



SAINT TIMOTHY

CATHOLIC CHURCH



Women's February Retreat Offers Chance to "Bloom"

Who can resist an invitation to "Bloom Who You Are"?

The Women's Club of St. Timothy is extending just this invitation to the women of our parish for their Women's Club Retreat, set for Saturday, Feb. 6, at the Bethany Center.

Carol Marquardt will be the speaker for the one-day retreat that is open to Women's Club members and non-members alike.

"The retreat will help women develop their personal prayer life, and will be an opportunity for people to get ready for Lent," says Michelle Barry, Women's Club President. "It will be a time for spiritual growth and renewal for women. Through the retreat, we are trying to support women's spiritual needs."

The theme of the retreat came about through discussions with Carol, who told the retreat planners that St. John Paul II said each woman of faith is called to be a spiritual mother, whether she is a physical mother or not, and to build up her spiritual life.

"This retreat will help women reach the spiritual fullness God intends for us, whatever stage of life we're in," Michelle says.

The retreat mirrors the purpose and mission for the Women's Club at St. Timothy.



The Women's Club Holiday Boutique is a major fundraiser that enables the group to help various parish, diocesan and community causes. Non-members of the club can take part in the Women's Retreat and learn more about the club itself.

"The Women's Club has been in existence for a long time," Michelle says. "There are about 125 active members, and the women range in age from 22 to probably 92. It's a broad spectrum of ages and this makes us different than other churches."

The club enables women to experience, as Michelle notes, "spiritual life growth, fellowship and the opportunity to serve our parish and our community."

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January 2016

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Women's February Retreat *continued from front cover*

Such service is made possible through activities like the Holiday Boutique that was held in November.

"Through it, and other activities, we raise money to give to different causes in the parish, diocese and community," Michelle says. "Women are constantly asked to help in different ways. Pope Francis looks at women as nurturing and providing hospitality, so when we have different events, the Women's Club will drop off baked goods. We like to say, 'The Women's Club makes a difference in the parish, one cookie at a time!'"

Michelle speaks passionately about the worth of the Women's Club – she has been a member for five years.

"Women are at different stages in their lives, and our Women's Club, wherever you are in life, whatever you can give, is perfect," she says. "If you can come to one social event or drop off cookies, or give one hour of your time, or come each month to the meetings, that is perfectly okay. It's a low-commitment kind of group. As mothers, retired executives, widows, people have different time, talent and treasure they can give. Women's Club is very flexible in enabling us to put in what you can give, at that time. That's the reason it's so dynamic. We try to provide a wide range of things you can do."

By taking part in the Women's Club, members can live out stewardship.

"You can connect more to the parish through a wide range of opportunities for stewardship," Michelle says.

There's great opportunities to give your time, talent and treasure. We make it comfortable, and easy to do, and you can participate in a greater way in church."

The club meets at 7 p.m. on the third Monday of each month in the Parish Center, from August through May. Dues are \$15, but there are scholarships available if dues are a hardship.

"Sometimes, women are hesitant to get involved because they don't know other women in the group, or they don't have the time," Michelle says. "This is such an easy way to get involved. You have an opportunity for fellowship, spirituality and service. We really encourage women to check it out. We welcome them."

Michelle also encourages women of our parish to take part in the retreat.

"It's a great opportunity to get ready for Lent," she says. "I know it's hard for moms to give up a whole Saturday. But this is an opportunity for spiritual growth and a true way to grow in the way God intends them to grow as a woman."

The fee for the Feb. 6 retreat is \$35 for members and \$40 for non-members. The deadline for registration is Jan. 25. To register, please send an email to sttimwomensclub@gmail.com. Women interested in joining the Women's Club may contact Michelle Barry at mbarryfl@gmail.com.



Members of the board of the St. Timothy Women's Club have been planning the Women's Retreat, to be held on Feb. 6.



Women's Club members help with the drink sales at the Holiday Boutique. The next major event for the club is the Women's Retreat in February.

