Policy that a Certificate of Insurance must be obtained and provided to the Pastor prior to obtaining approval to use the hall. The certificate must show 1) general liability coverage with minimum limits of one million dollars per occurrence and name both the Parish (St. Lawrence Church Corporation of Killingworth) and the diocese (Roman Catholic Diocese of Norwich) as co-insures.

Generally, proof of insurance coverage may be established by extending one's homeowner's insurance to the one-day

event and validated, in a certificate furnished by the user's insurance company, at the user's expense. If liquor is to be served, the certificate must include liquor liability coverage. Additionally, a Certificate of Insurance can be purchased for \$120.00 through the Diocese (Catholic Mutual). The application can be picked up at the church office and must be received by the Diocese at least 15 days prior to the event.

Liquor

Alcoholic beverages may not be sold on Church property. Its use, moderate and regulated, at a social function can add to the festivity of the occasion. Misused, the implications are complex. If liquor is to be served, the user must have a bartender in charge of serving that is not a family member or friend, but an experienced bartender who is not a guest at the function. This means that guests are not permitted to bring their own alcoholic beverages.

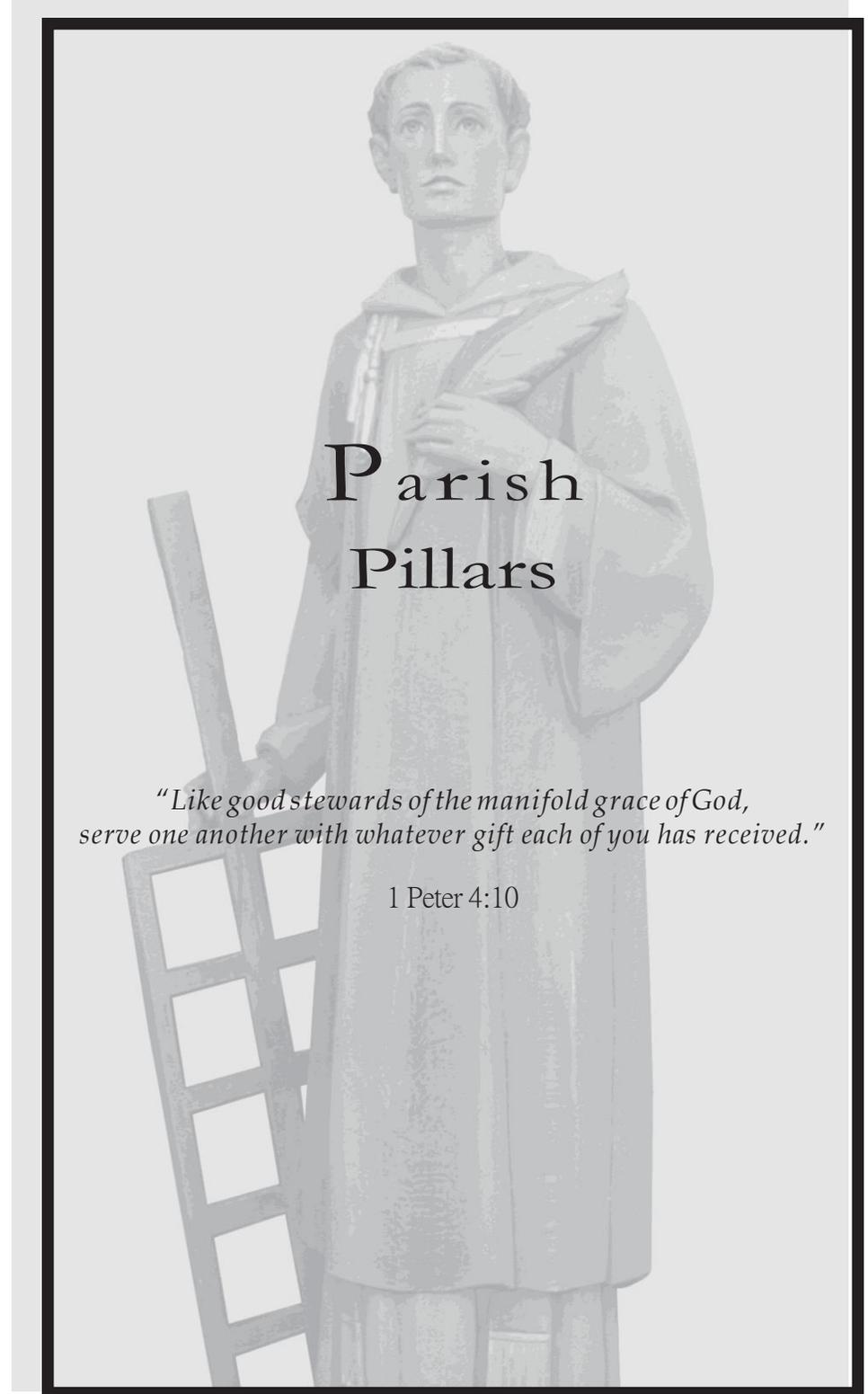
The only alcoholic beverages that may be consumed are those chosen by the user and served by the bartender. The bartender will be required to close the bar one hour before the end of the function.

Contract

A contract stipulating dates and terms shall be signed by the user and the Pastor, with copies retained by each. The suggested donation, which is made at the signing of the contract, is:

25- 50 people	\$50
50-100 people	\$75
100+ people	\$100

Additionally for each rental, a \$50 security deposit is imposed to ensure cleanliness and good order. When the premise is left clean and neat, the deposit is quickly returned to the user. Two separate checks should be made (one for the Hall usage and one for the security deposit) both payable to St. Lawrence Church.



Parish Pillars

*“Like good stewards of the manifold grace of God,
serve one another with whatever gift each of you has received.”*

1 Peter 4:10



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Ministries: Greeters
Newcomers
Social Activities
Shawl Ministry
St. Lawrence Woodcarvers

Pillar 2

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Sacramental Preparation

Pillar 3

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Vocation Committee

Councils & Organizations

Finance Council
Stewardship Council
Knights of Columbus
Columbiettes



Description of Pillar Ministries

Pillar 1

Greeters

Parishioners should feel and be welcome especially as they arrive for the liturgy. This Ministry strives to provide that atmosphere. It provides the structure and initiative to assure that Greeters are scheduled for weekend Masses, distribute church bulletins and assist with seating when required.

