



St. Boniface Martyr Roman Catholic Church

Established 1898 ~ Sea Cliff, New York

Serving the people of God in Sea Cliff,
Glen Head, Glenwood Landing, Glen Cove
and surrounding communities.

Reverend Kevin J. Dillon, Pastor

We are a pilgrim people
on a journey toward the Kingdom of God.

Join us!

Nineteenth Sunday in Ordinary Time: August 9, 2020

Parish Address: 145 Glen Avenue
Sea Cliff, New York 11579
Phone: 516-676-0676; Fax: 516-674-6742
stbonchurch@gmail.com; www.saintboniface.org
www.facebook.com/StBonifaceMartyr/

Office Hours: 10am-2pm
Monday - Friday; 9am-12pm Saturday.

Church Hours: 8am-2:30pm
Monday - Friday; 8am-6pm Saturday;
9am-1pm Sunday.

Masses: 8am Monday through Saturday.
Saturday 5pm; **Sunday:** 9am, 10:30am; 12pm

Confession: Saturday 4pm-4:45pm
in the Parish Center. See page 2.

Rosary Garden: Open daily dawn to dusk.

St. Vincent de Paul Society: If you know
of any parishioners needing assistance,
please call Linda Zavaro at 516-676-0676 x124
and leave a message with contact information.
A Vincentian will call them.

Parish Outreach Pantry: If you know
of any parishioners in need of food, please
call Jody Fleischmann and David Meagher at
516-676-0676 x125 and leave the person's name,
address and number. Food will be
delivered to them safely.



*Peter said to him in reply,
"Lord, if it is you, command me to come to you
on the water." He said, "Come."
Peter got out of the boat
and began to walk on the water toward Jesus.*

Matthew 14:28-29

Liturgy Schedule

10:30am Sunday Mass at St. Boniface:
www.facebook.com/StBonifaceMartyr/

Catholic Faith Network: CFNtv.org (includes On Demand), Optimum 29/137, Verizon 296.

The bread, wine, altar candles and sanctuary lamp used in this week's celebrations were donated in loving memory of Camille Miritello by her children.

19th Sunday in Ordinary Time: August 9, 2020
1 Kgs 19:9-13; Ps 85:9-14; Rom 9:1-5; Psalm 130:5; Matt 14:22-33

5pm Mass Intention: Sandra Williams Wien
 Presider: Fr. Kevin

9am Mass Intention: Anna May Moore
 Presider: Fr. Perera

10:30am Mass Intention: Liz & Dick Hennessey
 Presider: Fr. Kevin

12pm Mass Intention: Parishioners
 Presider: Fr. Azubuike

Monday, August 10: St. Lawrence
Ezek 1:1-28; Ps 148:1-14; 2 Thess 2:14; Matt 17:22-27
8am Mass

Tuesday, August 11: St. Clare
Ezek 2:8-3:4; Ps 119:14-131; Matt 11:29; Matt 18:1-14
8am Mass

