

# The Church of St. Leo the Great

## ST. LEO PARISH MISSION STATEMENT

"St. Leo the Great Catholic Church is a welcoming parish which is strengthened by the Eucharist, and which keeps Jesus Christ at its center. We are a community of faith characterized by prayerful worship, community involvement, evangelical discipleship, and vibrant stewardship. We are an ever-growing resource for spiritual renewal and Catholic teaching in the Hilton-Parma area. Our parish strives to be financially stable. Our parish collaborates with the Diocese of Rochester and other faith communities to develop dynamic programs that address the needs of the parish and the greater community." *A Stewardship Parish which gathers at 167 Lake Avenue, Hilton, New York 14468*

West by Northwest

A Cursillo Ultreya Center of the Rochester Diocese

June 27, 2010

**JULY 4**

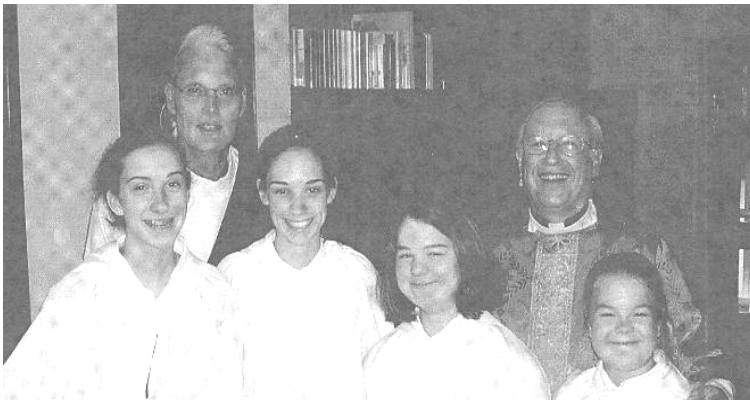
**LIFETEEN MASS**

**7:00 PM for the Summer!**

### PARISH OFFICE CLOSED FOR JULY 4TH HOLIDAY

The Parish Office will be closed on Sunday, July 4 and also on Monday, July 5 for the Independence Day Holiday.

### THE TORCH PASSES ON!



Two of our "old" Altar Servers are graduating from High school this year and are passing the torch on to their younger sisters. Stephanie Summa and Emily Jones will be heading off to college and we want to thank them for their many years as St. Leo Altar Servers. Sophie Summa and Sarah Jones have also been serving for years and are carrying on the fine tradition of serving at Mass. Congratulations Emily and Stephanie!

### GRADUATES!

Please return the coupon below to be included in next week's bulletin. Let us know what you are doing!

#### SALUTE OUR PARISH GRADUATES

PARENTS: Proud of your graduate? We are too and would like to acknowledge their accomplishment (and yours) in the parish bulletin. Please complete the form below and return to the Parish Office via the collection basket or mail. We will publish the names of our high school and college graduates and their accomplishments.

Please print

Student's Name: \_\_\_\_\_

School Name: \_\_\_\_\_

Accomplishments/Awards: \_\_\_\_\_

Future Plans: \_\_\_\_\_

Use additional paper if needed.

## THIS WEEK AT ST. LEO

**Daily Masses:** Mass Mon.-5:30 PM, Tues.-Thurs.- 8:30 AM  
Fri.- Communion Service 8:30 AM, Divine Mercy Chapel  
Divine Mercy Chaplet - Monday - Friday - 3:00 PM