Newcomers

Each year additional families register as new parishioners. This new Ministry will serve as a follow-up to their registration by pairing the new family with an existing parish family with similar interests, neighborhood, etc. The intent is to assimilate the newer family into both church and town more quickly and to emphasize that its active participation is valued and vital to the St. Lawrence community.

Social Activities

All parishes benefit from the bonding that occurs among parishioners at social events. These events may be as simple as coffee after weekend Masses or as ambitious as a St. Valentine's Day dance. Members of this Ministry help plan these activities, form teams to assure their success and make longtime parishioners and newcomers aware of these events and that they are invited to attend.

Fund Raisers

- **Christmas Bazaar Committee**

Generally held the first Friday and Saturday of December, this Parish function not only helps to build the Parish treasury, but also builds parish community. Parishioners work throughout the year making items for this event. All parishioners are invited and encouraged to help in any way they can.

- **Strawberry Festival Committee**

The Strawberry Festival is the largest fundraising event for St. Lawrence Parish. Held on the third Saturday in June, this festival is an all-day fair which includes a giant auction, craft fair, raffles, book and toy sale, quilt raffle, children's games, plant sale, baked goods and food booths. The committee is always looking for members to help organize and coordinate

this annual event. The committee typically begins meeting in February for the current year's festival. Participating on this committee or just volunteering for the day is a great way to build parish community, to contribute time and talent in thanksgiving to God, and to help raise money for the Parish.

- **Rummage Sale Committee**

The Rummage Sale is a fundraising event. Held in April and October, this event sells clothing, household goods and baked goods donated by the parishioners. The committee sorts and prices all donations, which are then neatly displayed and categorized by size and age group. All unsold items are donated to charities and all profits are used for the Parish Hall. The committee is always looking for members to help assemble and organize the donations. The committee typically meets one week prior to the scheduled sale. Participating on this committee or donating items helps to build parish community.

Shawl Ministry

A group of parishioners meet on Monday mornings in the Church Library to knit and crochet shawls for parishioners who are ill and baby blankets for newborn babies. Finished items are blessed by the Pastor and delivered to recipients. The gathering is social and any parishioner, wishing to participate is welcome. Being unskilled isn't a problem, the members of this ministry will teach you the necessary skills.

St. Lawrence Woodcarvers

A Woodcarvers' Group of 12 to 20 people gather on Wednesday evenings in the Church Hall between 6 and 8 p.m. They work on both group projects, such as Stations of the Cross for Mary's Garden and individual items such as Christmas ornaments, crucifixes, ornate walking sticks, plaques for home, exterior family name signs, jewelry boxes, birds and rustic cowboys. Personal projects may differ but the essential ingredients are acquiring new skills and camaraderie. The late Ernie Hill founded the Woodcarvers' Group. He was also responsible for much of the wood carvings adorning St. Lawrence Church.

Pillar 2

Adult Faith Formation

Religious Adult Educational is a program that consists of different courses and programs that are available in St. Lawrence Parish, neighboring churches, and within the diocese. Ideas, suggestions and people willing to teach or lead an adult teaching session are always welcome.

- **Bible Study**

Learn more about the foundations of the Christian faith and the history of our salvation through Bible Study. This Ministry involves a basic study of the scriptures - the old and new testaments. Undated text and workbook materials from the Little Rock Scripture Study Program are used for daily personal study. Small group sharing on Bible Study meets weekly.

- **Evangelization/Parish Mission**

This Ministry is an evangelization for our parish members and our faith community at St. Lawrence Parish during Lent. Through faith, the stories of Christ continue in our lives and are a part of the Story of Salvation. This ministry's objective is to bring the Good News of Jesus into every human situation and seek to transform individuals by the divine power of the Gospel.

- **Book Studies**

Along with the study of Old and New Testament Literature, St. Lawrence Parishioners, as well as those from other faiths and backgrounds, have read and discussed books by and about Christian authors. Accepting the fact that God speaks to His people in so many and varied ways, we have found these studies to be truly enlightening when we allow the Holy Spirit to guide us during these studies. Some of this literature has come from recommendations passed on after a mission week, suggestions from parishioners and Pastors, a Christian Book of the Month: title or just by "accident" (although we know it's never an "accident" when we encounter God in the Arts). The focus is always the same, which is to be open to the Father's gifts in all His many ways and grow in our faith and love for Him and our Savior, Jesus Christ.

- **Rite of Christian Initiation of Adults (R.C.I.A.)**

This Ministry is for adults and children wishing to enter into the Catholic Faith. This process is done over an extended period with participants joining the community of St. Lawrence on their faith journey. This journey is marked by liturgical celebrations along the way as they become more acquainted with Jesus Christ and learn what the Catholic Church teaches and celebrates. This program helps the process of conversion of God's people, and brings people more fully into the Catholic Church and to the Christian faith. This journey culminates but does not end at the Easter Vigil Celebration of the Eucharist.

Sacramental Preparation

- **Baptism Preparation**

The Baptism preparation class is required of all parents and prospective parents who are planning to have their child baptized. The class is for parents with their first born. They do not have to attend for each child born. The session covers the reason for baptism, its history and the signs of Baptism. It also provides explanations of the rite and the requirements for being a Godparent. Baptisms are scheduled upon request and availability.

- **Eucharistic Preparation**

The Eucharist Preparation classes are held periodically during the year when a child is preparing to receive his/her First Communion. The parents will learn how to re-enforce the lessons learned by their child and to prepare themselves spiritually in addition to preparing themselves culturally. They are encouraged to continue or start if necessary, a practice of family prayer.