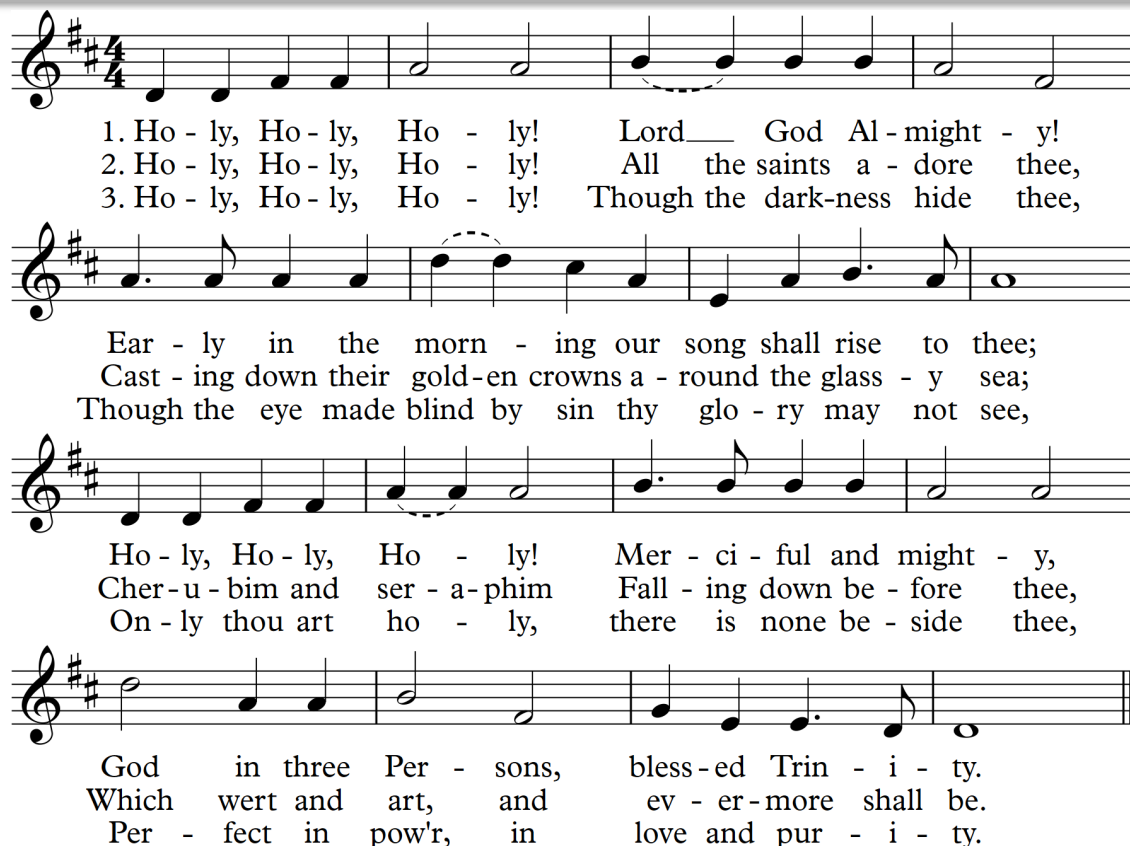
Wednesday, August 12
Ezek 9:1-7, 10:18-22; Ps 113:1-6; 2 Cor 5:19; Matt 18:15-20
8am Mass

Thursday, August 13: St. Pontian & St. Hippolytus
Ezek 12:1-2; Ps 78:56-62; Ps 119:135; Matt 18:21-19:1
8am Mass Intention: Camille Miritello

Friday, August 14: St. Maximilian Mary Kolbe
Ezek 16:1-63; Isa 12:1-6; 1 Thess 2:13; Matt 19:3-12
8am Mass Intention: Antoinette Churillo

Saturday, August 15: Assumption of Mary
Rev 11:19, 12:1-10; Ps 45:10-16; 1 Cor 15:20-27; Luke 1:39-56
8am Mass Intention: Martha Omeire
Confession 4pm-4:45pm. Confessor: Fr. Azubuike

Opening Hymn: Holy, Holy, Holy



1. Ho - ly, Ho - ly, Ho - ly! Lord God Al - might - y!
 2. Ho - ly, Ho - ly, Ho - ly! All the saints a - dore thee,
 3. Ho - ly, Ho - ly, Ho - ly! Though the dark-ness hide thee,

Ear - ly in the morn - ing our song shall rise to thee;
 Cast - ing down their gold-en crowns a - round the glass - y sea;
 Though the eye made blind by sin thy glo - ry may not see,

Ho - ly, Ho - ly, Ho - ly! Mer - ci - ful and might - y,
 Cher - u - bim and ser - a - phim Fall - ing down be - fore thee,
 On - ly thou art ho - ly, there is none be - side thee,

God in three Per - sons, bless - ed Trin - i - ty.
 Which wert and art, and ev - er - more shall be.
 Per - fect in pow'r, in love and pur - i - ty.

Prayers & Readings

Confiteor: I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Gloria: Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

Nicene Creed: I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Apostle's Creed: I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints,

the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.³

Reading 1: At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the LORD said to him, "Go outside and stand on the mountain before the LORD; the LORD will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake there was fire, but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave.

