



306 MORRIS AVENUE, SUMMIT, NJ 07901

# ST TERESA OF AVILA

AUGUST 17, 2025

TWENTIETH SUNDAY IN ORDINARY TIME

## SUMMER MASS SCHEDULE

All Masses will be held in Church

IN EFFECT JULY 1 - SEPT 1

### Daily

7:00 am ☎

### Saturday

8:30 am ☎

Confession to follow

4:00 pm (Vigil)

### Sunday

7:30 am

10:30 am ☎

12:00 pm (Spanish)

5:00 pm

☎ Mass also available via livestream

## CHURCH HOURS

### Monday - Friday

6:45 am - 4:00 pm

### Saturday

8:00 am - 9:30 am

### Sunday

7:00 am - 1:00 pm

and

4:45 pm to 6:00 pm

## SUMMER OFFICE HOURS

Appointments requested

### Tuesday & Thursday

10:00 am - 4:00 pm

### Wednesday

10:00 am - 7:00 pm

### PARISH OFFICE

908-277-3700 | [st-teresa.org](http://st-teresa.org)

### PRESCHOOL

908-277-6043 | [stteresaofavilaschool.org](http://stteresaofavilaschool.org)

### CEMETERY & MAUSOLEUM

908-277-3741 | [st-teresa.org/cemetery](http://st-teresa.org/cemetery)

## WAYS TO GIVE



We thank you for your support of the parish. To give, simply scan the QR code and select a one-time gift or set up a recurring payment.

"Do you think  
I have come  
to give you  
peace on Earth?"

LUKE 12:34

No, I tell you,  
but rather division."

# Mass + Intentions

To request a Mass intention, please visit [st-teresa.org/mass-intentions](http://st-teresa.org/mass-intentions).

<b>Saturday, August 16</b>	8:30 AM	Erwin Tomas Castillo
	4:00 PM	† Ellen B Low
<b>Sunday, August 17</b>	7:30 AM	† Lorenzo Fuschetto
	10:30 AM	† Eleanore Donio and Michael Donio
	12:00 PM	† Aurelia Cordero
	5:00 PM	† Nancy J Cavanagh
<b>Monday, August 18</b>	7:00 AM	† Anthony S Caporaso and Thersa Caporaso
<b>Tuesday, August 19</b>	7:00 AM	† Philip Minneci
<b>Wednesday, August 20</b>	7:00 AM	People of the Parish
<b>Thursday, August 21</b>	7:00 AM	† Lorenzo Fuschetto
<b>Friday, August 22</b>	7:00 AM	† Joanne Speech
<b>Saturday, August 23</b>	8:30 AM	† Eleanor Winzler Hayes
	4:00 PM	† Megan Catherine Watson
<b>Sunday, August 24</b>	7:30 AM	† Antonietta & Giuseppe Martini
	10:30 AM	† Agnes Palumbo
	12:00 PM	† Hilda Gonzalo
	5:00 PM	† John Iadarola



## Welcome, Jill!



**We are delighted to welcome Jill Carty as our new Pastoral Associate,** responsible for leading Adult Faith Formation. Jill brings a deep love of the faith and a desire to accompany others on their spiritual journeys. After a 40-year career in digital marketing, she felt called to deepen her understanding of theology and is currently pursuing her Master's degree at Seton Hall University. As part of her role, Jill will also be supporting the OCIA process, helping to guide those seeking to enter or return to the Catholic Church. She is passionate about sharing the richness of our faith and walking with others as they grow in relationship with Christ and the Church.



## Stewardship Reflections...

*"Do you think I have come to give you peace on Earth? No, I tell you, but rather division." LUKE 12:51*

Many of us like to play it safe, not cause waves with our family and friends, especially when it comes to politics and religion. We don't want to cause any turmoil. However, many times this is at the expense of the truth.

The truth being Jesus Christ. Too many people are misguided because they rely on their own limited human ability to reason and are not allowing faith in God to guide them. Form your conscience; take a stance for life, marriage, and religious liberty.

*"¿Piensan que vine a dar paz en la tierra? No, les digo, sino más bien a dividir." Lucas 12:51*

A muchos de nosotros nos gusta ir a lo seguro, para no causar conflictos con nuestros amigos y familiares, especialmente cuando se trata de política y religión. No queremos causar ningún problema. Sin embargo, muchas veces lo hacemos a expensas de la verdad. Jesucristo es la verdad. Demasiadas personas se equivocan porque confían en su limitada capacidad humana de razonamiento y no permiten que la fe en Dios las guíe. Forme su conciencia: defienda la vida, el matrimonio y la libertad religiosa.

