



**SAINT TIMOTHY**  
CATHOLIC CHURCH



# OUR NEW HEALTH MINISTRY

## *Promoting the Wellbeing of Our Parish Family*

**A**s a physician assistant, St. Timothy parishioner Dave Kotun had an idea about promoting health and wellness at our parish.

“We noticed very few Catholic churches in America had ministries that looked after the health of their own parishioners,” Dave says. “A lot of them have health ministries that went to Honduras and Appalachia and Africa, but not many look after the health of their own parishioners. We decided it would be good to help people in our own backyard.”

With that, the foundation for our new Health Ministry was in place. Dave began working with longtime colleague and fellow parishioner Cristina Spiegel to formulate a vision for this outreach program.

“Our mission statement is ‘To foster and promote healthy lives by improving health knowledge, good decision making, awareness, and involvement through information, cooperation, and collaboration, that we may ‘courageously live the Gospel in good health,’” Dave says.



The Health Ministry will work with a local Catholic hospital, which sponsors events and provides resources through their Faith Community Nursing program.

In addition to Dave and Cristina, several nurses attended training and will serve as part of the leadership committee for this ministry.

The primary work of the Health Ministry will involve creating opportunities for health education, as well as screenings. These events will often focus on national health awareness themes, such as heart health in February or breast cancer awareness in October.

*continued on back cover*

October 2019

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## Understanding the Role of **SACRAMENTALS** in Our Faith

**M**ost Catholics are familiar with the idea of *sacraments* in the Church, of which there are seven. Sacraments are the foundation of the spiritual life for an individual and the Church. Sacraments are sources of grace — God’s very presence in our lives and unmerited favor from God. They are signs of God’s love, and these signs make present what they signify. Although a person benefits — receives the gift of grace — from the sacraments regardless of whether he or she is well disposed to them, one must cooperate with what the Spirit is doing in the sacrament to receive its full benefit.

*Sacramentals* are different. These are also sacred signs that can build holiness, but they do not work on their own. One must be aware and fully conscious of the sacred action. Sacramentals sanctify us to get the most benefit from the Sacraments (*Catechism of the Catholic Church* 1667). Sacramentals are given to us to make holy certain actions in life and life’s circumstances. There are many such sacred signs that are reminders to us of God.

The sign of the cross is perhaps one of the most fundamental of these signs, and for Catholics, this invocation is done at the start of every sacred action and prayer. Holy water is a sacramental, as it reminds us of our Baptism. By dipping our fingers into holy water and making the sign of the cross, we are combining two foundational symbols of the Christian life and the Paschal Mystery — the passion, dying and rising of Christ — and bringing them to life in us.

The exchange of peace in the Mass — and at other Catholic rites — is another example of a sacramental. By making some kind of meaningful sign of peace, we are giving the peace of Christ to another person. The chalice and other sacred vessels at Mass also are sacramentals, as they remind us of what they are to contain — the very Body and Blood of Christ.

It might be helpful to organize the types of sacramentals into categories, as author Michael Pennock lists in *This Is Our Faith: A Catholic Catechism for Adults*:

“*Actions* (blessings; genuflections; the sign of the cross; bowing one’s head at the name of Jesus; church processions);



*Objects* (candles; holy water; statues and icons; holy pictures; blessed ashes; palms; rosaries; relics; incense; vestments; scapulars; church buildings; crosses; religious medals); *Places* (the Holy Land; Rome; Fatima; Lourdes; the National Shrine in Washington, D.C.; and other places of pilgrimage; chapels, retreat centers, and even Catholic cemeteries); *Prayers* (short prayers we say throughout the day; grace before and after meals; prayers at rising and going to bed; praying the rosary, praying a host of other traditional Catholic prayers and devotions); *Sacred Time* (liturgy; holy days; feasts of saints; your saint’s name day; special days of prayer; fasting and abstinence; retreats, etc.)” (*This Is Our Faith: A Catholic Catechism for Adults*, 176-177).

