



Father Sam's Forum

From one of the sources I use to prepare homilies and myself for the liturgy, this week's readings were attached to this reflection. *The Eucharist brings us closer to Christ and so cleanses us from sin, nourishes our charity, and commits us to the poor. Receiving the love of God in this sacrament can impact everything in our lives, helping us realign all our actions to love—even the way we eat.*

Strong words, I believe. **Realign all our actions....** I want to be realigned, I want to be transformed. But it's just so hard sometimes to let go of who we have become and are comfortable with just like hanging on to a torn sweatshirt or old jeans or slippers. Yet the whole purpose of liturgy is to transform us. The reason we continue to do the same thing every week is because we need to be transformed. No one of us has yet become the complete person God intends us to be. Our Catholic liturgy is designed to help us in this transformation. We become what we eat—the Body of Christ.

As I sat on the beach and listened to the waves, as I watched the silvery water when the day grew late, as I heard the gulls searching for food or trying to show their control over other birds, a kind of peace and serenity came over me. Nature is always such a teacher. We can learn great lessons from nature. In our busy lives we don't do that nearly enough. Just like a trip to the beach can refresh and renew us, so the Eucharist has that power. Sometimes we come to Mass with so many distractions swarming in our heads. Someone is sick, worries about employment, family problems can all take our attention off what we do at the altar.

Yet it is to the altar that we are meant to come. We place on it along with our gifts of bread and wine all our concerns, our whole selves. Not only are the elements of the Eucharistic sacrifice changed, but we are supposed to be changed as well. By becoming immersed in what happens at Mass, the music and the prayers, by paying attention to the people around us, we form the community God intends us to be.

Formation News: I am offering a few sessions as part of our adult formation goal that is contained in the pastoral plan. One of these, *Cooking & the Council*, offers three Tuesdays where we can gather to learn a new recipe, prepare it, and enjoy it, while talking about some aspect of the faith that has been shaped by the Vatican Council II. On September 8, October 13, and November 10, our group will meet for a topic that comes from one of the documents of

Vatican II. The topic for September 8, addresses the document on the Church, *Lumen Gentium*, the Church in the Modern World. The menu for the first session includes *polenta potatoes* and *martini chicken*. Sessions begin at 11:00am in O'Brien Hall. **To register:** Contact Jay Specca, coordinator of adult formation, 724-941-9587. The second is *The Bible as Theology*, a chance to explore the themes and timeline of the sacred texts that are so important to our faith. *BAT* begins on Tuesday, September 15, 7:30pm, and continues on these dates: September 22, October 13, November 17, and November 24. There will be readings assignments between classes. Call Jay Specca at the number above to register.

Mass Intentions: Aug. 16—Aug. 23

Sunday, August 16—20th Sunday in Ordinary Time

7:30a **For the People of the Parish**
10:00a **Michael Costello** (Barbara Costello)
12:30p **Mary Lou Fuchs** (The Sadler Family)

Monday, August 17—Weekday

8:30a **Elmo A. Checchi** (Daughter & Family)

Tuesday, August 18—Weekday

6:30a **George Schramm**
(Don & Mary Ellen McLaughlin)
8:30a **Mary & Bob Kolson**
(Daughter, Kathy Harrington)

Wednesday, August 19—Weekday

6:30a **Thomas Quigley** (Tom & Linda Burke)
8:30a **Marguerite Singer** (Repast Committee)

Thursday, August 20—Bernard, abbot & doctor

6:30a **Bernard Marcos** (The Heisinger Family)
8:30a **Casimir Koza, Sr.** (Richard Koza Family)

Friday, Aug. 21—Pius X, pope

8:30a **Donato & Angela Pasquarelli**
(M/M Frank Pasquarelli)

Sat., Aug. 22—Queenship of Blessed Virgin Mary

8:30a **Ray Danko** (Mary Beth Bokelberg)
3:00p **Wedding: Scott Maronde**
Melissa Vignetti
5:00p **Edward H. Greenwald, Sr.** (Wife, Charlotte)

Sunday, August 23—21st Sunday in Ordinary Time

7:30a **Theodore Homol** (David & Michele Hvizdos)
10:00a **For the People of the Parish**
12:30p **Mildred Teodori** (Wasioleski Family)

The Sanctuary Candle burns this week in memory of Elmo A. Checchi, requested by his Daughter & Family, and the Bread & Wine is in memory of Anna & Michael Rea, requested by Al & Diana Nizamoff.