**MONDAY - June 28**

5:30 PM Mass, Divine Mercy Chapel

7:30 PM Group Reunion

**TUESDAY - June 29**

**WEDNESDAY - June 30**

6:30 PM Senior High Softball, Prince Park

**THURSDAY - July 1**

6:00 PM Junior High Softball, Prince Park

6:30 PM Edge Mentoring Session, Room A

**FRIDAY - July 2**

6:30 AM Group Reunion At Hilton MacDonald's

**SATURDAY - July 3**

9:00 AM-2:00 PM Red Cross Blood Drive, Room 5

3:30 PM Confessions

4:30 PM Rosary

5:00 PM Mass

6:15 PM Ultreya

**SUNDAY - July 4 HAPPY INDEPENDENCE DAY!  
OFFICE CLOSED**

8:00 AM Mass

10:30 AM Mass & Children's Liturgy

**7:00 LifeTeen Mass**

### A SUMMER BLESSING

May our loving God watch over you and keep alive in your heart all that you have learned this year. Remember to pray often and celebrate your faith at home with your family, and at Mass with your faith family. Keep your faith in God. Let all the joys of summer remind you of God's kindness. Never forget that God is always with you, no matter what. May the God of all creation keep you safe, happy and holy this summer and always. Amen.

From our Youth Minister, Michele Pechie:

**BEGINNING SUNDAY, JULY 4  
SUMMER HOURS FOR LIFETEEN MASS  
IS 7:00 PM**

**Tuesday, June 29 - Steubenville Meeting  
@ St. Ambrose Church, 925 Portland Ave.**

**Be a Friend! Make a Friend! Bring a Friend to Jesus!**



ST. LEO'S IS GROWING



St. Leo Faith Community warmly welcomes James, Jessica, Jayden & Adrianna Marker; James & Carol Derefinko; John, Jessica & Gianna Guay; Cameron, Kristi, Julie & Kyle Forsythe, Ryan Bush; Sean, Christine, Ava & Shannon Herne and Paul, Susanna & Bianca Sausa to our faith community.

SCRIPNOW!

It's Here...Introducing ScripNow!™

ScripNow! is ShopWithScrip.com's newest and quickest way to purchase and use SCRIP. You can order, pay for, and print eCards for various retailers and use them within minutes. Using ScripNow! is simple: Visit the brand page of the Shop-WithScrip ScripNow! retailer and click on the ScripNow! product choice. Order your ScripNow! eCard in any amount, using \$10 increments, and pay with PrestoPay. Within minutes, you will receive an email giving you a secure link to a printable eCard that can be redeemed in the store or online.

We're launching ScripNow! with eCards from The Home Depot and Amazon.com. Additional brands will be added in soon. Get your SCRIP in minutes...get your ScripNow!

HILTON EAST DRIVER THIS WEEK

Jeanne and Tom Furtner are the drivers for Sunday, July 4 .

Stewardship: Use your envelopes, they help with the processing of our collection. If you don't have and would like envelopes call the Parish Office. Notify the Parish Office if you move, returned envelope packets cost .61 each time they are not deliverable.

Talent: Thanks to the Columbiettes for the Father's Day gifts for our fathers. A big thank you to Neil Combs and Oswaldo Salazar for being "techies" for last Friday night's movie.

Stewardship...Live It!

Treasure for the June 19 & 20, 2010

- Parishioner households using envelopes contributed:..... \$5,282.30
Visitors & Others contributed: ..... \$236.48
12 Children using envelopes contributed: ..... \$5.98
0 Children's good deeds were given to God
Miscellaneous Additional Funds:..... \$3,695.91
2nd Collection for Fuel: ..... \$1,484.25
Attendance ..... 652

YOUNG ADULT OPPORTUNITIES

Calling all young adults, 20's, 30's, married or single, who are looking to increase and share your faith. St. Leo's wants you! We want to plan events just for you! If you would like to help in organizing social events, Bible study, discussion groups, call Michele Pechie at 978-1792. We are looking for new ideas and would embrace young adults to come forward.

OPEN MIC NIGHT AT NATIVITY FESTIVAL



Do you sing, dance, play an instrument, perform magic tricks, tell jokes? Come to the "Open Mic Night" at the Nativity Festival, Brockport, on Friday, July 9, beginning at 6:00 PM. To sign-up or for more information, please contact Mary Ellen Bamburoski either by e-mail (maryellen1819@yahoo.com) or by phone (352-7176).

Tell your friends and neighbors!

DRESS FOR JESUS - WE ARE IN HIS HOUSE!

