



SAINT TIMOTHY
CATHOLIC CHURCH



NURTURING OUR CHILDREN **Through the Positive Behavior Support System**

Though we tend to associate discipline with punishment and correction, it actually comes from the Latin word *discipulus*, meaning “pupil” or “student.” Thus, discipline is far more about actual teaching — it is also about demonstrating socially acceptable behavior to our children and ultimately showing them the way toward holiness. This is why our St. Timothy Catholic Early Childhood Learning Center is so proud to have recently become a program-wide Positive Behavior Support (PBS) center thanks to funding and training received from the University of South Florida.

“Children need to learn to identify emotions, calm themselves when needed, be able to make friends, and to problem solve with others,” says Miss Daisy Cintron, Early Childhood Learning Center Director. “Parents and teachers need to be intentional in what we teach children for the best possible outcome. Children need the adults in their lives to help them navigate strong emotions, learn how to get along with others, and help them come up with solutions to the problems they face. They need support and

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Helping the children become familiar with their classroom routine is a key part in the Positive Behavior Support program implemented by St. Timothy's Early Childhood Learning Center



School rules are intentionally worded positively, placing the focus on good rather than bad behavior.

June 2019

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17512 Lakeshore Rd.
Lutz, FL 33558
www.sainttims.org



Nurturing Our Children *continued from front cover*

understanding to gain the confidence they need as they grow and learn.”

PBS helps facilitate this process, says Miss Daisy, by creating a safe and loving learning environment for the students. It employs positive strategies throughout the day to help guide the children in self-regulation, making good behavior attractive to them. A key part of this is phrasing directions positively. Instead of “don’t run,” a teacher might instruct the children to “use walking feet.” Or, instead of “be quiet,” she might say “use your listening ears.” Another key part of the program is developing regular routines so that the children know what to expect throughout their day and using various strategies and pictorial guides to help children adjust their behavior when needed.

“Teachers learn and use positive practices that make their classrooms both engaging and fun,” Miss Daisy says. “Children feel safe, loved and have fun learning. As part of the program they learn about emotions, friendship skills and problem solving. Parents, meanwhile, can have the peace of mind knowing their children are in a school that gives them a great experience while supporting their social and emotional growth.”

The PBS program was first launched at the preschool in January 2017 after the teachers and staff received the necessary training. Since then, says Miss Daisy, the staff has been blessed to watch their students blossom. They’ve seen children be able to calm themselves time and time again, thinking of a solution in ways that often bring tears to their teacher’s eyes. They’ve witnessed the children grow in confidence, often going out of their way to show love and kindness to their peers.

“The positive strategies we have applied have given us a clearer path to helping children grow and learn, allowing everyone to win,” Miss Daisy says. “It has been incredible to see the growth the children have gained, sometimes starting school out with anxiety or anger, but then ending the year with confidence and courage, and prepared for the next step in their education.”

In this way, parents can be confident that their children are being taught the necessary skills to thrive emotionally, socially and spiritually — that they are being nurtured daily into the child that God created them to be.



A teacher uses puppets and pictures to help the children properly identify and express their emotions.



Through PBS, children are taught problem-solving skills and are able to become more aware and loving of their peers.

If you would like more information about the preschool, please contact Miss Daisy Cintron at either 813-960-4857 or daisy.cintron@sainttims.org.

Don't Take a Vacation From God this Summer

Dear Friends in Christ,

By now, many schools across America have let out for the summer. In almost no time, camp programs for younger students will be underway. Meanwhile, many older students are ready to trade their homework and notebooks for seasonal jobs until it's time to return to class in a few months.

Whether or not we're directly involved with schools — as students, teachers or parents — we find that the calendar for the school year also impacts our lives at work, at church and in our leisure time. And although some people are on vacation at any time of year, summer traditionally retains its place as the vacation season.

Vacations, no matter when or where we take them, provide us with a wonderful opportunity to refresh our lives by following a totally different daily pattern. Whether it's a day trip to the beach or hiking in the mountains, an excursion to the big city or a road trip out to the country, a visit to relatives or friends, or even a quiet and relaxing week spent at home, a vacation offers a break from our daily routines. We get to spend our time the way we choose.

A vacation also provides a good opportunity for us to make some permanent changes in our use of time. When we're free from the demands of everyday life, this is a perfect chance to try something that is not part of our regular routine, such as spending a few minutes a day in prayer or meditation. "Try it — you'll like it!" as the old commercial said. It may have some lasting, positive results in fostering a stronger spiritual life.