The Second Collection next weekend will be for the Renovations to the Pope Benedict Center.



Pastoral Staff

To reach a staff member, dial 724-941-9406, and then the extension number listed.

Pastoral Life & Worship

Rachelle Buynak, Formation Office Coordinator— 208
 Gregory Fincham, Director of Music Ministries- 304
 Dennis Gehrlein, Pastoral Associate— 206
 Cathy Malencia, Middle School Minister— 209
 Elaine Motyl, Young Adult Coordinator— 234
 Janet Roberto, Young Adult Minister— 234
 Colette Specca, Director of Faith Formation— 205
 Jay Specca, Coordinator Adult Formation & Liturgy— 201

Pastoral Administration

Michael Benya, Parish Campus Manager
 Mary Ann Bitters, Parish Secretary—200
 Justin Cumer, Maintenance— 200
 Shirley Jacobs, Bookkeeper— 202
 Jan Martin, Rectory Housekeeper— 216
 Dave Murtaugh, Maintenance— 200
 Kathy Pfeifer, Parish Life Manager — 200
 John Risher, Weekend Maintenance— 200
 Kevin Wolford, Maintenance Supervisor— 200

- Formation Offices: Religious Education/Youth Ministry—724-941-9587

St. Benedict Pre-School

Beverly Jurcic, Director —724-731-0222

Serving the Parish Next Weekend: August 22—August 23

Sat. 5:00pm— Fr. Ruffalo

Lectors: Satler, Gordon **Greeters:** Reed, Schardt **EMHC:** Specca, P & G Adams, Scheuering, Femiani, Ligman, D & T Martin, Satler **Servers:** Byrne, Traficante, LaRosa, Curran, A Weaver

7:30am— Fr. Esposito

Lector: DiCello **Greeters:** Turchick, Henger **EMHC:** Gavran, Mertens, Glod, Kail. Barton, Basile, Puskarich **Servers:** J, M, A & B Lyle

10:00am— Fr. Esposito, Deacon Layton

Lectors: Fitzgerald, Ross **Greeters:** Becker, Oberschelp **EMHC:** Klinar, McGinnis, Davis, Gaudy, Orient, Faina, Cushma, L & A Kelly **Servers:** Cushma, D, C & L Schratz, Mackay

12:30pm— Fr. Esposito

Lector: Tallon **Greeters:** Ragan, McDonnell **EMHC:** Hayward, Capozza, Baits, Slomiany, Eckels, Huffner, Boyd **Servers:** Chaplin, Oberschelp, Tallon

Rest In Peace

Please remember in your prayers our parishioner **Deacon Jack Manion**, who died recently. Eternal rest grant unto him, O Lord.

RCIA—Come and See!

We invite everyone who wants to learn more about being Catholic to join us this Wednesday as the inquiry period for the RCIA (Rite of Christian Initiation of Adults) begins. No obligation, just come and ask questions. If someone you know, a spouse, family member or neighbor, has considered joining the Church, now's your chance to bring them to our initial gathering. That's this Wednesday, August 19, at 6:30pm, for a picnic supper outside O'Brien Hall.

Anyone who signed up to become an Altar Server is required to attend a training session tomorrow, August 17, at 10:00am in the Church.

Readings for the Week of August 16

Sunday: Prv 9:1-6/Eph 5:15-20/Jn 6:51-58
 Monday: Jgs 2:11-19/Mt 19:16-22
 Tuesday: Jgs 6:11-24a/Mt 19:23-30
 Wednesday: Jgs 9:6-15/Mt 20:1-16a
 Thursday: Jgs 11:29-39a/Mt 22:1-14
 Friday: Ru 1:1,3-6,14b-16,22/Mt 22:34-40
 Saturday: Ru 2:1-3,8-11;4:13-17/Mt 23:1-12
 Next Sunday: Jos 24:1-2a,15-17,18b/Eph 5:21-32

Annual Missionary Cooperation Plan Appeal

A representative of the Missionary Sisters of the Holy Rosary will be with us next weekend to ask for contributions for their missionary work. The Missionary Sisters of the Holy Rosary are an international community working in nine countries of Africa, Brazil and Mexico. There are no institutions in the United States or Canada, and they rely exclusively on funds provided through the Society for the Propagation of the Faith and the generosity of people back home to support their sisters on mission. They are deeply grateful for your contribution. You can learn more about them by visiting their website at www.holyrosarymissionarysisters.org.

