



FROM THE DESK OF FR. MIKE

Next month, on Wednesday, November 2, we will be celebrating an All Souls Memorial Mass at 7:00pm. At that beautiful liturgy we remember and pray for those in our parish who have buried a family member or loved one since last November. All parishioners are welcome to remember deceased loved ones and to support those who have recently experienced a death.

It has been eight months since my mom took her last breath on earth. My family was prayed for, supported, and embraced by loving support and healing prayers from many faithful people. My mom's name is often mentioned in the intentions as many had Masses offered for the repose of her soul.

The last days of mom's life were spent in hospice care. As the contact person for the family with the hospice agency, I regularly receive mailings from them offering grief support, being given resources to help moving forward. These resources include grief support groups as well as many other opportunities to heal from the loss and through the grief.

One recent mailing received was about how to deal with stress. The resource offered the following hints. First make a list of the things that trigger your stress. Then, do something about the things you CAN change or eliminate. Finally learn to deal successfully with the things you CANNOT change. Here are 12 ideas to get you started:

- 1) Take a walk or engage in some form of regular exercise, if you are able.
- 2) Write down three things that you are thankful for at the end of each day.
- 3) Get things off of your chest by talking to a trusted friend or writing in a journal.
- 4) Play calm background music to help create a peaceful environment at home.
- 5) Resist too much caffeine, alcohol and sugar.
- 6) Relax your standards. The world won't end if the dishes aren't done.
- 7) Inhale as you count to 4; Exhale as you count to 4. Continue for 4 minutes.
- 8) Take a "mini vacation" as you focus on a peaceful picture in your mind.
- 9) Do at least one thing each day that you enjoy.
- 10) Keep a to do list rather than rely on your memory.
- 11) Don't sweat the small stuff, and choose your battles carefully.
- 12) Repeat the Serenity Prayer: *God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

(Taken from 2007, Resource for Grief, www.resourcesforgrief.com)

Hopefully this list will inspire you in finding more peace and hope in your day.

There are many demands and challenges that we face each and every day of our lives. Finding some time, making some time, carving out some time for prayer helps to slow down the pace of one's life, looking to God to help find and live a balanced life. May Jesus our Shepherd continue to guide us in faith to restful waters.

Later this month you will have the chance to support Catholic Charities Refugees. You can donate, including it in the offertory with a note "Catholic Charities Refugees" in the envelope or in the memo line of the check. You can also find a link through our **GiveCentral** page on St. Mary's website to make an electronic donation. Donations can be made to St. Mary's throughout October – Respect Life Month.

Mark your calendars for a return of our Parish Pancake Breakfast and our "Pack the Pantry" the weekend of October 29 and 30. Thanks for your generosity and support of feeding the hungry in October – Respect Life Month.

May God guide and bless us with hearts of charity and concern for our neighbor,

Fr. Mike Nacur