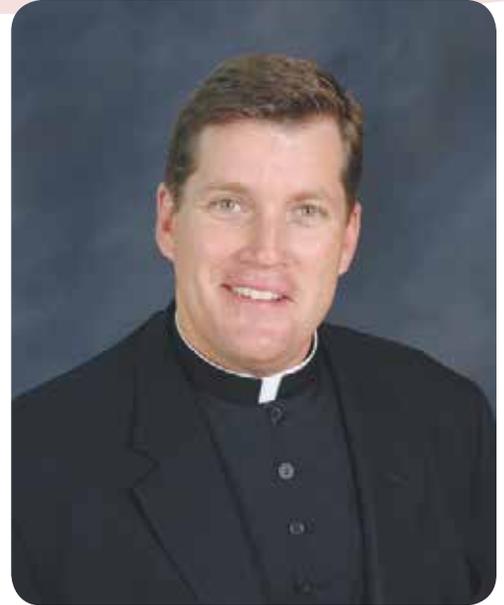
Importantly, we must also remember that this is a time of year when our parish will be welcoming visitors who are on vacation themselves — whether they are visiting family, spending time in the area, or just happen to be passing through on the way to their next destination. So, let us all uphold the Stewardship Pillar of Hospitality and provide a warm welcome to those visiting our parish.

Be sure to worship at Mass, wherever you happen to be each Sunday. You'll come back from vacation refreshed both emotionally and spiritually.

Sincerely yours in Christ,



Rev. Kenneth J. Malley





Wherever Life Takes Them, Will Always Call O



Hannah and Colin Brennan were married at St. Timothy in February.

For newlyweds Colin and Hannah Brennan, St. Timothy is much more than a parish — it is home. Both Colin and Hannah grew up here — they received their sacraments, learned the faith, formed lifelong friendships, and, of course, eventually met one another right in this very church!

As the granddaughter of Deacon Jerry Cral, Hannah has always had deep roots in our parish, and she is thankful to have been surrounded by friends and family throughout her early years of formation in the faith. Colin was a young child when his family moved to our area from Ocala, and over the years, his fellow parishioners at the 7:30 a.m. Mass became a kind of second family to him.

While their paths had crossed now and again when they were children, Colin and Hannah really got to know one another through our parish high school youth group. They began dating around the time they both left town for college, and the rest, as they say, is history!

On Feb. 9, 2019, Colin and Hannah were married here at St. Timothy.

“The wedding was a really cool, full-circle moment,” Colin says. “It was incredible receiving one of our final sacraments here after going through so much development here — mainly in our faith, but also in all aspects of our life — and sharing that moment with our families and all those who could make it from the parish community.”

In the months following their wedding day, the Brennans have enjoyed a honeymoon in Switzerland and settled into married life in Orlando, where Colin is finishing up school and Hannah is working as a wellness coach for a local company. Both have found these early days of marriage to be a true blessing.

“The whole time we were dating, I was in another town, so the only time we spent together was on weekends,” Hannah says. “So to see each other all the time is so different than what we were used to. I didn’t

Colin and Hannah Brennan Our Parish "Home"

expect it to be so fun! I'm so grateful for Colin — we make a great team, share responsibilities, and communicate well."

The strong communication in the Brennans' marriage is reinforced by their tradition of praying together, something that they started doing over the phone during their freshman year of college. Since both Colin and Hannah had been a part of the youth ministry leadership here at St. Timothy during their high school years, praying out loud and in community had become second nature for them. In their life together as a couple, Hannah appreciates the closeness that comes with shared prayer, and the insights it provides them into one another's hopes, fears and dreams.

Colin also finds great value in the couple's prayer life, especially as he prepares to begin his career in the Air Force.

"Our life is very crazy right now — I'm always trying to keep a bunch of plates in the air — but happiness stems from gratitude," he says. "And there is no greater form of gratitude than prayer. When we pray together, that happiness is shared by both of us, and that can't be replicated in any other form or any other manner."

This summer, the Brennans will experience another major life change as they move to Pensacola, where Colin will complete his Air Force training. While they can't predict where the military will send them in the future, both fully trust in God's plans for them.

"We're excited for the adventure," says Hannah. "We view it as a chance to grow and view the world. We've always been surrounded by family, so I think being far away for the first time will be a good opportunity to grow as a couple. We're really just putting it in God's hands."

No matter where in the world they might eventually land, Colin and Hannah know that finding a parish to call home will always be a top priority.

"We feel like we owe the Church for how much it's given us," Colin says. "Both of our faiths are really strong. We have ups and downs like anyone, but we've been so blessed in life. The people we're surrounded with are so grateful and understand what is most important in life. It all revolves around faith and family. I really can't imagine not having that as a center point of our life."

Like Colin, Hannah is grateful for the strong example provided by her family, and plans to continue the family tradition of an active faith life.