Resolve to be *Merciful*

Dear Friends in Christ,

Most of you are aware that we launched a Holy Year of Mercy on Dec. 8, 2015, the Feast of the Immaculate Conception. You are most likely also cognizant of Pope Francis' motivation for proclaiming this year. In his announcement the Holy Father stated, "It is indeed my wish that the Jubilee be a living experience of the closeness of the Father, whose tenderness is almost tangible, so that the faith of every believer may be strengthened and thus testimony to it be ever more effective."

If we do nothing else during this Holy Year, each of us must seek forgiveness from the Lord; and we also need to make an effort to forgive others. Mercy is, after all, a two-way street. We receive it, but we must as well show it. In fact, during this month when many make resolutions, let us each resolve to be merciful.

That, of course, is not always easy, and sometimes may not even be convenient. Being able to be merciful requires us to look beyond the emotional, past the self-centeredness that may lead us to be angry and unforgiving. The story is related that soon after becoming pope, an interviewer asked Francis to describe himself – the pope immediately answered, "A sinner." However, he quickly added, "Who has been looked upon by the face of mercy."



Each of us can recall when we have been "looked upon by the face of mercy." This needs to be our motivation for showing to others what we have received. Also, in his letter announcing this Holy Year, the pope called us to have a "deep desire for true conversion." This is what stewardship is all about – not being self-centered, but God-centered. It asks us to recognize, acknowledge, and share our many gifts. Nevertheless, to do that effectively requires a conversion on our part. That needs to be part of our purpose for this year, too.

Stewardship always seems to come back to the concept of "love for one another." One of the misnomers – and a conclusion many have drawn from the Year of Mercy – is that God's essential characteristic is mercy. The Lord's fundamental attribute is love. Mercy is what love looks like when we show it.

Therefore, let us resolve to show mercy and love to all we meet, all we know, and all with whom we may work.

Sincerely yours in Christ,

A handwritten signature in black ink that reads "Rev. Kenneth J. Malley". The signature is fluid and cursive.

Rev. Kenneth Malley

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Fighting to Protect the Dignity of All Hum

In today's culture, respect for human life and human dignity is at an all-time low. From abortion to assisted suicide and the death penalty, the culture of death has penetrated nearly every aspect of our society. That is why, as Catholics, we have an immense responsibility to fight for respect for every human life, from conception to natural death, and give a voice to all those who suffer in silence. Here at St. Timothy, Life Ministries is fighting that fight every day through prayer, education and service.

"The main focus of Life Ministries is to educate and advocate for all life issues in our culture," says Charlie Reese, our Life Ministries Coordinator. "We want to raise awareness of the sanctity of life, and make others aware when there is proposed legislation that is harmful to life and that detracts from life."

"There is no one more defenseless than a baby in the womb or an elderly person in a nursing home. While we're strong, and while we still have our voices and energy, I think it's so important that we advocate for them because they need a strong defense of life." – Charlie Reese, Life Ministries Coordinator

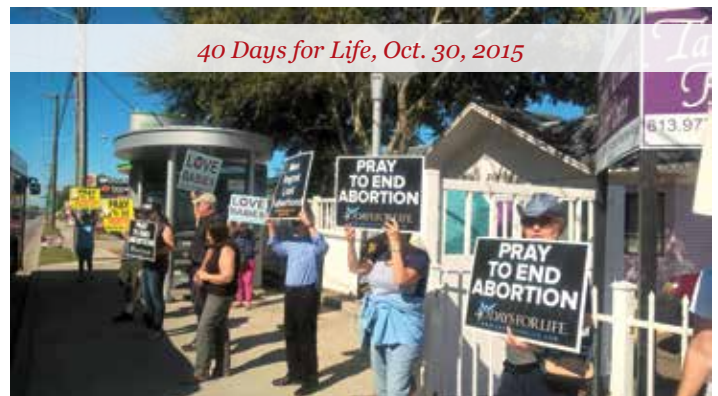
When most of us think about life and pro-life issues, the first thing that comes to mind is abortion and the fight to protect the unborn. While Life Ministries does great work in this area, it also covers the entire spectrum of issues related to the sanctity of life.

