



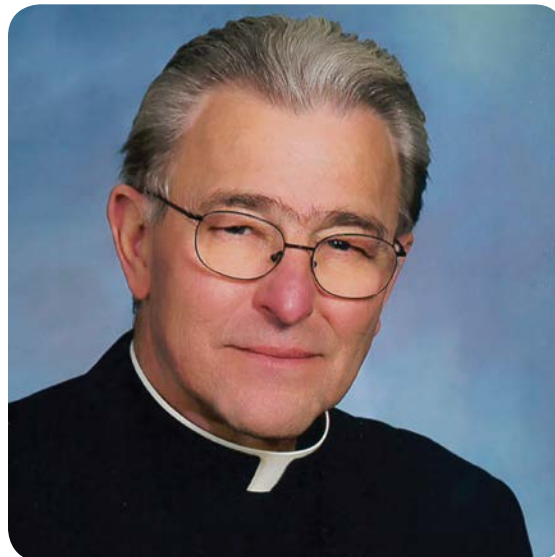
SAINT TIMOTHY
CATHOLIC CHURCH



Fr. Carl Last Blessed to Continue Serving God's People in Florida

In less than two years, Fr. Carl Last will celebrate the golden anniversary of his ordination to the priesthood, marking 50 years of incredible experiences and adventures in service to the Church! Although he retired as a priest with the Archdiocese of Milwaukee in 2011, Fr. Carl is more than happy to continue helping parishes as he enjoys living near family here in sunny Florida. At St. Timothy, we are particularly grateful for his willingness to devote so much of his time and talent in service to God and His people.

Although Fr. Carl spent over 40 years as a diocesan priest, his services to the Church extended far beyond the Archdiocese of Milwaukee. Following his 1969 ordination, Father was assigned to a parish in his archdiocese. Two years later, however, he went to the University of Notre Dame to complete graduate studies in theology with a focus on liturgical studies.



Fr. Carl Last

Coming on the heels of the many changes in the Church that resulted from the Second Vatican Council, Fr. Carl's liturgical studies proved invaluable. Upon his return to Milwaukee, he established and

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Fr. Carl Last *continued from front cover*

staffed the Archdiocesan Liturgy Office. In 1976, he was appointed the Executive Director of the National Federation of Diocesan Liturgical Commissions and Consultant to the National Bishops' Committee on the Liturgy in Washington, D.C., where he oversaw the implementation of Vatican II liturgical changes in dioceses around the country.

In the 30 years between 1981 and his 2011 retirement, Fr. Carl continued to experience many facets of the priestly life, including a directorship at St. Francis Seminary and a scholarly sabbatical in Rome. Finally, after serving as pastor for two parishes in the Archdiocese of Milwaukee, Father was assigned pastor of the Cathedral of St. John the Evangelist, where he led a crucial historic restoration project.

Reflecting on his many years in the priesthood, Fr. Carl feels uniquely blessed by each of his different assignments.

"I have felt so privileged because I have had a lot of varied experiences and feel that they have all enriched me," he says.

With each assignment in his vocation, Father has had the opportunity to serve alongside many wonderful lay people and fellow clergy.

"I worked with five archbishops in my time, including Cardinal Dolan, who was the Archbishop of Milwaukee for eight years," Father says. "He's very nice. Have you ever seen a circus parade? Everyone waits for the elephants, and Cardinal Dolan was like the elephant — he was everyone's favorite!"

"Then there were the guys at the end, sweeping up, and that was the rest of us," he continues with a laugh. "I was invited to go to his installation as Archbishop of New York — it's been a pretty full life."

In addition to the experience of serving alongside some truly incredible people, Father is also thankful that his vocation led him to so many unforgettable places.

"One of the greatest things was having the privilege of spending six months in the Holy Land

in the early 90s, walking in the footsteps of Jesus and learning the Scriptures there," he recalls. "The land is called the Fifth Gospel — you learn so much from the people there, and it makes the Scriptures come alive so much more. It really influenced my preaching. Once you get the dirt of the Holy Land in your sandals, you want to go back."