It is summer and we are already beginning to feel the heat of the day. With summer comes the reminder that the casual dress of the beach may not always be appropriate for what we wear to Mass. It is very easy to dress both comfortably and decently for church. Tank tops on guys, low cuts on women, mini-shorts on both are not acceptable. One's body should not be in competition with the Body and Blood of Christ for the attention of the congregation. We hope that you will use good judgment in dress, especially if you are planning to minister at Mass in any way such as Usher, Lector, Eucharistic Minister or bringing up the Offertory gifts.

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"Wouldn't it be nice if when we messed up our life we could simply press 'Ctrl Alt Delete and start all over? Amen Amen."
"Why do I have to swear on a Bible in court when the Ten Commandments cannot be displayed outside?"
"Happiness is an attitude. We either make ourselves miserable, or happy and strong - the amount of work is the same."

Our Sanctuary Candle in Church burns in prayer this week in prayer for the intentions of the Class of 2010.
From: St. Leo Parishioners
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Our Sanctuary Candle in the Divine Mercy Chapel burns in prayer for the intentions of Sandy Young.
From: Children & Grandchildren



IN NEED OF OUR PRAYER

- Clementine Barkley
Betsy Bauer
Barbara Beach
Morgan Brozak
Denise Cannizzo
Nora Clarke
Ruth Collins
Donald Damaschke
Dorothy DeLong
Joan Deugav
Steven Dick
Mary Ellis
Marilyn Elliott
Robert Grippo
Matthew Hoffman
Steve Key
Rita Knapp
Julianna LaMonica
Michael Lee
Kathie Lenhart
Amber Liese
Mary Mack
Dick Makowski
Dee Marlatt
Gabriella Mattioli
Harry Mc Kenna
Eileen Mostek
Bob Peter
Frances Piccarello
Kathi Popowich
Joy Ranney
Ellie Reyner
Anthony Romano
Jennifer Sanders
Paula Sarma
Leah Scanlan
Frank Schrimp
Paul Skelly
Eric Smith
Robert Smith
Marion Sperry
Maureen Sullivan
Donna Thompson
Cathy Tilebein
Kay Tilebein
Amy VanWuyckhuys
John Velekkakan
Charles Wenzel
Wyatt Wilde
Dick Wood
Sandy Young

and all others in need of our prayers



Let us remember in prayer all those who have died recently, including Margaret Sherwood, sister of Dick Ryan, Reverend Robert Meng, and all our departed relatives and friends.

**FATHER'S DAY SPIRITUAL BOUQUETS RECEIVED FROM:**

In Memory of:	From:
Howard Amo, William Serdensky	David & Kathy Amo
Al Bishop	Lynn, Eric, Mary, Lisa, John & Kurt
Elmer Meyer	Ms. Marilyn Coistek
John Danese	Cindy Craner
William D. Heeks	William Heeks
Donald Hutchey, Leo Henner	Lee & Betty Henner
Edward J. May	Betty Keaty
John Risso, Peter Bruder	Carol & Doug Lennon
Daniel Lennon	Carol & Doug Lennon
George Luksich, James Wilson	M/M Robert Luksich
Herbert Mattle, Claude Favret	Ken & Jane Mattle
Al Miesch, Scott Lyman	Jackie Miesch
Stanley Olszewski, John Burke	Ray & Sue Olszewski'
Max Patterson, Jr.	Kathy Patterson
Norman Almeter, Leonard Reyner	
Frank Anthony	Anne Reyner
Joseph Platano	Joanne Vancheri
Warren Gavigan, Louis Gardner	Betty Wilhelm
Richard Buskey	Patty Buskey
Warren Gavigan, Jr	Laurie Cordaro
Edward Gavigan.	Ron & Laurie Gavigan
George Wilhelm	Joanne Gonyea
Joseph Scheuch, Elmer Lissow	M/M Charles Lissow
Joseph Gabello, Sr.	Anne Moore
Duane & Arden Rockafellow,	
Charles & Chester Lilly, Richard Martin	Judy Rockafellow
John J. Murray	Virginia Murray and Paul Murray
Doug Lemcke and Al Borgyon	Bev. MacKenzie
Robert Ingham, Albert Toal, Sr	The Ingham Family
Walter Corcoran, David J. Warner	John Corcoran
Al Miesch, Scott Lyman	Jackie Miesch

