Parish Survey, Your Opinion Matters!
Parish Council needs your input in order to prioritize parish needs. An electronic survey was sent out via email Friday, May 12. Please take the time to complete it. If you didn’t receive it, please visit our website to fill it out. http://www.ssmrcc.org.

Be In Our Parish-wide Video
On the lawn 10am-Noon June 3
Come and join us for this fun parish-wide video event. We will be lip syncing the song “Happy” and dancing. We are recruiting as many ministries and parishioners as we can to show up and make our parish video amazing! One of our own CIA teens will be the videographer. If you are a ministry leader and want to plan a routine in advance with your ministry, please contact Nicky Hebert, Communications Director at nicky@ssmrcc.org.
Please wear a solid colored shirt that is a common color (purple, red, blue, pink, green). We will split you up into groups during the videoing, based on colors, unless you are with a specific ministry that plans to be grouped together. You are welcome to make signs of inspirational thoughts or phrases that represent the parish, your faith and your ministries. Please keep it positive and “HAPPY”.
This video will be used on social media and our website and will be a representative of our fun, loving and welcoming parish family. By participating in this video you are agreeing to your image being published.

Everyday Stewardship
My children could never succeed without their mother and me. That isn’t me thinking too much of ourselves, it is just a fact. No one can find success in life in total isolation. I could never have become who I am today without my parents, various teachers and mentors, and my wife. Truth be told, I probably owe a lot of who I am to my children as well.
I can only imagine the fear and concern of the first disciples when it was apparent that Jesus was not going to be with them much longer. Some probably thought since Jesus had risen from the dead, he might just live with them in the same way forever. But Jesus tried to calm their fears by assuring them, "I will not leave you orphans." He said he would continue to come to them and that he would send the Spirit to be with them at all times. They would not have to continue what he had started and preach the good news to the ends of the earth on their own.
We may sometimes feel that we are alone. We may at times try to do too much or show others that we are independent and strong. However, without the help of others, without the help of God, true success will always elude us. Our actions and words can become empty. The gifts we have received can either be cultivated in secret and in the shadows, or we can welcome the help that God provides in his Spirit, his community, and the sacraments he gave us. By working together the world will truly know the power of the risen Lord.
Tracy Earl Welliver, MTS
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Check Out 20th Anniversary Happenings!
#1 – WHAT’S FR. B GOING TO END UP DOING? We need a lot more voting!! Get out to that “Picnic Table” and make your voice heard! You can get the opportunity to “Battle the Boss” inside the soccer ball AND/OR you can see Obi vs Vader. Then of course there’s “WE DON’T WANT TO SEE FR BRIAN DO ANYTHING”…what’s that about? It’s up to you!

#2 – SIGN UP TO ATTEND AND VOLUNTEER AT THE PICNIC!! Knowing how many people will attend is crucial to ordering food and supplies. If you RSVP in advance, your name is automatically entered to win one of our awesome door prizes!! PLEASE sign up to volunteer at one of the many areas where we need assistance. They are only 1-hour time slots so you’ll have plenty of time to enjoy the picnic!! Come to the table to help us make this a success.

For details please visit the website and under “Events” select the 20th Anniversary Picnic.
One Minute Meditations

St. Zita of Lucca

Born to poor, pious parents in Monsagrati, Italy, St. Zita became the servant of the wealthy Fatinelli family when she was twelve. For her hard work, piety, and generosity, she was despised by her fellow servants and overburdened by her employers. Eventually, her love and humility won over her enemies, and she was given charge of all household affairs. Famous for helping the sick, the poor, and the imprisoned, she is the patroness of domestic workers.

Heart to heart

There is nothing wrong with “pester ing” God (Matthew 7:7), but think: if this were all we did with our loved ones, what quality of relationship would that be? Instead, God seeks a personal relationship with each of us — to converse with us heart-to-heart. Of course, tell him what’s on your heart, but don’t forget to listen to him, too.

“Draw near to God, and he will draw near to you” (James 4:8).

Growing in FAITH

Discovering hope and joy in the Catholic faith.