Psalm: *Lord, let us see your kindness, and grant us your salvation.* I will hear what God proclaims; the LORD, for he proclaims peace. Near indeed is his salvation to those who fear him, glory dwelling in our land. **R.** Kindness and truth shall meet; justice and peace shall kiss. Truth shall spring out of the earth, and justice shall look down from heaven. **R.** The LORD himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps. **R**

Reading 2: Brothers and sisters: I speak the truth in Christ, I do not lie; my conscience joins with the Holy Spirit in bearing me witness that I have great sorrow and constant anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites; theirs the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; theirs the patriarchs, and from them, according to the flesh, is the Christ, who is over all, God blessed forever. Amen.

Gospel: After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God." - www.usccb.org. All rights reserved. Used with permission.

Let Us Pray

For Our Deceased: Geofery Obieje

For Our Sick

Lucia Alonso, William Anderson, Brandon Arena, Charlie Brackenridge, Richard Brown, Camille Costa, Therese Curry, Carmela DelGaudio, Daniel Garcia, Gary Gullo, Mary Jo Hauser, Cecelia Hernandez, Sairah Khan, Abby Kolkhorst, Toni Lauria, Georgia Leim, Bruce McGhee, Bobbi McDonald, Janet McKinnon, Michelle Martone, Kenneth Moore, John Moran, Fr. Daniel Nash, Kim Occhiogrosso, John Orozco, Michelle Perone, Danielle Robinson, Tom Ryan, Jr., Abigail Salva, Pat Sawicki, Vincenza Scire, Anna Fiora Seda, Katrina Stern, Steven Taibbi, Steven Tipton, Eric Tyrkko, Glenn Van Pelt, Sr., Joe Vulpis, Lisa Vulpis, Scott Warner.

Requests for inclusion on the sick list must be made by an immediate family member through Fr. Kevin.

For Our Military

Lieutenant Melissa Buffa & Lieutenant Travis Buffa
Lance CPL Matthew B. Christman
Second Lieutenant Mario Coronel, US Army
Second Lieutenant Matthew Coronel, US Army
Flight Lieutenant Joseph Doyle
US Marine Lance CPO Philip W. Grella, III
Jake A. Hojnowski, Sailor E-3, US Navy
Lance CPL Gregory Knox
Sgt. Christian Lada, US Army
Christian Pace Laderer, MMN3, US Navy
Private First Class Ignazio LaManna, US Army
Private First Class Vincent S. LaManna, Jr., US Army
Lieutenant Brian McMenamin
Lieutenant Ian McMenamin
Private First Class Joshua McMillan
Lieutenant Michael R. Ragusa, USN
SPC Jennifer Sinski, US Army
Ensign Joseph Varello, USN
Lieutenant Commander Drew Whitting, US Navy
Sgt. Luke Whitting, US Army
Captain Christina Merrick-Wright
Captain Bradley Wright, US Army.

Special Assistance: *"Your surplus at the present time should supply their needs so that their surplus may in turn one day supply your need."* (II Cor 8:14).

Stewardship provides assistance for the less fortunate. Please place your "surplus" in an envelope marked Special Assistance and Fr. Kevin will see it helps "supply their needs." Please pray about what Jesus is asking of you.

Stewardship

Sunday Donations

Thank you for your Stewardship Donations!

Next week there will be a second collection for our parish **Maintenance and Repair** fund.

Month of July Faith Direct Donations

Stewardship: \$13,577 (4 weeks)

Maintenance & Repair: \$943; One Time Gifts: \$1,225

100 families now participating

(\$3,347 per week for Faith Direct Stewardship)

St. Boniface Martyr Church is sustained by the generosity of parishioners through time, talent and treasure. For all that you do, thank you!

Dear Parishioners,

**Thank you
for your generosity!**

During the coronavirus lockdown our Sunday collection averaged \$2,500 per week. Since public masses were reinstated, our Sunday collections have greatly increased. Thank you! Many thanks also to those of you who continue to mail in your envelopes and donations, and to those of you enrolled in Faith Direct. Your contributions help to sustain St. Boniface Martyr Church.



