

Our Christian Walk

The Gazette Of Grace

Spring

Apr-May-Jun Issue 2018

Serving The Community Of Our Lady Of Grace



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Fr. Peter's Note

Rev. Peter Russo, Pastor

This issue of the parish newsletter will go to press during the Easter season when the Church will be reflecting on the great mysteries of our faith each Sunday until Pentecost. Each Sunday during Lent we began the mass with the statement "**Blessed is the Kingdom of the Father the son and the Holy Spirit**" In my Lenten homilies I spoke often of God's constant invitation to enter into the mystery; the mystery of our personal relationship with God in Jesus Christ by the power of the Holy Spirit.

In the January issue of the liturgical Worship, there was an article by Jette Bendixen Ronkilde that spoke of the importance of the active participation of the congregation in the liturgy as the means of our experiencing the mystery of our "faith journey". All through the mass we pray to God the Father, in the Spirit, in the name of Jesus Christ. Over and over again we are invited to experience the mystery of the Triune God and the power of divine love and mercy. When we celebrate the Mass as a community of faith, with each person embracing their proper role, we all enter into that mystery.

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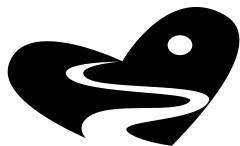
OLG Mission Statement

We are a welcoming community of believers, being disciples of Christ through worship, the Sacraments, ongoing faith formation, evangelization and Christian service to others!

Fr. Peter's Note cont'd.

The "Worship" article that I referenced addresses the importance of our active involvement in the liturgy in this way: "Worship provides a window into the kingdom of God since the gates of heaven are open in worship, worship **is** heaven in the ordinary. Christ is experienced as risen through the voices of the assembly. "As such, liturgy is a recurring Easter morning." "The participants in the assembly "feel and taste, sense and see;" they encounter the Lord's presence and they are moved."

As a pastor and presider at the liturgy I am keenly aware that we are all invited into a personal relationship with Christ. When I look out on the people gathered, at times I feel that some are not actively engaged in this great mystery. My hope and prayer for each one of you is that during this Easter season you will be open to the Great Mystery of God's love for you through



"Did not our hearts
burn within us ...
while he opened to us
the Scriptures?"

Luke 24:32, ESV



FAITH FORMATION NEWS

by Roberta Quinn

Our second graders were treated to a morning of prayer, movie and crafts. All this took place during their Reconciliation Retreat Day on Saturday, November 18, 2017.

Breakfast with St Nick on December 16th proved to be a joyous experience for the children and their families. The food was great! and the teens who served and helped were outstanding. Thank you to all who participated and helped make this day special for our children.

We are presently getting ready for the children to participate in the Stations of the Cross on Wednesday evening March 21 at 6:30 PM. Some children will have reading parts while others with re-enact all 15 stations.

On Saturday, April 14 from 9:30 AM to 12:00 Noon our second graders will attend their First Eucharist Retreat day. A full morning is planned for this event, including baking bread, making shawls, decorating chalices for First Holy Communion, movie, snacks. More detailed information will take place in the next issue of the Newsletter.

Our First Holy Communion will take place, May 6 at the 10:30 Mass followed by the May Crowning.

CROP WALK

This year, the CROP Walk for hunger will be held Sunday, May 6, 2018. We have had enthusiastic representation from OLG in the past and invite you to join us (CROP stands for—communities responding to overcome poverty.)

Walk your own pace, get your exercise for the day and be part of this uplifting event with friends and neighbors, witnessing as community, ONE STEP AT A TIME!

Information and sign-up table will be available after 5:30 and 10:30 Masses during April and early May. We are seeking to recruit walkers and/or sponsors! For more information, contact Chris Costigan at costigan4@hughes.net



WOMEN'S SPIRITUAL DAY OF REFLECTION 2017

We had a great gathering last fall to reflect on the subject of “being in the moment”. Clare Bradley, presenter, challenged us with questions, discussions, meditation and prayer, guiding us to learn how to bring ourselves into the moment—oneness with the Holy Spirit, presence.

The goal of presence is to calm your mind and connect with God. The “now” is ALL WE HAVE! As we engage in moment living, we are experiencing the sacred, and we become God’s instrument. When we are in the moment we do not need anything, becoming open completely to God. When we step out of the moment, we move back into the past with all its sorrow, heartache, and regrets. However, you cannot change the past...useless worry robs us of our inner peace. Then you may move to the future. Will I get sick? How will I die? How will I pay the bills? You can plan forever, but then you receive the diagnosis and everything is changed. Projecting the future is fear, our greatest spiritual enemy.