“Sacramentals...prepare us to receive grace and dispose us to cooperate with it” (CCC 1670). In a word, sacramentals, through the prayer of the Church, bring us to holiness in Christ. All devotions of piety, including sacramentals, should point us toward the liturgy of the Church, a connection to a local parish community, and to the Eucharist (CCC 1675).

The Church, through Christ’s passion, death and resurrection, has given us these sacred signs to lead us in holiness, and to better recognize an authentic Christian life. How many sacramentals can you recognize in your life? Probably more than you think.



*A Letter From Our Pastor*

## Being Good Stewards of Our Personal Harvest

Dear Friends in Christ,

In the United States, October is the month that brings the completion of the harvest. Although many Americans live in urban areas and seldom ever see a farm, the foods we all eat — fruits and vegetables, meats, milk, and the grain for our bread — come from farms and ranches across America and around the world.

Some of us may feel completely detached from farm life and think that the harvest has little to do with us, but we are all connected with agriculture more closely than we realize. The success of the harvest affects the prices we pay — and if the harvest were to fail completely, there would soon be nothing available to put on our grocery shelves.

In the Old Testament world, most people were farmers, and the Israelites were to bring offerings to God from the harvest of their fields and flocks. The success of the harvest directly affected their wellbeing during the next year. At their agricultural festivals, “the measure of your own voluntary offering which you will give shall be in proportion to the blessing the Lord, your God, has given you” (Dt 16:10) they were told.



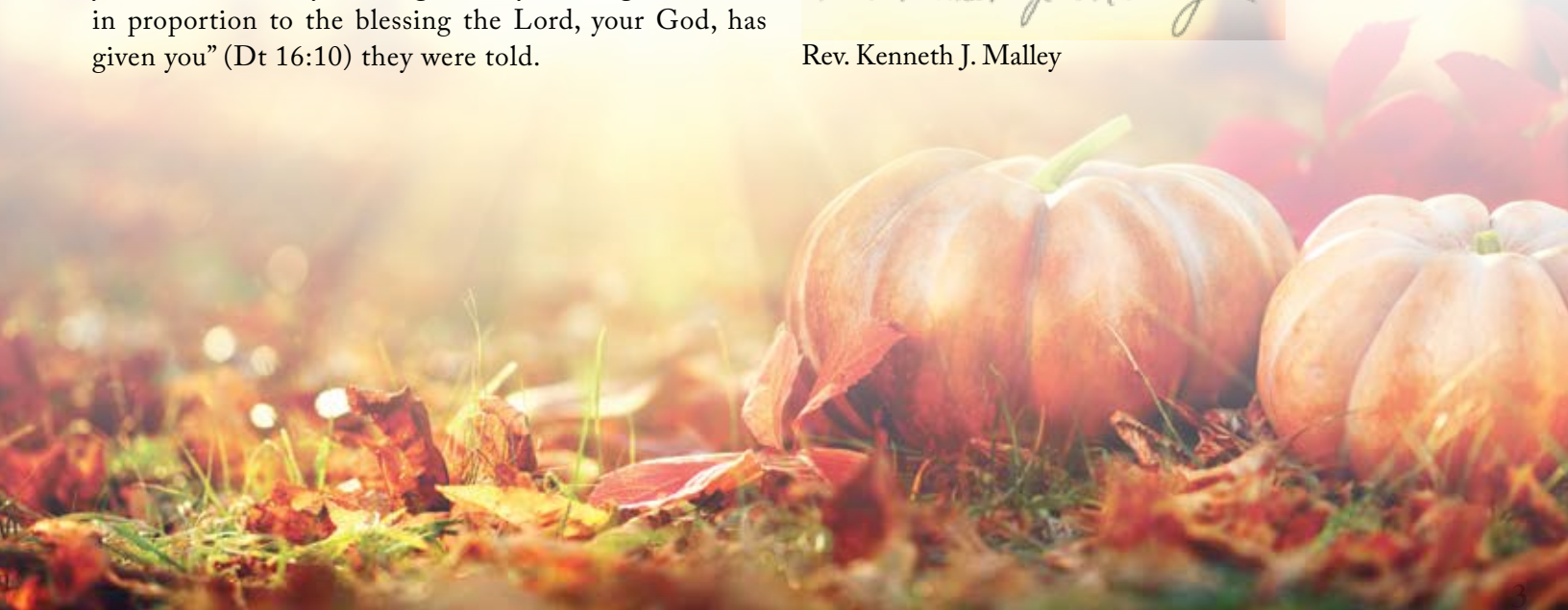
The same holds true for us. We may not have a harvest of fruits or grains, but we do receive a return for our own labor, whether it is in a factory, an office or a classroom. We are also invited by God to return a portion to Him for His glory and our own spiritual welfare, in proportion to the blessings we have received.

