

August 14, 2022

Twentieth Sunday in Ordinary Time



Faith & Family Night at the DBAP
See page 5

Our Mission Statement

Inspired by our patron, Francis of Assisi, we seek to proclaim the reign of God by growing in Holiness through our experience of Christ in word, sacrament, and one another, offering Hope to those who hunger for human dignity, and extending Hospitality to all.



See page 12



The Catholic Community of St. Francis of Assisi

11401 Leesville Road, Raleigh, NC 27613 919-847-8205 www.stfrancisraleigh.org



SUPPORTING OUR MUSIC MINISTRY:

Among the top three things consistently listed in surveys about why someone returns to worship in a particular church again are: 1) good preaching, 2) good music, and 3) hospitality. A professional colleague of mine once said to a national audience of church musicians, "While preaching is really important, most people don't go home humming the homily. So be good church musicians." We are blessed to have great music ministry at St. Francis and I know more than a few of us go home humming the music we sang or heard at Mass, myself included.

What helps us offer great music is a great piano. Our current one is over 26 years old and is slowly dying. We have a piano tuner in about twice a month to keep an instrument in tune that shouldn't require that frequency of maintenance. Because of the centrality of the piano to our music ministry, I concur with Jim Wahl's analysis that we need a new piano.

We have identified a quality piano that will fit a church our size and meet our needs for many years. We will initiate a fundraising drive to raise \$70,000 for this instrument beginning this weekend. If you would like to contribute to this fund by check, please make it payable to St. Francis of Assisi and write "Church Piano" in the memo line. If you are donating via [Faith Direct](#), please log in as you usually do, select the blue "One Time Gift Now" button and then select the "One Time Specific Gift" option. Fill in the amount you would like to donate and in the "Note" field enter "Church Piano." Finally, press the green "Process Gift Now" button.

I hope you will agree that a piano is vital to our worship and will support our drive to acquire a new one that will serve us well for many years as we worship the Lord. Thanks for your support.

Fr. Michael

MAY THEY REST IN
PEACE AND PERPETUAL
LIGHT SHINE UPON THEM:

+Laura Yanez
Mother of Martha Yanez

Weekly Envelope Schedule

August 14 Sister Parish in Guatemala

August 14 Weekly

August 15 Assumption

August 21 Weekly

August 28 Weekly

You can mail your contribution to us at:

St Francis Of Assisi
11401 Leesville Road
Raleigh, NC 27613

You can give online through:



<https://www.stfrancisraleigh.org/faith-direct/>



Text-to-Give: 919-629-1199

Additional Online Giving Methods:
www.stfrancisraleigh.org/treasure/

For a complete list of SFA contacts
Group Opportunities,
Volunteer Opportunities
and Ministries, click here.

God IS
calling YOU.

"THEN I HEARD THE VOICE OF
THE LORD SAYING,
"WHOM SHALL I SEND? AND
WHO WILL GO FOR US?" AND
I SAID, "HERE AM I. SEND ME!"
ISAIAH 6:8

God is calling YOU to become a Small Group Leader, (SGL) in Faith Formation.
His invitation is to journey with either the middle school (Cross Train) or high school (Cross Road) programs. Your love of the Gospel message and in living a Christ centered life is who we need to become a SGL. We provide training and partner two SGLs per group. Discern YOUR calling to serve the youth of our parish. **Contact Jeanne M. Lewin**, Dir. of Formation, at Jeanne.Lewin@stfrancisraleigh.org to join the FF family.
Training will take place in August. Formation begins Sunday, September 18th, 6:30pm-8:15 pm.