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*May the souls of all the faithful departed rest in peace.*

**MICHAEL LONERGAN**



*"A Time to be Healed"*

**PARISH SICK:**

Don Ciqui  
Angela Amoia



THIS WEEKEND'S SECOND COLLECTION:

## THE MISSIONARY COOPERATION APPEAL

### IN SUPPORT OF Wote Diocese in Kenya

*Wote Diocese aims to provide humanitarian assistance to the needy in Makueni County irrespective of their religious affiliations.*

Wote Diocese in Kenya was erected by The Holy Father, Pope Francis, on July 22, 2023 with territory dismembered from the diocese of Machakos, making it a suffragan of the metropolitan archdiocese of Nairobi, Kenya. At the same time, the Pope appointed Rt. Rev. Paul Kariuki Njiru as its first Bishop. Until his appointment, Bishop Kariuki was the Bishop of the Diocese of Embu.

Wote is the capital and largest town of Makueni County. Makueni County (Wote Diocese) borders Machakos to the North, Kitui to the East, Taita Taveta to the South and Kajiado to the West and covers an area of 8,008.9 square km (3,092.64 square miles). Makueni County has a population of 987,653 according to 2019 census out of which 388,946 (39.4%) is Catholic. With a total of 31 parishes there are 99 priests (90 Diocesan and 9 Religious Priests) an average of 3,928 faithful per priest. There are 36 Major Seminarians and 732 Catechists. There are 36 Major Seminarians and 732 Catechists.



With 39.4% of the population Catholic, there is a great potential to evangelize the rest of the population and Wote Diocese wishes to implement several strategies including:

1.

Priests to make appeals to active young adults and teens to consider a vocation to the priesthood or consecrated life at masses in the 31 parishes and at high schools when they are invited to offer mass at such schools.

2.

Wote Diocese to open new parishes and out stations to evangelize the communities at those locations.

3.

Wote Diocese and clergy to recruit and train catechists/ lay Catholic leaders to make an outreach to non-Catholics and lead the faithful to prayer on Sundays when a priest is not available.

4.

Since Makueni (Wote Diocese lacks many human services) Wote Diocese is seeking funds to support health programs like Mother and Child Health program at specific locations in the diocese to reduce maternal and child deaths.

5.

Raise funds to provide potable water to households and livestock to reduce waterborne diseases currently spread from existing water sources.

6.

Raise funds to provide food to famine-stricken and vulnerable population in the diocese on one part and on the other provide drought-resistant farm inputs to farmers and teach improved food production technologies to increase food production, reduce food shortages and eliminate famine.

## CEMETERY UPDATE!

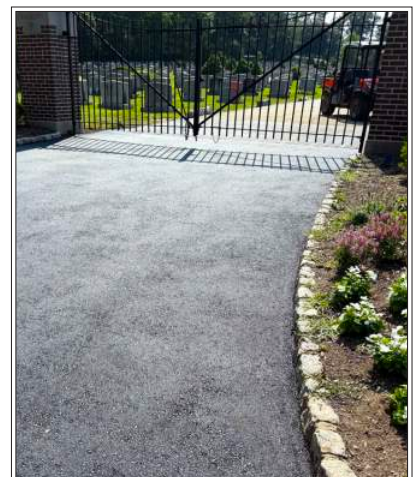
The entrance to the cemetery was in need of repair and repaving which took place over two full days.



As the only entrance by car, this was an inconvenience for our visitors but necessary for the project to be completed properly. Planning also takes into account our burial schedule and weather delays.



Thank you to **FRANK LIBERATO** and **S&L CONTRACTORS** for working with us and those visitors who patiently waited for the reopening.





# ST TERESA OF AVILA FAITH FORMATION REGISTRATION NOW OPEN



BAPTIZED  
AND  
CHOSEN



God Bless  
ZOE, KAIA, & LILAH



God Bless LILY ANNE!



God Bless MARGAUX BEA!



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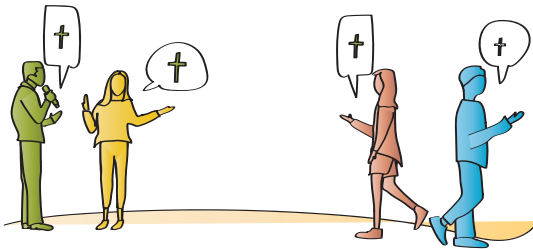
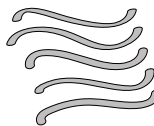


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<https://ff-sta.churchcenter.com/registrations/events>

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We welcome you to consider being  
a VOLUNTEER for the 2025-26  
Faith Formation year!

Contact [ff@stteresaavila.org](mailto:ff@stteresaavila.org) to volunteer!