Can't come to Church? Did you know that you may participate virtually in the Offertory Collection? Just click on the Faith Direct link in the comments area during the Sunday Facebook mass, or anytime on our Facebook page www.facebook.com/StBonifaceMartyr/ or at www.saintboniface.org. Through Faith Direct you can make your donations automatically from your checking account or credit card. It's secure, simple and convenient for you and your church. You can sign up from your computer or smartphone for a recurring donation, make a one-time gift or request a mass intention.

Don't have a smartphone or computer? Just call Faith Direct at 866-507-8757 toll free from your landline. Someone from Faith Direct will assist you.

Thank you again for your generous donations and for using Faith Direct to support your church.

May God bless you and your loved ones!

In His Name,

Fr. Kevin Dillon, Pastor

News & Notes

Third Banns of Marriage

Lorenz Michael Bracco
and Samantha Michelle Henriquez
St. Boniface Martyr Church, Sea Cliff



Religious Education Registration 2020-21

Please visit www.saintboniface.org for updated information in light of COVID. Registration for online classes is happening now. Please register as soon as possible. Email Karen Croce at stbonccd@gmail.com with questions or for a form.

Confessions: Saturdays 4pm-4:45pm in the Parish Center. Wait on the porch socially distanced. Masks required. Face-to-Face Confession only, with plexiglass separating priest and penitent.

Mass: 8am Mondays through Saturdays. Seating in side pews and first two center pews on the left.

Sunday: 5pm Saturday; 9am/10:30am, 12pm Sunday.

Church Entry via main doors. Masks Required.

Bathrooms closed.

Communion: Come forward masked and socially distanced. After you say Amen, step aside and consume the host. You may receive on the tongue by kneeling and removing your mask.

The Diocese strongly encourages the sick or vulnerable due to age or health conditions to remain at home and view Mass on TV or on line. Sunday Mass dispensation is effect indefinitely.

The 10:30am Sunday Mass is live on Facebook.
www.facebook.com/StBonifaceMartyr/
Otherwise watch **Catholic Faith Network:** Optimum 29/137, Verizon 296, CFNtv.org (On Demand).

Prepare the Word

Peace Offerings

We all have someone in our lives whom we think walks on water because of something he or she did for us or a loved one: the teacher who finally got through; the doctor who saved a life; the cop who came to the rescue; the counselor who helped turn things around; the friend who lent a helping hand; the lawyer who restored a good name; the neighbor with a generous spirit; the foe with a forgiving heart.

One thing all of these water walkers have in common is the ability to bring order to a chaotic situation. The seas of our minds and hearts are roiling; we reach out; allow ourselves to trust; and are offered a sign of peace.

Being dazed and confused, frightened and in pain is not how Jesus wants us to live. Think of the words of Jesus we repeat each time we gather at Eucharist: "My peace I leave you; my peace I give to you."

Remember Christ's peace is yours for the taking. That is the miracle of Christian living. Problems and challenges don't disappear but our fear of them does. Instead of Peter's panic, "Lord, save me!"; our response can be modeled after Peter's faith, "Lord, command me to come to you." We can remain calm even in the midst of chaos. We can, in fact, walk on water. Believe that, and you will have plenty of peace to offer others.

- Patrice Tuohy, co-founder of TrueQuest Communications and publisher of Prepare the Word, is an award-winning writer, editor, designer, and author of a number of articles on Catholic life. Printed with permission from PrepareTheWord.com

PLEASE HELP SUPPORT THE INN

The INN, (the Interfaith Nutrition Network), has been serving the homeless and the poor here on Long Island since 1983. During these difficult times they have made great efforts to continue their work. At the Mary Brennan INN in Hempstead, volunteers prepare and wrap hundreds of meals daily to be given on the "go", as they are not able to serve in the INN dining room under the present conditions. The shelters that house homeless men, women, and children, pose a special challenge for the INN, as distancing is impossible. Staff and volunteers are challenged with sanitizing surfaces daily.

In speaking with Jean Kelly, (the executive director of the INN), there is a great need for the following items: Pampers, new underwear for men, women and children, toothpaste, toilet paper, deodorant, etc.