- **Confirmation Preparation**

The Confirmation Preparation classes are held during the course of the young adult's experience with the Life in the Spirit Confirmation program. The parents of the young adults will be encouraged to learn and to participate in the program, so as to provide an encouraging environment for their son's or daughter's reception of the Holy Spirit.

Marriage Preparation

- **Marriage Preparation**

This program prepares couples for a lifetime of mutual love and fidelity. Marriage Preparation provides teaching, understanding and knowledge of the Church's teaching on the Sacrament of Marriage. Preparation for marriage begins at least one year in advance to allow time to prepare the couple for a full and happy Marriage filled with faith and love for God, for family and for each other.

 - **Engagement Encounter:**

This is a weekend retreat structured similarly to Marriage Encounter but focused on preparing the engaged couple to communicate with each other within the context of Christian Marriage.

Pillar 3

Weekend Liturgies

- **Altar Servers**

Altar Servers assist the priest during the Eucharistic Celebration. This is a special liturgical Ministry open to boys and girls who are in grades four through twelve. Altar Servers typically are scheduled to serve at least once every three weeks.
- **Music**

This Ministry supports liturgical worship for the Church assembly through appropriate hymns and responses. All adults with a love for singing are welcome to join.
- **Cantors**

Cantors lead the Church community in liturgical song at the Saturday, Sunday and Holy Day of Obligation Masses. This important Ministry is open to anyone who understands the liturgy and would like to participate. Your love and desire to share God's given talent of music with others is welcomed.
- **Eucharistic Ministers**

Eucharistic Ministers are commissioned to distribute the Precious Body and Blood of Christ to the faithful at Mass. They should be filled with the reverence due the real Presence of Christ in our midst. They also prepare the altar for Mass and purify the sacred vessels following the Liturgy. Eucharist Ministers must be 18 years of age.

- **Communion to the Sick**

This very special Ministry is open only to commissioned Eucharistic Ministers. Following the 8:30 a.m. Mass (which they attend), they are sent forth by the Pastor to bring the Eucharist to those parish members who are unable to attend Mass for reason of infirmity or age.

Prayer

- **Prayer Group**

Deepen your relationship with God through prayer and reflection. Take the time to put yourself in the presence of God to give Him praise and worship. In family community, this prayer group offers peace, comfort, and opportunity to meet and pray with other parish members.
- **Prayer Line**

The Prayer Line is a team of people who respond with prayers to emergency situations. Anyone is eligible to participate in the Prayer Line Ministry if they are willing to commit themselves to pray and to pass on the request quickly, so the line is not broken, and so that prayers can be offered promptly.
- **Rosary Group - Monday**

Every Monday evening, the Knights of Columbus pray to the Blessed Mother to intercede for anyone who needs help. All are welcome to join them in prayer. The Rosary has been said faithfully every Monday since 1991 when the St. Lawrence Chapter of the Knights of Columbus was chartered.
- **Rosary Group - Wednesday**

This Ministry prays the Rosary weekly, and the mysteries are prayed based upon the liturgical time of the year. The needs of the parish community are offered up to God.
- **Women's Prayer Group**

The Chaplet of Divine Mercy is recited after morning Mass on Thursdays. This group joins together in music, prayer and praise.

Community Spirituality

- **Eucharistic Adoration**

Whenever the Blessed Sacrament is in exposition in the chapel, there should always be someone in attendance. This is a time of prayer, meditation, and adoration in the Eucharistic presence. For those who are able to schedule at least a half hour during Exposition of the Blessed Sacrament, this time affords them solitude and peace unlike any other place or time in their lives.

- **Prayer Services**

A liturgical service that has both led prayer and spontaneous prayer within its structure. It has an ordained minister or lay person, as the leader, who provides the framework for the service. The Liturgy of the Hours can be used as a Prayer Service and it is often done that way. It could also be a service where the leader puts together a group of prayers, psalms, refrains, songs, or chants in any combination the leader wants to use. Also, within a Prayer Service, there is usually some time to reflect in silence for the participant.

- **Evenings of Reflection**

This is a service where the presenter gives a reflection on the topic or subject. The presenter then asks for reflections from the participants and might also invite feedback on what the presenter shared on the subject or topic.

- **Altar Schedules**

These are simply the scheduling of the different ministries that go into celebrating our Sunday Masses. The ministries include altar servers, lectors, Extra-Ordinary Ministers of the Eucharist, greeters, cantors, priests and deacons, if there are more than just one.

Pillar 4

Religious Education

Religious Education provides for an organized, structured environment in which the teaching and tradition of our Catholic faith is passed on to our youth of the Parish. From grade one through the Sacrament of Confirmation in high school, this program offers an opportunity for our youth to grow in their knowledge, understanding, and practice of our Christian faith. Consider being part of this program as a teacher or assistant volunteer.

Classroom Design and Set-up

The logistics of placing over 250 students into their classes, in the Church and Hall during three to four weekly time slots throughout the school year, take some planning. An important part of this ministry is ensuring that each classroom has been set-up adequately for each class.

Catechist Training and Safe Environment

Opportunities are offered throughout the year to help our teachers and assistants develop their teaching skills and nourish their own faith. Planning training and faith programs is a vital ministry that not only develops our teachers, but contributes to the overall success of our program. All teachers and assistants must complete a short online Safe Environment Informational Program, and a background check is required by the Diocese of Norwich before volunteering in the classroom.

Sacramental Preparation

As part of our Religious Education program, children receive the sacraments of Reconciliation, First Holy Communion and Confirmation. While the entire religious education program prepares our children to understand and more-worthily accept these gifts from God, specific programs exist for each of the sacramental years, including mandatory First Holy Communion and Confirmation Retreats. This ministry is responsible for planning and coordinating these sacramental programs.

Teacher Recruiting

Caring, faith-filled teachers are the lifeline of a good Religious Education program. This recruiting ministry aids in attracting these special people to become part of our religious education program.

Communications

Getting necessary information out to more than 30 teachers, assistants and parents/guardians of over 250 students, requires good administrative skill. Communication is vital to the smooth operation of our Religious Education program and to other Pillar programs.