# School News

St Teresa's has availability in our 3's and 4's program. If you are interested, please call the school office at 908-277-6043 for information and to set up a tour. Our school is a very special place and would love to have you join our family.

- Mrs Monaco

## 50 QUESTIONS EVERY CATHOLIC SHOULD KNOW...

### 21. WHY DID JESUS DIE ON THE CROSS?



Christ freely accepted death on the Cross so as to bear the guilt of the whole world. In making Himself an offering for sin, He reconciled all people to God by His perfect love and obedience.

## EXPLORE THIS SOME MORE...



Matthew 20:28



Catechism of the Catholic Church: (CCC 613-17)

COURTESY OF ARCHDIOCESE OF KANSAS CITY  
Diego Velázquez, Public domain, via Wikimedia Commons

# MINISTRY Board



Did you know plastic can leach into our food and drinks from plastic wrap and containers, especially under heat? Switch to glass and metal storage for food and use silicone or metal lids. Look to buy food in glass containers. You can purchase glass containers or can clean out glass jars from pasta sauce, etc, to use for future storage. Plastic-free wraps, such as Bee's Wrap or cloth food covers, also work well.

## LOAVES AND FISHES

Thank you to the **FRANKLIN TEMPLETON** office in Short Hills for donating over 800 cans of non-perishable goods to the pantry as a result of a team building promotion and world wide food drive. We thank you for your generosity.

Just as the Catholic Church is entering a new chapter with Pope Leo XIV, we invite you to open a new chapter in your own faith!

## OCIA

(ORDER OF CHRISTIAN INITIATION OF ADULTS)

Do you want to become Catholic?

Are you baptized but missing sacraments?

Do you wish to have a deeper understanding of your Catholic faith?



Weekly sessions begin in September.

For more information, contact:  
SarahL@stteresaavila.org

## JULY RECAP: Budget to Actual



HELP US  
CATCH UP!

COLLECTION	BUDGET	ACTUAL	SURPLUS/ (DEFICIT)
Sunday & Holy Day	110,420	97,104	(13,316)
Assessment	3,350	3,507	157
Legacy Fund	27,085	6,922	(20,163)



# 5 Catholic Mindfulness Techniques To Bring Calm When You're Anxious

Dr. Greg Bottaro | Catholic-Link.org | <https://catholic-link.org/catholic-mindfulness-techniques/>

## 1. Come Back to the *Present* Moment

Mindfulness isn't about escaping life—it's about fully living it. Whether you're folding laundry, stuck in traffic, or kneeling in Adoration, your mind will wander. This is normal. The discipline is to gently and repeatedly return your attention to where you are.

**Whenever you start to feel like your mind is a runaway train, stop what you're doing and:** Name one thing you see, one thing you hear, and one thing you feel. When you notice what's around you—the sound of birds, the feel of a breeze on your face, the way the light enters the room—you'll bring your mind back to the now, where God actually dwells.

God told Moses, "I Am Who Am"—not "I was" or "I will be." God is in the present moment.

## 2. Anchor Your Body to Anchor Your Mind

God made us body, mind and soul—so when your mind feels off, your body might be the best place to start. When you feel anxious or overwhelmed, body awareness can act as a stabilizing force.

**Here's how to try it:** Place your feet flat on the floor and sit upright but relaxed. Take a slow breath in through your nose, hold for a second, and then exhale gently. Feel the breath move through you. Notice the weight of your body on the chair. This is not about emptying your mind. It's about filling it with what's real. Why does this matter? Because trust in God is not just an idea. It's something that can be felt. Our bodies have stress responses that kick in automatically, but practicing mindfulness calms the nervous system and retrains the brain toward peace.

## 3. Observe Your Thoughts

Anxiety thrives when we get caught in our own thoughts. You've probably noticed this: You're trying to pray or focus, but suddenly your mind is racing with what-ifs, regrets, or imagined conversations.

Catholic Mindfulness teaches a radical truth—you are not your feelings. The problem isn't having anxious thoughts; the problem is judging those thoughts, resisting them, or trying to force them away. That's like swimming harder in quicksand. Instead, Catholic Mindfulness invites you to observe those thoughts without getting tangled in them.

**Try this:** When a negative or anxious thought appears, picture it like a comet shooting across the sky. You see it, acknowledge it, and let it float by without grabbing onto it. This mental posture isn't passive—it's disciplined.

## 4. Reconnect with God through *Curiosity*

Bring God into the conversation taking place within your mind.

**Next time you find yourself spiraling into anxiety,** pause and invite God into the conversation "Ever present God, here with me now, help me to be here with you." Then explore with curiosity what is happening within you. What do you feel?