PRAYER REQUESTS FOR AUGUST 13 TO AUGUST 21



MASS INTENTIONS

Saturday Aug 13, 2022
Saturday, 5:30
+Michael James Welsh
Requested by Mary Messina

Sunday Aug 14, 2022
Sunday, 7:15
+Alvin Baigis
Requested by Theresa Rakshys

Sunday, 9:00
Rowena Crist
Requested by Linsley Schneider
Special Intention

Sunday, 11:45
+Dorothy Doyle Armento and +Eugene Armento
Requested by Connie and Michael Vivencio

Sunday, 5:30
For the Parishioners of St. Francis

Monday Aug 15, 9AM
+Nicolás Pacheco Arias
Requested By Fr. Jairo Maldonado-Pacheco

Tuesday Aug 16, 9AM
+Frances Mary Slobodzian
Requested by Veronica Campbell

Wednesday Aug 17, 9AM
+Henry Michael Phillips
Requested by Janice Deignan

Thursday Aug 18, 9AM
+Robert Friedmann
Requested by Janice Deignan

Friday Aug 19, 9AM
+Gaston Cadieux
Requested by Richard and Alma Hammer

Saturday Aug 20, 2022
Saturday, 5:30
+Tom and +Julie Fraser
Requested by Roy and Marianne Norris
Wedding Anniversary of Deceased

Sunday Aug 21, 2022
Sunday, 7:15
+Edward Guenther
Requested by The Anderson Family

Sunday, 9:00
+Ryan Lynch
Requested by Stephanie Lynch

Sunday, 11:45
+Lucy Coleman
Requested by Lisa and Michael Austin

Sunday, 5:30
For the Parishioners of St. Francis

PRAYERS OF THE FAITHFUL

(ill) Clarence Dordulaw
Requested by Veneriches Dordulaw
Health & Wellness

(ill) Peggy Chaillet
Requested by Sonia Kane
Health & Wellness

+Joan Callista
Requested by Tina Subasic
Remembrance

+Bach Mai Thi Le
Requested by Hanh and Gary Boyar, Hung and Trinh
Pham Remembrance

+Laura Gambardella
Requested by The Gambardella Family
Anniversary of Death

+Fr. Michael McGivney, Founder of the Knights of
Columbus Requested by Mike Wrzesien
Remembrance

Recent Deaths
+Laura Yanez
Mother of Martha Yanez
Remembrance



Daily Mass at 9:00am is held in the chapel on Monday, Tuesday, Thursday, and Friday. The Wednesday Daily Mass is held in the church.



Weekly Reconciliation Services

The Sacrament of Reconciliation for individuals is celebrated most Saturdays of the year between 4:00-4:45pm in the main church. There are normally two priests present. We recommend that you arrive well before 4:45pm so we may accommodate you.

Mass Intentions

One of the spiritual works of mercy is to pray for the living and the dead. Requesting a Mass is a most wonderful way to exercise this spiritual work of mercy. Our register for Mass intentions is open. You may make your request(s) by going to our website (<https://www.stfrancisraleigh.org/mass-intention-prayers/>) or by calling the parish office at 919-847-8205 during normal business hours M-F.

Upcoming At a Glance

This week's events are shown in red.



August 14 Pancake Breakfast

10:00am in Clare Fellowship Hall.

Contact

beth.gaudette@stfrancisraleigh.org



August 15 Discerning Charisms Small Group Registration

See page 7



August 16 English, 17 Spanish Recognizing and Reporting Child Abuse and Neglect

Required for all Level C volunteers

[Tuesday, 8/16 at 7:00pm](#)

[Wednesday, 9/7 at 9:30am](#)

[Tuesday, 9/20 at 7:00pm](#)

[Wednesday, 8/17 at 7:00pm \(In Spanish\)](#)

[Wednesday, 9/21 at 7:00pm \(In Spanish\)](#)



August 17 Summer Youth Fest - Movie Night

<https://onrealm.org/StFrancisRaleigh/PublicRegistrations/Event?link-String=NzZkNTVhYzctMDc1YS00NT-dhLWFiNmUtYVWVIZDAXNjFmZmZh>



August 20 Emmaus Walk and Breakfast

Contact

beth.gaudette@stfrancisraleigh.org



August 21 Cross Train and Cross Road

small group leaders meet and greet and formation. 3-5pm in Fellowship Hall

jeanne.lewin@stfrancisraleigh.org

August 23 Durham Bulls Faith & Family Night

Tickets are \$13.50 for St. Francis parishioners. <https://offer.fevo.com/nashville-sounds-th2avzo-58ef1ba?fevoUri=nashville-sounds-th2avzo-58ef1ba%2F>

Contact Hanna Gertz 919-687-6522.