Teens in Action

Teens in Action (TIA) is a safe zone for our parish youth, (7th - 12th grade). It is a gathering place where all teens are respected and treated kindly. Youth Ministry helps teens to strengthen their faith in a fun way, enables them to share their faith connection with other teens, and challenges them to discover their inner strengths. TIA enhances religious education with an emphasis on putting their faith into practice. Many fun, learning and spiritual activities are scheduled throughout the year including numerous Community Service Projects ending with a One-Week Summer Mission Trip.

Children's Liturgy

St. Lawrence has a Children's Liturgy program that takes place in the church Meeting Room during the Liturgy of the Word at the 10:30 a.m. Mass. It is an opportunity for children to hear the Word of God and discuss its contents in language appropriate to their age level. (Note: Children are called up to the altar for a blessing before going to the Meeting Room. Children return to their seats in the main church during the offertory collection.) There is a need for additional leaders and assistants in the program. Time investment is minimal, but the rewards are great! Training is available. A children's lectionary and related handouts are provided. Please contact Elizabeth Nemergut , 860-873-2956 or bmemergut@sbcglobal.net or Pat Miller, 860-663-2238 or dave.miller@snet.net

Pillar 5

Operations

- **Grounds Crew**

This Ministry is dedicated to keeping the grounds of St. Lawrence clean, manicured and inviting. Special effort and much time are spent maintaining "Mary's Garden". Volunteers are welcome to initiate new projects, such as making a flowerbed to supply the altar with fresh flowers during the growing season.

- **Physical Plant**

This Ministry is dedicated to keeping the buildings and systems (heat, plumbing, electrical) of the Parish in good condition to effectively meet the needs of the Parish. Projects in the past have included painting, moving the altar, raising it, mounting the crucifix and installing the organ. Volunteers do some of the work, but professionals are hired where appropriate. Besides assuring current facilities are in good condition, this ministry would help assess the need for additional space or types of space and how to most effectively meet the needs.

- **Library**

A growing resource of books and videos for all ages and topics, the library is located within the Church.

- **Photography**

This Ministry chronicles the activities of the church through pictures. With one-week advance notice, all efforts can be made to prepare equipment and reserve the time needed to attend the church event and take pictures.

- **Audio/Video**

The service of this Ministry is to install, maintain, and/or improve the church sound system, and provide expertise in the design and selection of equipment required for audio needs. Additionally, setup of the P.A. system is performed for special events.

- **Website**

Our St. Lawrence website helps to increase awareness of parish activities and ministries. It provides information for new parishioners, prospective parishioners and updates members on church events, Mass schedules, and liturgical calendars. Ideas and support are welcome.

- **Office**

This Ministry supports the Parish Office with administrative services at the request of the Pastor or Parish Office Administrator. If you have a few mornings or afternoon hours available (for an hour or two), please consider volunteering some time to help out in the office.

Publications

As the Parish grows and changes, so do its documents, forms, handbook and other publications. There is a need to revise these periodically with attention to details. This can be done more efficiently, if a small team works on these items.

Pillar 6

Active Parish Ministries

- **Drivers**

These volunteers are willing to be called to provide a ride for the elderly or others unable to drive for themselves. These rides typically can be to doctor appointments, shopping, or to Mass on the weekends.

- **Home Visits**

This Ministry involves visits to parishioners who are homebound and have a restricted social life. Visits to nursing homes can also be included, if a parishioner has moved there. This Ministry is still in the developmental stage and may eventually work in conjunction with a parish nurse.

- **Visitation**

This Ministry involves visits to those St. Lawrence parishioners who are hospitalized. The Hospital Visitation team visits the patient and assesses the spiritual or physical needs that the patient might have. This activity is presently fulfilled by the Pastor/others.

- **Soup Kitchen**

This Ministry delivers groceries which are donated by parishioners each week to the St. Vincent DePaul Soup Kitchen in Middletown or to the Clinton Food Bank in Clinton. Baskets are kept in the Church Narthex for food donations.

- **Sunday Sandwich Servers**

On Sundays, this Ministry prepares and distributes bag lunches at St. Vincent DePaul in Middletown. Sandwiches, fruit, and packages of cookies donated by parishioners are gathered each Sunday morning and assembled into bag lunches for distribution at lunch time in Middletown.

the Parish Nurse Program sponsored by the Yale New Haven Hospital/St. Raphael Campus, has offered her assistance in establishing our Ministry. An offer of help from the Home Visiting Nurses is also being evaluated.

- **Caregivers' Respite**

Very often relatives provide continuous care to housebound or bedridden individuals. Volunteers may give the caregivers an hour or two of freedom to relax and do something for themselves.

- **Vocations**

This Ministry is in progress.

Future Ministries

- **Parish Nurse**

This Ministry utilizes nurses and/or other health professionals to promote a healthy lifestyle by offering weekly blood pressure checks after Mass and serving as health counselors. Sister Ann Matthew, the coordinator of

Pillar 7

Social Justice

- **Birthright**

Birthright is an interdenominational pregnancy support service that helps girls and women in troubled pregnancies. It is free and confidential. Birthright recognizes that no woman ever wants to have an abortion, but if she feels she is left with no choice, she may resort to it. To make the choice for life, this ministry offers support during the pregnancy and after the baby is born so both mother and baby can face the future with dignity.

- **Pro-Life**

The Pro-Life Committee is a voice of support for life, from the moment of conception through natural death. Serving as a resource for information made available through the Diocese of Norwich and the Pro-Life Office, this committee keeps the parish informed of local and national issues concerning life.

Councils and Organizations

- **Finance Council**

The Finance Council is a mandatory committee of the Parish. The Council prepares a budget for the Pastor's consideration, monitors expenditures vs. the budget and the prior year's figures. The Council also advises the Pastor on potential issues they see. Expenditures over a certain amount have to be discussed with the Finance Council in advance, and the council advises the Pastor on implications before he makes his decision. There are no specific requirements to be on the Finance Council except a good financial background and the approval of the Pastor.