If you can supply any of these items, please call: Andrew DiSalvo at 516 759 3370. I will make arrangements to pick items up, or you can bring them to my home in Sea Cliff. Thank you and God bless you.



Take Five for Faith

Sunday, August 9, 2020

Nagasaki was the second and last city to date to endure attack by atomic weapon. In the instant after the bomb's release, 35,000 people were killed, mostly factory workers. Those factories, which supported the Japanese war effort, were the targets of the attack. It all made sense in a war room at the time. After the mushroom cloud clears, however, we have to reckon with the ghosts of our choices. The animated drama, *In This Corner of the World*, offers a moving reflection on the personal cost of these attacks on ordinary Japanese citizens. Pray for all victims of war, and for lasting world peace.

Monday, August 10

FEAST OF ST. LAWRENCE, DEACON, MARTYR
Lawrence, a Roman deacon who was martyred in 258, is one of the most venerated of saints, and there are many legends about his gruesome death, which prompted widespread conversions to Christianity in his city. Most Christians aren't called to such spectacular sacrifice, but there are other types of martyrs—ordinary folks in every generation who face adversity with total commitment to God and sow the seeds of faith all around them. They are martyrs at the hands of disease, hatred, bigotry, selfishness, and cruelty. They fight the good fight and leave us all the better for it. Pray for that level of faith and perseverance.

Tuesday, August 11

MEMORIAL OF ST. CLARE, VIRGIN
Those who enter consecrated life in the Catholic Church make at least three vows—of poverty, chastity, and obedience. Known as the Evangelical Counsels, the vows are meant to shield disciples from greed, lust, and pride. For most religious orders, poverty is simply a commitment to shared (rather than individual) ownership. But Clare of Assisi, among the first followers of Saint Francis and the first woman known to write a set of monastic guidelines, made sure her order of Poor Clares owned nothing at all. "We become what we love," she wrote. "If we love things, we become a thing." In honor of Clare, take some time to examine what you love and what you own to see whether anything is hampering your spiritual life.

Wednesday, August 12

One of the seven themes of Catholic social teaching—Call to Family, Community, and Participation—asserts that we have a right and a responsibility to participate in society and to seek the common good, taking special care of the poor and vulnerable.

Since 1999, the United Nations has set aside August 12 as International Youth Day to celebrate and enhance the global efforts of youth to build a better world. This year's theme is "Youth Engagement for Global Action," and we've certainly seen evidence of that in recent street protests. What are you doing to engage youth? Offer young people you know a call to action—or better yet—respond to the call they offer you.

Thursday, August 13

MEMORIAL OF ST. PONTIAN AND ST. HIPPOLYTUS
Today's saints—Pontian and Hippolytus—endured exile together. They were forced by third-century Roman emperor Maximinus to work in the mines of the island of Sardinia and eventually perished there. Formerly, they had been a pope (Pontian) and theologian (Hippolytus). The church advocates at many levels for migrants who have been exiled from their homeland by war, poverty, or persecution. In homage to exiles across the centuries, consider taking a step today to aid migrants in your region of the world.

Friday, August 14

MEMORIAL OF ST. MAXIMILIAN KOLBE
Many young Catholics may have had the opportunity to read the comic book "Soldier of God," about the life of Saint Maximilian Kolbe, who was killed in the Auschwitz concentration camp. It begins: "This is a true story of a real flesh-and-blood hero of God." Young readers were captivated, and most could not forget the images of Maximilian volunteering to take the place of a man who was selected to be killed. "Would I do that?" is an instinctive question when faced with such powerful witness. Not all are called to martyrdom, but each Christian commits to being an example of God's deep love and care for people, especially the most vulnerable. "How can I be God's witness?" is a good question to ask yourself each day.

Saturday, August 15

THE ASSUMPTION OF THE BLESSED VIRGIN MARY
Mary, now united totally with her son, with whom she suffered excruciating ordeals, shows us how suffering transforms to glory. She gathers all her human children close in this season of harvest, her bounteous fruits and flowers. Today's gospel shows Elizabeth affirming in Mary a vigor and holiness, mirroring God's, that she herself might not have recognized. This feast points to the same glory in each of us, perhaps hard to believe, but still hidden, vital, intact.