So we sit with important questions: Do I make a conscious decision to be in the moment? When I find myself in the past or future, do I take responsibility for abandoning the moment? What is God’s will for me at the moment? Do I live in a trance state? Do I bring my body forward, with my mind following it? Or do I do the reverse? If this were the last moment of my life, what would I want to be thinking of?

We hashed out the downside of anxiety and the upside of letting go and letting God! We practiced meditating, feeling all the inner parts of our body, sensitizing ourselves to the voice of the moment. We prayed and shared and laughed when the spirit moved us! We enjoyed community and the opportunity to go back into our busy world, and listen to the voice of the Spirit while holding anxiety at bay.


Watch for our fall retreat and join us as we gather, women of faith, to share our journey!

Kids Korner



Thought For the Day!

**LORD, PLEASE KEEP YOUR ARM
AROUND MY SHOULDER, AND YOUR
HAND OVER MY MOUTH!!!!!!**

**HEY KIDS!
ASK MOM/OR DAD TO
TAKE YOU AND YOUR
FRIENDS TO ALL THE
ACTIVITIES ANNOUNCED
IN THIS ISSUE!**



RESURRECTION HOPE


 Romans 6:5 reveals the hope we have because
 Jesus rose from the dead on Easter.
 

Directions: First solve the math problems. Then put the corresponding words in the blanks; for example, the word next to the answer "1" goes in the first blank, the word next to the answer "2" goes in the second blank, and so on.

2+2 = ___ united	2x3 = ___ death	7+6 = ___ resurrection
3x3 = ___ certainly	18-16 = ___ have	4-1 = ___ been
0+1 = ___ if	2x4 = ___ we	13-1 = ___ him
2+3 = ___ in	20-6 = ___ like	2+5 = ___ his
2x5 = ___ be	8+3 = ___ with	

"For 1 we 2 3 4
 with him 5 a 6 like 7 ,
8 will 9 also 10 united
11 12 in a 13
14 his." Romans 6:5, NIV

**CALLING ALL
KIDS!**

**Spring Training is
here!**

1. Observe the birds.
2. Watch for tree's new growth.
3. Be grateful for the worms which till the soil.
4. Smile at the sky.
5. Look for cloud clowns and alligators!
6. Imitate a mocking bird.
7. Watch the squirrels dig for new life.
8. Dig down into your hearts to feel the new life of the Risen Christ!
9. Listen, listen, listen to the voice of the Holy Spirit,

Answer: For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. Romans 6:5, NIV

Nurse's Corner

Nancy Michela, RN

Stroke Awareness & Prevention

A stroke occurs when blood in the brain is interrupted or reduced. This event robs the brain of oxygen and nutrients. A stroke is a medical emergency!

Good news is that fewer people are dying from stroke and more people are treated successfully for stroke in the last 15 years. Prevention is key.

Signs or symptoms to be aware of: **F A S T**

F = FACE. Ask a person to smile. Does the face droop?

A = ARMS. Ask a person to raise both arms. Does one arm drift downward? Or is one arm unable to move?

S = SPEECH. Ask a person to repeat a simple phrase. Is the speech slurred or sound strange?

T = TIME. If you observe any of these signs, call 911 immediately!

Risk Factors

There are many risk factors that can increase your risk of stroke.

Lifestyle factors that can be managed or changed are:

- Overweight or obese status
- Physical inactivity
- Heavy or binge drinking
- Illicit drug (cocaine/
methamphetamines) use

Medical risk factors that can be managed or changed are:

- High blood pressure
- Cigarette smoking
- High cholesterol
- Diabetes
- Obstructive sleep apnea
- Cardiovascular disease-heart failure, heart defects, heart infection or abnormal heart rhythm.

Healthy lifestyle recommendations for overall cardiac health, including stroke prevention include:

- Control high blood pressure

- Control cholesterol
- Quit tobacco use
- Control diabetes
- Treat sleep apnea
- Avoid illicit drugs.

Talk to your health care professional. Follow recommendations. Take medications as prescribed. Prevention of stroke is easier than stroke treatment!!

More information can be found at the Mayo Clinic website:



GARDENERS OF GRACE

The Easter Season has leavened us with the opportunity to know Christ more as He plants seeds of the Holy Spirit in our hearts!

Can you answer His call to generosity by helping the Gardeners of Grace hoe and plant the Church grounds. There is too much work for one man, Jim Repice, our building/grounds caretaker.

He needs even the littlest bit of help. Can you/your spouse/your kids offer up 1 hour per week or anytime whatsoever, to spring spruce the grounds? Call or contact Dave and Ann Pearce, pep416@aol.com . You can choose your area, big or small, to till the soil and be a gardener of grace!