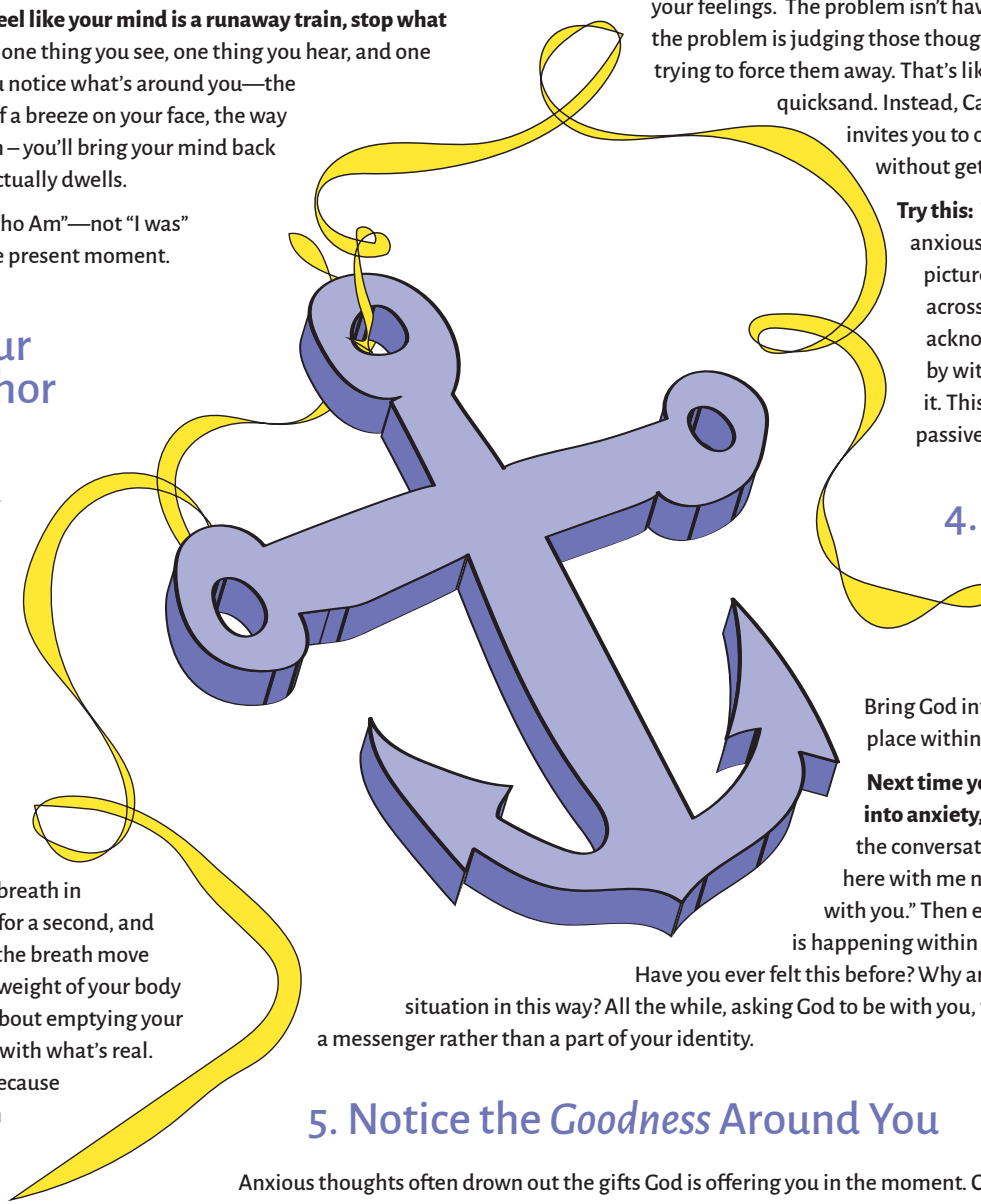
Have you ever felt this before? Why are you responding to the situation in this way? All the while, asking God to be with you, to treat your emotions as a messenger rather than a part of your identity.

## 5. Notice the *Goodness* Around You

Anxious thoughts often drown out the gifts God is offering you in the moment. Catholic Mindfulness encourages the practice of savoring—consciously noticing small moments of beauty, joy, or grace that you might otherwise miss.

**You might feel too busy to do this. But the truth is, when you're present, beauty reveals itself everywhere:**

*The warmth of your child's hand in yours; The taste of your morning coffee; The sunlight hitting your kitchen counter; The unexpected quiet between appointments.* Gratitude is a natural fruit of mindfulness. When you notice these moments and thank God for them, you're not just enjoying a perk—you're practicing trust. You're telling your brain, and your soul, "I am not alone. God is here."



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