



## The Holy Spirit Flows through the St. Louis Sunshine Luncheon

by Cathy Malik, Pastoral Associate, St. Louis, Pittsford

St. Bernard insists that initiates in the spiritual life know God not only through books and lectures, but through experience, the way one friend knows another. That knowledge is what the Holy Spirit facilitates. God's Holy Spirit is known and felt through the annual Sunshine Luncheon at St. Louis Church.

On Thursday, May 18<sup>th</sup>, 2017 homebound parishioners and parish friends from local area nursing homes were fed in body and spirit as the honored guests of St. Louis Church at its 39<sup>th</sup> annual Sunshine Luncheon. God blessed our gathering with good, warm weather that held until after the event finished.



Parishioners planned and coordinated the event, hosted tables, brought in food, helped with set-up and break-down, escorted guests from their homes and from the resident vans to their tables. St. Louis School students participated by creating decorations for the gym that reached from ceiling to floor from the art classes, rolling utensils, hosting tables (making conversation with the guests), serving meals, water and punch as well as entertaining guests with their singing. The Girl Scouts made biscuits to accompany the meal of Chicken Pot Pie (the same recipe made by many volunteers in their own homes). 5<sup>th</sup> grade students from St. Louis school were integral to the event by helping to welcome guests upon reaching their tables, bring-

ing appetizers and drinks, then conversing with them while they waited for everyone else to arrive. The troubadour group *Jump Start* visited each table and serenaded guests in 4-part acapella harmony.



About 35 volunteers actively worked to serve 139 meals. This does not include the many who cooked at home or donated goodies to support the event. The satisfied guests left satiated and armed with good memories, Luncheon favors of bookmark art from the students and flowers from the table centerpieces. Next year we look forward to celebrating 40 years of Sunshine with our parish friends and nursing home guests. All are welcome!

### Inside this issue:

The Holy Spirit flows...	1
You are the Ones, Chosen by God	2
Election results and new Executive Committee membership	2
Deacon Joe Erway, Pastoral Associate Highlight	3
Notes from the Harvest	3
'Communicating the Mission'—upcoming workshop	4



## “YOU ARE THE ONES, CHOSEN BY GOD”

By Cathy Kamp, Pastoral Associate, St. Joseph's Parish, Penfield  
Chair of Pastoral Associates/Pastoral Ministers Association Executive Committee

The title of this column was the theme of our Pastoral Associates/Pastoral Ministers Retreat day on May 18, led by Sr. Karen Dietz, SSJ. We were delighted to be joined by other pastoral staff from several parishes and trust that it was a day of renewal and refreshment for all who attended.

Sr. Karen cited three marks of discipleship that are an ongoing source of reflection for me: Does our ministry give us deep joy? Does our ministry bear fruit? Is our ministry life-giving to ourselves and others?

The first mark reflects a Christian joy that is of God and is not fleeting. It does not depend on circumstances. It sustains us even when times are trying. This joy needs to be cultivated in prayer, in relationships, and in our ministry. For some of us (who might be people-pleasers) it is important to distinguish between appearing cheerful and knowing deep, sustaining joy in our very beings.

The second mark is that of bearing

fruit. How do we know if our ministry bears fruit? In ministry, this is rarely quantifiable though there is the temptation to count numbers of children in our sacramental preparation classes or adults in RCIA. The authentic fruit we bear is much more evident in our relationships with parishioners and others in our communities. Sr. Karen talked about keeping thank you notes and other words of feedback that she receives so that when she needs to focus on the positive impact of her ministry she has a place to go. This is a simple idea yet so important. Do we have a place to go to allow ourselves to receive the fruits of our labors in healthy ways?

The third mark is the life-giving nature of pastoral ministry. Are we life-giving for others? Is the ministry life-giving for us? Keeping it life-giving can require hard work. Sr. Karen said that it was important to stay emotionally healthy and that seeking professional help is a sign of strength, not weakness. Sometimes we have to work at self-

knowledge and self-awareness. It is necessary to listen to ourselves, to pray and reflect and to remember that God loves us.

Fr. Ronald Rolhesier writes in *Sacred Fire* about “God’s compulsion.” He says that mature disciples are challenged to remain “steadfast and loving” even after the “emotional fervor has waned and some disillusionment has set in.” But mature disciples also have a sense, like the early disciples, of being called to something they do not fully understand. This is God’s compulsion: “an intuitive sense, rooted in something deeper than thought or feeling, of what we need to do to find and sustain authentic life within ourselves.” Another way to say it is to have confidence in God’s call to ministry, confidence that you are where God intends for you to be – in joy, in bearing fruit, in giving and receiving life.

Our deepest gratitude to Sr. Karen for giving life to us!

### Pastoral Associates’/Pastoral Ministers’ Association Executive Committee

PASTORAL ASSOCIATES	EX-OFFICIO
<b>Cathy Kamp</b> St. Joseph’s, Penfield	<b>Bernard Grizard</b> Diocesan Director Pastoral Services
<b>Sheryl Zabel</b> Assumption, Fairport	<b>Betsy McDermott</b> Project Manager Pastoral Services
<b>Tim Smith</b> Transfiguration, Pittsford	
<b>Bernie Tomasso</b> Sacred Heart and St. Ann, Auburn	

### Election Results!

The Executive Committee is made up of four Pastoral Associates/Ministers and two liaisons from the Diocese. Each term is for three years. At the end of a term, we hold elections to fill the spot. Members of the Executive Committee are allowed to serve two consecutive terms if elected to do so.