As a parish priest, Fr. Carl most enjoyed being present for people through the milestones of their lives — Baptisms, weddings, funerals — and everything in between. By helping out with weekday Masses and First Reconciliation at St. Timothy, he is able to continue serving God's people. In addition, he assists at St. Peter the Apostle in Trinity and St. Mark the Evangelist in New Tampa.

"The people that come to weekday Mass are just wonderful people," Father enthuses. "I enjoy being with them, and I enjoy their friendship and look forward to serving them. With the First Reconciliation at the school, I like to help children feel at ease and recognize that it isn't about them — that it is about God and His mercy. It really is a privilege to serve in these ways."

Indeed, after nearly 50 years in the priesthood, service is an essential part of life for Fr. Carl, and he looks forward to helping here at St. Timothy for a long time to come.

"It's a part of my DNA, a part of who I am," he affirms. "If I were unable to serve — if I were unable to preach — my life would be really incomplete. So as long as God gives me the health to do it, I'm going to do it."

Fr. Carl's greatest piece of advice for parishioners seeking to strengthen their faith lives is to begin each day with a prayer of gratitude. In doing so, he says, we will begin to see the world and people in a different way, and grow closer to the Lord.

Here at St. Timothy, we extend a prayer of gratitude for Father himself, as we are truly thankful for his willingness to continue serving the Church in his retirement!

Preparing for Our Lenten Journey and Prioritizing the Gift of Time

Dear Friends in Christ,

Lent begins on Wednesday, Feb. 14, Ash Wednesday. Most of us are aware that Lent is a time of prayer, penance and giving alms. So, it would seem that Lent is a perfect time for stewardship. As we examine our lives and try to find ways to deepen our relationship with God, it is good to remember that whenever we give our time, talent, or treasure, we are living as better stewards.

For each of us, our relationship with God should be the first priority. God has given us the precious gift of time, so we need to thank Him for this gift by using it wisely. Stewardship of time is about how we spend every minute of every day. Most of us probably feel that we do not have enough time for all the things we hope to accomplish or achieve. However, each of us is given the same amount of time — 24 hours in a day, seven days in a week. So, how do we choose to use our time? We need to prioritize this gift of time, which means putting the most important things first.

If deepening our relationship with God is our first priority, then time spent in prayer, at Mass, in our personal lives through reading Holy Scriptures, and meditating on God's Holy Word should be paramount. Our second priority might be our relationship to our family. We need to spend time building a strong family unit filled with respect and love for life. And perhaps our third priority should be our relationship with our parish and our community of faith. Finally, we must



spend time supporting others in their faith journeys and ministering to those in need.

We must remember that first requirement for our Lenten journey — prayer. Our Catholic faith is full of prayer forms and traditions that are available to us all. Find a prayer form that works for you, and truly cultivate your prayer life in order to connect and build a real, personal relationship with the Lord. We all need to carve out time during Lent by dedicating time to prayer. Perhaps it

is only 10 minutes each day for quiet reflection on Holy Scripture. Or it may be something more substantial — perhaps a reflective weekend retreat.

