Archways + **



Support for You and Your Loved Ones

A Catholic Retreat
Can Change Your Life

Youth in Crisis
How to Talk to Teens on the Edge

Buy This, Not That Kids' Road Trip Reading

Nuns' Names Explained

-Plus:

Must-Attend Events
Around the Archdiocese



FROM THE CARDINAL

MESSAGE OF LOVE

Il families have ups and downs: joy and grief, harmony and discord. But in the

end, the experience of family comes down to a single principle: the power of love.

Speaking in Philadelphia during his 2015 visit, our holy father Pope Francis put it this way: "In families, sometimes the plates fly; sometimes the children give us headaches. ... There are difficulties, but these difficulties are overcome with love. Hate doesn't overcome any difficulty. Division of hearts doesn't overcome any difficulty. Only love is capable of overcoming difficulties. Love is a festival. Love is joy.

Love is to keep moving forward."

As I reflect on this Summer 2018 issue of *Archways*, with its emphasis on family, I am struck that nearly every page shows signs of *love*. The love of husband and wife. The love of parents for their children and children for their parents. The love of grandparents, brothers, sisters, cousins. Our love for one another in parish communities, as Catholics, as New Yorkers ... as human beings.

Love is evident in the work of volunteers helping neighbors in need, coaches and catechists mentoring and



spiritually forming our youth, and pastors, parents, teachers and youth ministers helping teens through difficult times.

It's the job of the Church to nurture love here on earth and make it grow by shining the light of God's love into every corner of our lives. When families stop participating in their faith – because they're busy, because it's inconvenient or it's hard to get the kids out the door, or even just because they

don't feel like it that week – they are missing out on the light of God's love. *God still loves them*, of course! But

they are not making the most of that gift and its power to heal and bind the family.

Which means that we here at the Archdiocese of New York have another job: to get the word out to parents that faith is freeing, not burdensome; that it gives us strength and wisdom to deal with challenges and a deep reserve of love to counter conflict and despair. That the time and effort and love that you invest in your parish and your community will be richly rewarded.

I hope that, as you read through this issue, LOVE comes through loud and clear. God is there for you in times of joy and crisis, loss and gain; through marriage, parenthood and beyond – and so are we.

So keep in mind the words of Jesus (John 15:12): "Love each other as I have loved you."

Don't be a stranger.

Faithfully in Christ,

+ 1 m. cand. QVan

Timothy Michael Cardinal Dolan, Archbishop of New York



1 FROM THE

CARDINAL

ASK A PRIEST

Why is May the Month of Mary?

This is a relatively new devotion in the history of the Church. Pope Leo XIII (1878-1903) is credited with popularizing the custom.

Scholars have suggested that it developed out of a longstanding

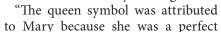
practice of celebrating spring as a time of new life and rebirth. The Greeks dedicated the season to the goddess Artemis, who was linked to labor and childbirth. The Romans honored Flora, the goddess of bloom and blossoms.

Perhaps it was the same seasonal association that led Christians to connect the month of May with Mary, who, in giving birth

to the Savior of the world, became the supreme expression of motherhood and the new life in Christ offered to God's people.

The most recognizable practice associated with this Marian devotion may be the May crowning of an image of Our Lady. It is thought that this

tradition began in 1838, when Pope Gregory XVI added crowns to an image of the Blessed Mother at the Basilica of Santa Maria Maggiore in Rome. In 1987, Saint Pope John Paul II issued a new ritual for the Order of Crowning an Image of the Blessed Virgin Mary, writing:



follower of Christ, who is the absolute 'crown' of creation. The maid of Nazareth consented to God's plan; she journeyed on the pilgrimage of faith. ... Thus, in an eminent way, she won the 'crown of righteousness,' 'the crown of life,' 'the crown of glory' that is promised to all who follow Christ."

These papal points of reflection might serve as the subject of our own meditation during the beautiful Marian month of May.



Fr. Matthew Ernest Director, Office of Liturgy Archdiocese of New York

How does a nun receive her name?

Editor's note: Okay, we asked a sister, not a priest. Sometimes you just have to let expertise carry the day.

