ST. JUDE THE APOSTLE CATHOLIC CHURCH
May 16, 2021

152 Tulip Drive, Lewes, DE 19958-1689

(302) 644-7300 Fax (302) 644-7415

WWW.STJUDELEWES.ORG

EMAIL: OFFICE@STJUDELEWES.ORG

Summer Mass Schedule

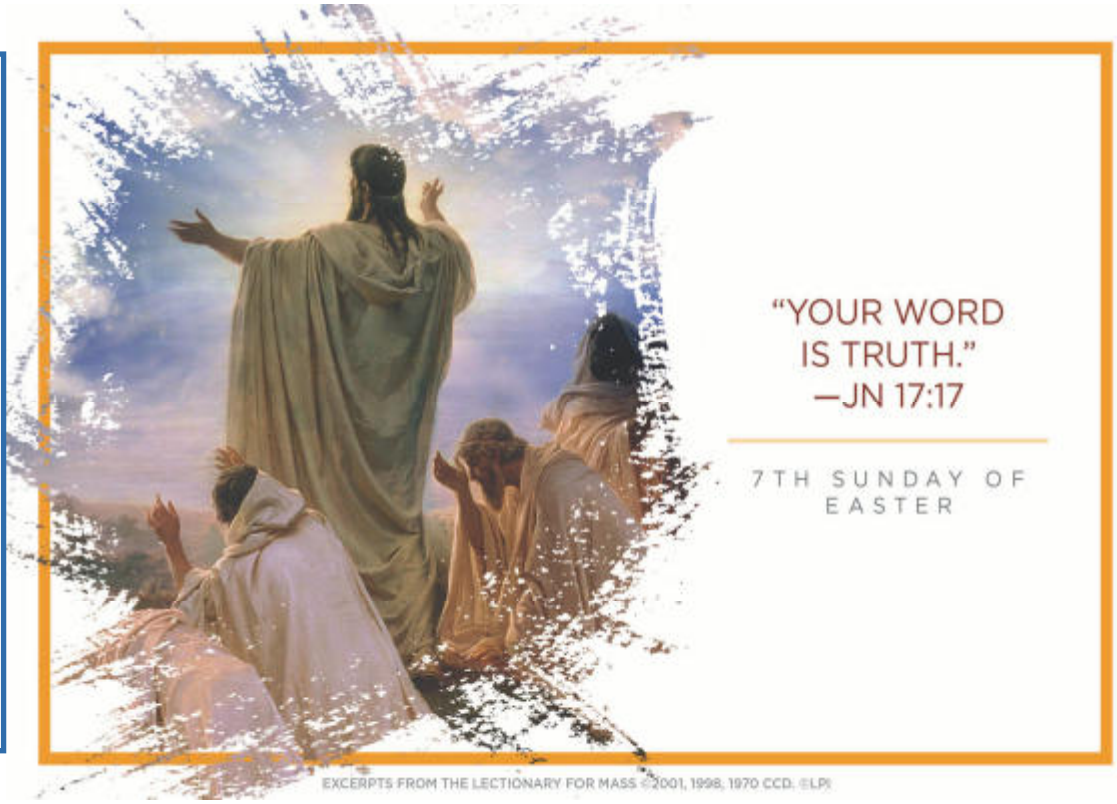
Starting Saturday, May 29th until Sunday, September 5th

Saturday:
4:00 p.m. in Church

4:15 p.m. in PLC

Sunday:
7:00 a.m., 8:30 a.m., 10:30a.m & 4:00 p.m. in Church

10:45 a.m. in PLC



The Sacraments of Our Church

Eucharist: Saturday at 4 (Church) and Sunday at 7, 8:30 and 10:30 AM (Church).
Daily Mass is Monday through Saturday at 8 AM.

Baptism (of Infants): Contact our Parish office for information about the Baptism Class and to schedule a Baptism.

Reconciliation: Every First Friday 6:00 p.m. to 7:00 p.m. in the Christian Formation Building
Saturday 8:45 a.m. to 9:15 a.m. in the Christian Formation Building or longer as needed
Reconciliation is also available by appointment at any time

Confirmation: Is a 2-year preparation process. Call Christian Formation Office for details.

Christian Initiation of Adults (RCIA): Call the Christian Formation Office for information.