It’s ultimately a choice we make. Are we going to hoard everything we get, or are we going to give back to God a portion of what He gives us? When we give back to God, will we return just what’s left over after everything else is paid, or will our gifts have a higher priority? Said another way are we, as stewards, going to return the first fruits, rather than the leftovers, to God? What choices will you make?

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





## Ministering to an Important Need: Th

For all the glitz and glamour and excitement around the thoroughbred racing world, there is a less glamorous side few of us see — and it is that side that concerned members of our parish are working to help.

The Tampa Bay Downs Free Medical Clinic, one of five Catholic Charities free medical clinics, is operated by Sister Sara K. Proctor. Sr. Sara works closely with the Racetrack Chaplaincy staff to minister to the medical and physical needs of the seasonal track workers. There also is an effort to further serve their spiritual needs through expressions of our Catholic faith.

The workers served are those who work primarily for the horse owners. With the seasonal nature of racing here — from November through May — the workers literally “follow the horses” as the stables move their charges from track to track around the country throughout the year. The workers live at the track — in some cases in the stable buildings housing the horses.

This migratory life means that the workers have very few personal possessions. They arrive here during our colder months without the proper clothing. The nature of their work also means that they have little time, mobility and funds to not only acquire the things they need for daily life, but also to seek medical care.

Several of our parishioners — Michael Perchiacca and Frank Rivera — have stepped forward to help Sr. Sara’s efforts of sharing the love of Christ with the track workers.

The mission began seven years ago when Sr. Sara was approached by a member of the College of Public Health at the University of South Florida. The representative wanted to set up medical services for the track workers after being contacted by the track chaplain.

“The chaplain thought the university might be able to help, but they [the university] came to me,” Sr. Sara says. “At the time we were providing services only to the agricultural workers in outlying areas of Hillsborough County. This came about through an unspoken mandate from Bishop Robert N. Lynch. He was the inspiration for the program.”



*Volunteers from St. Timothy provided hard-boiled eggs for an Easter celebration at the Race Track Road Mission at the Tampa Bay Downs Racetrack.*

After Sr. Sara visited the track and talked with new chaplain Pete Crisswell, she determined that the medical needs of the track workers mirrored those of the agricultural workers.

“I believe giving service to this group is in the same spirit the bishop had intended in his asking that the agricultural program be started,” Sr. Sara says.

A medical clinic was set up at the track, and Sr. Sara and volunteer medical staff see patients. The clinic space has evolved into a large trailer placed on site. The track has now provided a covered deck for those waiting to be served in the clinic.

St. Timothy initially became a partner at the clinic when Dr. Richard Hoffman and his wife, Marilyn, both parishioners, stepped forward to help at the clinic. Dr. Hoffman, the volunteer medical director, put out a call to our parish for volunteers. That is when Frank Rivera answered the call.

“Frank is one of the faithful volunteers we have on board,” Sr. Sara says. “He has been extremely active and helpful in getting support from St. Timothy via the



## The Tampa Bay Downs Free Medical Clinic



*Got it! This little one rejoices in finding an Easter egg during an Easter celebration at the Race Track Road Mission.*

Knights of Columbus. I'm extremely grateful for what the parish has done to help us out."

St. Timothy parishioners donated clothing, bedding and towels for the workers — Frank Rivera and Michael Perchiacca picked these items up.