First, let's address basic terminology. In the Church, we use the term religious to describe what the layperson calls a sister or a nun (or, for that matter, a monk). Nun refers to a "contemplative religious" who lives a cloistered life of devotion and prayer, and sister to an "apostolic religious" whose community does direct service in the outside world. Both are addressed as "Sister."

Before the Second Vatican Council (Vatican II), a nun or sister was given a new name when she entered a religious community. This might be a saint's name (Sr. Mary Agnes) or the name of one of Our Lady's feasts (Sr. Immaculata), or a title of Jesus (Sr. Mary Francis of the Holy Redeemer). Sometimes she chose her own name; sometimes a name was chosen for her.

After Vatican II, religious were urged to renew and update their missions. The Vatican Council documents stressed the importance of the name we receive at baptism, as that is the

name by which we are first called into the life of Christ. Many religious were offered the option of returning to their baptismal name, and many changed back, while others chose to keep the name taken by them in their community.

Today, the use of baptismal names is widespread, but there are still many who receive a religious name upon entering a community. Regardless of the form of our names, we are all devoted to the Lord.

Sr. Catherine Cleary Vicar for Religious Archdiocese of New York

What is a see (as in Holy See)?



The Chair of St. Peter in St. Peter's Basilica, Vatican City. Photo © Lawrence OP

In the ancient world, a seat (Latin: *sedes*) was a symbol of authority, like a king's throne or a judge's bench. Teachers would sit while students stood to take notes. To this day, the term *chairperson* is used to denote leadership. For Catholics, the feast of the Chair of St. Peter is the celebration of the teaching authority of Peter and his successors, and a bishop's authority is symbolized by his cathedral, where his cathedra, or throne, is located.

The term *Sancta Sedes*, or *Holy See* (the word *see* is an old Anglo-French variant of *seat*) refers to the office of the pope, who teaches and governs authoritatively from his "chair." More broadly, it refers to the Roman Curia – the congregations, tribunals and offices through

which the pope governs the Church and its external relations as a sovereign state.

The Holy See is *not* synonymous with the Vatican City city-state, which was created in 1929 as a sovereign geographical area governed by the Holy See.



Archbishop Bernardito Auza Apostolic Nuncio Permanent Observer of the Holy See to the United Nations

Do you have a question for a priest? Send it to us at archways@archny.org and we just might answer it in our next issue!

HOMILY HUMOR

A Joke from a Priest

Father Louis Jerome, Pastor St. Charles Parish, Staten Island



Fr. Joe was asking the religious education class some questions. One of the children raised his hand and said, "Father, I know where God is."

"Really?" said Father Joe. "And where might that be?"

"In the bathroom," the boy said. "With my mother."

Father Joe was puzzled. "And how do you know that?" he asked.

"Because every morning when he needs to shave, my father bangs on the bathroom door and yells, 'Good Lord, are you still in there?" *



Road-Trip Reading for Kids

itting the road with the family and wondering how to keep the kids from spending the entire ride glued to electronic devices? Try putting a graphic novel in their backpack, but beware: many popular graphic novels are too adult in content, and even mainstream superhero collections often include revealing costumes, sexually suggestive scenes, gratuitous violence and moral relativism. Fortunately, there's *The Action Bible*, a chronological retelling of the central stories of the Old and New Testaments, with dramatic artwork by seasoned comic-book artist Sergio Cariello. Pre-teens have been known to read this book cover to cover repeatedly – and in the process, instead of filling their heads with scenes of scantily clad heroes and villains, have become steeped in the compelling stories of our faith. (Available at many Catholic religious articles stores or from Amazon; list price is \$27.99 but you can find it for much less.)

- Archways † SUMMER 2018 —

NEWS AND NOTES

OUTSIDE THE BOX

REACHING FAMILIES

P arents live with stress that seems endless. Frazzled by the demands of work and school and supposedly essential extracurricular activities, many families drift away from participation in their faith community. Who has time for another commitment?

In this context, pastors must find new ways to deliver an old message: that it's important for you to show up. That the Church welcomes and supports families; that finding time to attend Mass and participate in a parish community will add meaning and focus to your life – and make stress more manageable. Here are a few parishes that are breaking the mold to offer fresh experiences for parents and children.