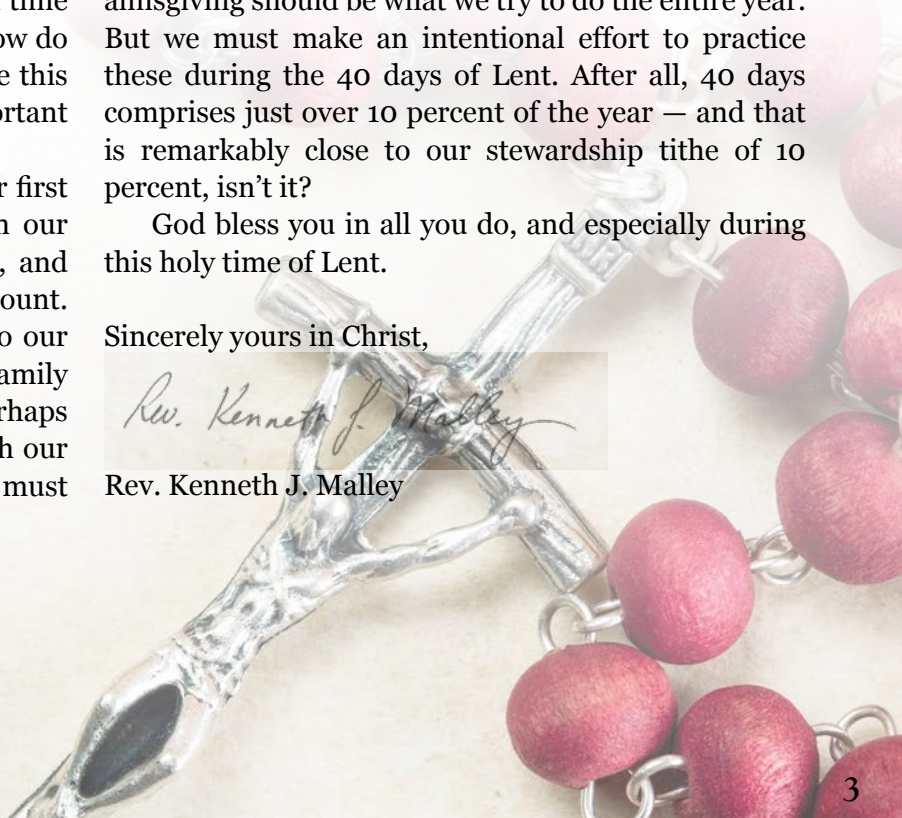
We might consider Lent our own personal Stewardship Renewal season. Fasting, prayer and almsgiving should be what we try to do the entire year. But we must make an intentional effort to practice these during the 40 days of Lent. After all, 40 days comprises just over 10 percent of the year — and that is remarkably close to our stewardship tithe of 10 percent, isn't it?

God bless you in all you do, and especially during this holy time of Lent.

Sincerely yours in Christ,

A handwritten signature in cursive script that reads "Rev. Kenneth J. Malley". The signature is written in black ink on a light-colored background.

Rev. Kenneth J. Malley





Guiding Star Tampa Works to Provide



Guiding Star Tampa, which is part of the nationwide Guiding Star initiative, takes a holistic approach to women's healthcare.

What does it truly mean to cultivate a culture of life? Guiding Star Tampa's comprehensive women's healthcare practice works to answer that very question. Guiding Star Tampa began in 2009 as a pregnancy center, and it has since evolved into a full-fledged healthcare clinic facility.

"Throughout our female life, we are constantly making choices about our health, babies, and how we bring up our children," says Executive Director and St. Timothy parishioner Ana Stooks. "We found that there is a lack of services nationwide for women who really need a greater community to support them. The group of people that started this center knew there were pregnancy centers scattered throughout Hillsborough County and Pinellas County, but there really wasn't anything in the northern Hillsborough and central Pasco

County area — and so, we were formed by individuals and churches who really felt there was a lack of services for women in this area."

Guiding Star Tampa, which is part of the nationwide Guiding Star initiative, takes a holistic approach to women's healthcare. The non-profit organization is a state-approved licensed healthcare clinic, providing medical services as well as the education and ongoing support traditionally found in a pregnancy center. The facility is family-friendly, and provides free childcare during all services.

"In 2016, we brought on a full-time OB-GYN medical practitioner, a nurse midwife, Tammara Taylor who is a St. Timothy parishioner" Ana says. "She is able to offer the medical care we knew women needed. Women can come to us for their well-woman care, annual physical, perimenopausal and menopausal issues, STD and STI treatment, and prenatal care. Women truly have the option to be seen by a medical practitioner throughout their entire pregnancy.

"We are part of what is called the Florida Well-Woman Program, which allows us to give a free annual physical, a pap smear and all labs to women who are uninsured," she adds. "We are also approved to be a Medicaid provider, and are slowly getting credentialed by different insurance carriers. If someone calls us, we can check and see if we are a provider for their insurance carrier."

Guiding Star Tampa also offers fertility care through nurse practitioner Tammara Taylor, who is trained in the Creighton FertilityCare Model as well as NaProTECHNOLOGY.

"Couples who are experiencing infertility can come to her," Ana says. "Her whole approach to all our medical services is how it can be natural and holistic. We truly believe that women don't need to continue to put chemicals into their bodies, and that our bodies were meant to do so much more. She is able to work with a couple in charting their cycles, looking at where their hormonal levels are out of balance, and prepare the uterus for a baby, should she be able to conceive."