April 2017

St. Stephen, Martyr Catholic Church
Father Brian Rafferty

Healthy habits for happy hearts

Human beings are creatures of habits — we love our comfortable routines. Healthy diet and exercise practices make our bodies strong. The same is true of spiritual habits. They can strengthen our souls. The key to living a happy life is to develop healthy habits of the heart.

Humility. Humility is closely tied to gratitude and is the appropriate response to contemplating the greatness of God. Regularly meditating on God’s immense acts — creating the universe out of nothing, sacrificing himself to save us — is a sure way to appreciate his love and generosity.

Prayer. Happy Catholics use prayer to connect to God and gain distance from worldly preoccupations that can weigh heavily. Develop a prayer routine that helps you "pray constantly." For example, start with a morning offering, recite the Angelus at noon, pray a daily Rosary, perform a brief examination of conscience at night, and sit in silent prayer for at least 15 minutes.

Trust. No one asks for discomfort but we get into trouble when we go out of our way to avoid it. In so doing, we can put ourselves before God and others.

Catholics know that there is no avoiding suffering and it can even be meaningful. Trusting that God loves us dearly and will use our suffering for good makes the suffering easier to bear.

Why Do Catholics Do That?

We believe that Jesus is really, truly, and substantially present in the Eucharist because we have it on divine authority. Referring to the Eucharist, Jesus told his disciples, “whoever eats my flesh and drinks my blood has eternal life” (John 6:54). Jesus makes this promise to us every time we receive the Eucharist at Mass. When the priest, acting in the person of Christ, consecrates the bread and wine, Jesus becomes really and truly present, Body, Blood, Soul, and Divinity.
Take an antidote for a deadly sin

Some sins are considered especially deadly because they lead to other sins. Fortunately, the “Capital” or “Deadly” sins such as envy, pride and lust have antidotes. For example:

Envy is wanting what someone else has. Heavy doses of gratitude will help. Our peace is restored when we remember that all good gifts come from God and are glad for others’ good fortune and grateful for our own.

Pride is seeking attention and honor that belong to God. Pride makes us focused on ourselves, concerned about how we appear to others. Humility is a counter. Purposely draw attention to others, rather than yourself. Praise and thank God daily for your gifts.

Lust is focusing on sexual self-gratification rather than glorifying God. Sexuality is a gift from God and not inherently impure. Lust, however, is misuse of that gift, straying from God’s intentions for us. Love, willing the good of the other, is at the heart of what it means to be human. Love for God and each other is the antidote.


Jesus was so close to Cleopas and his companion on the road to Emmaus, he could have tripped them. Yet neither man recognized him. Jesus even gave clues to his identity that he quoted from Scripture. The men were too caught up in the pain and disappointment of the crucifixion. Only when he broke bread with them did they see Jesus for who he was. Then he was gone from their sight.

Both Cleopas and his friend had formed such clear ideas of what they wanted Jesus to be that they failed to see him for who he was. They expected a warrior king and almost missed the universal savior. Aren’t we like that, too? Don’t we have such expectations of what we want God to be that we miss who he really is?

Christ’s presence in our lives isn’t revealed so much by the song of angels as the whisper of a prayer. Taking the time to be alone with God, to read Scripture, and seek him in the people around us will help us uncover Christ’s presence everywhere.

Q & A

Why are there religious orders?

Historically, religious orders were founded in response to a need within the Church. Each order receives a special grace from the Holy Spirit, called a charism, which helps to build up the Church. For example, the charism of the Sisters of Life is to protect human life in all its stages.

There are two “kinds” of religious orders: contemplative and active. Members of contemplative orders live apart from the world in closed-off communities. They devote themselves entirely to prayer. Members of the active orders do their work in the world, though there is often a contemplative element to their life as well.

Religious life is “a permanent state of life recognized by the Church, entered freely in response to the call of Christ to perfection...characterized by the profession of...[vows]” (Catechism of the Catholic Church). All religious orders have the mission to spread the Gospel by how they live. They vow to live in poverty, chastity, and obedience so they can dedicate their lives, hearts, and minds completely to God’s service.