A WIDE EMBRACE

"It's so important to welcome children," says Fr. John Duffell, pastor of Blessed Sacrament parish

on the Upper West Side of Manhattan. At Blessed Sacrament's weekly Family Mass, kids take on many of the usual adult roles, serving as greeters, ushers, singers, musicians, gift-bearers and passers of the collection basket. "One parishioner accuses me of using this to get him to put more in the basket," Fr. Duffell says, "but it's really about bringing all the families to Mass."

Blessed Sacrament also sponsors a young-adult group that has become like "a nuclear family" and a monthly moms' night out that gives mothers a chance to compare notes while someone else watches the kids.

SUPPORT FOR PARENTS

"When you're home with children, it's easy to feel isolated," says Michelle Horver, who leads the Morning Out and Parents Connect programs at Immaculate Conception / Our Lady



Sister Cora Lombardo of Immaculate Conception / Our Lady of the Assumption parish in Tuckahoe, NY.

of the Assumption parish in Tuckahoe along with fellow volunteer Regina Thomson. With support from the pastor, Msgr. Anthony Sorgie, and the director of religious education, Sr. Cora Lombardo, Horver and Thomson manage a weekly program that offers childcare in one room and hosts mothers and other caregivers for an adult discussion in a room across the hall. Subjects range from the mundane, like teaching good dental hygiene, to the spiritual, such as how to explain evil to a child.

Every fourth week, the focus shifts, targeting parents of older children

and becoming a book discussion group. "There's a real bonding among the people who have gone to these meetings," Sr. Lombardo says.

ALL TOGETHER NOW

A decade ago, the archdiocese called on parishes to provide five hours per year of family catechesis at each grade level. At St. Martin de Porres in Poughkeepsie, Msgr. James Sullivan asked, "How do we engage the parents in their children's religious education?"

One volunteer catechist's answer was to reach busy young parents through technology they are already attracted to – so the parish started hosting group Skype sessions, offering instruction and discussion opportunities to parents who can then teach the lessons to their own children. In a couple of years, it has gone from pilot to popular program at the parish.

Fresh ideas are blossoming everywhere. As part of a renaissance of youth ministry at Augustine in New City, young rishioners created an outdoor Sta-

St. Augustine in New City, young parishioners created an outdoor Stations of the Cross. In Tuckahoe, a one-day retreat for families with children preparing to receive First Communion included a tour of the Holy Land staffed by students preparing for Confirmation. And at St. Anthony's in Nanuet, teens staged a "virtual pilgrimage" to Lourdes in the parish center, bringing together not just their own families but also other members of the community around the contemplation of the miraculous. As Sr. Lombardo says: "Strengthening family life is strengthening parish life." *

FAITHFULLY FUN

CODE NAME: VBS

S ometimes, when kids hear the words *vacation bible school*, they feel cornered. "School? Did you say school? But I just finished a *year* of school!"

So, for starters, let's just call it VBS. And if your child gets wind of the "school" thing, explain that the word

school is just there to make the grownups feel good. The word should never be applied to anything this fun. Some parishes call it a camp rather than a school – and that's really what it is. A very affordable day camp.

Age ranges for attendees vary, so contact the parish or check the website for details. The kids spend their days playing games, doing crafts, singing songs, telling stories, listening to stories, watching movies – and learning about their faith. And the teenage volunteers have just as much fun coaching games, guiding crafts, leading songs...

Peruse the list below for a VBS near you.

STATEN ISLAND

Church of the Holy Child

- July 10–13 and July 17–20 | 9:30 a.m.–noon
- holychildsi.com | 718-356-5277
- Theme: Jesus Said,

"I Am the Bread of Life"

Our Lady Help of Christians

- August 6–10 | 10:00 a.m.–noon
- Email: joan.baggs@olhcparish.org | 718-227-2441
- Theme: Surprise! Stories of Discovering Jesus

St. Charles, Oakwood Heights

- June 25–29 | 9:00 a.m.–noon
- stcharlessi.org | 718-797-2670
- Theme: God's Works

St. Clare

- August 6–10 | 9:00 a.m.–noon
- stclaresi.com | 718-984-7873
- Theme: Shipwrecked: Rescued by God

St. Rita's, Bradley Avenue

- June 9–13 | 9:30 a.m.–12:30 p.m.
- stritachurch.net | 718-982-6948
- Theme: Shipwrecked: Rescued by God

For further listings, turn to page 25.

