

Our Lady Of Mercy Parish NEWSLETTER

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February 2019

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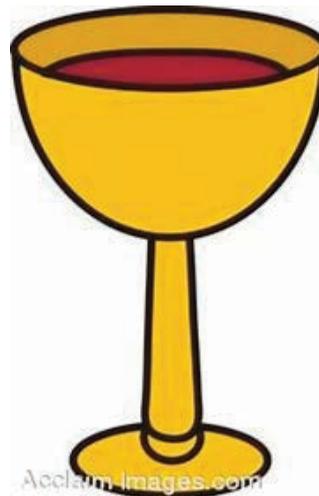
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The Vocation Prayer Chalice



You may have noticed a large poster that has been set up in the Gathering Space with a picture of a chalice on it asking, "Will you will take this chalice home to pray for vocations?"

Our Lady of Mercy is asking parishioners to sign up to pray that young people, especially in our parish, make Our Lord Jesus Christ a partner in discerning their vocation - be it to marriage, the priesthood or religious life. Each Sunday, a family, couple, or individual will be called forward at Mass to receive the Vocation Prayer Chalice and a prayer booklet that will guide

you through the week. In taking the Chalice, you are committing to pray each day during that week on behalf of our parish for vocations. At the end of the week, you will return the chalice to the parish.

If you are ready to commit to prayer you can sign up via e-mail at olmchalice@gmail.com or in the blue binder that will be on the book shelf in the Gathering Space. You are encouraged to sign up for a week whether as an individual, couple or family, and then attend the designated Mass to receive the Prayer Chalice and the Program

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A Catholic Therapist Speaks about Sexual Abuse

By Parishioner

Anthony T. Ruvolo, PhD, LPC

I was asked to write an article regarding the issue of sexual abuse that has been on the minds of most Catholics for many months now. In all humility, I found myself initially at a loss to consider what more, or what else I could say that has not been said already.

In my counseling experience, I have worked with many individuals who have experienced severe trauma of one form or another. In most cases, their traumatic experiences were quite overwhelming and somewhat intolerable on a day-to-day basis because of the continual, involuntary and intrusive memories of the actual trauma. As a result, these emotionally and physically victimized individuals are usually seen more than once a week, that is, sometimes two to three times a week. Many of these same individuals do not

recall their memories of these horrific experiences. Their lives, including their thoughts and behavior, often demonstrate that the person is functioning in a less than a healthy fashion.

These same memories are often dissociated, repressed and sometimes delayed. Often the trauma whether from war, physical, emotional or sexual abuse is experienced with denial, numbness and problems with recall. Through the exploration of these repressive memories, eventually our unconscious allows us to heal the effects of the trauma in whatever form the abuse had taken. It takes a great deal of courage and self-responsibility to heal from abuse.

How difficult it has been for most people, not just Catholics, to accept what sexual abuse of children and adolescents has done to the lives of these young people. As a professional, I believe these abused individuals are troubled, to say the least.

What does one say when you hear these things?

One of my patients explained that he has been reading so much about the priests abusing children that he has developed deep feelings of disdain for these abusers. His conflict was that he had always relied on the Church and all its teachings. He had always used prayer when he had to solve problems. He had found going to church a great consolation whenever his anxiety or depressive feelings had become too much to handle on his own. When he had been able to spend some quiet time in church, he recalls the feelings of safety and comfort he had felt, especially when in front of the Tabernacle. He recalls being able to think more clearly than he ever could otherwise. But when he thought about the terrible stories of abuse he was hearing, he became very

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We can't do it without you!
One Good Read Deserves Another!

**Please submit your ideas or articles to
Carolyn McNamara at jcmcn38@yahoo.com
or drop off at the rectory church office.**

A Catholic Therapist Speaks about Sexual Abuse

From Page 2

angry.

His thoughts of anger and retaliation against abusive priests are what most of us feel. Should they be punished? "Yes", my patient said. It was clear to him that these individuals should be punished, especially when one thinks about what the victims of abuse must have felt and experienced as a result of the emotional damage caused by the abusers. At the same time, he could not neglect the thoughts he had about how much he cared for those great priests who had taught him how much God loves us. He also shared his belief that God must also love those who caused such terrible abuse.