Marriage: At least one individual should be a parishioner who practices our faith. Please contact one of our Priests or Deacons to begin preparation which takes approximately 1 year.

Anointing of the Sick: Parishioners facing surgery or struggling with serious illness may request the sacrament by calling our Parish Office at 644-7300 .

Parish Office Hours

Monday
1:00 pm to 3:00 pm

Tuesday thru Friday
8:00 am to 3:00 pm

Closed for lunch
12Noon to 1:00 pm

St. Jude The Apostle Church

www.stjudelewes.org
office@stjudelewes.org

PARISH OFFICE
152 Tulip Drive, Lewes, DE
302-644-7300
Fax: 302-644-7415

Pastor: Rev. Brian S. Lewis

Assoc. Pastor: Rev. Jones Kukatla

Deacons: Bill McGann
Marty Barrett
Howard League
Al Barros
Joe Cilia
Barry Taylor
Don Lydick—Retired

Business Mgr: Bob Hearn

Executive Secretary:
Carol Turoczy

Office Assistant: Judy Gibson

Administrative Assistant
Bernadette Baker

Development Director:
Jean Stewart 644-2890

Music Director:
Jennifer Barbarita

Facilities Mgr: Matt Ponton
Custodial Bill Danhardt
Dee Willey
Maintenance: Chuck Allen

Facilities Rental:
Sheila Allen 717-576-0772

Christian Formation 644-7413
Director: Michael McShane
Assistant: Donna Cofalka

Prayer line:
Joan Gunther 645-0679

St. Vincent de Paul Society
302-249-4664

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Most Blessed Sacrament School
Kathy Manns (410) 208-1600

From Our Pastor's Desk

†
HS
JMJ

Dear Fellow Saints-in-the-Making,

Joyful greetings in Christ the Resurrection and the Life.

This weekend, the Church celebrates the Ascension of Our Lord, Who returns to Heaven to sit at the right hand of the Father in glory, interceding for us and preparing us to receive another Advocate: the Holy Spirit. He is there in Flesh and Blood, that He received from Our Lady, the Mother of God. In gratitude to Mary during this month of May, pray a Rosary in thanksgiving to God for the gift of so noble a woman as our Mother who was willing to conceive the Son of God in her womb so that we might receive Him in the womb of our heart each time we receive the Eucharist, truly Jesus' Body and Blood.

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A note of deep gratitude to the parish for your overwhelming love poured out to our seven Deacons on Diaconate Sunday. They were profoundly moved by your generosity of heart and your prayers. It moved my Priestly heart to see such an outpouring of loving appreciation for men who not only serve the parish selflessly but do so **without getting paid** to do so. Their diaconal ministry is done entirely out of selfless service, all the while balancing married life, children, and grandchildren. Please continue to keep our Deacons in prayer.

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Special thanks to the catechetical team who formed our 16 *Confirmati*, our youth who were confirmed on May 3. Julie Schulze and Scott Betyeman were able to reach our youth in meaningful ways throughout the year and help them connect with God, coming to understand why that relationship is critical to nourish and to live out, even at a young age, and how they can set the world on fire with love of Jesus Christ by opening themselves to the promptings of the Holy Spirit. I am grateful to them as well as to our Director of Religious Education Michael McShane and Assistant Donna Cofalka for putting their whole heart and faith into forming our youth.

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Finally, as Memorial Day approaches with the prospect of visitors seeking a place to worship God, we will move to our Summer schedule of Masses: Saturday: 4pm (church); 4:15pm (PLC). Sunday: 7, 8:30, and 10:30am (all in church); 10:45am (PLC); 4pm (church). We hope that the increased number of Masses will allow our guests to participate in the liturgy fully, actively, and consciously all the while allowing our parishioners the convenience of doing the same. Please keep our Summer visitors in your prayers that while they vacation from work or school that they do not vacation from God.

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Please join me for a Holy Hour to the Holy Spirit on Pentecost Sunday, May 23, at 3pm in the Church. This is an ideal time to pray for our nation and our world as well as for our newly confirmed youth, that they allow the Holy Spirit to work in and through them. Come, Holy Spirit.

A blessed Ascension to you.

God love you! I do.

Fr. Lewis

Bulletin Articles due by 3PM on Friday (2 weeks prior to publication) Submitted bulletin content is subject to approval.

Moving In? Moving Out? Please contact us to register, or inform us of your departure.