"There are an array of activities that pertain to the Church's teachings that life is sacred from the womb to the tomb," Charlie says. "It's a lot more than just the abortion issue, although that is a big one. We also focus on capital punishment, and trying to create awareness of how that is something that needs to be changed. We try to educate our parishioners on some of the more complicated areas of life that pertain to embryonic stem cell research. We offer abortion healing ministries, care to the elderly and the handicapped, and we have a number of people in our parish who are active in pro-life pregnancy centers. They run multiple centers, hold diaper drives, and work with and educate women and men who are facing crisis pregnancies."

This month marks the 43rd anniversary of the Roe v. Wade Supreme Court decision to make abortion legal in the United States. Throughout the country, people will gather throughout January in prayer and protest. Representatives from St. Timothy will attend the March For Life Rally and March on Jan. 22 in Washington, D.C., joining their voices in witness with over 800,000 others to stand for life and the protection of the unborn. Others will attend the March for Life in St. Augustine.



At the site of the Mission Nombre de Dios and Shrine of Our Lady of La Leche



40 Days for Life, Oct. 30, 2015

an Life Life Ministries

As Charlie notes, it is our duty as Catholics to defend and witness for life. "That's where the March for Life comes into play," he says. "You have large numbers of people in the public square in our nation's capital. There are tens of thousands of youth and older people as well, and babies being carried by their parents – a very wide range of people from all areas of the country go into D.C. and participate in the March for Life. That's a great witness."

As one of 13 children, Charlie has always held the sanctity of life as a key aspect of our faith.

"I can't imagine being without any of my siblings," he says. "I just think it's a great tragedy that society has downgraded life or put such a low emphasis on life. Many areas, issues like Roe v. Wade, made life such a disposable thing. Life is precious. That's something my parents always discussed with us, and I feel strongly pulled towards the Gospel message of Jesus from Matthew 25: 'What you do to the least of my brothers, you do to me.' There is no one more defenseless than a baby in the womb or an elderly person in a nursing home. While we're strong, and while we still have our voices and energy, I think it's so important that we advocate for them because they need a strong defense of life."

There are many ways that parishioners can join Life Ministries in the fight for the protection and sanctity of all human life. Parishioners can join in prayer for the unborn, the marginalized and the weak. There are multiple pregnancy centers in our area where parishioners can volunteer their time and talent. This being an election year, Charlie would like to encourage all parishioners to educate themselves on the many candidates, and vote for candidates and legislation that protect human life in all its forms.

March for Life, January 2015



Procession over the bridge, the Mission Nombre de Dios and Shrine of Our Lady of La Leche



If you would like more information on Life Ministries and its many works, please contact Charlie Reese at 813-787-3500 or 813-948-2856.



Stewardship: New Year's Resolutions

The New Year has arrived, and we have all been busy making – and trying to keep – our list of New Year's resolutions. Many of us choose resolutions geared toward health and fitness. After all, possessing good overall health is critical to our well-being. Others may try to avoid a particularly bad habit. Maybe you need to quit smoking or stop swearing. Still, many of us plan things we have always wanted to do, but never get around to doing.

As the days of January continue onward, however, many of us find the inspiration of keeping our good-intentioned resolutions to be fading fast. By the end of the month, most of us have given in to our temptations and returned to our old ways. We are only human, right? Discouraged by this yearly failure, many of us don't even bother making New Year's resolutions anymore, especially if we feel like we won't succeed.

Maybe our failures lie in both how we make our resolutions and what resolutions we actually choose. What we need to understand is the “root” of our resolution. For example, if you resolve to eat less candy to drop those recently

added holiday pounds, is the “root” of your resolution a selfish one – wanting to look better since you overindulged? Or, are you genuinely seeking to stop giving in to each “sweet tooth” craving by practicing mortification – giving up of a personal pleasure to glorify God? If the “root” is a selfish one, only to benefit yourself, then it is often difficult to keep in the long run. However,

Tying your New Year's resolutions into the principles of stewardship – giving of your time, talent and treasure back to God – is a great way to ensure that the “root” of your resolution is right on track!

if we are trying to glorify God, our mission is much more important and worth keeping.