August 24 The 50+ Adult Group

monthly luncheon in Clare Fellowship Hall at 11:30 for "Bring Your Own Lunch" on Wednesday, August 24, 2022 and "Potluck" on Wednesday, September 28.

beth.gaudette@stfrancisraleigh.org

August 28 Community Center Reopening Party 10-11:30am.

beth.gaudette@stfrancisraleigh.org

August 31

Last day to register for Faith Formation & Sacramental Preparation

jeanne.lewin@stfrancisraleigh.org

August 31 Summer Youth Fest - Praise, Worship, and S'Mores

with Jim Wahl

<https://onrealm.org/StFrancisRaleigh/PublicRegistrations/Event?link-String=M2M0N2M0MDAtYzZhMy00YjU-4LWJjODktYWVjYTAxMDAyZTNi%20>

September 6: Divorce Care

The Next Series of Divorce Care will be Sep 6, 2022 – Dec 13, 2022, for more information please contact Bill Morgan at dejanuts@yahoo.com.

September 11 Coffee and Donuts

Following 9:00am Mass, in Clare Hall

beth.gaudette@stfrancisraleigh.org

September 20 and 21 Letters from Prison Adult Bible Study

Adult Bible Study

\$25.00 covers cost of both books.

Questions? Contact Janie Hebert, janie.hebert@stfrancisraleigh.org.

<https://litpress.org/Products/6455/Letters-from-Prison-Part-One>

<https://litpress.org/Products/6454/Letters-from-Prison-Part-Two>

September 22

"Come and See" open house sponsored by the Padre Pio Fraternity of the Secular Franciscan Order on Sunday, September 22, 2022 from 2:30-4:30pm Questions ofscentralnc@gmail.com or visit <https://ofscentralnc.org>.

September 24 Be Still - Adoration and Breakfast

9:00-11:30. Contact beth.gaudette@stfrancisraleigh.org

Upcoming At a Glance

October 2 FrancisFest

Our annual parish wide celebration of our patron saint. Contact ashley.watson@st-francisraleigh.org if you are interested or want to learn more about this opportunity visit www.stfrancisraleigh.org/francisfest

October 8 Herencia Hispana Mass

11:00am Holy Name of Jesus Cathedral
Celebrated by Bishop Zarama.
Questions: 984-900-3182

October 15 Wedding Anniversary Mass

10:00am Holy Name of Jesus Cathedral.
Celebrated by Bishop Zarama.
Questions: 984-900-3184
<https://raldioc.configio.com/wam2022>



Join us Tuesday, August 23rd at 6:35pm for a fun filled night of baseball and faith based activities. The Durham Bulls will face the Nashville Sound at 6:35pm! This night will be dedicated to those of faith to come out and cheer on the Bulls!

We have blocked 300 seats for St Francis.

Questions contact stacey.shine@stfrancisraleigh.org.

Tickets are \$13.50 each and can ONLY be purchased using the FEVO link.

Scan this FEVO link to order [Durham Bulls Tickets](#)

If you need assistance ordering call Hannah Gertz at 919.687.6522



St. Francis cannot directly purchase tickets or process payments for tickets.

Laudato Si' - In action

"I ask you in the name of God, to defend Mother Earth"
Pope Francis

How do we respond to the call for Ecological Education?

Learn: Read a book!
Try: Regeneration by Paul Hawken
Or: Braiding Sweet Grass by Robin Wall Kimmerer

Share: Share what you learned with your children,
friends, and neighbors.

stfrancisraleigh.org/care_for_creation

To connect with us: stfccreation@gmail.com

MEET OUR NEWEST STAFF MEMBERS



CHRIS DAMICO **Director of Engagement and Development**

Chris joins us with several years of experience in marketing and sales with a solid track record of engaging others towards a common mission. He is gifted in sharing the Good News and inviting others to their role as disciples of Christ in service to our parish and the greater Raleigh community. Chris is known by many of our community as he has been an active member for 11 years. His experience at SFA as a ministry leader and volunteer will be of great value as he engages and invites the community to live out their baptismal call.