In Honor of:	From:
Charles Cordaro	Miss Emily Cordaro
Russell Godshalk	Karhryn & Kevin Godshalk
Michael Adamski, Keith VanSlyke	
Robert & Bryan Fisher, Don Owen, Fr. Joe	Jackie Miesch
Eugene VanDeWalle	Ron & Laurie Gavigan
Steve Carges	Janice Carges
James Robinson	Patty Buskey
Matthew & John Lynch	Donna Lynch
Ray Olszewski,	Sue Olszewski
David Sullivan	Sue & Ray Olszewski
John & Noel Reyner	Anne Reyner
Russell Vancheri, Angelo Platano	Joanne Vancheri

**MASS SCHEDULE FOR THIS WEEK**

**Monday** - St. Irenaeus, bishop and martyr  
5:30 PM George Edelman, Sr. (Wife)

**Tuesday** - St. Peter and St. Paul, apostles  
8:30 AM Sharaon Corcoran (West by Northwest Cursillo Ultreya)

**Wednesday** - First Martyrs of the Church of Rome  
8:30 AM Maurice Keaty (Wife, Betty)

**Thursday** - Blessed Junipero Serra, priest  
8:30 AM Marie Cosgrove (Art and Monica Cosgrove)

**Friday** - Weekday  
8:30 PM Communion Service

**Saturday** - St. Thomas, apostle  
5:00 PM To Honor Our Lady of Mt. Carmel (Rosary Society)

**Sunday** - Fourteenth Sunday in Ordinary Time  
8:00 AM Mary Ellen Oremus (John Corcoran)  
10:30 AM Maeder and Mandara Families (Family)  
6:00 PM John French (Candi Catanise)

**Parish Ministry Center**

**585 392-2710** - [hstleoch@dor.org](mailto:hstleoch@dor.org), 167 Lake Ave — P O Box 725  
Hilton, NY 14468-0725

Web Site: [STLEOCHURCH.ORG](http://STLEOCHURCH.ORG); Fax: 585-392-9254

**Ministry Team**

Rev. Dr. Joseph Catanise, Pastor

[FCatanise@dor.org](mailto:FCatanise@dor.org) - Phone ext. 3, then press 1

Betty Murphy, Secretary & Assistant to the Pastor

[BMurphy@dor.org](mailto:BMurphy@dor.org) - Phone ext. 3, then press 2

Dominic Salamida II, Director of Christian Formation

[DSalamida@dor.org](mailto:DSalamida@dor.org) - Phone ext. 3, then press 3

Sandy Young, Christian Form. Steward, Phone 3, then press 8

Patricia Gorman, Director of Music & Liturgy

[PGorman@dor.org](mailto:PGorman@dor.org) - Phone 3, then press 4

Sharon Prince, Bulletin Editor

[SPrice@dor.org](mailto:SPrice@dor.org) - Phone 3, then press 5

Michele Pechie, Youth Minister

[MPechie@dor.org](mailto:MPechie@dor.org) - Phone 3, then press 6

Deacon William Lenhart

[WLenhart@dor.org](mailto:WLenhart@dor.org) - Phone 3, then press 7

**Pastoral Council Chair & Vice-Chair:**

Dan Streicher, [dstreich@schulerhaas.com](mailto:dstreich@schulerhaas.com)

Carol Jones, [djones31@rochester.rr.com](mailto:djones31@rochester.rr.com)

**Finance Council Chair:**

Brian Simpson, [brians65@hotmail.com](mailto:brians65@hotmail.com), 964-3664

**Stewardship Council Chair:**

Ann Wenzel [awenzel@dor.org](mailto:awenzel@dor.org), 392-8597

**Parish Office Hours:**

Monday, through Friday

9:00 AM - 12:00 PM - 1:00 PM - 4:00 PM

Sunday: 9:00 AM - 12:00 PM

**MINISTRY TO THE SICK:** Please contact the Parish Office, 392-2710, concerning the needs of the sick, hospitalized or shut-ins. Those unable to attend Mass regularly will have Holy Communion brought to their homes.