Fall Ministers' Schedule

It is time to schedule ministers for Masses in October, November and December. Please keep in mind that the Mass schedule changes in September, so indicate if you are able to serve at the 7:45, 9:30 or 11:30 Sunday Masses. All Greeters, Lectors, Extraordinary Ministers of Holy Communion, and Altar Servers should submit any "away" dates and Mass schedule changes to Jay Specca at jspeca@hotmail.com. . . put "Minister Schedule" in the subject line. . . or call 724-941-9587. The new schedule runs the first week of September, so please have your information in before August 31.



Youth Ministry News

Mission Trip—What a week!

Two weeks ago a group of 15 high school students and 5 adults traveled to Inez, Kentucky to serve the people of Appalachia. It was an incredible experience for everyone! One of the teens who attended wrote this about the experience:

“Appalachia is considered the poorest area in the United States, so people who live there need help, even if they don’t always ask for it. Father Beiting has been helping the people of this region for 59 years, and for one week 20 members of St. Benedict the Abbot assisted him in his calling. From 7:00am till 4:00pm, 15 teenagers and 5 excellent adult chaperones worked on different projects ranging from painting, gutting a trailer, cleaning up a rummage store, and finding kids for a Bible School. But despite working a lot and constantly being tired, we all took so much home from this experience. Whether it be realizing just how blessed we are, becoming closer to God, or even just learning how not to complain doing simple chores, that week in July will always be with us and will guide us down our paths in life. To everyone who helped make this Mission Trip possible, especially the parishioners and Father Sam and Fr. Mike, we all thank you. God Bless”

Teens who attended:

Morgan Brandwein, Tim Curran, Mark Hayes, Caitlyn Jones, Erik Lundquist, Taylor Maher, Kim MacKay, Sam Meyer, Connor Mullan, Austin Nissley, Tad Piscatelli, Keith Quinn, Courtney Schratz, Daner Schratz, and Dylan Small

The amazing adults:

Jack Ehland, Ann Hayes, Randy Piscatelli and Debra Valentino

“Alive Again” September 12

This is going to be a phenomenal day!! We have the Bishop’s representative, Vicar General Fr. Mele, great speakers, wonderful food, and an outdoor concert with a chart topping Christian Artist. All teens are encouraged to come spend the day here at St. Benedicts as hundreds of teens from the Diocese invade our church for this event. The day starts at 2:00pm and ends around 10:00pm. Tickets are \$15 and includes everything. Call Janet at 724-941-9587 to register. The concert is open to parishioners, but you must reserve your tickets as well.

Gearing Up For Fall

The WORD mailer will be going out this week to all high school students. There are several changes to the program and we want to make sure everyone is aware of the new opportunities. If you do not receive one, please call the office so we add you to our mailing list. We also send out regular emails with update and relevant info. If you would like to get on that mailing list send your email address to janetr@stbenedicttheabbot.org.

Youth Ministry Mulch Sale

St. Benedict teens are again selling mulch this Summer. This fundraising event helps the Youth Ministry program reduce the cost of summer programs and retreats. Please pick up an order form and price list in the narthex of the Church or in the Church Office.

Shoe Box Santas

The Women of St. Benedict are collecting soap, shampoo, toothpaste, toothbrushes, razors, etc. for families in Appalachia. Please save any hotel samples you get for us. Your cooperation over the past years is greatly appreciated. Last year we packed 433 shoe boxes, and we hope to pack more this year. There will be a collection box in O’Brien Hall.

Steeler Tickets Winner

Jules Dewey from Oakdale was the winner of four season tickets for the 2009 Steeler season. Ralph Antone was the seller of the winning ticket number “321”. Ben’s Men wishes to thank all the wonderful people who purchased tickets.

Hotline for Victims of Sexual Abuse
412-456-3060 or 1-888-808-1235

Need confidential assistance? Companionship and understanding for a difficult time? Stephen Ministers are here to help you. Call 724-941-5026.



Ask Father Sam

Can you hold a "Catholic" funeral for someone who is not Catholic?

Lesson of the Week

Is it still necessary to fast one hour before receiving communion?

The notion of fasting comes to us from our Jewish roots. Traditionally, fasting is associated with penance as a kind of reparation for sin, but it also has been used as a preparation in anticipation of a major celebration of some kind. In fasting before the celebration, the person keeps the focus on the importance of the celebration. A good example of this is how some families observe a Christmas Eve fast. For many ethnic groups, the "no meat" rule that applied to Christmas Eve in times past brought about the Vigil feasts that included all kinds of fish or starch dishes, vegetables and even some sweets, but without the meat that was featured at the Christmas meal.