SAVE THE DATE: SATURDAY SEPTEMBER 22, 2018



WHAT: EUCHARIST CONGRESS FOR DIOCESE OF ALBANY

WHERE; SHRINE OF THE NORTH AMERICAN MARTYRS IN AURIESVILLE

WHO; ALL CATHOLICS AS WELL AS OUR NON-CATHOLIC FRIENDS AND FAMILY

Bishop Edward Scharfenburger has announced the upcoming “Hearts Aflame Eucharistic Congress” which is a special gathering led by the bishop, focused on our Lord Jesus in the Eucharist. We will celebrate Mass, host inspirational speakers, have a Eucharistic Procession and offer activities for children.

The bishop encourages us to think of this event as a Catholic Super Bowl where we show our enthusiasm for our faith and our Savior, Jesus Christ. Our “stadium”, the Shrine of the North American Martyrs in Auriesville, can hold 10,000 people. Wouldn’t it be great if we could fill it with people making this pilgrimage in caravans of cars, youth groups, Knights of Columbus councils, etc.?

More details will follow. For now, please SAVE THE DATE and prayerfully consider joining us, and encouraging others both Catholic and non-Catholic, to come as well! See you there!

2018 OLG SPRING FESTIVAL

MARK YOUR CALENDAR!



SATURDAY, JUNE 2, 10:00am to 4:00pm

**Join the OLG community for our
2nd Annual Spring Festival**

Activities to include:

**Bounce house - Arts/Crafts - Face Painting/Vendors/Crafters
Car Wash by Youth Ministry/Raffles – Music/Food Trucks**

SPRING THAW by Janet Troidle

Frigid cold
 Brittles the world's bones
 Into icicles dangling,
 Precariously hanging
 As we trudge
 Through winter

Oak tree clutches its
 Gnarled leaves
 Worried that new life
 Will never sprout again

Boulder
 Jagged, oval and
 Recreated by a
 Thousand winters,
 Remains still
 A boulder
 Holding the land
 In its place, solid, working, faithful

Now the days
 Are minutes longer
 And Spirit flows
 Beneath the snow,
 Her black water
 Cutting through bright white
 Gurgling a soft hush to
 To watch a lone robin
 Prance in a barren field...
 And listen
 To a red-flecked treetop
 Orchestrate cardinal's chirp

Thank you God for nature's wonder.

THE CITY MISSION HOT MEAL PROGRAM

The Hot Meal Program is one of the many programs at the City Mission of Schenectady. Various churches come to the Wallace Campbell Dining Center at 512 Smith St. on their chosen day of the month to serve dinner to about 150 people each evening of the week. Since 1990, Our Lady of Grace has participated in this volunteer effort. Because this is an evening meal, it is a great service opportunity for those who have daytime commitments and also for families with children over 10 years of age.

The team for the City Mission Hot Meal Program consists of 8 people, who have signed up on the City Mission web site, to serve a prepared meal by the City Mission Staff and help clean up afterwards. We gather at 5 pm and usually are finished by 7 pm

Our assigned dates for 2018 are: January 23, April 10th, June 12th September 11th & November 13th.

If you have any other questions, please contact Marty St. Amand at (518) 441-0378 or Marty399@aol.com.

The City Mission Web Site is :
<http://olg.citymissionofscheneectady.volunteerhub.com/>.

We need more volunteers. If you are interested but do not have access to a computer please contact Marty for information on how to sign up. Also, please let Marty know if you have signed up to volunteer, so he can send an email to our volunteers about 2 weeks before our

Holy Communion for the Hospitalized and Homebound

Our Lady of Grace Visitation Ministry - If you are unable to attend Mass or if you are in a hospital or nursing home and would like to receive the Eucharist, please do not hesitate to call the parish office at [518-399-5713](tel:518-399-5713).

Members of this ministry look forward to these visits so they keep these parishioners connected to what is happening in the parish community.





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Note From Editor:

We welcome your comments, suggestions and contributions. We would like to use this newsletter to share the faith and Christian action of our parishioners. Please send stories about your ministry, e-mail photos; tell us about a person, or bible passages which have had a positive influence on you or your family, your poetry, your journey. We are published quarterly, with deadlines as follows:

<u>Issue</u>	<u>Deadline</u>
Jan-Feb-Mar	Nov 25
Apr-May-Jun	Mar 1
Jul-Aug-Sept	Jun 1
Oct-Nov-Dec	Sept 1

Our Cluster Parishes:
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<http://www.stjosephschurchscotia.net>

Immaculate Conception Website:
<http://www.ic-glenville.com/>

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You can access the weekly bulletin and this
newsletter with all current parish activity at:

<http://www.olgchurchbl.org>