As a result of treating adults who were sexually abused, I have heard stories of betrayal, chronic fear and anxiety, and descriptions of events that no child should ever have to ex-

perience. These individuals have a continuous need to deal with the many difficult emotions that present themselves - their fear of exposure, intimidation, being challenged - these emotions terrified most young people who recalled these abusive events. The key question is: Does the child truly remember what occurred? When, How, and Who initiated the incomprehensible thoughts about their resulting victimization?

Those of us who understand sexual abuse know that the damage created by their victimization damages the victim and their relationship with other individuals. The victims often struggle with their lack of recall - due to repression of difficult memories too heavy to bear.

My patients, like the rest of us, are attempting to digest the idea that priests molested children and, to make it worse, the fact that some men in the church hierarchy attempted to cover up these tragic behaviors from public knowledge. The full impact of

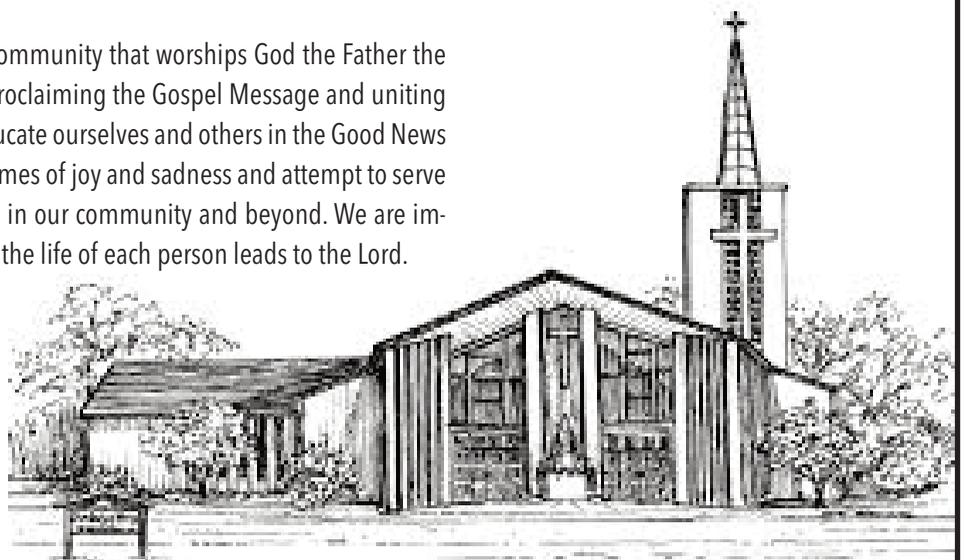
these events has yet to be seen, but most professionals who work with any individual who has been sexually abused know that the severity of abuse depends on the age when this occurs - as well as the manner and details of how these events took place.

As professionals, we feel humbled by the opportunity that treating these victimized individuals presents for us, not just to listen to the details of the abuse, but also to guide them through the process of understanding their emotions and how these emotions impact how he/she behaves in their everyday life.

Our task is to challenge these individuals to work daily at understanding how their present thinking and behaviors are a result of being sexually and emotionally abused. The emotional damage has to be one of the most serious factors that one deals with as the treating therapists. We ask the Lord's intervention as we work day to day with these abused individuals.

Mission

Our Lady of Mercy Parish is a Catholic community that worships God the Father the Son and the Holy Spirit, celebrating Mass, Proclaiming the Gospel Message and uniting in prayer. We strive to welcome all and to educate ourselves and others in the Good News of Jesus Christ. We support one another in times of joy and sadness and attempt to serve each other by reaching out to those in need in our community and beyond. We are imperfect people on a journey. Our goal is that the life of each person leads to the Lord.



OLM Hat/Scarf Ministry



Our OLM Hat/Scarf Ministry began as an “offshoot” of the OLM Women’s Creative Group in the fall of 2017. Participation in this year-round ministry requires NO meetings or leaving our homes. Many welcome this creative outlet which allows them to feel productive while relaxing in the comfort of their homes. Once again this winter, thanks to the effort of 16 women, a delivery was made to Family Promise, based in Ridgewood, of 32 scarves, 31 adult hats, and 19 child hats. It is heartwarming to us to know that the recipients of these items will benefit from our efforts! Please contact Loretta Miller at 201-391-6109 or by email at: lajim@optonline.net if you would like to join us. Knit/crochet patterns and yarn are available upon request.