**PARISH MEMBERSHIP:** Those who choose to worship regularly with us are invited and welcome to formally join our parish community offering your time, talent and financial support. Please call the Parish Office, 392-2710 to register.

**CHRISTIAN FORMATION** - On-going education for Pre-School through adults.

**RITE OF CHRISTIAN INITIATION OF ADULTS:**

**(R.C.I.A.)** Our faith community invites anyone who is interested in becoming Catholic or wishes to complete their initiation into the Catholic Church by receiving Eucharist and/or Confirmation. Please contact Deacon Bill Lenhart at 392-2710x3 then 7.

**SACRAMENT OF MINISTERIAL PRIESTHOOD (HOLY ORDERS)** Interested in serving the People of God? To proclaim the Gospel, preside at Liturgies, see Fr. Joe. If interested in becoming a Deacon, see Fr. Joe or Deacon Bill.

**SACRAMENT OF MARRIAGE:** Contact the Parish Office, 392-2710, as soon as you become engaged.

**SACRAMENT OF BAPTISM:** Contact Deacon Bill six months before the anticipated birth date. Parent class required.

**WILLS:** Please remember St. Leo Church in your will to ensure the future of our Catholic tradition.

**SCRIPTURE CORNER**

Do you want to spend time in prayer each day? A good way to begin is to read or reread the daily Scripture readings. Prepare for Mass by taking a few moments to read the Scripture readings

Readings for the week of June 27, 2010

Sunday: 1Kgs 19:16b, 19-21/Gal 5:1, 13-18/Lk 9:51-62

Monday: Am 2:610, 13-16/Mt 8:18-22

Tuesday: Acts 12:1-101/2Tm 4:6-8/Mt16:13-19

Wednesday: Am5:14-15, 21-24/Mt:8:28-34

Thursday: Am 7:10-17/Mt 9:1-8

Friday: Am 8:4-6, 9-12/Mt9:9-13

Saturday: Eph 2:19-22/Jn 20:24-29

Next Sunday: Is 66:10-14c Gal 6:14-18

Lk 10: 1-12, 17-20



**Parade Around the Our Father  
with St. Joseph of Cupertino**

*Join the Our Father Parade!*

**St. Leo the Great Parish, Hilton**

is hosting a **Catholic Vacation Bible School** Program called:

***Parade Around the Our Father***

*...with St. Joseph of Cupertino!*

for children four years old through sixth grade.

Parents are encouraged to register their children for five **FUN-FILLED DAYS** of exciting lessons, cool crafts, fun games, upbeat music, creative skits, hands-on activities and delicious snacks.

*The program will be held on:*

Dates: August 2<sup>nd</sup> to 6<sup>th</sup>, 2010. Times: 8:45am to Noon

Location: St. Leo Parish Center, 167 lake Avenue, Hilton

Don't miss out on this spiritual adventure of a lifetime!

*You can pre-register by phone by calling:*

Contact Person: Dominic Salamida Phone#: 585-392-2710  
or register in person at the parish office.

*All children are welcome to attend regardless of Church affiliation.*



**PLEDGE FOR LIFE BABY SHOWER**

The Pledge for Life committee is holding its annual Bassinet Baby Shower. During the month of July, the bassinet will be in the Ambulatory awaiting your generous donations. Birthright of Rochester will be receiving the donations. The head of Birthright is Joan Rohr, one of our parishioners. Let's show our generous support of life and help Birthright in their work. A list of items needed is by the bassinet; they do not need to be wrapped. Thank you in advance for your support of this annual event.