Visit us also on Facebook

St Jude The Apostle Catholic Church

We have a new parish app!!

Or, you can search Google Play Store or Apple App Store for the

Weconnect Parish App

After getting the app, open and it will guide you to set your parish.
Please delete the old app as it is no longer functional.

PRAYER LINE

Week I—Susan Frie, Joe Ruiz & Barbara Swetnam
Week II—Angie Campbell, Ann Wojcik, Fran Ritterhouse & Michael Killmon
Week III—Jim Stewart, Michael S. Harris, Lisa Ledda, Susan Short, Michael Pfarr, Dan Sczweck, Catherine Markel, Leonard Gilbert & Daniel McGinnis
Week IV—Jeanne Leisner, Shirley Young, Barbara Ann Smith, Gavin Birl, Carol Witts & John Truglio
Week V—Nicholas Tamburro & Antoinette Nash
Week VI— Mary Assalone, Buzz Gildea, Joan Bundy & Priscilla Aubrey Nutter

Almighty and Eternal God, You are the everlasting health of those who believe in You. Hear us for Your sick servant (N...) for whom we implore the aid of Your tender mercy, that being restored to bodily health, he (she) may give thanks to You in Your Church. Through Christ our Lord. Amen.

If you or a relative are ill or in need of prayers and would like to be added to the list, please contact Carol in the office at either cturoczy@stjudelewes.org or 644-7300. The list will be on a 6 week rotation. Also only request from immediate family members will be accepted in order to protect individual's privacy.

LET US PRAY FOR OUR DECEASED PRIESTS

Rev. Gaudens Gregory
Rev. Frederick V. Campbell
Msgr. William J. McElwaine
Eternal rest grant unto them O Lord. And let the perpetual light shine upon them. And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

LET US PRAY FOR OUR LIVING

Rev. Stanislao Esposito
Rev. Idongesit A. Etim
Vy. Rev. Glenn M. Evers
Rev. Edward J. Fahey
Rev. Arthur B. Fiore
Rev. Thomas A. Flowers
Rev. Raymond L. Forester
Vy. Rev. John B. Gabage
Rev. Michael J. Gallagher
Rev. John J. Gayton
Eternal God, please bless our Priests, who represent You on this earth. Make them more greatly aware of the grace that You pour out through them when they minister the Sacraments, and help them to fall more deeply in love with You after each and every Mass that they celebrate. Please strengthen our Priests, who shepherd Your flock, when they are in doubt of their faith, that they may be examples of Your Truth and guide us always on the path to You. We ask these things of You our Eternal Priest. Amen.

Weekly Masses Now Live Streamed in Real Time!

Our weekly Saturday-Sunday Masses are LIVE-streamed in real time on our YouTube Channel!

Using a state-of-the-art digital studio platform plus four to six digital cameras mounted around the church, parishioners can view the Mass from their home as it takes place. For those that cannot view it live, the system automatically records and retains the recorded version in our YouTube library so parishioners can view it at a later time.

Currently, the only LIVE Mass offered is the 4 p.m. Saturday. However, it is anticipated that we will add further weekend services in the near future.

To locate our YouTube channel, go to YouTube and search, "***St. Jude The Apostle Church, Lewes DE***" and subscribe. Tune-in to the channel 5-minutes in advance of the scheduled Mass for the LIVE broadcast.

"How Can I Keep From Singing"

Music MINISTRY

It is a great hymn and how wonderful to sing our great God's praises together!... but unfortunately we have not been able to sing due to COVID-19. However, so that we might plan ahead for when we will be able to have choir rehearsals and sing as a choir at Mass, we can meet safely and have fellowship, while our Choir Conductor will demonstrate vocal techniques that can be practiced at home. Safety precautions will be in place: sanitization, masks, and social distancing. All interested are invited to join Juleeann Schlitter, Choir Conductor, and, Jennifer Barbarita, Music Director, on Thursday May 20 at 6pm in the Church. If you are interested or have questions please feel free to email me at jennifer.barbarita@stjudelewes.org

Liturgy

Masses the week of May 16 to 23

Sunday, The Ascension of the Lord - Seventh Sunday of Easter

7:00 AM Mother's Day Intentions	Fr. Lewis - Deacon Marty
8:30 AM Mother's Day Intentions	Fr. Lewis - Deacon Joe
10:30 AM Mother's Day Intentions & For the People of the Parish	Fr. Jones - Deacon Barry