"I think about our parents and families and how a lot of my faith has been formed by couples in my life, whether it's parents or aunts and uncles," Hannah says. "I realize that my faith is a gift that was given to me by my parents and family members who showed me that it was something very valuable to be cherished and protected. I find it so peaceful when I sit with God, and there is no greater gift that I would want to give my future family."

Reflecting on the journey that brought them to the vocation of married life together, the Brennans are thankful for the Catholic faith that was planted and nurtured in them by their families — and by their "faith family" right here at their home parish of St. Timothy.

"There wouldn't be a Colin and Hannah without our faith," Hannah says. "Our paths would not have crossed without faith in both our lives."

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A CATHOLIC'S GUIDE TO *Good Summer Reading*

Have you been wondering what to read during vacation this year? Why not give spiritual reading a try?

There are thousands of titles out there – too many for any one person – just waiting to make a positive impact on your faith life. Reading is a fantastic opportunity for general spiritual direction and good practice for every searching soul.

Choose a title from “you can’t go wrong” authors such as Louis de Wohl, G.K. Chesterton, Peter Kreeft, Francis de Sales, C.S. Lewis, and Scott Hahn. Their works alone should take you well into the summer, and possibly through the next decade.

Or, choose from this list of great Christian books, in no particular order:



***The Story of a Soul* by St. Therese of Lisieux**

In this autobiography and all-time favorite Catholic book, St. Therese teaches her “little way” of spiritual childhood. Millions of copies have been sold worldwide.

***Mere Christianity* by C.S. Lewis**

One of the most popular introductions to the Christian faith ever published, this series of broadcast talks has been collected into book fashion. *Mere Christianity* sets out to “explain and defend the belief that has been common to nearly all Christians at all times.”

***Rome Sweet Home: Our Journey to Catholicism* by Scott and Kimberly Hahn**

This offers a conversion story of a brilliant, anti-Catholic Scripture scholar and his wife to the Catholic faith. Now well-known speakers and Catholic apologists, Scott and Kimberly recount their story with simplicity and love.

***Good News about Sex & Marriage* by Christopher West**

This down-to-earth application of Pope John Paul II’s *Theology of the Body* is an easy to read yet insightful account of the Church’s teaching on sex and marriage.

***What Catholics Really Believe* by Karl Keating**

Addressing 52 of the greatest misconceptions of the Catholic faith, Keating draws upon Scripture and Tradition to dispel errors and explain the rationale behind Church teaching.

***No Greater Love* by Mother Teresa**

This anthology collects the teachings and sayings of St. Teresa of Calcutta. Founder of the Missionaries of Charity and recipient of the Nobel Peace Prize, Mother Teresa speaks joyfully about her work with the poor and God’s call in our lives.

***Surprised by Truth* edited by Patrick Madrid**

Eleven converts give their Biblical and historical reasons for becoming Catholic. These unique personal testimonies continue to transform hearts throughout the world in an insightful read for Catholics and non-Catholics alike.

Happy summer! Happy reading!

Opportunities Abound with Catholic Youth Sports League

The youth in our parish have the opportunity to play basketball and soccer in the new Catholic Youth Sports League that promises to provide a safe atmosphere so they can not only grow in their athletic abilities, but also come together with others sharing their Catholic values.

Patrick Poland of Our Lady of the Rosary Parish, is organizing the League that is getting under way with Our Lady of the Rosary and St. Timothy Parishes. Youngsters from ages 4 to 18, boys and girls, will be eligible to take part in the league that Patrick hopes to take to all the parishes throughout the North Central Florida Deanery of the Diocese of St. Petersburg.

Registration is underway now for basketball teams that will play this summer at our gymnasium. The soccer season dates are tentatively set for Sept. 7 through Dec. 7, with the intent to include St. Timothy, Our Lady of the Rosary and St. Mary's Parishes.

The league idea was born when Patrick took on the challenge of retaining families at Our Lady of the Rosary by starting a sports league. He prepared a business plan for the league at his parish to establish soccer teams.