JEANNE CARUSO-LEWIN **Director of Formation**

Jeanne joined our staff in late May after serving in various formation ministry roles for over 17 years in the Diocese of Raleigh. Her extensive experience in youth and young adult ministry will be of great asset to our formation team. Jeanne has experience with sacramental prep for all ages and has years of ministry experience with the initiation process for adults and children.

We look forward to her spirit filled leadership in collaboration with our wonderful formation team.



MAGGIE VLADYKA **Administrative Assistant to Operations**

We welcome Maggie to our team as Administrative Assistant to Operations. Maggie most recently worked at Brassfield Elementary school where she utilized her outstanding organization skills accompanied by excellent people skills. She has an extensive customer service background and experience in educational training. Her attention to detail and ability to multi-task will serve her well as she works with the Director of Engagement and Development, the Director of Facilities and Operations and coordinates our Safe Environment Training program.

GUS FRANCESCHI **High School/Young Adult Ministry Coordinator**

Gus comes to us with an 8-year background in being a volunteer Group Leader and catechist with high school students at St. Thomas More parish. His love of God and commitment to evangelizing our youth has been a bedrock of his life for years now, and we are excited he will be embracing this full time.

In his previous roles, Gus completed some coursework and experience in physical therapy as well as admissions work that involved managing events and timelines to meet goals at Duke University. And before that, top Hollywood executives gave him a priceless education on how to keep everyone on the same page and get things done together in video production in Los Angeles.



TAKE A *journey* TO DISCOVER HOW GOD HAS GIFTED YOU.

4 DISCERN IN DEPTH WITH
FELLOW PARISHIONERS

3 DISCOVER AND DISCERN
YOUR GIFTS

2 SMALL GROUPS MEET IN
PERSON OR ZOOM

1 SIGN UP FOR SMALL GROUP AUGUST 15
TO SEPTEMBER 21

Explore the charisms that you have been given to share with the world. Our small groups will work together to unlock and find the gifts you have been given. As you journey down this path you will then work with your facilitator one on one to explore these gifts. In the final phase you will learn how to bring your gifts to life.

**There are several small groups options to pick from. Both in person and Zoom available.
We are also offering a men's group and young adult group. All start week of September 25th.**

**Registration for The Spiritual Gifts Journey small groups open August 15th.
Register HERE through Realm - \$25 Registration Fee for materials and online access.**

SMALL GROUP OPTIONS

Sundays: 7pm with Rosemary Somich - Zoom

Monday Mornings: 10am with Ellen Ferrone - in-person Founders Room

Monday Evenings: 7pm *Men's Group* with Jacob House - Hybrid (in-person or zoom)

Tuesday Mornings: 10am with Gladys Whitehouse - Zoom

Tuesday Evenings: 7pm with Michael Somich - Zoom


Wednesdays: 12pm (Lunch hour) *Young Adult Group* with Beth Gaudette - Zoom

Thursdays: 9:30am with Mae Villanueva - in-person



Scan to Register

SMALL GROUP REGISTRATION OPENS MONDAY, AUGUST 15TH





August 20 at 9:00am

Women's Ministry
Emmaus Walk

We hear in Scripture that two followers of Jesus walked along a path toward Emmaus comforting each other after Jesus' death. Though they didn't recognize him, Jesus joined them on the walk and ministered to them. In this Emmaus Walk you will be paired with a partner and invited to experience your own Emmaus walk around the campus, discovering Christ in your own Lives through your connection with one another.

Register on Realm
Questions:
beth.gaudette@stfrancisraleigh.org
Click here to register


YOUNG ADULT
BIBLE STUDY

Join us Every Tuesday at
6:30pm in Padua Room

Directions: Driving down the main Church driveway take the first right into the gym parking lot. The Padua Room is in the community center in the same building as the gym

We will reflect on the upcoming Sunday Gospels.