Monday

8:00 AM George Salloum	Fr. Jones - Deacon Barry

Tuesday, St. John I, Pope & Martyr

8:00 AM Jude Atwood	Fr. Jones - Deacon Al

Wednesday

8:00 AM Carl Fox	Fr. Lewis - Deacon Joe

Thursday, St. Bernardine

8:00 AM Stephen Daniels	Fr. Lewis - Deacon Barry

Friday, St. Christopher Magallanes

8:00 AM Joseph & Monica Zakarevicz - Living	Fr. Lewis - Deacon Howard

Saturday, St. Rita of Cascia

8:00 AM George Wall Mark Anthony Hoke Rosie Bednarik Aidan Regotti - Living John Stote	Fr. Jones - Deacon Howard
4:00 PM Richard & Mary Moyer	Fr. Jones - Deacons Bill & Marty

Sunday, Pentecost Sunday

7:00 AM For the People of the Parish	Fr. Lewis - Deacon Howard
8:30 AM Yolanda Luzzi	Fr. Lewis - Deacon Barry
10:30 AM Dorothy Quinn	Fr. Jones - Deacon Joe

Novena to the Holy Spirit will continue after the 8:00am Mass until Saturday, May 22nd.

Wednesday, May 19th 6:00 pm - Holy Hour to St. Joseph.

Sunday, May 23rd 3:00pm - Holy Hour to the Holy Spirit.

Scripture Readings

Monday: *Acts 19:1-8/Ps 68:2-3ab, 4-5acd, 6-7ab [33a]/Jn 16:29-33*
Tuesday: *Acts 20:17-27/Ps 68:10-11, 20-21 [33a]/Jn 17:1-11a*
Wednesday: *Acts 20:28-38/Ps 68: 29-30, 33-35a, 35bc-36ab [33a]/ Jn 17:11b-19*
Thursday: *Acts 22:30; 23:6-11/Ps 16:1-2a and 5, 7-8, 9-10, 11 [1]/ Jn 17:20-26*
Friday: *Acts 25:13b-21/Ps 103:1-2, 11-12, 19-20ab [19a]/Jn 21:15-19*
Saturday: Morning: *Acts 28:16-20, 30-31/Ps 11:4, 5 and 7 [7b]/Jn 21:20-25*
Next Sunday: Vigil: *Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39*
Extended Vigil: *Gn 11:1-9/Ps 33:10-11, 12-13, 14-15/Ex 19:3-8a, 16-20b/Dn 3:52, 52, 53, 55, 56 or Ps 19:8, 9, 10, 11/Ez 37:1-14/ Ps 107:2-3, 4-5, 6-7,8-9/Jl 3:1-5/Ps 104:1-2, 24, 35, 27-28, 29, 30 [cf. 30]/Rom 8:22-27/Jn 7:37-39*
Day: *Acts 2:1-11/Ps 104:1, 24, 29-30, 31, 34 [cf. 30]/1 Cor 12:3b-7, 12-13 or Gal 5:16-25/Jn 20:19-23 or Jn 15:26-27; 16:12-15*

MEMORIALS FOR THE WEEK
May 16 to 22

Church Sanctuary Lamp will burn this week for the Health of Mrs. Heylou. Requested by Carol & Brian Walsh.

Chapel Sanctuary Lamp will burn this week for an increase in Religious Vocations.

Chapel Sanctuary Lamp will burn this week for all the health care workers in our area.

Altar Candle in the Chapel will burn this week in Loving Memory of my Mom - Aurora Barcelon. Requested by Cynthia Barcelon-Yong.

Altar Candle in the Chapel will burn this week in Loving Memory of Our Deceased Members of our Parish.

During present Covid-19 restrictions, Assigned Adorers are encouraged to attend their scheduled hours, subject to their own discretion.

The chapel will now be *unlocked* from 7 am to 7 pm so that adorers will not need to use the lock code to gain entry during that time frame. The chapel will be locked and accessible only by lock code from 7pm to 7 am.

The small door on the exposition tabernacle may be opened by any adorer present in the chapel, but it must be closed by any adorer upon leaving the chapel when no other adorer is present.