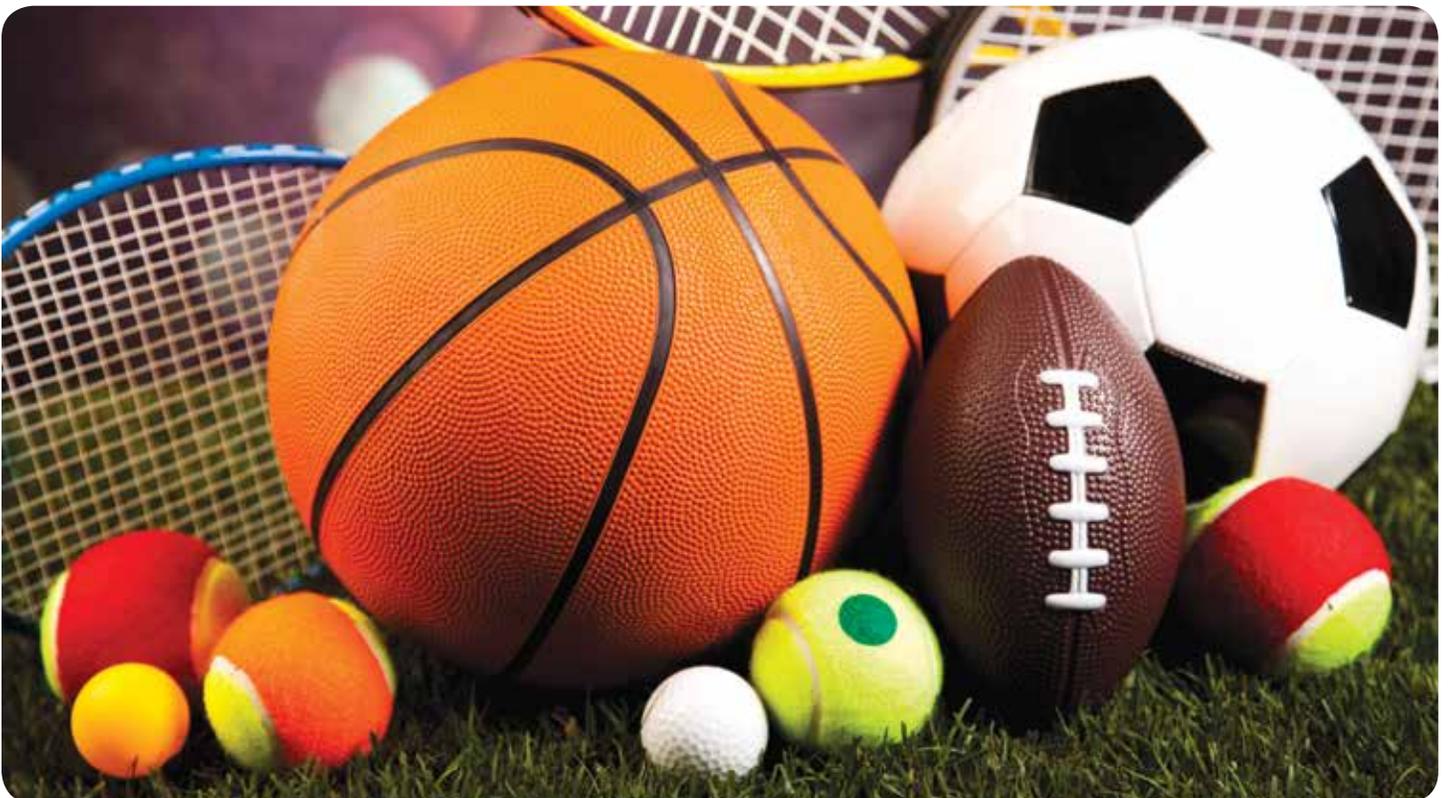
"We averaged about 250 kids taking part each year," he says. "This was for two seasons of soccer for the calendar year."

With the success of the soccer teams at Our Lady of the Rosary, Patrick's pastor, Fr. Ron, raised the idea of making soccer and basketball teams a form of community outreach and suggested Patrick take the activities deanery-wide.

Patrick met with the parishes in the deanery and presented the idea of a Catholic Youth Sports League. He is preparing a plan for St. Timothy, Our Lady of the Rosary and St. Mary's with the goal of putting the league into action with those parishes this fall.

"The model is built on getting people to buy into it," he says. "The sport field becomes grounds for community to be built and bonds to be forged."

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Opportunities Abound with Catholic Youth Sports League *continued from page 7*

The League is built on the concept that it is not a “participation trophy” league. There will be Catholic values in the competition and trophies will be earned.

“I want to make sure each kid gets to play half a game,” Patrick says, “In soccer, we play four on four, and each kid gets 20 minutes of play.”

Coaches are needed for the teams, and no experience is necessary.

“The biggest thing is to have fun with the kids,” he says. “We’re not cutthroat out there. The idea really is to provide a safe atmosphere for the kids to compete in a fair manner. The

idea is how to work together and interact with each other. There are no superstars.”

Coaches do have to be fingerprinted and take the online Safe Environment training.

The fee of \$105 per child will be discounted for additional children per family. All fees will go toward uniforms and equipment. In soccer, each child will need to provide only shoes and shin guards.

“No one in the organization is paid for the ministry,” Patrick says. “It is all volunteer and the league fees all go back to the kids.”

If you would like to register for basketball, please log onto OLORsports.org. To contact Patrick Poland for more information, or to sign up to be a coach, please email him at sportsdirector@ladyrosary.org or call him at 813-484-8621.

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.