Anticipating the Eucharist, the feast of feasts, we have kept a fast before approaching the altar. Canon 919 of the *Code of Canon Law* states *Whoever is to receive the blessed Eucharist is to abstain for at least one hour before holy communion from all food and drink, with the sole exception of water and medicine.*

So our fast before we receive the Body and Blood of the Lord is to help us focus our attention on what it is we are receiving. It consecrates our stomachs for God alone in a way, and it helps us to express our sorrow for our sins, reconciling ourselves to God before we receive the Lord in the holy sacrament.

Obviously if someone is ill or needs food for some medical condition such as diabetes, the fasting has to be adjusted to what is reasonable for that person. In my years as a hospital chaplain, we asked patients to keep a 15 minute fast as opposed to one hour. The minister of communion can arrive when the person is just finishing breakfast so it makes no sense to deny the person the sacrament because they have not kept the hour fast.

Why do we fast? St. Paul says we carry in our bodies the dying of Jesus so that in our bodies the life of Jesus may also be revealed. We are charged, then, to convert our lives, to change. This doesn't happen in an instant but over time again and again. From our acts of penance, we are strengthened and healed for this conversion. We want to be prepared to welcome Christ as he comes to us in the Eucharist, and all we do to prepare ourselves is important.

Faith Formation News

Spirit Days

Students who will be in 9th grade this fall and are preparing for confirmation have been scheduled for their "Spirit Days" throughout the summer. Parents of these teens are asked to volunteer as chaperones and to help drive to and from their service sites. Please contact the Faith Formation Office at 724-941-9587 if you can help out.

First Eucharist DVD

If you ordered a First Eucharist DVD, they are available for pick up in the Religious Education Office.

Registration 2009/2010

Registration for Faith Formation classes has been mailed to families for grades K-8. Please return the registration forms to the Faith Formation Office as soon as possible along with your registration fee. This fee helps to support our many formation programs that serve over 1300 children. Families are reminded that due to the size of our programs, requests for placement in classes will not be honored. Those parents who choose to home-school still must register their children and will be charged an adjusted fee.

Hopefully the new Mass schedule and the adjusted Faith Formation class schedule will alleviate some of the parking lot traffic concerns. The schedule for the first session of classes on Sunday morning will run from 9:00-10:10am; the second session will run from 11:00am-12:10pm. The Tuesday evening session remains the same time at 6:00-7:15pm. Seventh and eighth grades will meet every Wednesday evening from 6:00-7:30pm in a different format. If you have any questions, contact the Faith Formation Office at 724-941-9587 or stbeneccd@yahoo.com.

New Mass Times

Beginning on September 13, the times of our Sunday Masses change. Our new schedule for worship on Sunday will be 7:45, 9:30 and 11:30. Please tell your neighbors and relatives who may be away during the summer so everyone knows about the change in our Mass schedule.



IHN Thank You

Thank you to all the IHN volunteers who helped with the two families who stayed here at St. Benedicts the last week of July. To all those who made wonderful meals & desserts, transported, entertained, stayed overnight, set up beds, and did laundry, the 2 adults and 7 children really appreciated your efforts. We will be hosting again November 22-28. We need to replenish our pantry. If you would like to donate cash or Giant Eagle gift cards, please label them for IHN and drop it off in the parish office.

WOSB Annual Garage Sale

The Women of St. Benedict will have their annual garage sale on September 18 from 9:00am to 7:00pm and September 19 from 9:00am to 3:00pm. Set up days will be September 13, 14, 15, 16 and 17. Volunteers are needed to sort, price and display items, receive donations in the evening, provide lunch for workers during the week, customer service during the sale, and clean-up on Saturday afternoon after the sale.

Please help by donating items you no longer want or need. Items may be dropped off in O'Brien Hall starting September 13th. **PLEASE DO NOT BRING ITEMS BEFORE THAT DATE.**

ITEMS WANTED: clean baby & children's clothing & toys; jewelry; kitchen items such as dishes, glassware, silverware, pots & pans; small working electrical appliances; knickknacks; paperback books; VHS tapes; audio tapes; DVD's; Halloween costumes; holiday decorations; pictures & picture frames; artificial flowers; baskets, craft & sewing items; small tables & chairs; working lawn mowers; garden tools; working hand & electrical tools; clothing, linens & bedding items that are in good condition and not soiled or torn; healthy house plants.