"Christ held Himself in His hands when He gave His Body to His disciples saying: 'This is My Body.' No one partakes of this Flesh before he has adored It."
- St. Augustine

We are blessed as a parish community with the Real Presence of Jesus Christ exposed in our Eucharistic Chapel from
4 AM Monday through 12 Noon Saturday
And from 11 AM to 9 PM on Sunday.

Remarkably, and thankfully, here at St. Jude's adorers can be with Our Eucharistic Lord any time, day or night, whether for a few minutes or for an hour or more. Jesus continues to call persons to adore Him on a regular basis and be graced - helped, healed, renewed, and saved - by Him.
Please listen: He is calling.

With increased interest in earlier Sunday morning adoration, we seek someone to be assigned to the Sunday 10 am hour so that we might start scheduled adoration an hour earlier. Also, we continue to place a priority on hours with only one adorer.

We are currently in need of adorers for Monday 11 p.m. & Friday 7 p.m.

Please call Al Hanley - 302-703-2419 - if you are interested in signing up for a regularly scheduled hour of adoration.

DEACONS PEN

"The reception received from the congregation, parish organizations and staff at St Jude's for Diaconate Sunday was both overwhelming and humbling! We had no idea there was so much gratitude for what we Deacons have been called to do. All the well wishes, cards, prayers, novenas & Mass offerings that were bestowed on ourselves on Diaconate Sunday was profound indeed. We are astonished at the reception. We can feel confident that all that the seven of us do here at St. Jude the Apostle has been and will continue to be done with the utmost diligence to bring God the Father, Jesus, His Son, and the Holy Spirit to all of our parish family for years to come. Be assured of our continued prayers."

Please pray for members of the military who are serving both here and abroad:

Capt. Ryan J. Bickley, M. D. USA (Grandson of Claire & Richard Thomas)
Daniel J. Blake CPO/USN (Son of Jim & Christina Blake)
Lance Corporal Michael Caravaello (Caravaello Family)
Lt. Col. Joseph Davis, USAF (Nephew of Jean and Jim Stewart)
E6 1st Class Petty Officer Michael A. Foti, USN, (Son of Jonnel Foti)
Capt. Justin A. Farinelli, USA, (Son of Tom & Cathy Farinelli)
E5 Kyle Fowler, USN, (Grandson of Frances Patterson
Master Sgt. David Frost, USAF (Grandson of Bob and Mary Lou Frost)
1st Lieutenant Jeffrey Frost , USAF (Grandson of Bob and Mary Lou Frost)
Spec E4 Brendan Hartford, USCG, (Grandson of Jean & Jim Stewart)
Maj. Garrett Jacob, USA (Son of Marie and Edwin Jacob)
Capt. Meridith Jacob, USA (Daughter-in-law of Marie and Edwin Jacob)
Capt. Laura Marshall, USAF (Daughter of David & Marie Marshall)
Pvt. Timothy Liam McLaughlin, USA, (Grandson of Joseph & Christina Paul)
Sgt. Tyler Stewart, U. S. Army, (Grandson of Jean & Jim Stewart)
AN Brendan A. Tighe, US Naval - in Japan, (Grandson of Virginia M. Koshi)
EMNI Marc Van Kleek USN, (Grandson of Kay & Charlie King)
Sgt. Abby Young, USMC (Granddaughter of Bill and Viki Nitsch)

Almighty and eternal God, protect these soldiers as they discharge their duties. Protect them with the shield of your strength and keep them safe from all evil and harm. May the power of your love enable them to return home in safety, that with all who love them, they may ever praise you for your loving care. We ask this through Christ our Lord.
(United States Conference of Catholic Bishops)
St. Jude, pray for peace.

To be included in this list, please send the name, branch of service, and location of your family member to office@stjudelewes.org

GOSPEL MEDITATION
ENCOURAGE DEEPER
UNDERSTANDING OF SCRIPTURE

May 16, 2021
7th Sunday of Easter

God remains where love remains. When a believer realizes without doubt that God is love, it is a powerful moment. Being able to place our resurrection trust in this fundamental truth allows us to experience God's presence in all of our experiences: the good and the bad, positive and negative, life-enriching and destructive events we encounter. It is no wonder that St. Paul so accurately tells us that it is love that endures all things and lasts. How can God not endure or ever fade away? Because he is God, Jesus also guarded and protected his disciples as the endearing shepherd who always had their best interest at heart.