Final Profession Journal

St. Boniface Martyr Church
is honoring
Sr. Edith Elvis Obodo, SJS,
as she prepares for her
Final Religious Profession
in Nigeria
on October 10, 2020.



Parishioners may
congratulate her by placing
an ad in her Final Profession Journal by **August 31.**

Prices are; \$60 for a full page, \$30 for a half page;
\$15 for a quarter page. Checks may be made
payable to "Sisters of Jesus the Saviour" and
mailed along with your message to:

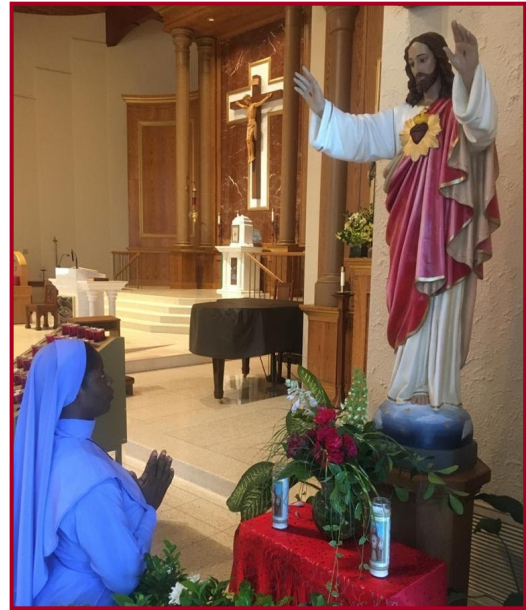
Sr. Elvis c/o St. Boniface Church
145 Glen Avenue, Sea Cliff, NY 11579

If you have any questions, please email
Sister at adaobodo17@gmail.com.

God Bless you!

*I have asked the Lord for one thing.
One thing only do I want, to live in the house
of the Lord all the days of my life.*

Psalm 27:4



Parish Information

Registration

We welcome new members to our parish family.
Please contact the office.

Baptism

Please contact the office to arrange an interview and
class. Godparents must have received the
Sacraments of Initiation (Baptism, Eucharist,
Confirmation) and live in harmony with the
Catholic Church.

Matrimony

Engaged couples are to call the parish office
before any other arrangements are made.
A minimum of six months is needed.

Rite of Christian Initiation of Adults (RCIA)

An ongoing process of formation for those
interested in becoming Catholic. Email
Jane Serpico at stbonRCIA@gmail.com or call the
parish office at 516-676-0676 x130.

Bereavement Support Group

Call David Meagher at 516-676-0676 x131.

CYO

Call Kevin Kelly at 516-676-0676 x 122.

Diocese of Rockville Centre

50 North Park Ave., Rockville Centre, NY 11571
516-678-5800; or www.drvc.org

Pastor: Rev. Kevin J. Dillon; stbonpastor@gmail.com

Associate Pastor: Fr. Chinthaka Perera;
pereramdc@yahoo.com

In Residence: Fr. Azubuike Igwegbe

Deacon: Tom Fox: 516-676-0676 x 126;
stbondcntom@gmail.com

The Sisters of Jesus the Saviour: 676-0676 x101

Music & Liturgy: Jeffrey Schneider;
676-0676 x105; stbonmusic@gmail.com

Business & Finance: Eileen Krieb; 676-0676 x 110;
stbonfinance@gmail.com

Religious Education: Karen Croce 516-671-0418
or email stbonccd@gmail.com.

Youth Ministry/Community Development:

Belinda Basaca Zeitlin 516-676-0676 x123;
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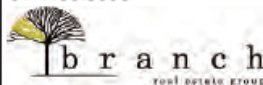
Administration: 516-676-0676 x 0;
stbonchurch@gmail.com. Nina Kim: Mon/Thu/Fri;
Joan Schiller: Tu/Wed; Sr. Maximillian Paul, SJS: Sat.