**DISCOVER MORE ABOUT YOUR FAITH**

Are you ready to take the next step in your education? Are you ready to discover more about your faith and become a leading voice in the Church? Now is the time to plan your fall with St. Bernard's School of Theology and Ministry. We offer flexible class schedules that work with your life and financial aid packages that will help you achieve your goals. Call Laura Smith, Director of Admissions and Financial Aid for more information at 585-271-3657 x289 or email [Admissions@stbernards.edu](mailto:Admissions@stbernards.edu).

**DOES IT MATTER?**

On my way home from high school one Friday, I saw Kyle carrying what looked like all his books. "What a nerd," I thought. I had big plans for a party and a football game with my friends. A bunch of kids ran toward Kyle and tripped him, knocking his books every which way. Such a sad look came over his face that I went to help him pick up his stuff. It turned out he lived near me so I walked home with him and asked if he'd like to join my buddies for some football. We hung out all weekend and soon we became best friends. I teased him often about being a nerd, but Kyle really found himself after that. He had more dates than I had and all the girls loved him. I was even a bit jealous. Kyle was valedictorian of our class and as he started his speech, he cleared his throat: *Graduation is a time to thank those who helped you through those tough years - your parents, siblings, maybe a coach, but most of all your friends. I am here to tell all of you that being a friend is the best gift you can give anyone.* I looked at my friend in amazement as he told about the first day we met. He had planned to kill himself that weekend and had cleaned out his locker so his Mom wouldn't have to do it and was carrying his stuff home. I heard a gasp through the crowd as this handsome, popular boy told his story. I saw his Mom and Dad looking at me with a grateful smile. Not until that moment did I realize how one small gesture can change a person's life. For better or worse.

Can you make a small gesture and matter for someone?

**THE YEAR IS 1910 - ONE HUNDRED YEARS AGO**

**WHAT A DIFFERENCE A CENTURY MAKES!**



- Here are Some Statistics for the Year 1910
- The life expectancy for men was 47 years.
- Fuel for this car was sold in drug stores only.
- Only 14 percent of the homes had a bathtub.
- Only 8 percent of the homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower!

The average US wage in 1910 was 22 cents per hour.  
 The average US worker made between \$200 and \$400 per year.  
 A competent accountant could expect to earn \$2,000 per year.  
 A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.  
 More than 95 percent of all births took place at HOME.  
 Ninety percent of all Doctors had **NO COLLEGE EDUCATION**.  
 Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as 'substandard.'

Like these facts? Stay tuned for more!

## YOUTH GROUP RUMMAGE SALE IN JULY

The Youth Group Rummage Sale will be held on July 8th, 9th and 10th in the Old Church Hall from 9:00 AM till 4:00 PM. The 1/2 price sale will start at noon on Saturday. The youth group is currently preparing for the sale in OCH. Anyone is welcome to come by to help. Please see the poster in the Ambulatory for dates and times. The blue collection van will be parked outside OCH until the sale for any gently used goods you would like to give. Donations of clean, reusable plastic grocery bags would also be appreciated. Thank you for all you do for the St. Leo Youth Group!

## FEAST OF ST. PETER AND PAUL June 29

*"I will give you the keys to the kingdom of heaven."*

—Matthew 16:19

If Jesus had recruited his apostles the way major corporations recruit their employees, would Peter and Paul have gotten the job?

It's true that Simon Peter had the qualities of a natural leader. He was a man of action, self-confident and enthusiastic, daring and outgoing. On the other hand, he could be impulsive, imprudent and erratic. Tuesday's Gospel is one of Peter's shining moments: "You are the Messiah, the Son of the living God," he proclaims (Matthew 16:16). But read on! Only six verses later, he expresses such opposition to God's plans that Jesus calls him not "A rock" but "an obstacle" and even "Satan" (16:22-23).