If we become too immersed in the world, we lose touch with these deeper realities. We can become so preoccupied with preserving what we have created or think that we need, forgetting that it is not building our city that really matters, but God's. Jesus clearly did not belong to the world and, by virtue of his resurrection, he tries to get us to understand that we do not either. The truth brings us to other-worldly, more divine places and takes our eyes off of the concerns that often captivate our fears and storm our senses.

Life can easily erode our faith. Think of your life over the last couple of weeks. What challenged your faith and distracted your glance from The Divine? Even being overly stimulated with technology and social media can erode our sense of confidence and cause us to forget who we really are. We need to distance ourselves from the world in order to experience the joy that Christ offers. The world will never like the word of God. It is too challenging and too perplexing. The world mistakenly believes that it can survive on its own. It is a mistaken judgment that may cost people a lot in the end. It is all so very simple: God remains when we love one another. If in all the business of our lives and all that each day brings, the good and the bad, we follow the call and path of love, we will walk with God. There is nothing to fear and anxiety finds no home.

©LPi

Praying The Rosary

During the month of May, the Church encourages Catholics to celebrate and deepen their relationship with Our Lady. One way to do this is through acts of devotion, and the most familiar Marian devotion is the Rosary. Starting Wednesday, May 5th after the 8 a.m. daily Mass, and continuing every Wednesday, all are invited to stay and pray the Rosary together.

St. Vincent de Paul Society

May 16 - The Ascension of the Lord:

Today as we celebrate the feast of the Ascension we are reminded that Christ's saving work on earth continues through his disciples…and now through us.

When we give to the poor, God indeed pours his love, peace and joy into our hearts, into our lives and into the hearts of those who are poor.

Our SVDP society is still up and operating during this time. A strong plastic box has been placed between the Church and the Parish Life Center, by the white fence for the courtyard. You may place any donations of nonperishable food items in the box. Please do not place any food or boxes outside of the box. Our SVDP members will be checking the box and emptying it regularly.

If you wish to make a monetary donation during this time, please mail a check to
St. Vincent DePaul Society PO Box 94 Lewes, DE 19958.

Christian Formation

Confirmation Class 2021

Youth Group Gathering

Our next Youth Group gathering is tentatively scheduled to meet on **Wednesday, May 26th, at 6:00 pm** in the Christian Formation building.

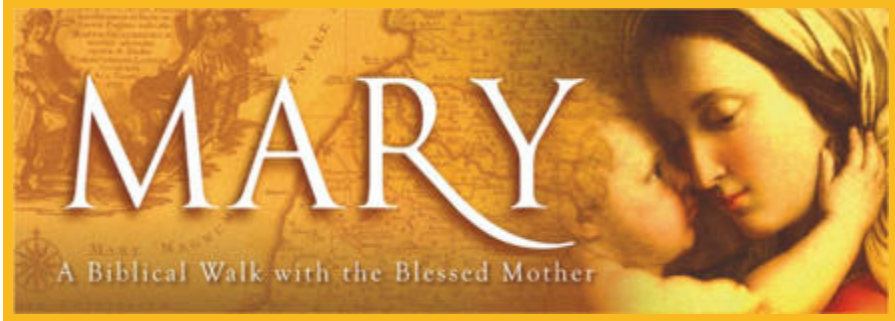
If any of our young people, Grades 7-12, would like to come to our gathering or would like more information, please contact the Christian Formation Office at (302) 644-7413 or email Mr. McShane at michael.mcshane@stjudelewes.org

Recognizing Student Achievement

Knights of Columbus 3rd Annual Faith-in-Action Contest Awards

Parents and Parishioners, please join us in celebrating our Religious Education students fine achievements! **This Sunday, May 16th at 12:30pm** in the Parish Life Center, our local chapter of The Knights of Columbus will be making an official presentation to the winners of both the Poster Contest and Essay Contest. And the Knights will treat all of our Religious Education children to ice cream! We hope that many of you will be able to participate in this one-time event.

JOIN US FOR A OUR NEWEST ADULT FAITH FORMATION PROGRAM



A Biblical Walk with the Blessed Mother
June – July 2021

From Ascension Press

Presented by: Dr. Edward Sri

Mary: A Biblical Walk with the Blessed Mother is a powerful Bible study that reveals Mary's unique role in God's kingdom and in our lives. You will experience the gospel through the eyes of Mary and get a vivid glimpse into her daily life. Seeing her in this way will lead you to a deeper relationship with the Blessed Mother and her son, Jesus.