- **Stewardship Council**

The Stewardship Council was established by Father O'Hara in 1991 as a way of fostering sacrificial giving in the parish. The goal of the Council is to educate and encourage the Parish to participate in sacrificial giving as a way of life. The Council distributes the tithe of the Parish to local, state, national and international charities, as well as to personal and family requests. This distribution is done on a quarterly basis except for personal needs, which are handled by the Pastor in a confidential way. The Council informs the Parish of its distribution through the bulletin. All members of the Parish are encouraged to submit names of anyone needing temporary financial assistance. Forms are available in the lobby of the church.

- **Knights of Columbus**

The Knights of Columbus is an organization of men who are committed to volunteer service, charity, unity, fraternity, patriotism and defense of the priesthood. The Knights of Columbus follows the divine teaching of the Blessed Virgin Mary and the organization is loyal to the Pope, the Vicar of Christ on Earth. It is committed to the protection of human life from conception to natural death. Founded in 1882 by Father McGivney in New Haven, Connecticut, the Knights of Columbus is the largest lay organization in the Catholic Church. All men are encouraged to join.

- **Columbiettes**

The Columbiettes of St. Lawrence was chartered in June, 2011. Prior to forming our own chapter, we were part of the Father Hussion's Chapter at St. John's Parish in Old Saybrook. We started with 25 members and have grown to 30.

The Columbiettes are a ladies service organization. We work alongside our Knights of Columbus in helping to meet the needs of our Parish and community. Our ladies attend the Knights of Columbus Rosary on Monday evenings and this year have put together a May Crowning of our Blessed Mother's statue. We sponsor various fund raisers throughout the year to support contributions to various Parish functions such as TIA, Birthright and our own campership program. The campership program is state wide and helps to defray the cost of handicapped children to attend summer camps. We also put together 'treasure' boxes filled with personal care items which are distributed to homeless shelters throughout the State.

The Sacraments

"The [seven] sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. The visible rites by which the sacraments are celebrated signify and make present the graces proper to each sacrament. They bear fruit in those who receive them with the required dispositions." (CCC

1131)



The Sacraments of Initiation

Baptism

"By which we are born into the new life in Christ"

The fruits of this sacrament are:

- Remission of original sin.
- Birth into the new life by which man becomes an adoptive son of the Father, a member of Christ, and a temple of the Holy Spirit.
- Incorporation into the Church, the body of Christ, and participation in the priesthood of Christ.
- The imprinting, on the soul, of an indelible spiritual sign, the character, which consecrates the baptized person for Christian worship. Because of this character, Baptism cannot be repeated.

Confirmation

"By which we are more perfectly bound to the Church and enriched with a special strength of the Holy Spirit"

The fruits of this sacrament are:

- An increase and deepening of baptismal grace.
- A deepening of one's roots in the divine filiation, which makes one cry, "Abba, Father!"
- A firming of one's unity with Christ.
- An increase of the gifts of the Holy Spirit.
- A strengthening of one's bond with the Church and closer association with her mission.
- Special strength of the Holy Spirit to spread and defend the faith by word and action as a true witness of Christ, to confess the name of Christ boldly, and to never be ashamed of the cross.
- The imprinting, as in Baptism, of a spiritual mark or indelible character on the Christian's soul. Because of this character, one can receive this sacrament only once in one's life.

Eucharist

“By which Christ associates his Church and all her members with the sacrifice of the cross.”

The fruits of this sacrament are:

- An increase in the communicant's union with Christ.
- Forgiveness of venial sins.
- Preservation from grave sins.
- A strengthening of the bonds of charity between the communicant and Christ.
- A strengthening of the unity of the Church as the Mystical Body of Christ.

The Sacraments of Healing

Reconciliation

“By which sins after Baptism are forgiven”

The fruits of this sacrament are:

- Reconciliation with God: the penitent recovers sanctifying grace.
- Reconciliation with the Church.
- Remission of the eternal punishment incurred by mortal sins.
- Remission, at least in part, of temporal punishment resulting from sin.
- Peace and serenity of conscience, and spiritual consolation.
- An increase of spiritual strength for the Christian life.

Anointing of the Sick

“By which a special grace is conferred during grave illness or old age”

The fruits of this sacrament are:

- Unity with the passion of Christ, for the sick person's own good and that of the whole Church.
- Strength, peace, and courage to endure as a Christian the sufferings of illness or old age.

- Forgiveness of sins, if the sick person is not able to obtain it through the sacrament of Penance.
- Restoration of health, if it is conducive to the salvation of the soul.
- Preparation for entering eternal life.

The Sacraments of Vocation

Matrimony

“By which a man and a woman form with each other an intimate communion of life and love”

The fruits of this sacrament for the spouses are:

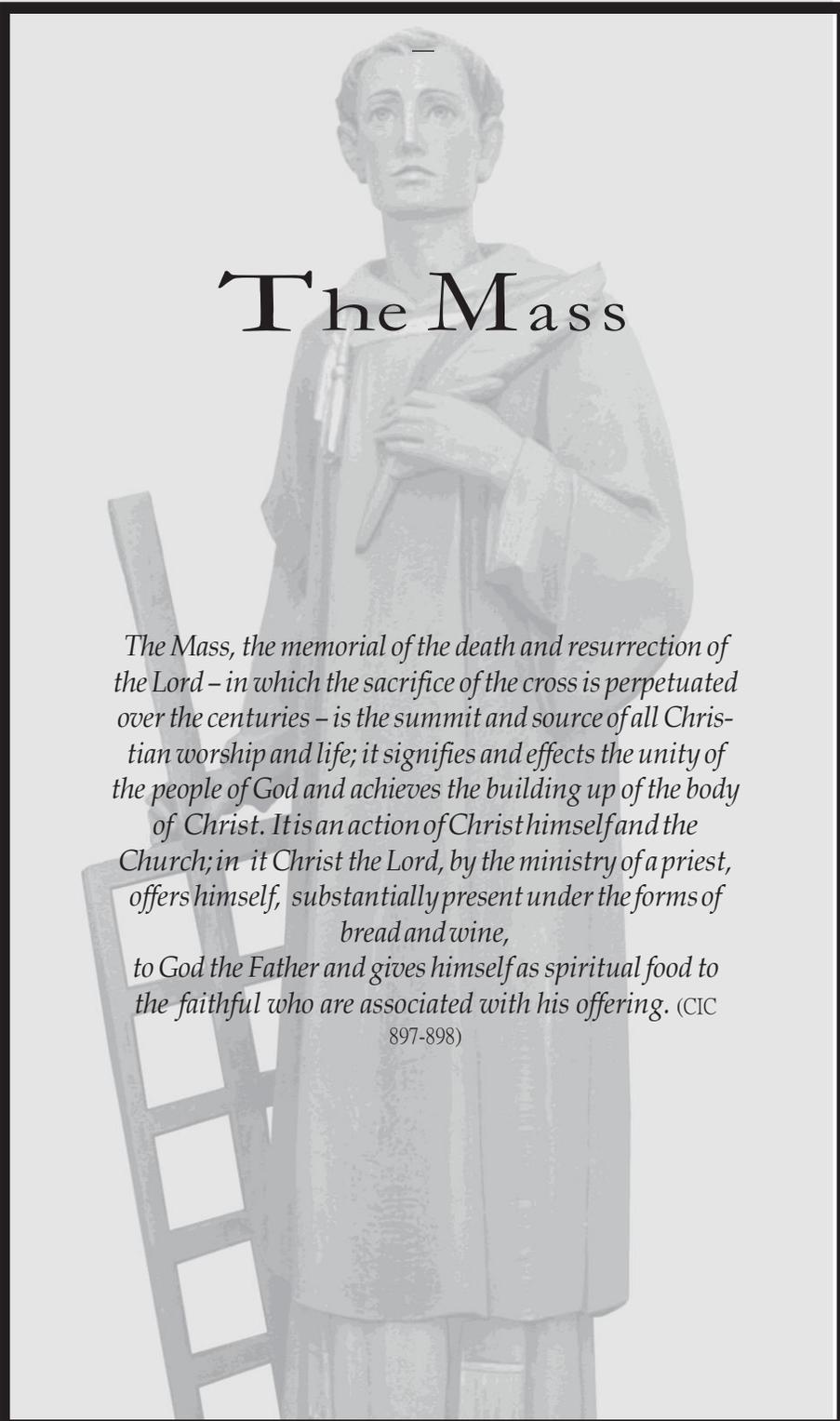
- The grace to love each other with the love with which Christ has loved his Church.
- A perfecting of their human love.
- A strengthening of their indissoluble unity.
- Sanctification on their way to heaven.
- The grace to “help one another to attain holiness in their married life and in welcoming and educating their children.”
- An integration into God's covenant with man: Authentic married love is caught up into divine love.

Holy Orders

“By which the task of serving in the name and in the person of Christ is conferred”

The fruits of this sacrament are:

- The mission and faculty (“the sacred power”) to act *in persona Christi*.
- Configuration to Christ as Priest, Teacher, and Pastor.
- The imprinting, as in Baptism, of an indelible character that cannot be repeated or conferred temporarily.



The Mass

The Mass, the memorial of the death and resurrection of the Lord – in which the sacrifice of the cross is perpetuated over the centuries – is the summit and source of all Christian worship and life; it signifies and effects the unity of the people of God and achieves the building up of the body of Christ. It is an action of Christ himself and the Church; in it Christ the Lord, by the ministry of a priest, offers himself, substantially present under the forms of bread and wine, to God the Father and gives himself as spiritual food to the faithful who are associated with his offering. (CIC

897-898)

Liturgy and Community Participation

It is the liturgy through which, especially in the divine sacrifice of the Holy Eucharist, the work of our redemption is accomplished, and it is through the liturgy, especially, that the faithful are enabled to express in their lives and manifest to others the mystery of Christ and the real nature of the true Church.

The Church is essentially both human and divine, visible but endowed with invisible realities, zealous in action and dedicated to contemplation, present in the world, but as a pilgrim, so constituted that in the Church the human is directed toward and subordinated to the divine, the visible to the invisible, action to contemplation, and this present world to that city yet to come, the object of our quest.

The liturgy daily builds up those who are in the Church, making of them a holy temple of the Lord, a dwelling-place for God in the Spirit, to the mature measure of the fullness of Christ. At the same time it marvelously increases their power to preach Christ and thus show forth the Church, a sign lifted up among the nations, to those who are outside, a sign under which the scattered children of God may be gathered together until there is one fold and one shepherd.

To accomplish such great work Christ is always present in his Church, especially in the liturgical celebrations. He is present in the Sacrifice of the Mass not only in the person of his minister, but especially in the Eucharistic species. By his power He is present in the sacraments so that when anybody baptizes, it is really Christ himself who baptizes. He is present in the word since it is he himself who speaks when the holy scriptures are read in the Church. Lastly, He is present when the Church prays and sings, for He has promised “Where two or three are gathered together in my name there am I in the midst of them.” (Mt.18:20).

Christ, indeed, always associates the Church with himself in His great work in which God is perfectly glorified and men are sanctified. The Church is His beloved Bride who calls to her Lord, and through Him offers worship to the eternal Father.

The liturgy is rightly seen as an exercise of the priestly office of Jesus Christ. It involves the presentation of man's sanctification under the guise of signs perceptible by the senses and its accomplishment in ways appropriate to each of these signs. In its full public worship is performed by the Mystical Body of Jesus Christ, that is, by the Head of His members.

Mother Church earnestly desires that all the faithful should be led to that full, conscious, and active participation in liturgical celebrations which is demanded by the very nature of the liturgy, and to which the Christian people, “a chosen race, a royal priesthood, a holy nation, a redeemed people,” (1 Pet.2:9, 4-5) have a right and obligation by reason of their Baptism.