We are very pleased to welcome **Bernie Tomasso** from Sacred Heart and St. Ann in Auburn to join the Executive Committee. It will be great to have input from a PA outside of the Monroe County. Bernie is also quite passionate about the Association and how we can grow in our support of one another.

We also welcome **Cathy Kamp** again for a second term. She has been invaluable in leading us in a new, creative direction.

## How Did I get here?

By Deacon Joe Erway, Pastoral Associate, Elmira Catholic Parishes, Elmira, NY



Deacon  
Joe & Sharon  
Erway

This is a question that we have probably all asked ourselves at one point or another. I've actually asked myself that question several times in my life. I've come up with a variety of answers over the years but there is only one that makes any sense. "God put me here and God knows what he's doing... even when I don't." In my dual roles as Deacon and Pastoral Associate, I've realized that God comes to us through the people in our lives.

Quite a few years ago while on a retreat at Notre Dame retreat house, a fellow parishioner suggested that I give some thought to becoming a Deacon...I recall my initial reaction being "Oh God no!" God had a different reaction. It was a few years after my ordination that God began to lead me in a direction away from Corporate America toward where he wanted me to be. When the Pastoral Associate opening came up here in Elmira, the liturgist at my home parish suggested that I think about applying for it. God decided that after 33 years in Corporate America it was time for a

change. That's how I got here.

The position was new and it would be for all of the Catholic Parishes in Elmira with the main focus being on Pastoral Care for the homebound community in the area. After nearly 5 years it has evolved into more than just a ministry to the homebound although that still remains the primary focus.

*I recall my initial reaction being, "Oh God no!" God had a different reaction.*

Some of the other areas that fall under my Pastoral Associate umbrella are: Baptism Preparation, assisting families with funeral planning as well as assisting at the funeral mass, communion services at adult care/nursing facilities, facilitating reception of the sacraments of reconciliation and the anointing of the sick, pastoral visits to hospitals, coordinating a combined parish mission and regional Lenten series...to name but a few.

There have been several challenges

that have presented themselves over the years...most of which have been met and overcome. The most significant challenge however is the one that lies ahead. This summer the Catholic Parishes in Elmira begin the process of being clustered into one parish with a merger to be completed within the following 18 months. No doubt there are and will be many questions as this process unfolds but I think the one I hear most frequently is... "How did we get here?" I'm quite certain there are many other areas of our country who find themselves in a similar situation and that there are a number of determining factors such as; a declining number of priests, fewer people going to mass, a shifting population etc. Whenever I find myself seeking answers, I always go back to the one that makes the most sense... "God put me here and God knows what he's doing".

I have always felt privileged to be a Pastoral Associate but probably now more so than ever. God put us all here in our ministry. God does come to us through the people in our lives and in return we get to bring God to others by being who we are and what we do. How does it get any better than that?

### Welcome new Pastoral Associates!

**Deacon Duncan Harris**

*St. Joseph's, Penfield*

**Cathy Malik**

*St. Louis, Pittsford*

**Joanne Housecamp**

*St. John the Evangelist, Greece*

**Deb Brinkhus**

*Our Lady of the Valley, Hornell*

**Rob Layer**

*Peace of Christ at St. Ambrose, Rochester*

### Notes From the Harvest

**Sacred Heart and St. Ann** Churches in Auburn are beginning a Grief Support Group that will meet weekly. This grew out of parishioners speaking to the pastor or myself and expressing their grief and feeling the need to talk about faith issues. The Grief Support Group is open to all who seek comfort and hope after a loss and not limited to parishioners. *-Bernie Tomasso, Pastoral Associate*

We are delighted to print articles, meditations, parish stories, prayer requests, book reviews etc. from pastoral associates/ministers of all parishes and ministries in the Rochester Diocese. We also are looking to highlight one pastoral associate/minister per issue so that we can all get to our colleagues in the vineyard. Please submit ideas and contributions often to [betsy.mcdermott@dor.org](mailto:betsy.mcdermott@dor.org); 328-3228, ext. 1287.

## 2017 Dates of Interest



# Communicating the Mission

*Using Social Media to Build the Parish Community and Spread the Good News*

This workshop will offer parish staff and volunteers the opportunity to understand the use of social media to engage parishioners and the wider community in the mission of the Church.

The morning session will include an introduction to effective and responsible communication using social media. The afternoon will have hands on learning sessions for using Facebook and Twitter in ministry.

**When:** Tuesday, July 25, 2017

**Where:** St. Joseph's Penfield Learning Center and School Computer Resource Room

**Time:** 10:00 am to 3:00 pm

**Fee:** \$10.00

To register, please send your name, parish name, parish position, and contact information to:

Betsy McDermott [Betsy.Mcdermott@dor.org](mailto:Betsy.Mcdermott@dor.org)

*Sponsored by the  
Department of Pastoral Services*



EDWARD M. HULL C.  
DIOCESE OF ROCHESTER