This study consists of eight (8) 90-minute sessions. Our program will be offered on **Wednesday mornings from 10:00 – 11:30 a.m., June 2 through July 28.** The morning sessions may be offered both in-person and virtually depending on registrations. It will also be offered **Wednesday evenings from 7:00 – 8:30p.m. virtually only**. (No class will be held July 4th week.)

To **register,** go to our web site and follow the links off our home page OR call the Christian Formation office at 302-644-7413. **Deadline to register is Wednesday,**

May 19, 2021. A suggested donation of $25 is requested.

Please welcome representatives from Village Volunteers this weekend.
Stop by after any Mass and pick up their information.

Village Volunteers: In a time of need, our neighbors need our time

Village Volunteers is a nonprofit group devoted to helping our older neighbors live independently for as long as possible. Based in Lewes, Milton, and Rehoboth, and known informally as the Village, our volunteers have served our members since 2013 by providing transportation; helping with household tasks; offering friendly visits, calls, and respite for caregivers; and even serving in our Lewes office.

We think of our work as an extension of the care that so many parishes and congregations offer to their members. Our volunteers bring both passion and compassion to their service.

But our good intentions alone are not enough. We also train and prepare you, then allow you to use *your* skills and *your* time, in a way and on a schedule that *you* choose.

Won't you consider joining us, as a volunteer or a member? Our 260 members can count on volunteers who are vetted, reliable neighbors. And our 150 volunteers can count on support and schedules that work best for them. Together, we are helping to overcome isolation as we create a community of support.

If you'd like to hear more details about Village Volunteers, please email us at **lewesvillage@gmail.org** with your name, email address, and phone number. We can respond individually, but if there is enough interest, we will also initiate a Zoom presentation to which you are invited. You will also find more at **villagevolunteer.org.**

Village Volunteers
Helping older adults live independently

Youth Ministry
Camp Veritas 2021

Registrations for our annual offering of Camp Veritas are currently being accepted for this summer!

Camp Veritas offers a truly dynamic and fantastic, week-long, summer camp opportunity filled with faith, fellowship and fun! Please consider giving your kids the gift of a lifetime by reserving them a spot in one of several options available for a Camp Veritas experience.

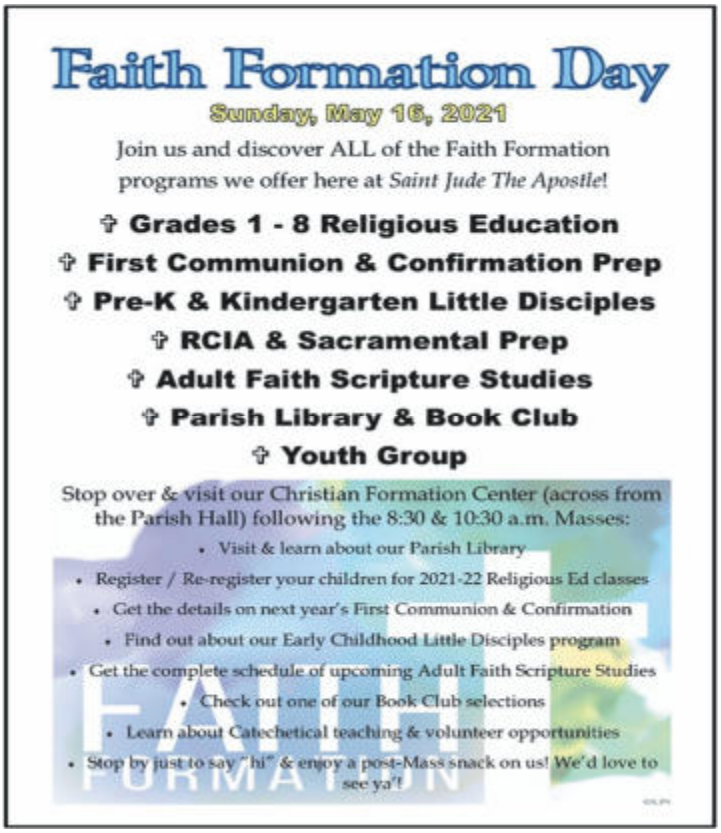
THE BEST part is that our St. Jude parish is offering a near 50% (!) scholarship to any of our young people participating in one of this summer's week-long camp opportunities.