Feasts & Celebrations

April 1 – St. Hugh of Grenoble (1132). St. Hugh was the bishop of Grenoble, France, and as bishop, he worked hard to reform his diocese of corruption. St. Hugh was also the friend and patron of St. Bruno, giving him the land where the Grand Chartreuse was built. With his help, St. Bruno founded the Carthusian order.

April 9 – Palm Sunday. The Sunday before Easter is called Palm Sunday and recalls Jesus’ triumphant entry into Jerusalem, when he was greeted by crowds waving palms and cheering.

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest” (Matthew 21:9). It marks the beginning of Holy Week.

April 24 – St. Fidelis of Sigmaringen (1622). In his native Prussia, St. Fidelis became a lawyer and championed the poor and oppressed. He joined the Franciscans. During the Protestant Reformation, St. Fidelis worked hard to bring people back to the Catholic faith. He was martyred by an angry mob.

Our Mission

To provide practical ideas that promote faithful Catholic living.

Success Publishing & Media, LLC
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(540)662-7844 (540)662-7847 fax
http://www.growinginfait.com
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CPR and AED Training

Anyone can learn CPR – and everyone should! Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed. This alarming statistic could hit close to home, because home is exactly where 88 percent of cardiac arrests occur. **Hands-Only CPR and AED training** will be offered to our parish on **Thursday, June 8** and **Tuesday, June 13**.

This will be taught by Chesapeake Firefighters, coordinated by parishioner Forrest Winslow. There will be two classes each evening, the first at **6:00 pm** and the second at **7:15pm**. Skill and content are appropriate for middle school through adult. Watch for more details, posters, and information. Persons especially encouraged to participate in this training are Mass Coordinators, Hospitality Ministers, Youth Coordinators, and those serving in visible positions as minister for our liturgies. However, ALL are welcome.

Contact persons: Forrest Winslow, *f winslow@cityofchesapeake.net* and Carol Flach, *ccarol43@verizon.net*.

**KINDLY NOTE:** These sessions are geared toward ordinary layperson, bystander response and DO NOT fulfill lifeguard or healthcare provider requirements.

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Adult Faith Formation

**Catholicism: The Pivotal Players**

Catholicism: The Pivotal Players has been **cancelled** due to lack of participation.

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Religious Education

**Vacation Bible School—July 24-28**

St. Stephen, Martyr is excited to present the Totally Catholic VBS “Maker Fun Factory”. The Maker Fun Factory VBS is for kids grades Pre-K4 – fifth grade.

**ONLINE registration is now open** ([ssmrcc.org](http://ssmrcc.org) under “events” click VBS 2017). The cost is $30 per child, $10 per volunteer (includes a shirt, dinner and their fun science-gizmos).

VBS is in need of **CARDBOARD Boxes** to help decorate the Church for our Totally Catholic Maker Fun Factory VBS! **Paper towel tubes, gift wrapping tubes, all sizes of cardboard boxes are NEEDED!** Please put your cardboard boxes and tubes in Room 6, where we will be collecting our supplies for VBS.

**VBS is Monday—Friday from 5:30pm-8:30pm**

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**Annual Themed Basket Raffle for Maison Fortune Orphanage**

At this time, we are gathering items and baskets with your help! Please see the attached list of basket ideas. The SSM Haiti Orphanage Committee is looking for people who would like to donate a gift certificate, a few items or have a group of people make a basket. It is a fun activity that brings people together!

**We need all items by June 1.** There will be grey tubs in Room 2 and in the church office. Please make sure to **BUY RAFFLE TICKETS on June 10/11 and June 17/18 weekends!** The lucky winner’s tickets will be drawn on Father’s Day, June 18! Please help however you can. We thank you ahead of time for your consideration. Feel free to call or email me if you have any questions. Thank you so much!

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**Talk #8** “Rescuing Catholic Social Teaching from Political Pirates.”

**DATE:** May 22 from 7—8:30pm

The Deacon will discuss an often misunderstood area of Catholic Moral Theology referred to as Catholic Social Teaching. Followed by question and answers.