Life-Affirming Women's Healthcare

Women also have the opportunity to find support with other moms at the same stage of parenthood.

“For example, something like breastfeeding — we think it’s so easy, but it can be so challenging for women,” Ana says. “We have lactation consultants who volunteer with us who can work with them. We have a nursing moms support group. We also have Lunch and Learns, both in English and Spanish. One time, we brought in a pediatrician to talk about vaccinations. Another time, a therapist came in to talk about developmental milestones and how to support babies through those milestones. We are equipping women with what they need to feel accomplished, and for babies to have what they need in those developmental years.”

Guiding Star Tampa also partners with healing ministries such as post-abortive healing groups, or groups like the Wildflowers, which offer healing for women who have been abused as children. The organization also provides postpartum support and resources for women.

“One of the things we have seen over the years is that there are very few resources for women going through any kind of postpartum [depression],” says Jill Casciello, Assistant Executive Director and also a St. Timothy parishioner. “By having a practitioner on board full-time, women can be assessed very early in their pregnancies for anything that might trigger that. There are so many women who are doing this by themselves, so they really need support on a weekly basis. Hormones are constantly up and down, and sometimes the woman doesn’t know if it’s normal. We prepare her for what the new normal will be once she gives birth. In a typical OB-GYN setting, women are told to come back six weeks after birth. At Guiding Star Tampa, we want to see her two days after, four days after.”



Guiding Star Tampa began in 2009 as a pregnancy center, and it has since evolved into a full-fledged healthcare clinic facility.

Through their mission to support women in body, mind and spirit, Guiding Star Tampa hopes to effect real change in the way we approach women’s healthcare in the United States.

“If we can treasure this amazing body that God has given us, and really think about natural, holistic and life-affirming ways to treat our bodies as females, we’re going to think differently about ourselves and the choices we make, and we’re going to be better mothers,” Ana says. “When a woman starts to realize the beauty in her self-worth, she is so much more open to starting a relationship with Jesus, and so much more open to healing from past wounds. This is a model that we hope other care providers across the nation will adopt, offering all of these components in one comprehensive women’s healthcare practice.”

Call Guiding Star Tampa at 813-948-7734 or visit their website at www.guidingstartampa.org for more info on the OB-GYN practice, or to volunteer.



Making the Most of Every Sunday

Putting God First

Many Americans set aside their Sundays to enjoy various leisure activities. Indeed, Sundays during the summer months may include cookouts, or perhaps afternoons spent at the swimming pool or baseball stadium. And when fall arrives, many fans will certainly be spending their Sundays in front of the television, as they become engrossed in the excitement of the National Football League's highly anticipated Sunday games.

Sunday is also the day when more than 18,000 Catholic parishes in the United States will be celebrating Masses. But if recent statistics are any indication, the percentage of the U.S. Catholic population attending Mass that day will stand in stark contrast to the percentage of the U.S. television audience watching Sunday football games.

According to the Pew Forum on Religion & Public Life's U.S. Religious Landscape Survey published in 2008, Catholics account for roughly 23.9 percent of the adult population in the United States. But of the 70 million-plus registered Catholics in the U.S., only 36 percent attend Mass once a week or more, according to Georgetown University's Center for Applied Research in the Apostolate. Only 12 percent of U.S. Catholics

participate in the Sacrament of Reconciliation at least once a year, and a mere 17 percent of Catholic men say they have ever even slightly considered becoming a priest or religious brother.

God gives us leisure time to clear our heads and recover from what can often be a hectic daily life. But it is important that we glorify God in all that we do, and time away from work or school provides a great opportunity to regularly celebrate the sacraments. As Catholics, we are obligated to attend Mass on a weekly basis, barring illness or extenuating circumstances. But this is just the first step. Spending time in prayer, Eucharistic Adoration and Reconciliation provides us with the grace, healing and the wisdom to live as disciples of Christ on a daily basis. And sharing our time, talent and treasure through ministry participation and charitable giving enables us to serve our brothers and sisters in Christ, thus ensuring that we are placing God at the top of our list of priorities.