Camp Veritas is open to all young people who are entering 7th grade through 12th grade. Along with traditional summer camp activities such as swimming, hiking, sports, and talent shows, children are immersed in our Catholic faith in a powerful and inviting way through Mass each evening, inspiring talks, uplifting music and guided Adoration.

The cost to participate in the week-long event is $450, however St. Jude is offering $200 scholarships to any young people registered to attend bringing the family cost to $250.

We encourage our young people to review and consider this summer-time opportunity by visiting their web site: https://www.campveritas.org/

Questions regarding this opportunity can be answered by Mrs. Hearn (302-236-8840) or the Christian Formation Office (302-644-7413). DO NOT let this outstanding opportunity and discount/benefit get by without, at least, exploring.



Tuesday Rosary Group Meeting
Weekly via ZOOM

In 1897, Therese Martin, a 24-year-old Carmelite cloistered nun in Lisieux, France, passed away from tuberculosis. This obscure young woman would be canonized a saint shortly thereafter, in 1925, and has become one of the most well-known and beloved of saints. Her doctrine of "the little way of trust and love" was explained in *The Story of a Soul*, and led to her being proclaimed in 1997 one of only four women Doctors of the Church.

You are invited to learn more about her with the Therese Rosary group of St. Jude The Apostle Parish that meets via Zoom every Tuesday at 12:30 p.m. to pray the Rosary with meditations from her writings. Come any time your schedule allows to pray and join in conversation about the meaning of Therese's words for our lives. To receive a Zoom link invitation, please email Deacon Al Barros, al_barros@hotmail.com or call the Christian Formation Office, 302-644-7413

Health Ministry - Health Tips for Adults

- Healthy Weight
- Consuming Healthy Food and Beverages
- Physical Activity
- Being Good to Yourself

Consuming healthy foods, beverages, and snacks, and getting regular physical activity may help you reach and maintain a healthy body weight. Making suitable lifestyle choices may also help men and women prevent some health problems.
Setting healthy eating and physical activity goals may help you improve your health.

Here's a quick overview of some ways to eat better and be more active.

- Choose whole grains more often. Try whole-wheat breads and pastas, oatmeal, or brown rice.
- Select a mix of colorful vegetables. Vegetables of different colors provide a variety of nutrients. Try collards, kale, spinach squash, sweet potatoes, and tomatoes.
- At restaurants, eat only half of your meal and take the rest home.
- Walk in parks, around a track, or in your neighborhood with your family or friends.
- Make getting physical activity a priority.
- Try to do at least 150 minutes a week of moderate-intensity aerobic activity, like biking or brisk walking.
- If your time is limited, work in small amounts of activity throughout your day.

Learn more ways to move more and eat better—for yourself and your family!

Marriage & Family Life

MARRIAGE MOMENTS

Distance can put stress on a marriage. Having a spouse who travels a lot or who is deployed to military service poses a challenge. Do you have any practices that help the two of you when you are apart?

PARENTING POINTERS

Teach your child to pray. Sure, you may already say grace before meals and a bedtime prayer, but help them practice humble prayers from their heart. You may learn a lot by listening to their genuine prayer.

Respect Life

This week we offer Paragraph 2271 of the Catechism on abortion.

2271 Since the first century the Church has affirmed the moral evil of every procured abortion. This teaching has not changed and remains unchangeable. Direct abortion, that is to say, abortion willed either as an end or a means, is gravely contrary to the moral law:

You shall not kill the embryo by abortion and shall not cause the newborn to perish.

God, the Lord of life, has entrusted to men the noble mission of safeguarding life, and men must carry it out in a manner worthy of themselves. Life must be protected with the utmost care from the moment of conception: abortion and infanticide are abominable crimes.

Finance Council

to our parishioners and visitors who contribute to St. Jude's. Your Gifts are deeply appreciated.

Weekend of May 8/9

Weekend Actual

$18,383

Fiscal YTD Actual

$773,228

Please note: In addition to our collected contributions for the parish appearing weekly in the bulletin, we will be providing once a month comparison of our fiscal (July 1 to June 30) year to date budget numbers vs. actual amounts collected.

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