For questions or concerns please contact
beth.gaudette@stfrancisraleigh.org




Always God's Children

The monthly Always God's Children ministry meets in-person during the summer months of June, July, August, and September, on the second Sunday of the month. You are welcome to join us from 3:30 to 5:00 pm. Please feel free to wear a mask for protection - knowing that there will be those present who will opt out of wearing one. Contact Beth Gaudette, Director of Parish Life, at beth.gaudette@stfrancisraleigh.org if you have any questions.

Help change a child's ETERNITY by being a

Children's Catechumenate
Family Sponsor

- intentional & faithful friend
- share your faith and pray with them
- accompany to Mass & family events
- be a witness at Liturgical Rites
- be a Catholic Christian role model

What is the
Children's Catechumenate
and what am I called to do?

A child's journey of conversion into the mystery of Christ through the Sacraments of Initiation

Along the journey, this child should be accompanied by the entire Christian community who act as witnesses of faith!

For more information on being a Family Sponsor, email
Marisa.Ferrara@stfrancisraleigh.org



Sunday, September 11 @ 10:00

Join us for Coffee and Donuts Sunday, September 11th following 9:00am Mass from 10:00am-11:00am in Fellowship Hall hosted by the Justice and Peace.

It will be a time to visit with fellow parishioners and to celebrate as we continue to walk this journey of faith together as a community dedicated to our Franciscan heritage. All are welcome!



Coffee and Donuts Sunday Schedule

Sunday, October 30th	Sunday, March 26, 2023
Sunday, November 13th	Sunday, April 2, 2023
Sunday, January 29, 2023	Sunday, May 7, 2023
Sunday, February 12, 2023	




Community Center
Reopening Party

August 28th 10:00-11:30

Coffee and Donuts in the Café
Open Gym Basketball
Games in the labyrinth

Contact
beth.gaudette@stfrancisraleigh.org

AUG 31 LAST DAY TO REGISTER: FAITH FORMATION & SACRAMENTAL PREPARATION



BE STILL

Psalm 46:11

Women's Ministry Morning Retreat
September 24 9:00am-11:30am

Join us for moments of stillness, reflection, and prayer. Take some time out from the hustle of daily life to enjoy fellowship and peace.

Cost \$5
Register on Realm.
Questions contact
beth.gaudette@stfrancisraleigh.org




Cross Step Registration is Open!



Cross Step (formerly known as Play N' Pray) is the newest addition to St. Francis' Crosses Faith Formation programs. Our mission is to the development of faith of children, ages one-and-walking through four. The children come to us in Clare Hall during the 9:00 am Sunday Mass. Using Pflaum Gospel Weeklie's SEEDS curriculum, the children learn about the weekly Gospel and participate in fun, interactive activities that focus on Catholic doctrine and traditions. Let us help your children to take their first STEPS on their walk with God!

Interested families can register their children for the 2022-2023 year in REALM. Please contact Andrea.Javier@stfrancisraleigh.org for more information.

Interested in sharing your faith with young children in a fun-filled and loving environment?

The Cross Step program is currently seeking part-time employees to lead our Parish's preschool-aged faith formation classes for the upcoming 2022-2023 year. Our classes occur during the 9:00 am Sunday Mass and consist of playing, praying, sharing a short Gospel-based lesson that is provided in advance, and participating in a related arts-and-craft activity. No teaching experience is necessary, just the desire to have fun and share God's Word. Sharing a couple hours of your time on Sundays can forever transform a child's faith-journey!

Please contact Andrea.Javier@stfrancisraleigh.org



Youth Basketball Season Registration is NOW OPEN

Join us for the 32nd season of the St. Francis Youth Basketball League. Participants shall have a spirit of loyalty to Catholic ideals, to parish, to coach, and to the team. The program enables the gifted to excel, the less gifted to participate and improve. This program is open to girls and boys grades 1st thru 8th, in 6 different divisions. Practices will be held once per weeknight and begin late October. Division 1 (grades 1 & 2) will practice before their games on Saturday and not during the week. Games will be on Saturday and Sunday. The season will run through Early February. For more information and to register visit: <https://www.stfrancisraleigh.org/st-francis-youth-basketball-league-2/>



Ministry Leaders Needed

We are looking for Ministry Leaders for our open play Mens Group (age 30+) and our Women's Group (age 18+).