In the restoration and promotion of the sacred liturgy the full and active participation by all the people is the aim to be considered before all else, for it is the primary and indispensable source from which the faithful are to derive the true Christian spirit. (Vatican II)



Guidelines for Receiving Holy Communion

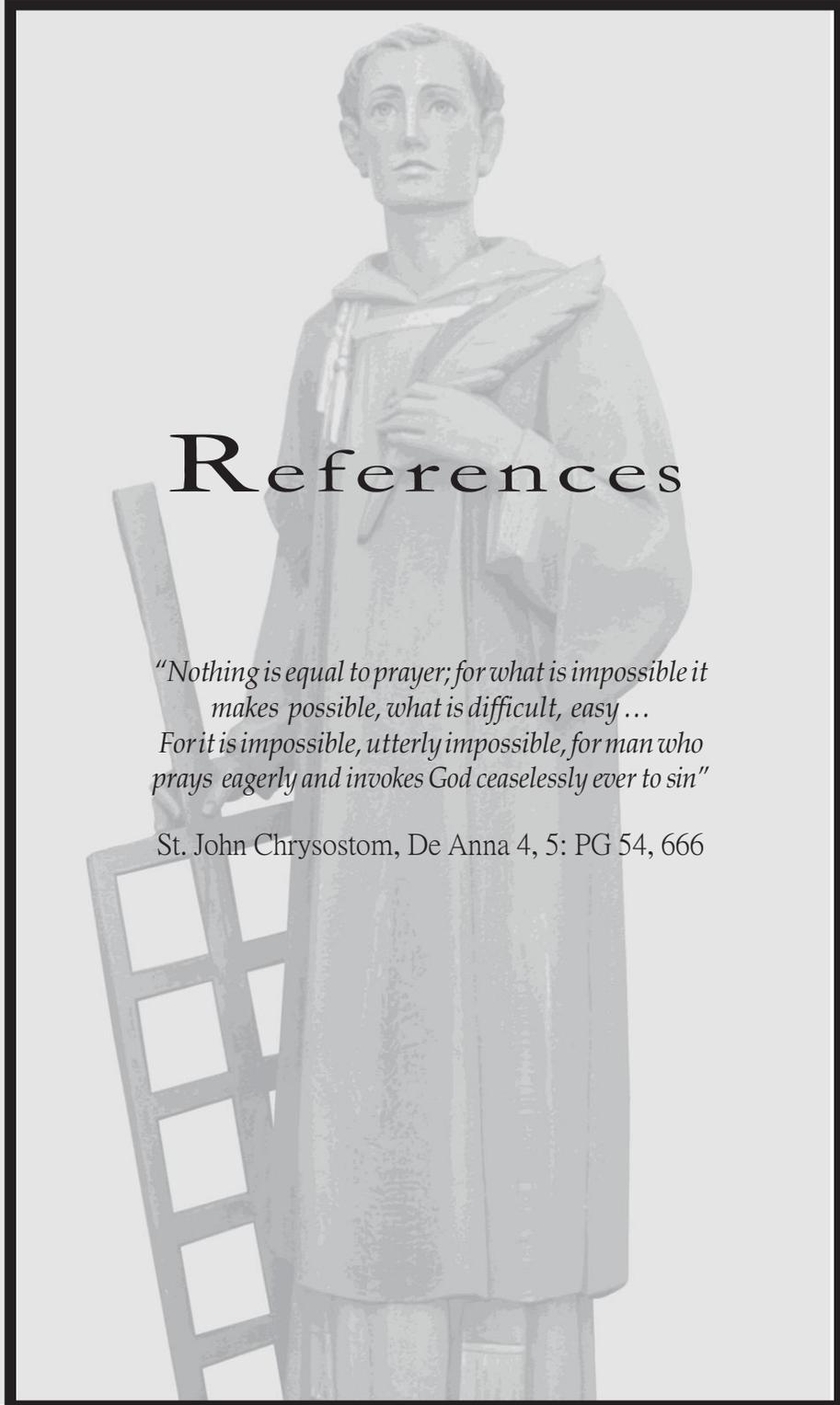
For Catholics: As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. In order to be properly disposed to receive Holy Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (CIC 916). A frequent reception of the Sacrament of Penance is encouraged for all.

For our fellow Christians: We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "...that they may all be one." (Jn. 17:21)

Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (CIC 844.4). Members of the Orthodox churches, the Assyrian Church of the East and the Polish National Catholic Church are urged to respect the discipline of their own churches. According to Roman Catholic discipline, the Code of Canon Law does not object to reception of communion by Christians of these churches (CIC 844.3).

For those not receiving Holy Communion: All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire to unity with the Lord Jesus and with one another.

For non-Christians: We also welcome to this celebration those who do not share in our faith in Jesus Christ. While we cannot admit them to Holy Communion, we ask them to offer their prayers for the peace and unity of the human family.



References

*"Nothing is equal to prayer; for what is impossible it makes possible, what is difficult, easy ...
For it is impossible, utterly impossible, for man who prays eagerly and invokes God ceaselessly ever to sin"*

St. John Chrysostom, De Anna 4, 5: PG 54, 666



Recommended
Catholic Reading, TV, Bookstore

Catechism of the Catholic Church

Crossing the Threshold of Hope,
Pope John Paul II

Darkness in the Marketplace,
Rev. Thomas H. Green SJ

Imitation of Christ,
Thomas Kempis

John Paul II - Four Volumes:

God

Jesus, Son and Savior

Father and Creator

Giver of Life and Love

Mystical Evolution,
Father Joseph Arinteri

Pope John Paul II, Tad Szulc

Transformation in Christ,
Dietrich Von Hildebrand

The Fire Within, Thomas Dubay

The Hidden Pope, Darcy O'Brien

The Perfect Joy of St. Francis,
Felix Timmermans

The Soul of the Apostolate,
Dom J-B Chantard, O.C.R.

The Three Ages of Interior Life,
Fr. Reginald Garrigou-Lagrange, O.P.