Tying your New Year's resolutions into the principles of stewardship – giving of your time, talent and treasure back to God – is a great way to ensure that the “root” of your resolution is right on track! For instance, resolving to pray each

evening before going to bed glorifies God, brings you peace before slumber, and allows you to grow in your relationship with Christ. The “root” is pure. Your desire to keep it will be stronger and make it easier for you to keep. In the same way, resolving to return your talents to God by helping others in need is an excellent choice in creating a selfless resolution with the right “root.” Furthermore, resolving to re-evaluate your finances is also extremely important, and the beginning of a new year is a great time to do it. Are you giving back to God out of gratitude for all He has given you? Or are you merely dropping a dollar or two in the collection basket just to feel good about yourself?

If you are not where you would like to be as a good steward – either with sharing your time, talent or treasure – you can resolve to do better. The New Year is a perfect opportunity to start anew and become the good steward that God desires each of us to become. And when we choose selfless things that build His kingdom instead of ours, we are sure to not only stay on track, but to succeed!

Resolutions 2016

Walking Through Grief Together *The Loss and Hope Ministry*

It may be a difficult reality to face, but grief is truly universal. Many of us have either experienced it firsthand, or have witnessed someone close to us dealing with a great loss. For many, this can be a time of intense suffering and searching. In the case of parishioner Brenda Covini, the loss of her daughter led her down a path of both grief and service that she never would have expected.

“We all grieve very differently,” says Brenda. “This is very important. We all experience loss, from the womb to the tomb. It’s important for people who are grieving to share their stories. My husband and I lost our daughter. I started taking classes on death and grief, and eventually became a certified grief counselor.”

Borne out of her own personal grief, Brenda started the Loss and Hope Ministry at St. Timothy in 1992. Loss and Hope provides support for those who are grieving the loss of a loved one through biweekly meetings, which provide peer support for those who are grieving. The class follows the *Loss and Hope* workbook, which gives grieving individuals tools for coping, spiritual resources, and a step-by-step guide on the process of grieving.

For Brenda, giving her time and personal support to others – especially those who are going through the grieving process – has been a remarkable journey of stewardship. By leading these biweekly gatherings, Brenda is able to share her own experiences with grief, assisting others in their time of mourning. And in the

process of giving to others, she has received both grace and healing from our Lord.

“Serving our community has been, and still is, the most important family for me,” Brenda says. “St. Timothy’s is truly my family. Leading the meetings is healing for me, as well. When I see a family who has lost a child, I relive our loss and I want to be with them. Our society thinks that we need an instant fix, but you have to walk through it. There is instant gratification everywhere, but we have to walk through grief.”

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– Brenda Covini



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Walking Through Grief Together *continued from page 7*

For the past year, Dr. Glenn Perry, a retired psychologist, has also been helping lead these meetings, bringing an abundance of experience to the ministry.

“Several years after I retired, I watched my daughter lose a 5-month-old child to muscular atrophy,” Dr. Perry says. “This inspired me to get involved and share my expertise with those who are grieving. Research has been done, and it shows that there are physical and psychological benefits to serving. This really backs up

God’s plan for us. He physically and emotionally rewards us for serving.”

There is no cost for the biweekly class, and people are welcome to join for one class or to come for the whole session. Each September and January, the class starts the *Loss and Hope* workbook over again in order to accommodate new members. Meetings occur most first and third Mondays of the month from 7:30 p.m. to 9 p.m.

The Loss and Hope Ministry

If you have experienced a loss – whether recently or in the past – and are in need of support, please consider contacting either Brenda Covini or Dr. Glenn Perry. Brenda can be reached by email at bcovini3@gmail.com, or by phone at 813-968-6546. Dr. Perry can be reached by email at ggperry1@verizon.net, or by phone at 813-948-8806. More information on Loss and Hope, including a meeting schedule, can also be found on the parish website at www.sainttims.org/ministries/bereavement.

• 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.