Contact MaryArleth@stfrancisraleigh.org
919-847-8205x358



Francis Fest

FrancisFest Volunteers needed now. The event planning team is forming now to plan our annual parish wide celebration of our patron saint, St Francis of Assisi. This Event will take place October 2nd. Our whole parish community joins for an afternoon of Holiness, Hope, and Hospitality! Contact ashley.watson@stfrancisraleigh.org if you are interested or want to learn more about this opportunity visit www.stfrancisraleigh.org/francisfest.

Assisi Café Volunteers Needed!

We're always in need of individuals to help us manage the day-to-day service of our coffee shop. It's a great way to meet new people, socialize with friends and make a gift of your time to the St. Francis community. You will work side-by-side with the renowned community center staff baristas who will show you the ropes and teach you the secrets of great coffee and the latest (and hippest) barista lingo and moves – an education you can get nowhere else.

This is a great opportunity for just about anyone that can give up 2 hours at a time maybe 2-4 times a month during the weekdays. We create a rotating calendar based on your availability.

If you would like more information or are interested in volunteering please email: Ashley.Watson@stfrancisraleigh.org

EDUCATION MINISTRIES

Dawn Smith, Principal

Sharing in Our Love of God



Strengthening our Catholic Identity, the last of the three areas of our main focus moving into the new school year. I recently read an article titled "Ten ways for Catholic school teachers to reinforce Catholic identity outside of religion class." Something that resonated with me in the article was the following statement. "If we want our children to fall in love with the Catholic faith and remain committed to it throughout their lives, we must foster in them a sense of Catholic identity so that the thought of losing their faith would mean losing a major part of themselves."

Catholic Identity is recognized in the visible signs such as crucifixes, statues of Mary and symbols of our liturgical seasons such as Advent, Christmas and Lent, but I want us all to look deeper into the school's atmosphere to find our Catholic Identity. One of the events that we all take part in is morning prayer. We begin each day in our courtyard with students, faculty and parents in attendance. In addition, we attend community Mass on Wednesday. Coming together

as a community to share in our faith is a large part of our culture as a K-8 school. We have intentionally placed time in our day to read the scripture and reflect. In addition, all students have religious instruction throughout the week. We promote the focus of The Franciscan School on our devotion to the Catholic Faith and the strong values and morals it espouses, academic excellence through a challenging and engaging educational experience, and a dedication to service to others in our community.

Our students learn to know and love Jesus, and to demonstrate that love in prayer and worship.

I plan to place an emphasis on the hiring process to ensure open positions are filled with qualified individuals that will continue to help grow our student's faith and foster a love to serve. Therefore, it will be very important to place emphasis on hiring individuals who know and live their faith and will assist in forming students who have a deep love of Christ and Catholic Faith.

As we begin a new school year and I work with my faculty in a different capacity, it will be important for me to share these thoughts with all stakeholders so that we build upon the great things happening in our community and continue to grow relationships and a sense of ownership.

As we welcome everyone back for a new school year, we will be looking for ways to foster that love in both scripture and tradition working in tandem with staff members on the Parish staff. We are all excited to come together as one campus and share in our love of God.

The Franciscan School wishes to partner with you to help you achieve the goals you have for your child and their educational experience in a Catholic faith environment. More information can be found on our website at www.franciscanschool.org/ or contact Principal Dawn Smith at dawn.smith@stfrancisraleigh.org

EDUCATION MINISTRIES

Heidi Hobler, Preschool Director

They're coming, They're Coming!



“And the angel came in unto her, and said, Hail, thou that art highly favored, the Lord is with thee: blessed art thou among women.” Luke 1:28

It was with great joy and excitement this past week that we welcomed the children who will be coming to our preschool for the first time. One evening, we hosted 2-year-old families for a gathering on the playground and the next night, we enjoyed the company of anyone in the 3-5-year old classes who is new to our preschool. Popsicles helped keep everyone a bit cooler and, thankfully, didn't spoil any fun! I daresay that one would actually have to work hard to not have fun in our beautiful playground spaces!