True Devotion to Mary,
Louis M. De Montfort

Witness to Hope, George Wiegel

Catholic Periodicals:

Weekly Catholic newspaper:

"Our Sunday Visitor"
200 Noll Plaza
Huntington, IN 46750
oursunvis@osv.com

Bi-Monthly Booklet:

"The Catholic Answer"
200 Noll Plaza
Huntington, IN 46750
tanswer@osv.com

TV -- EWTN
Eternal Word Television Network

Bookstore -- Monastery of Our
Lady of Grace, 11 Race Hill Rd,
Guilford, CT



Prayers

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he shall come to judge the living and the dead. I believe these and all the truths that the holy Catholic Church teaches, because you have revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your almighty power and infinite mercy and promises, I hope to obtain pardon for my sins, the help of your grace, and life everlasting through the merits of Jesus Christ, my Lord and Redeemer.

Act of Charity

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured.

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

Prayer to One's Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

Prayer for The Pope

V. Let us pray for our Sovereign Pontiff Francis.

R. The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not to the will of his enemies.

Evening Prayer

Brief Examination at Night

Make a brief examination of conscience before going to bed at night. Two or three minutes will suffice.

- Place yourself in the presence of God, recognizing his strength and your weakness. Tell him: "Lord, if you will, you can make me clean."
- Ask your guardian angel for light to acknowledge your defects and virtues: What have I done wrong? What have I done right? What could I have done better?
- Examine your conscience with sincerity:

Did I often consider that God is my Father? Did I offer Him my work? Did I make good use of my time? Did I pray slowly and with attention? Did I try to make life pleasant for other people? Did I criticize anyone? Was I forgiving? Did I pray and offer some sacrifices for the Church, for the pope, and for those around me? Did I allow myself to be carried away by sensuality? By pride?

- Make an act of contrition sorrowfully asking our Lord's pardon.

- Make a specific resolution for tomorrow:

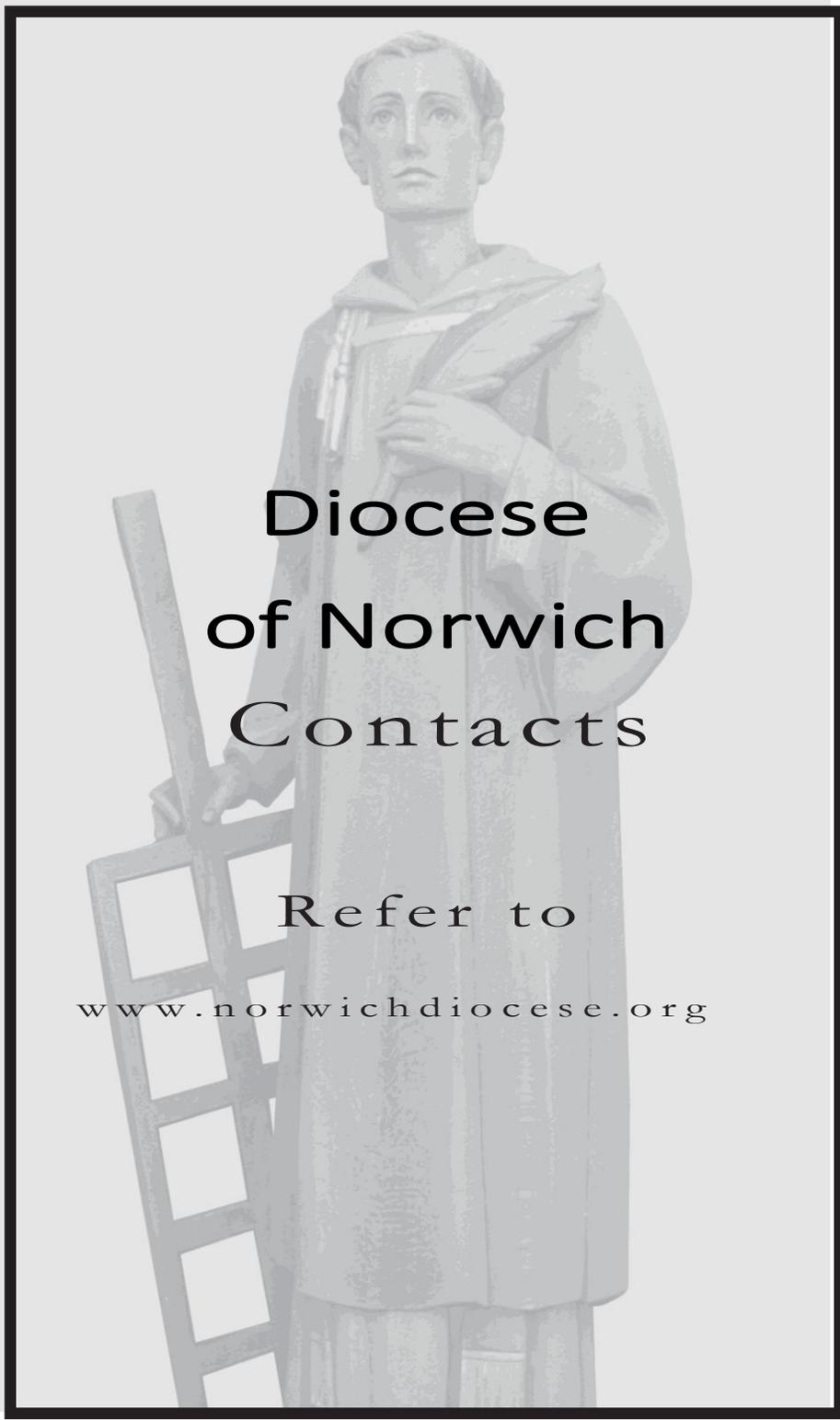
To stay away from certain temptations.

To avoid some specific faults.

To exert special effort to practice some virtue.

To take advantage of occasions for improvement.

- Pray three Hail Marys to the Virgin Mary, asking for purity of heart, body and mind.



**Diocese
of Norwich
Contacts**

Refer to
www.norwichdiocese.org

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