Another parishioner has been working to find volunteers from our parish who can speak Spanish and who can help with the intake work at the clinic. Our parish is also partnering with Incarnation Catholic Church to secure volunteers and encourage them to support ongoing efforts to provide additional services. "One of our goals is to provide a healthy meal as workers don't have facilities to cook a meal or the money to go out to eat." She says that a communal meal is an opportunity for volunteers and workers to be part of a community outside our local Church.

Michael Perchiacca began volunteering with the mission when he was enrolled in the diocese's Lay Pastoral Ministry Institute. In his second year, he held an apprenticeship supporting Sr. Sara's clinic. In his third year, he began his practicum supporting the Chaplaincy Office with hot meals and clothing donations. Our parish provided the kitchen space. The next step is to provide meals twice a month.

Sharyn Wasiluk, President of the Tampa Bay Downs Chaplaincy Office, has been pleased and supportive of these efforts.

Although the track workers do have spiritual care through the chaplain's office, Michael would like to offer more Catholic-based prayer opportunities.

"I'd like to offer Bible study or the Rosary," he says. "But since the offerings are non-denominational, we have to be careful about bringing our Catholic faith into an established program by the chaplain.

"The people need a voice, they need to be cared for," Michael adds. "I'd like to begin providing for some [of] their spiritual needs going forward."

Michael and the St. Timothy volunteers were able to provide support for Chaplain's Office annual Easter party for the workers by providing over 150 hard-boiled eggs and providing a BBQ meal afterwards.

No matter what work is being done at the mission, Michael still believes Christ is being revealed to the workers.

"Even if we're not currently providing any additional spiritual services outside of what the Chaplain is currently offering, we are, in all that we do, reflecting Christ's love for us by caring for the temporal needs of those in need," Michael says. "As St. James states, 'Faith without works is dead.' We have been commanded by Jesus to 'Love our neighbor.' We proclaim our Catholic faith in what we do, say and how we treat our fellow human beings."

*There is a need for volunteers — please check our weekly bulletins for volunteer opportunities. To help the Racetrack Chaplaincy office with meal preparations, contact Michael Perchiacca at 813-545-6074. Also, Sr. Sara hopes to set up a dental clinic in addition to the medical clinic — those interested in providing dental care or equipment may call her at 813-690-7467.*



# Youth Ministry

For youth minister Justin Lantz, the years of middle and high school are crucial to forming our young people in the faith for life.

“This is a time in these middle schoolers and high schoolers lives where they build an identity that defines who they will be in the future,” Justin says. “These are formative years that will pretty much remain with them for the rest of their lives.”

Justin enjoys helping our sixth to eighth-grade middle schoolers and ninth to 12th-grade high schoolers pave the way toward a life of faith.

While there are many youth group activities, service projects and trips for our students, the cornerstone of youth ministry is the weekly LifeTeen program for high schoolers and the EDGE program for middle schoolers.

The Life Teen group meets on Sunday nights after the 5:30 p.m. Mass. There is dinner in the hall at 6:30 p.m., followed by a talk, time with a discipleship group, and an activity or praise and worship. The 12-person discipleship groups are led by an adult mentor. More than 35 adults serve in this capacity.

“We have about 160 students active in Youth Ministry activities that are there every single week,” Justin says.

Middle school students may also enjoy fun and learning about Christ with EDGE on Wednesday nights. The evening begins with open gym at 6:45 p.m. in the JP II Youth Cen-

ter and includes activities like games, praise and worship, and small groups. High School students can get involved by becoming a Jr. Mentor by leading our Middle School students. We have more than 25 adults mentors.

“Our biggest focus is building a relationship with Christ and allowing them to get some spiritual guidance in life,” Justin says. “Relationships are important for kids these days.”

“The JP II Youth Center is so fun for the students because of the gym, cafe, outdoor backyard area, and the ‘underground,’ a space for students to share their talents and gifts to grow in faith,” Justin says.

This year, the theme is *'fiat'*- Justin says this word stands for more than Mary's "yes" to do God's will and mother the Son of God, just as we are called to say "yes" to God's will.

Yes, or *fiat*, is found in Genesis when God says, 'Let there be light', 'Fiat Lux' in Latin. There is a creative component to this word where we can speak fiat into our lives to allow God to create a newness in our faith and life," Justin says.