Webmaster: Robert Lynch; www.saintboniface.org;
stbonweb@gmail.com; text/call 516-782-7494

Bulletin Editor: Julie Byrne x128. Deadline: 10am
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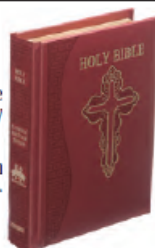
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BRINGING *Christ* TO CAMPUS

WORDS OF ADVICE FOR COLLEGE
STUDENTS STRIVING FOR HOLINESS

By Most Rev. John O. Barres, Bishop of Rockville Centre



**BISHOP
JOHN O. BARRES**
is the fifth bishop
of the Catholic
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AUGUST 1, 2020

**DEAR UNIVERSITY STUDENTS
OF LONG ISLAND:**

So much has changed in the world since last semester, and so much will be different on campus this year. Yet one thing remains: the love of Jesus Christ. Whether you are navigating long distance learning or returning to a campus on Long Island or a campus in another part of the country, entering as a transfer student or just beginning, the Holy Spirit calls you to live in this love. The Holy Spirit desires spiritual greatness from you right in the midst of the heavy crosses the world is carrying.

As the year begins, I would like to offer you some short words of advice as you strive for holiness in this unique moment of history. Know that each one of you is daily in my prayers and Masses along with your family and every friend you make on campus.

1 First, be radically faithful to the Sunday Mass.

As you plan your schedule, make your presence at Sunday Mass the top priority of your week. Make that decision right now and live it every week of your life until the week of your death.

The Mass keeps you anchored, focused and directed on the mind, heart and life of Jesus. Live the rhythm of the Sunday Mass — a rhythm of giving and receiving — in your daily life. Remember with St. Ephrem that when we eat and drink the Body and Blood of Jesus Christ, we eat and drink fire and spirit.

2 Pray daily.

Carry a small copy of the New Testament everywhere you go or keep it on your phone. Read, meditate, pray, contemplate and live the inspired Word of God. Set aside 15 minutes a day to pray in silence.

When you can, enter into a Catholic University Chapel or Catholic Church and pray in front of the Blessed Sacrament. Listen to Father, Son and Holy Spirit streaming through and illuminating your soul. In a social media addicted world, listen deeply to God in silence and listen deeply to others with the face, eyes, ears, empathy, concentration and compassion of Jesus Christ. Listening daily to God in silence is the best investment to discerning your educational, career and vocational path.



3 Embrace and live the Ten Commandments given to us by God.

Reject moral relativism — the belief that there is no right or wrong — and the dysfunctional separation of freedom from truth. Reject moral relativism's mirage-like paths of self-destruction. Realize that true freedom means forming our consciences and actions with the truths of Jesus Christ.

Embrace the objective splendor of truth of the Sacred Scriptures, the Creed, the Sacraments, Catholic Moral Teaching, and the teaching on prayer of the Catholic Saints and Mystics. Make frequent use of the sacrament of Penance and experience Christ's mercy and forgiveness consistently. Become a courageous forgiver and instrument of the Divine Mercy of Jesus Christ in the World.

4 Have a deep devotion to the Holy Spirit.

Say the prayer, "Come, Holy Spirit!" many times each day. Allow the seven gifts of the Holy Spirit — wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord — to have free rein in your life. Dedicate your educational path, your career path and your vocational path to the Holy Spirit. Have a burning daily desire for Heaven and eternal life.

Realize that the people who are most productive in their life on earth are precisely those who have the long view, those who have a burning desire for Heaven. (See the section on Hope in C.S. Lewis's *Mere Christianity* for more on that thought.)



5 Serve generously. Live the seven Corporal Works of Mercy — feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the sick, visit the imprisoned, bury the dead — and the seven Spiritual Works of Mercy — counsel the doubtful, instruct the ignorant, admonish sinners, comfort the afflicted, forgive offenses, bear wrongs patiently, pray for the living and the dead.

When you perform these works, you show Christ to others and they show Christ to you. Of course, time is precious, especially during the busyness of the semester, but be willing to make sacrifices with your schedule to help those in need. A practical first step is to call your grandparents consistently. You will never know what a lift that gives them every time you call. Be generous with your time and remember the truth St. Francis of Assisi tells us: “It is in giving that we receive.”



