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845-279-2021

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stlawrenceotoole.org

TOGETHER * WE CAN FIND



help
hope
healing
prayer
anointing



helping the hurting

Christina Fox



Imagine you just learned that your body is battling a life-threatening disease. Life as you know it will change forever. As you try to comprehend everything happening inside you, a friend says, "You're a good person. You don't deserve this."

Or imagine that you've experienced a great loss. Your heart aches with grief. The pain is overwhelming, unlike anything you've ever known. In an attempt to comfort you, someone says, "This will turn out for your good."

As believers in Jesus, we are charged to walk alongside each other in our pain. We are called to mourn with those who mourn (Rom. 12:14). We are to bear one another's burdens (Gal. 6:2). We are to be compassionate, gentle, and patient with each other (Eph. 4:2; 1 Pet. 3:8).

What should we do when a friend or loved one is suffering? How can we love them, support them, and journey with them in their suffering in a way that is encouraging and helps rather than hurts them?

Job endured intense suffering, a kind of suffering most of us will never know. In the blink of an eye he lost all his children, his wealth, and his health. Job's story teaches us many things, most specifically about God's providential control over suffering. But it also reveals to us a few things about how we respond to suffering. How should we respond? Here are a few basic principles.

Bread and Wine Dedications

We offer you a new opportunity to honor someone or something important in your life with a bread and wine dedication in our worship. When we are about to take a meal together and share the Eucharistic elements of bread and wine in Holy Communion, it is a natural time to share a remembrance or thanksgiving with our faith community. If you would like to make a bread and wine dedication, please go to the Hospitality desk after any Sunday Mass or during the week at the Rectory Office. **The cost is \$30 for the gifts.** The memorial will be published in the Bulletin.

prayer list

Our prayer list is published in the weekly bulletin. If you know of someone who is sick or needs prayer please contact the Parish House. Their name will be placed on the list for 90 days.

Please call the Parish House at **845-279-2021** or go to **stlawrenceotoole.org** for more information.

Healing Mass

Let's remember the words of Psalm 103:2-4

"Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy."

Healing Mass at noon on Tuesday, November 21st.

The O'Toole's Seniors will provide light refreshments after Mass.

bereavement ministry

The **Bereavement Ministry** for St. Lawrence O'Toole provides Bereavement Support Group sessions the 1st and 3rd Wednesday of each month in the Parish Center Lounge from 7:30pm - 8:45pm. Walk-ins are welcomed. The purpose of the group sessions is to give each participant an opportunity to share with others who are grieving, to learn about the process of grief and to receive support from each other in the context of this Christian based ministry.

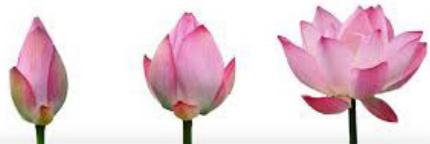
The support group sessions are led by trained parishioners who have completed the Archdiocesan training program as facilitators in Pastoral Bereavement Ministry. The facilitators want to provide you with a supportive and safe environment to encourage dialogue and share ideas.

Some of the goals of our group are to help the participants to:

- Understand the normal grief reaction
- Move through grief at one's own pace
- Work toward building satisfying new lives
- Learn to treasure their own memories while they build new traditions
- Renew their resources for living
- Acknowledge and understand their losses
- Adjust to lives without their loved ones

If you would like to register for a group session, obtain further information or to volunteer to become a member of this ministry, please contact the parish house at **845-279-2021**.

Heal. Grow. Together.



Mass cards

It is a time honored Catholic tradition to have Masses said in honor of a particular person and to provide Mass Cards to comfort relatives, friends and loved ones.

Mass Requests

Because we take so seriously the need to match every Mass request to an actual Mass time and date, Mass requests must be done in person at the Hospitality Desk after Sunday Masses or at the Parish House during regular business hours.

Announced Masses

You can request an announced Mass to be said for a living or deceased family member, friend or loved one by stopping by the Hospitality Desk after Sunday Masses or at the Parish House.

Suggested offering is \$20 for each Mass.

Unannounced Mass Cards

You can also request an unannounced Mass to be said for a living or deceased family member, friend or loved one by stopping by the Hospitality Desk after Sunday Masses or at the Parish House during the week.

Mass Enrollment Societies - Unannounced Masses Only

St. Lawrence Society said the first Saturday of the month

Sacred Heart Of Jesus Society said the first Friday of the month

Suggested offering is \$10 for each Mass.

Healing Mass

Healing Mass at noon on Tuesday of Thanksgiving week.

November 21st. The O'Toole's Seniors provide light refreshments after Mass.

anointing of the sick

This sacrament strengthens the person with courage to endure and unites the person with Christ's suffering, death and Resurrection. The priest prays that the body, mind, and spirit will be healed.

If you are in the hospital ...

You may have filled out those privacy forms at the doctor's office. New laws restrict the amount of information that can be given about a patient. If you have been admitted to the hospital that may mean a Catholic priest or lay minister of communion may not be aware that you are Catholic and would like a visit. At Putnam Hospital, it is important that you or someone in your family makes it clear at admitting that you are Catholic and a member of St. Lawrence O'Toole parish.

The proper chaplain for Putnam Hospital is St. James Parish. They bring communion to parishioners who are identified as members of the four parishes in our Northern Westchester/Putnam Vicariate on selected days. A priest from St. James is available on-call for emergencies.

We will usually have a priest go over to the hospital once or twice a week to anoint St. Lawrence Parishioners with the Sacrament of the Sick but if you are not listed on Putnam Hospital's roster of St. Lawrence parishioners, we will not know you are there.