Students recently wrapped up a lot of summer youth group fun, hosting sports camps for local elementary students for basketball, volleyball and soccer.

“We have time for prayer during the camps and spend time learning basic skills in the sport,” Justin says. “We also pray a Rosary and spend time in worship.”



Forty high school students attended Covecrest Catholic Youth Camp this past summer in northern Georgia.



## Says FIAT.....



*LifeTeen meets Sunday nights after the Teen Mass during the school year. It is for students in ninth through 12th grades.*

Also this summer, 40 high school students attended Covcrest Catholic Youth Camp and about 27 middle school students attended Hidden Lake Catholic Youth Camp. Both camps are located in northern Georgia.

“There is no doubt that the joy of the Gospel is alive at these camps,” Justin says. “The experience of these good Catholic summer camps has been making the difference in whether or not students choose Christ in their lives and continue to make their Catholic faith a priority.”

As the new school year gets under way, Justin looks forward to the many opportunities offered to our youth to grow in faith and fellowship.

“We will have all sorts of extracurricular activities this coming year — from a foreign mission trip to the Dominican Republic, to a local mission trip in the diocese, called the Good Samaritan Project [GSP],” Justin says.

Justin also encourages people to try two other related ministries. Encounter! is open to the whole parish, and is a night of praise and worship music,

Adoration and prayer. It is held once a month on Wednesday night. Justin is also starting a parent ministry for parents to meet once a month during Life Teen or EDGE to pray for the students. Please check [sainttims.org](http://sainttims.org) for more information.

“The parent ministry is for parents to have a group to collaborate on parenting techniques and how to best lead children closer to Christ at home,” Justin says.

With the new year on the horizon, Justin emphasizes the importance of passing on a life of faith to our students.

“The youth are sometimes seen as the future of the Church, but it is important that we realize they aren’t the future — they ARE the Church,” he says. “They have an important role in the Church today.”

Justin is always in need of more mentors for both LifeTeen and EDGE youth group programs.

“If you feel called to get involved with our teenagers, either middle school or high school, then we want you,” Justin says. “We take adults of all ages to help!”

*If you would like more information, please contact Justin Lantz at 813-892-6509 or [justin.lantz@sainttims.org](mailto:justin.lantz@sainttims.org).*



# SAINT TIMOTHY

## CATHOLIC CHURCH

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## Our New Health Ministry *continued from front cover*

Mental health awareness will also be a part of this ministry, with the support of Deacon Glenn Smith, who works as a psychologist at the VA hospital.

“We don’t want to leave out the emotional and psychological wellbeing of everyone we serve,” says Dave.

Dave and Cristina hope that this ministry will be able to connect with all members of the parish, from the oldest to the youngest.

“We want to touch not only the older adults but also the younger people in our youth ministry program,”

says Cristina, who holds a Master of Science in Aging. “We’re hoping our older parishioners are empowered to take care of themselves and reach out if they need help. Basically, we want them to look at their health as very important, so they can age successfully.

“And, then we have our youth,” Cristina adds. “They’re trying to understand their bodies and maybe they’re not getting appropriate guidance at home. We’re trying to reach every level of our parishioners, not just the elderly.”

Dave and Cristina also hope to work with other individual parishioners

in the health care field, and support other parish organizations.

Parishioners will get a glimpse into the work of the Health Ministry at the Men’s Club Pancake Breakfast and Fall Festival, where they will be offering blood pressure checks.

“Our goal is to partner with other ministries, and not just be a stand-alone ministry,” Cristina says. “We want to reach out to all the groups, be partners with our other ministries, and build a database of volunteers — people who can take blood pressures, physical therapists, and other volunteers.”

*For more information, to become involved, or if your parish organization would like to collaborate with the new Health Ministry, please contact Dave Kotun at [padavek@verizon.net](mailto:padavek@verizon.net) or Cristina Spiegel at [cspiegel@clinicalprofessionalconnections.com](mailto:cspiegel@clinicalprofessionalconnections.com).*

### *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.