Each Sunday presents an opportunity for us to foster our discipleship commitments to Christ. So, make the time and discern ways that you can put God first, on every Sunday throughout the year.

Sharing our time, talent and treasure through ministry participation and charitable giving enables us to serve our brothers and sisters in Christ, thus ensuring that we are placing God at the top of our list of priorities.

Marriage Preparation Ministry Helps Engaged Couples Grow Closer to God Together

For a newly engaged couple, the to-do list leading up to their “I do’s” can quickly become stressful and overwhelming. Booking the hall and church, choosing a caterer, finding the dream dress, and selecting a cake are just pieces of a seemingly increasing puzzle all contributing to the bride and groom’s special day. Yet, in the process of preparing for the wedding day, it’s important that the couple not lose sight of the sacrament itself, binding them together permanently in a unified vocation. That they take time to prepare both spiritually and emotionally for their life together. And this, explains parishioners Erin and Kevin Davis, is the purpose of Marriage Preparation classes.

“It’s important to start off right by putting the time into your marriage preparation that you will later be putting into your marriage,” Kevin says. “After all, in marriage there will always be other things pulling you away from one another. And so, it’s important that you as a couple fall into the habit of making that time to keep your marriage a priority and strong right from the get-go.”

“You’re dedicating really small amounts of time, when you think about it, toward something that will shape and prepare the way you’ll be relating to one another for the rest of your married life,” Erin adds.

Kevin and Erin were blessed to have gone through St. Timo-



Looking back on the Marriage Preparation process here at St. Timothy’s, both Kevin and Erin feel this was an important part of preparing them for their sacramental life together.

thy’s Marriage Preparation course in the months leading up to their marriage on Aug. 2, 2014. Starting in October the preceding fall, the couple began by meeting with Deacon Peter J. Burns, Parish Life Director. Then, they were assigned a mentor couple from within the parish, there to discuss specific “hot topics” and share from their own experience as a married couple.

“They can really speak from their own experience, which is so helpful,” Erin says. “And they truly are so welcoming and open, helping you feel comfortable to share

and discuss. Together we talked about all kind of topics such as finances, family life, and disciplining. Things that a couple might not have thought to discuss before, but will be an important part of your marriage. It helps you, as the engaged couple, flesh out your own ideas and get on the same page. And then the mentor couple will often give personal examples from their own marriage.”

“It’s great because they’ve seen it and done it all already,” Kevin says. “So they can personally speak to these topics, providing those real life examples.”

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Looking back on their own period of preparation, both Keven and Erin feel like these discussions and gatherings played a pivotal role in preparing them for their sacramental life together. It helped open more fully the doors of communication in their relationship, building a foundation that would prove crucial in their married life. And perhaps even more importantly, it helped them feel the support of the Church as they entered into this new phase of life.

“It opens the lines of communication and helps prepare you for your future life together,” Erin says. “And then, at the same time, just surrounds you with people that represent God’s grace, so that we were able to be even more open and honest with each other. Our mentors were really so good and Deacon Peter was just wonderful to work with. St. Timothy in general is just a very welcoming and family-oriented parish.”

Best of all, by breaking away from the more commercial aspects of wedding preparations and taking

the time to focus on the sacrament itself, the Davises were blessed to witness their love for each other grow and deepen further — to appreciate the intricacies of each other’s personalities even more as they joyfully anticipated their married life together.

“Looking back, I think the classes really amplified the love that we have for each other and the things that we love about each other,” Kevin says. “The more that we were able to share with each other, the more our excitement built up for the wedding day. It was just a special opportunity for us to continue growing closer to one another.”

We encourage all newly engaged couples to take advantage of this special time in their lives by enrolling in St. Timothy’s Marriage Preparation program. For more information, please contact Deacon Peter J. Burns at 813-968-1077.

Mass Schedule

Saturday Vigil: 5:30 p.m. • Sunday: 7:30, 9, 11 a.m. & 5:30 p.m. • Daily: Mon-Sat 9 a.m., Wed 6:15 p.m. • Holy Days: 9 a.m. & 7 p.m. Vigil: 7 p.m.