LET THE UNCTION (CHRISMA), WHICH YOU
HAVE RECEIVED FROM HIM ABIDE IN YOU.
| JOHN 2:20

If you are seriously ill, preparing for surgery, or undergoing tests for something potentially grave, the best course of action is to notify us before you go to the hospital, or upon being admitted. (Families, never wait until the last moment!) If you wish to

receive communion regularly, ask the nurse to call St. James and put you on the communion list. (St. Lawrence parishioners bring communion to the residents of Putnam Ridge Nursing Home.) If there are further needs or you have no response, please call us at least to let us know to pray for you.

If you are admitted to Danbury Hospital, tell those at Admitting you would like to see a priest or receive communion. If you encounter any problems, please call us so that we can help you.

Please call the Parish House at **845-279-2021** anytime someone is seriously ill, elderly, or undergoing surgery. Anointing of the Sick can be scheduled with a priest and names can be added to the prayer list.



eucharistic ministers

Extraordinary Ministers of Communion in St. Lawrence O'Toole Parish are involved in the center of the Church's life. They assist the Ordinary Ministers of Communion, the priests and deacons, in bringing the Eucharist to the residents of the Nursing Home, the homebound, and distributing Jesus to the faithful at Mass. The celebration of the Eucharist on the Lord's Day is the most important activity in the life of our church.

Parishioners are trained and commissioned as an Extraordinary Minister of Communion for the parish. For more information contact **Deacon Greg Miller** at the Parish House **845-279-2021**.

stephen ministers

Stephen Ministry is a lay care giving ministry that supplements pastoral care. The program teaches laypersons to provide one-on-one care for individuals who request support. The confidential caregiver and care-receiver relationship, usually conducted by weekly visits, may continue for months or years. Reasons for requesting a Stephen Minister's visits may range from grieving the loss of a loved one, experiencing a major illness, going through a divorce, job loss, struggling with substance abuse, or other life difficulties. Please call the parish house at **845-279-2021** or go to **stlawrenceotoole.org** for more information.



peri-natal bereavement

The grieving process for the loss of a baby through a miscarriage, stillbirth or newborn loss is similar but different than other types of loss. Grief has no timetable, whether a few weeks, several months or years. The pain of your loss is valid and welcomed in a safe space to share, be supported and mourn with others.

Please call the parish house at **845-279-2021** or go to **stlawrenceotoole.org** for more information.

friends & neighbors

This is a program where parishioners can volunteer their time to help those in need. You can help by offering transportation to and from Church on Sundays, doctor appointments, Physical Therapy and food shopping, or just by spending some spare time to keep someone company.

If you need this type of assistance or can not afford minor household repairs due to your budget, we have someone that is willing to help.

LET US BE A DOER OF GOOD WORKS
AND KEEP OUR FAITH ALIVE

If you would like to sign up to volunteer or for assistance click on the **Enroll Today** link at **stlawrenceotoole.org** or contact the Parish House at **845-279-2021**.

dedications

Dedicate a Candle

The red *Sanctuary Lamp by the tabernacle* burns to remind us of the sacramental presence of Jesus Christ. It is a mark of honor to remind the faithful of the presence of Christ, and is a profession of their love and affection. You can dedicate the Sanctuary Lamp burning in memory of a loved one, to honor a special occasion, or a special intention.

The blue *Lamp by the Blessed Mother* burns to remind us of the love our Lady has for us. If you wish to have the Blessed Mother Lamp burning in memory of a loved one, to honor a special occasion, or a special intention, make a dedication.

To make a dedication of a candle go to the Hospitality Desk after the Sunday Masses or during the week at the Parish House. **The cost of the candle is \$10 for the week.** The memorial will be published in the Bulletin.

The *Paschal Candle* is blessed and lit every year at Easter, and is used throughout the Paschal season which is during Easter and then throughout the year on special occasions, such as baptisms and funerals.

To make a dedication go to Hospitality Desk after Sunday Masses or during the week to the Parish House. **The cost of the candle is \$30 for the month.** The memorial will be published in the Bulletin.



Be there. We often think that we need to have something important and inspiring to say to our friends, when sometimes the best thing we can do is just be present.

Don't say unkind things. We often say things with good intentions that end up being unkind. Some of our statements are about as useful as the words to the 80s song "Don't Worry, Be Happy." The best thing we can do is pray for wisdom and ask God to help us speak just the right thing at the right time.

When it comes time to speak, speak the truth. There will come a time when your friend is ready to talk about suffering. He or she will want to share the thoughts, feelings, and questions that have persisted since the trial began. Jesus came to bear all our sorrows and griefs, our sin and shame.

Show your love through actions. When a person is suffering, even the little things can overwhelm; we can pick up the slack. Make meals, take phone messages, watch their children, run errands, mow the grass. Notes, texts, and even books people send in the mail mean a great deal to a person. It's also helpful when a friend could answer all the phone calls and take messages. When we invest our time to do even little things for someone who is hurting, it speaks volumes.

Don't rush the process. After a certain amount of time has passed, we might think our friend should have moved on from grief or sorrow. Sometimes our loved one may seem to be doing well, and then something triggers the pain and grief all over again. We need to remember the great patience and forbearance God has for us and provide the same for our friends.

DO YOU HAVE FRIENDS OR LOVED ONES IN THE MIDST OF A GREAT TRIAL? PRAY AND CONSIDER THE WAYS YOU CAN BE ALONGSIDE THEM, HELPING WITHOUT HURTING. USE THIS BOOKLET TO HELP YOU FIND A WAY TO HELP.