This time every year, as we mark the Feast of the Assumption of Mary, I am struck by the fact that this holy day falls so close to the start of school for many

children. As you are aware, it is a day which honors our Blessed Mother and her being taken into heaven at the end of her earthly life, both in body and spirit. During this time of year when many mothers are packing lunches, getting school clothes ready, buying dorm supplies, filling backpacks, giving extra hugs/kisses to say goodbye, reflecting on how fast their child is growing, or worried about the success of their child in school year ahead, it seems fitting that in our faith tradition, this feast celebrates the holiest of our mothers, Mary.

I like to think that maybe, in God's infinite wisdom, as many mothers say goodbye to their children for at least part of the

day, He knew that many might benefit from a special reminder that He would always take care of them and their children; He would provide comfort and support to them in all things!

May the reminder of Mary's place in heaven give the mothers in our midst and those they care for, a reminder of God's presence in our lives and how much He loves us all!

To learn more about becoming part of our incredible preschool and the opportunities we have, please visit our website at www.preschoolatstfrancis.com or contact Shelley Freeman at: shelley.freeman@stfrancisraleigh.org.



Managing Expectations for our Children in the Coming School Year

by Chuck Small, St. Francis Parishioner, member of the Justice and Peace Education Ministry, and High School Counselor

How can parents and families help students thrive in the approaching school year? There's no one magic answer, but a good place to start is by managing their own expectations.

Recent news reports have zeroed in on "time lost" in learning due to pandemic-related shutdowns, virtual learning, and adjustments in the return to in-person instruction. But the concept of "time lost" is arbitrary. Even before the pandemic, students learned at a varied pace and teachers tailored instruction from classroom lesson plans to individual strengths and needs.

As a public high school counselor, I work with students, teachers, administrators and families to support academic, social-emotional and career development. When it comes to social-emotional development, essential learning from the

COVID-19 pandemic includes coping with loss, building resiliency and approaching the future in a way that acknowledges the past. It seems to me that, as a society, we may be pushing these important tasks aside in a rush to return to memorizing multiplication tables, conjugating verb tenses and preparing for the ACT and SAT.

How, then, do we manage our expectations? Here are a few suggestions:

Talk about what matters to your student. What do they love? What makes them laugh? What makes them nervous? What's their favorite way to spend free time, and why? Engage them in conversation that helps them explore their own interests. When and if you sense an opening, feel free to share your own likes and dislikes when you were their age.

Encourage exploration and growing. Young people flourish when given opportunities to pursue a variety of interests. There's no need to zero in on one or a few too soon.

Banish the "happiness equation" mindset. Straight A's = My dream school = My dream job = Lots of money = Happiness. Not only is the conclusion of that mindset unrealistic and flawed, but the relentless pursuit of it leads to young people who burn themselves out before they set foot on a college campus – often anxious, depressed or both – and wondering what they did wrong.

With intentional reframing of our own expectations, we can help our young people enter the school year with confidence, excitement and enthusiasm. Those attitudes will go a long way toward helping them succeed outside the classroom as well as inside of it.



Caring Casseroles

There is no denying it, summer is a time to relax, take a break, and recharge ourselves, in body, mind and spirit. It's also the time of year when our Feed the Need and Caring Casserole volunteer cooks take a well-deserved break. Fortunately, due to the overwhelming generosity of our volunteers, in May our Caring Casserole freezer was quite full of frozen meals.

Those frozen meals were able to sustain our families all summer long with hot, nutritious meals. As summer draws to a close, we find our freezers very bare indeed. Can you help?

As we head back to school, work, sports and our regular routines, let's not forget about those in our community this ministry is reaching out to with hot meals, and a listening ear.

Can you take some time to cook a casserole to place in our freezer for future use? For more information about volunteering with Feed the Need/Caring Casseroles please visit <https://www.stfrancisraleigh.org/ministries-2-2/feed-the-need-2/> or contact beth.gaudette@stfrancisraleigh.org.