The Vocation Prayer Chalice

From Front Page

Guide.

The Vocation Chalice Program provides us the opportunity to pray for men and women to respond with courage and faith to the call of the Holy Spirit to commit themselves to the vocation of marriage or in service to the Lord as priests and religious brothers and sisters. We also want to remember in our prayers engaged couples and those men and women in the formation process for becoming priests and consecrated religious sisters and brothers. Finally, we hope this program will encourage each of us to recommit ourselves to our own voca-

tion - as a single or married person, priest or consecrated religious brother or sister.

In chapter 8:4-15 of Luke’s Gospel, Jesus tells the parable of the sower and his seed. You may recall the story in which some of the sower’s seed falls on the walking path and is trampled and eaten by birds. Some falls on rocky ground and withers from lack of moisture. Some is scattered among thorns that choke them. Some seed falls on good soil and produces fruit a hundredfold.

Pope Emeritus Benedict XVI’s in his reflection on this parable says, “There are far too many dangers opposed to the seed growing: the unworkable

stony ground, the weeds, the bad weather – everything seems to condemn his work to failure... What Jesus wants to say with this story is that all truly fruitful things begin in this world with what is small and hidden.”

The Vocation Chalice Program can be that small seed being sown in our parish.

May our prayers inspire each of us to be attentive to the movement of the Holy Spirit and to step forward in faith and with generous hearts to go wherever the Spirit leads.

*Jim and Maryanne O’Toole
Frances Ferraro*

Renew International's 40th Anniversary

Last November Our Lady of Mercy was the setting for a celebration Mass and a reunion for long time friends.

All shared memories of the humble beginnings of the Renew program in Park Ridge and delighted in its` expansion throughout the world.



Seen above from left to right, Marilyn McVeigh, Msgr. Tom Kleissler, former parochial vicar at OLM and President Emeritus of Renew, and Pat Kent. Second row, Monica Garofalo, Pat and Ronnie Brunnock, and David Duggan and his father Joe.

Prayer for Renew

Heal the sheep who are wounded
Touch the sheep who are in pain,
Clean the sheep who are soiled,
Warm the lambs who are cold.

Help us to know
The Father's love,
Through Jesus the shepherd
And through the Spirit.
Help us to lift up that love
And show it all over this land.

Help us to build love on justice
and justice on love.
Help us to believe mightily,
Hope joyfully,
Love divinely.

Renew us !
That we may help renew
The face of the earth.
Amen.

A REFLECTION

Trust - When Called to Serve



By Celeste T. Villegas

When you get the call to serve, it may not be overwhelming like the call of Moses, who was to lead the Israelites out of Egypt. It may not be a tactical maneuver like the call of Joshua, who was to prepare to cross the Jordan, with all the people, into the land God meant to give the Israelites. It may not be mind-boggling like the call at Pentecost, where the Apostles were expected to speak in tongues to proclaim the Gospel.

Barring a modern-day draft call to battle ISIS in Iraq and Afghanistan,

when you get your call to serve, it may be as silent as the onset of a serious illness, or as subtle as the signs of age. "Touching the mind ... from within or without," as described by Teilhard de Chardin.

Simply, it may be a dark and desperate moment of decision.

"I will be with you," God said to Moses (Exodus 3:11-12). "It is the Lord who marches before you," Moses said to Joshua (Deuteronomy 31:8). Peter said in his speech at Pentecost (Acts 2:15, 4), "These people are not drunk, for it is only nine o'clock in the morning ...the Spirit enabled them to proclaim."

Like in Scripture, therefore, trust and pray when called to serve and you will be fueled by faith, feeling less isolated and less afraid. God will know how to help and protect you in the way that is best for you. "For it was you who formed my inward parts, you knit me together in my mother's womb" (Psalm 139:13). The ever-present God in whom you will place your trust, and who equipped Moses, Joshua and the Apostles in biblical olden times, will take you in His hand toward your destiny, if it be in His divine plan. It is a promise like no other, from the ever-present God who enables.

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