Please keep in mind when donating items—**WE DO NOT WANT JUNK**—we have a reputation for having "quality" items at our garage sale and would like to continue this tradition.

ITEMS NOT WANTED: automobile tires; stoves & refrigerators; large furniture; computers; old & used sporting equipment; bowling balls; treadmills; encyclopedias & old books, old purses, and clothing that is torn or out-of-date.

For more information or to volunteer, please call Jackie Buck at 724/941-6955 or Nancy Huffner at 724/941-6805.

This Week In Our Parish

Sunday, August 16

*Abbey Coffee House Open after
7:30 & 10:00 Mass*

Monday, August 17

10:00a	Altar Server Training	(Church)
7:00p	Aerobics	(PBAC)
7:30p	Adult Faith Formation	(208)
	Neighborhood Groups	

Tuesday, August 18

8:30a	Special Needs Children	(210)
9:30a	Spirit Day	(204/206)
7:30p	Adult Faith Formation	(208)
	Catholic Basics	

Wednesday, August 19

12:00p	AA	(208)
6:30p	Confessions	(Church)
6:30p	RCIA Picnic	(OBH)
7:30p	Tae Kwon Do	(OBH)

Thursday, August 20

12:00p	NA	(206)
6:00p	Aerobics	(PBAC)
7:30p	Troop 1313	(PBAC)
7:30p	Adult Faith Formation	(208)
	CCD Parents	

Friday, August 21

8:30a	Special Needs Children	(210)
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Saturday, August 22

7:30a	CMF	(206)
9:00a	Aerobics	(PBAC)
11:00a	Confessions	(Church)

Sunday, August 23

*Abbey Coffee House Open after
7:30 & 10:00 Mass*

Diocesan Choir Auditions

Auditions for the 2009-2010 Diocesan Choir season will be held. The Choir, under the direction of Fr. Jim Chepponis, Music Director for the Diocese of Pittsburgh, sings for the major Diocesan events at St. Paul's Cathedral throughout the year. Currently there are openings in the soprano, alto, tenor and bass sections. In addition to being good singers, potential members must be capable sight-readers due to a limited rehearsal schedule, and at least 18 years of age. Rehearsals are held at St. John Capistran Church in Upper St. Clair. Audition times may be scheduled by calling Doris Anne in the Diocesan Music Office at 412-456-3042 before August 25.



TO GET INVOLVED, CALL . . .

Abbey Coffee House

Ellie Puskarich
724-941-4686

Altar Servers

Kathleen Bench
724-942-0338

Ben's Men

Jeff Mertens
724-941-6484

Boy Scouts

Kevin Dolinar
724-942-0388

Cantors, Choirs,

Bell Ringers

Greg Fincham
724-941-9406

Catholic Men's Fellowship

Ed Corbett
724-942-6429

Catholic Scripture Study

Tara Curry
724-942-7539

Elijah Cup

Carlotta Zuback
724-941-5758

Engaged Couples' Program IHN

Ed & Mary Lou Fraticelli
724-941-4230

Eucharistic Adoration

Mary Ann Campbell
724-941-4297

Extraordinary Ministers

Jack McGinnis
724-941-4213

Finance Council

Fred Abrew
724-941-4696

Food Bank

Susan Brooks
724-942-4287

Funeral Repast

Mary Kay Schaner
724-941-5147

Funeral Server

Dick Gawronski
724-873-7911

Greeters

Erma Grego
724-941-6956

Mary Spinabelli
724-942-2478

Lectors

Dawn Pustay
724-942-2451

Library

Ellen Mavrich
724-941-2446

Liturgical Environment

Emma Diamond
724-941-8315

Military Support

Jamie Christopher
724-747-9396

Ministry to the Sick

Barb Scheuering
724-941-9104

MOMS

Kathleen Chaudhari
724-941-8546

Pastoral Council

Aimee Schmidt
724-941-7046

Respect Life Committee

Beth Quinn
724-942-1057

Stephen Ministry

Jay Jarrell
724-941-5026

St. Benedict Gardeners

Linda Maydak
724-941-3123

St. Vincent de Paul

Please call parish office
724-941-9406

Ushers

Don Ligman
724-941-5938

Wedding Coordinators

Lois McCloskey
724-941-6879

Women of St. Benedict

Nancy Huffner
724-941-6805

Youth Council

Sheila Arcuri
724-942-6431