And was Saul any more promising when the risen Lord appeared to him on the road to Damascus? The young man surely stood out for his fervor, learning and single-minded commitment. But he was using all his talents to destroy the Church, even though his former teacher, the respected Rabbi Gamaliel, had urged a wait-and-see approach. (Acts 5:34-35; 22:3). But Saul was too zealous to follow such prudent advice. He was dedicated and effective, all right. But the "achievements" on Saul's resume fit the job description of a persecutor, not an apostle.

But Jesus never needed a personnel advisor to inform him about which workers to pick. He understood human nature. Jesus could see the capacity for heroic holiness that lies hidden—sometimes *very* hidden—beneath a person's exterior strengths and weaknesses. Jesus saw that potential in Peter and Paul and he took a risk: Peter wavered and denied him. And as for Paul, who would have guessed that someone who was so unswervingly headed in the one direction could do a complete turnaround? Yet in the end, both men accepted the grace of conversion and became the dedicated apostles, Jesus knew they could be.

Jesus sees the potential in each of us as well. Every minute of every day, Jesus is inviting us *"Come a little closer. Open yourself to my love and my grace. Let me help you become who you really are!* Are we listening?

**"Holy Spirit, I am a mystery to myself, but you know me inside and out. Help me to surrender and to follow you today. Lead me to surrender and to follow you today. Lead me to become the person I was created to be."**



## GOING TO MASS ON VACATION

by Paul Turner

Good Catholics on vacation always make time for Sunday Mass. The locations for churches and the times of services are generally easy to obtain online. It doesn't take much advance planning to include worship as part of one's time away from home.

When you enter the church as a visitor, introduce yourself to a greeter or minister. Let someone know where you come from. Most locals are happy to say a word of welcome, but they do not always know who is visiting and who is not.

Participate well. Pray sincerely. Sing the hymns. Contribute generously to the collection. Some people contribute sparingly. But the church you are visiting has generously provided you a place to worship. Its members would appreciate a spot in the budget you made to enjoy your vacation.

If you know in advance that you cannot attend Mass some Sunday, you should obtain a dispensation from your pastor. If you are in your own church when visitors arrive, help them feel welcome; show them around. Above all, make an effort to worship every Sunday, even when you are away from home. God never takes a vacation from you.

This bulletin originally appeared in *Ministry & Liturgy*, a pastoral planning resource used by the worship leaders in your parish as an aid for better liturgy. Copyright 2010 Resource Publications, 160 E. Virginia St. #290, San Jose, Ca 95112. Paul Turner, pastor of St. Munchin Parish in Cameron, Mo holds a doctorate in sacramental liturgy from Sant' Anselmo Univ. in Rome. Clip art by Kathi Scarpace.

## PUN INTENDED

1. Why can't a bicycle stand alone? It's two tired!
2. A will is a dead giveaway.
3. With her marriage she got a new name and a dress.
4. Show me a piano falling down a mineshaft and I'll show you A-flat miner.
5. When a clock is hungry it goes back four seconds.
6. The guy who got caught in the upholstery machine was fully recovered.
7. He had a photographic memory but no film in his camera.
8. Those who get too big for their britches will be exposed in the end.
9. When you've seen one shopping center you've seen a mall.
10. When she saw the first strands of gray hair she thought she'd dye.
11. Acupuncture is a jab well done.
12. Marathon runners with bad shoes suffer the agony of de feet.
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, "No change yet."

## THE TRUE MEASURE OF THINGS

Walkers and hikers are a kind of secret society. It is impossible to encounter another person on a backpacking trail without at least saying hello. More often than not, long, easy conversations take place between complete strangers. Friends have been made. Taking a walk is a friendly way to take a true measure of things, whether walking on a trail or in the city. A sense of proportion and perspective seems to return. Truth often comes to meet us in new ways. And regular walking is a recurring lesson in old-fashioned virtues like patience, steadfastness and the almost priceless ability to be contentedly unhurried. And walking is, among all these other salutary benefits, an almost complete intermediate course in holistic spirituality. Walking is complex, involving mind and body, heart and soul all working together—the very essence of good health.