6 Sanctify your daily academic work. As you sit down for a three-hour study block of biology, engineering, mathematics, accounting, literature, art history or theatre, begin with a short prayer that offers God your academic concentration, determination and tenacity and transforms the study into prayer and a practice of the presence of God.

Be a Renaissance person who is able to integrate step-by-step the history of music, art, cinema and literature as you study engineering, accounting, journalism, education, history or some other dimension of liberal arts. A Renaissance person grounded in the truths, mission and mysticism of his or her Catholic faith can cast a wider net of mission and evangelization because of a capacity to engage in a wide range of conversations with a wide range of people



7 Build authentic friendships. Be known for being a strong, sincere, virtuous and loyal friend, and let friendships lead you to stimulating discussions of Faith. So many university students through the decades have entered the Catholic Church because a Catholic friend took interest in them and gave powerful witness to our Faith. Make the compelling and sincere way you live your Catholic faith a light of Christ to every fellow student, faculty and staff member you meet.

8 Learn to articulate the Catholic Faith by cultivating the art of Catholic Apologetics.

This is an orderly and heart-felt approach to explaining what and why we believe. To develop this skill, study incrementally the Catechism of the Catholic Church and Catholic apologists like G.K. Chesterton and Bishop Robert Barron, whose writings and YouTube presentations engage contemporary culture and events so effectively.

**“Be the
Holy Spirit’s
instrument of
casting Fire on
the earth!”**



Honing this craft of Apologetics will help you express the reason for the Faith that is within you. St. Peter tells us to be ready to do this always (1 Peter 3:15), and on campus, having that reason at hand will be a gift to yourself, your Catholic community, and the variety of people the Holy Spirit will place before you.

9 Explore the work of Catholic intellectuals. Search YouTube for talks by professors like Helen Alvaré of George Mason University Law School and Robert George of Princeton University. Both are strong witnesses of living the Faith in society, and both will remind you of the importance of integrating your Faith and your academic discipline.

Whatever that discipline is, see how our Catholic Faith intersects it. If you are a physicist, be able to discuss intelligently your Catholic perspective on the relationship between religion and science and how the Catholic Church has been the greatest advocate of

ethical scientific development in history. If your focus is literature, understand the contributions of Catholic novelists, poets, playwrights and screenplay writers.

Be the Holy Spirit’s instrument of casting Fire on the earth! Live and express your Catholic faith charitably and compassionately in the public square.

10 Be an instrument of Catholic social justice, racial justice and harmony, and social change that is grounded in the sanctity of human life, the non-violence expressed in history by the Reverend Dr. Martin Luther King Jr., your commitment to daily conversion and holiness, and a creative Catholic missionary spirit.

Remember the lessons of history that violence and a spirit of destruction set back authentic movements of social change by decades. Carry the Cross of Jesus Christ courageously on behalf of the poor, the marginalized, the ignored, the forgotten, the victims of discrimination and racial injustice.



11 Remember throughout your lives your experience of the traumas and loss of lives in the COVID-19 crisis. We pray for their souls and their families today. Your Catholic faith has given you and your families much strength and direction during these challenging times and you have been inspired by the heroism of so many medical personnel and first responders on the front lines. Their example will be a lifelong memory and inspirational point of reference for you for your entire life. Live their spirit of fortitude, courage, sacrifice and magnanimity.

12 Finally, go to your Mother Mary, Our Lady Queen of Peace, Mother of the Church, Our Lady of Lourdes, Our Lady of Fatima, Our Lady of Guadalupe. Pray decades of the Rosary each day. Take her advice at the Wedding of Cana: "Do whatever my Son Jesus tells you to do."

Thank you for your witness to your Catholic faith on your university campus. Be not afraid! Remember with St. Paul that eyes have not seen and ears have not heard what God has prepared for those who love Him. God Bless you! ✝

Sincerely in Christ,

+ John O. Barres



Bishop Barres with students from Long Island colleges at the Fellowship of Catholic University Students SLS Conference in Phoenix, Arizona in January 2020.

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