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If you have questions please contact the Religious Ed Office at [religioedu@ssmrcc.org](mailto:religioedu@ssmrcc.org) or 757-421-7416.
PARISH STAFF

Pastor: Rev. Brian Rafferty (frbrian@ssmrcc.org)
Deacon Keith Fournier (deaconfournier@outlook.com)
Deacon Kevin Trail (deaconfournier@ssmrcc.org)
Business Manager: Crystal Anderson (crystal@ssmrcc.org)
Office Manager: Sharon Achorn (sharon@ssmrcc.org)
Communications: Nicky Hebert (nicky@ssmrcc.org)
Facility Manager: Alex Shuflat (alex@ssmrcc.org)
Liturgist: Christina Harrison (christina@ssmrcc.org)
Religious Education: (K-5 grade):
Traci Baker (traci@ssmrcc.org)
Religious Education (6-10 grade):
Jason Morrison (jason@ssmrcc.org)
Religious Education (11-12 grade):
Lesley Sarver (lesley@ssmrcc.org)
Adult Faith Formation & Social Ministry:
Scott Turbitt (scott@ssmrcc.org)
Music Director: Jessica Kohan (jessica@ssmrcc.org)

Our Gifts To The Lord
Offertory 5/14/2017 $22,697
Debt Reduction $1,213
Samaritan Fund $820

White Table Reading
If you are active duty or retired military and would like to read the script for the White Table at Mass the weekend of May 27/28, please contact the office at 421-7416 or ssm@ssmrcc.org.

Attention Graduates
If you or someone in your family will be graduating from High School or College this Spring, please e-mail ssm@ssmrcc.org or call the office so they can be recognized in an upcoming bulletin.

No CLOW Next Weekend
There will be no Children's Liturgy next weekend, May 28 in observance of Memorial Day.

Summer Daily Mass Schedule
Starting Monday, June 5, there will be NO Monday morning daily Mass at 8:30am.

Prayer for Our Troops
Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need, and bring them home safely. May their sacrifices bring about a lasting and just peace in all lands. I ask this in the name of Jesus, Our Lord and Savior. Amen.

Seventh Sunday of Easter
May 27/28, 2017
Scripture Readings:
Acts of the Apostles 1:12-14
1 Peter 4:13-16
John 17:1-11a

6TH SUNDAY OF EASTER
GOD WANTS ALL KINDS OF PEOPLE TO COME TO CHURCH – EVEN THOSE WHO AREN'T LIKE US!

YES, BUT DO THEY HAVE TO COME TO OUR CHURCH?
Mass Intentions

Monday, May 22
8:30am Mass  (Kevin Breen)

Tuesday, May 23
8:30am Mass

Wednesday, May 24
6:30am Mass
8:30am Mass

Thursday, May 25
8:30am Mass
6:30pm Mass

Friday, May 26
8:30am Mass (Peter and Paul Tran)

Saturday, May 27
8:30am Mass
5:00pm Mass (Lisa Willkom)

Sunday, May 28
7:00am Mass (Robert and Lillian Bloom)
8:30am Mass (Migdalena Carrino)
11:30am Mass (Paul Birks)
5:00pm Mass (Ellen Callahan)

Your prayers are cherished for those in our Parish:
Jennifer Selfridge  Al Glackin
Cheryl Van Buren  Fran Kief
Terry Mulich  Barbara Smith
Sophie Norton  Lori Platney
Charlet Carscallen  Gary Schuchardt

Your prayers are cherished for loved ones outside of our Parish:
Kathy Monti (by Ehrbar Family)
Dorothy Jermone (by Harrison Family)
Dianne Toronksi (by Rita Szarwark)
Tina Minton (by Pat Lisowicz)
Susan Buerkel (by Barbara Robinson)
Angela Hardy
George Mandl (by Alma Huysman)
Richard Mandl (by Alma Huysman)
Mary Thatcher
Charles Kief (by Kief Family)
Joseph Russo

Rest in Peace:
Br. Cosmas Rubencamp (by Schrack Family)
Patricia Whiteford (by John Kelly)
Mary Lou O’Cika (by Linda Mandeville)