If you give some of your own food to feed those who are hungry and to satisfy the needs of those who are humble, then your light will rise in the dark. Isaiah 58:10

Get-Out-The-Vote campaign!

Join hundreds of leaders across Wake County to launch ONE Wake's relational Get-Out-The-Vote campaign!

This fall ONE Wake will engage 3,800 infrequent voters in low voting precincts across Wake County that have been most impacted by increases in housing cost. Our goal is to increase voter turnout in these precincts by at least 5%.

This non-partisan relational GOTV campaign is part of ONE Wake's strategy to leverage the local elections to win commitments from candidates for Raleigh City Council and the Wake County Commissioners to support our grassroots issue agenda: including our campaign to prevent the displacement of long time, low income homeowners in gentrifying neighborhoods.

The GOTV campaign will culminate in a very large, 1,000 person public assembly with candidates on Thursday, October 6, at 7:30pm.

JOIN US on August 25 to learn how your institution can support this important work. All who register will receive materials in advance.

REGISTER TODAY: <https://www.one-wake.org/2022gotvkickoff>

Please contact Nancy Dilger with questions or for more details: ndilger3@gmail.com. (919) 608-2636



Society of St. Vincent de Paul

By Sharon Winzeler

In today's Gospel Jesus said to his disciples: "I have come to set the earth on fire, and how I wish it were already blazing! There is a baptism with which I must be baptized, and how great is my anguish until it be accomplished!" The St. Vincent DePaul Society attempts to set the earth on fire with God's love by helping those suffering from a lack of funds for daily living expenses.

SVdP at St. Francis of Assisi provides hope, compassion, referrals, and short-term financial help for families. Most of the cases are the working poor—families who can pay their bills until they get an unexpected situation—a funeral, a car needing service, a sickness, or an unexpected increase in living expenses. Any of those situations could make them need help with rent or utilities.

Some financial problems come unexpectedly and seem unsurmountable, but SVdP volunteers continue to stand by their neighbors. For instance, one older woman called to say that her husband was in and out of the hospital for several years with COPD. Because he was unable to work much of the time in the business he owned, he was unable to make mortgage payments on their house. While the woman realized that SVdP couldn't help with the past due house payments, she did request help with their water bill while the family comes up with a plan on how to deal with their financial crisis. SVdP was also able to suggest referrals for counseling on how to best deal with their housing challenge.

The St Vincent de Paul Society is a lay Catholic organization that aspires to live the gospel message by serving Christ in the poor with love, respect, justice, hope and joy, and by working to shape a more just and compassionate society.

How does SVdP operate? Neighbors seeking help are encouraged to call in on the help line at 919-534-4842. A caller intake specialist retrieves the information from the helpline and fills out the initial report.

Next, visitors, who have mostly been working by phone during Covid, communicate with the neighbor and find out more information. The visitor will discuss options with the neighbor. SVdP has a reliable list of resources for helping neighbors in need. The visitor will take requests for any funds to the SVdP committee for consideration.

If you feel like you could volunteer, contact Cathy Smith at smithtcr@gmail.com.



St. Francis parishioners meeting refugee family at RDU airport

If you missed ***Walking More Closely with Refugees*** last week's article by Trevor Thompson, our Director of Justice and Peace, [click here](#) and read it on pg 16.

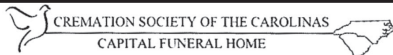
Twentieth Sunday in Ordinary Time

August 14, 2022

[Jesus] endured the cross,
despising its shame,
and has taken his seat
at the right of the throne of God.

— *Hebrews 12:2*

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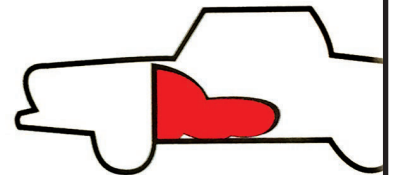
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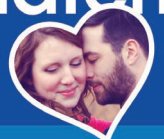


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