

Peer Connections

St. Mary Star of the Sea Youth Ministry



Season of Change

We've entered a season full of change. Our school and work schedules change, our wardrobe changes, the type of food at our meals change and even the leaves on the trees change. Can we also change our faith habits? With the start of a new school year, a family's routine and schedule can become the key to avoiding chaos. However, are you leaving something out of your schedule? Have you added attending Mass every Sunday to your schedule? Is there a way to add prayer to your schedule, to add more family meals to your schedule, to add more works of mercy to your schedule or to add more faith activities, like youth ministry, to your schedule? St. Mary's parish is full of faith-filled opportunities just waiting for you. Our Ministry Planning Team has put together a calendar filled with events, activities, and service projects for you to have fun, explore your faith and develop more friendships. Are you ready to make a change?

St. Teresa of Calcutta, pray for us!

On September 4, 2016 Mother Teresa will be canonized a saint in the Catholic Church. She has given us an example of how to live as a disciple of Jesus while loving and serving others. These are three of the teachings we can learn from her;

1. "Lord, please let me see" We need to ask Jesus to show us the suffering around us, those in need. By helping others in need we are helping Jesus.
2. Do small things with Great love - Love begins with a smile. Introduce yourself to someone, ask their name, shake their hand, pray for them.
3. Start with just one person...we can only love one person at a time.

We can only help one person at a time (don't feel overwhelmed!) but first we need to ask (pray) Jesus to show us those people and then we need to recognize God in their souls...then serve them through small acts.

SPREAD LOVE
EVERYWHERE YOU GO
LET NO ONE EVER COME
TO YOU WITHOUT
LEAVING HAPPIER
- MOTHER TERESA

August's Shout Out goes to Ministry Planning Team

Over the summer members of a brand new Peer Connections team have been working hard to plan for the 2016-2017 Peer Connections year. Through their creativity and support of the Holy Spirit they have created a year-long calendar of events for you and your families but they aren't done yet.

We would like to say a big thank you for all of your hard work and dedication to **Mrs. Frissora, Ms. Fishman, Margaret, Mrs. Salchert, Rosemary, and Mrs. Rutherford.**



Upcoming Events

- Little Stars – Every Sunday @ 9:30am – Location: Gathering Space
- Ministry Planning Team Meeting – September 6 @ 6:00pm – Location: Hart House
- Kickoff Weekend – September 10-11 @ Every Mass – Location: Gathering Space
- Middle School Ministry – September 17 @ 6:30pm – Location: Gathering Space
- High School Ministry – September 17 @ 7:30pm – Location: Gathering Space
- Catechist Retreat – September 25 – Location: Mercy Center, Madison CT
- Young Adult Weekend Retreat – Sept.30-Oct. 2 – Holy Family Retreat Center

A PRAYER FOR OUR STUDENTS

DEAR GOD,
THANK YOU FOR THE GIFT OF
EDUCATION IN EVERY FORM.
AS OUR CHILDREN PREPARE TO START A NEW YEAR
MAY CONFIDENCE BE THEIR FOUNDATION,
MAY GRACE BE THEIR GUIDE AND
MAY HOPE BE THEIR COMPASS TOWARD A BRIGHT FUTURE.
I PRAY THEY WOULD HAVE EYES TO SEE
THE NEEDS OF THOSE AROUND THEM
AND A HEART TO LOVE WELL.
MAY THEY FACE EACH DAY WITH POSITIVITY
KNOWING THAT NO MATTER
WHAT COMES THEIR WAY,
THEY DO NOT HAVE TO FACE IT ALONE.
AMEN

A PRAYER FOR OUR TEACHERS

DEAR GOD,
THANK YOU FOR THE AMAZING TEACHERS
WHO HAVE GIVEN THEIR LIVES
TO SERVE OUR CHILDREN.
AS THEY PREPARE FOR THE NEW YEAR,
FILL THEM WITH STRENGTH TO LEAD,
GRACE TO GUIDE AND HOPE TO THRIVE
IN THEIR CLASSROOM.
BLESS THEM BEYOND MEASURE
FOR THEIR WILLINGNESS
TO POUR INTO THE NEXT
GENERATION THROUGH EDUCATION. AMEN

Song Suggestions - September 2016 - Everything Comes Alive - *We Are Messengers*

In the evening when my bones are tired | You're my strength and my heart's desire | You're the light when the sun expires | I remember how far I've come | I'm not lost with You I'm home | I didn't find You on my own

Article Suggestions

As part of our group recently returned from Soul Fest the first article seemed extremely appropriate as it compares a music concert and worshiping. The second article is all about reducing the chaos and stress in our lives since we have entered that time of year when our activities can overwhelm us. Both articles will be posted on our Facebook page with a link for easier access.

3 Reasons that Music Concerts are Liturgical Acts

"I've been to a number of music concerts over the years – rock, classical, jazz, country, sacred – and have always found them to be powerful experiences that leave lasting effects. A number of years ago, I wrote an amateur paper on the similarities between liturgy and music concerts. I'll share with you here a few simple thoughts from that paper. To make it a little more lively, less theoretical, I will steal some illustrative quotes from a dear friend of my daughter Maria, named Sydney, who wrote some wonderful and raw reflections on her experience of a Twenty One Pilots concert" " I used three words to organize my reflections in the paper: community, transcendence and transformation." **Read more at <http://www.wordonfire.org/resources/blog/3-reasons-that-music-concerts-are-liturgical-acts/5235/>**

6 Things to Do When You Feel Overwhelmed

"The alarm sounds. You slowly roll over to hit the snooze, and out of instinct, you grab your phone. Just going to scroll through my Twitter or Facebook feeds to make sure I didn't miss anything, you tell yourself. Before you know it, you're rushing to the shower, grabbing a cereal bar, throwing on some clothes, yelling at the kids to put on their clothes and sprinting to school or work. Arriving at your desk, you re-read the same emails that have been in your inbox for days but you don't want to address. You pull up Facebook and Twitter on your browser. Maybe you SnapChat a few friends and upload a picture to Instagram. You scroll through the latest news. Before you know it, two hours are gone, and you have consumed enough information to fill any normal computer's hard drive. Just another typical day? It is for me. Combine the 24/7 connection with the demands on our time from friends, church, activities, family, job and so on. The result? Severely burned out, extremely overwhelmed, habitually anxious people. No wonder a recent Barna study found over half of men and women felt physically or mentally overwhelmed in the last 30 days. Surely this isn't the life God intended. I sense it during a rare alone time. I feel it in the car when my phone dies and I am forced to deal with my thoughts. I see it when I look at my family and friends. I know my time is better spent with them, but the connection is calling. Maybe you feel the same. Recently, I decided to make a change. I decided to implement a few principles that would restore my life that I've read about and learned. It's time to experience something better. **Read more at <http://www.relevantmagazine.com/life/6-things-do-when-you-feel-overwhelmed#4SJWKLqChc7A4jRc.99>**

Parent's Corner

New Program Coming Soon!

Trail Life USA and American Heritage Girls is coming to St. Mary's parish. If you are interested in more information and/or joining please contact Danielle Frissora at dfrissora@gmail.com or 860-508-7188.

Help Wanted!

Do you have a desire to teach the faith to others? Consider becoming a teacher or assistant in the St. Mary's Little Stars program. Our preschoolers are like little sponges just waiting to soak up all there is to know about God, Jesus and the Catholic Church. Are you willing to sacrifice one hour, one weekend a month to teach them?

Amanda McCaffrey, Coordinator of Youth Ministry

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