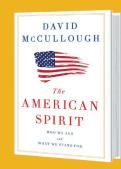




ABOVE: VBS 2017 at St. Patrick's, Highland Mills.
Photos © Maria Bastone

CULTURE CORNER

Begun in 1949 by Fr. James Keller, a Maryknoll priest, the annual **CHRISTOPHER AWARDS** celebrate books, films and television shows that bring "positive and constructive values into the mainstream." For uplifting summer reading, we recommend this year's winners in the Books for Adults category:



The American Spirit: Who We Are and What We Stand For Collected writings by historian David McCullough. (Simon & Schuster)

Convicted: A Crooked Cop, an Innocent Man, and an Unlikely Journey of Forgiveness and Friendship Andrew Collins, Jameel McGee and Mark Tabb (Waterbrook/ Penguin Random House)

The Choice: Embrace the Possible

Holocaust survivor Dr. Edith Eva Eger's account of overcoming survivor's guilt to become a therapist helping trauma patients. (Scribner/Simon & Schuster)

Dorothy Day: The World Will Be Saved by Beauty

Kate Hennessy's stirring memoir of her grandmother, the great Catholic social activist. (Scribner/Simon & Schuster) I'll Push You: A Journey of 500 Miles, Two Best Friends, and One Wheelchair Patrick Gray and Justin Sheesuck (Tyndale House)

Redeeming Ruth: Everything Life Takes, Love Restores Meadow Rue Merrill's account of adopting and raising an orphaned Ugandan boy with cerebral palsy. (Hendrickson)

- Archways † SUMMER 2018 -

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POSITIVE ENERGY

SUSTAINING TRADITION

n its third millennium, the Catholic Church carries timeless truths into a world whose temporal realities keep changing. Among the challenges for the archdiocese and its parishes are to light, heat and maintain hundreds of churches, schools, rectories, convents, parish centers and other facilities in a way that is sustainable both economically and environmentally, taking advantage of the newest technologies to advance an eternal faith.

CARE FOR CREATION (AND BUDGETS)

Conducting energy audits, converting church buildings to LED lighting, improving insulation and installing solar arrays may sound unexciting, but these initiatives are bringing dramatic returns. "What we're trying to do is reduce the energy consumption and the carbon footprint of about 1,900 buildings," says Martin Susz, director of the Energy Department. This massive project is being funded

largely through the Renew + Rebuild capital campaign, but it also takes advantage of funding available from New York State and through utility companies' incentives for energy conservation efforts. To date, the Energy Department has performed energy audits on buildings at more than 100 sites around the archdiocese.

LET THERE BE (LED) LIGHT

Upgrading to LED lighting is an affordable step – local power suppliers fund a little over half the cost – that can lead to significant savings and reduce the energy consumed for lighting by as much as 75 percent – with corresponding savings on energy bills. It may require installing some new fixtures, but the process can be completed in a few weeks, and the costs are recovered in an average of just 14 months. The result will be thousands of dollars per year that can be redirected to a parish's mission – a win for everyone.

LET THE SUNSHINE IN

Capitalizing on recent advances in solar technology, the archdiocese has launched a pilot program to install solar panels at six schools on Staten Island and in Yonkers this summer. The transition to solar is expected to deliver energy at rates 30 to 40 percent below current costs. All upfront installation costs are being borne by Con Ed Solutions. In a similar initiative, the Energy Department is exploring the creation of solar "farms" at three archdiocesan cemeteries, arrays designed to provide up to five megawatts of electricity to nearby parishes. If all goes according to plan, these solar initiatives will be rolled out to more parishes in 2019. *



MEANWHILE, ON FIFTH AVENUE...

Renovated to reveal the glory of its neo-Gothic vaults and spires, St. Patrick's Cathedral, whose construction started in 1858, has been leading the way in using clean energy technology to light and heat its spaces. For starters, all the lighting in the cathedral has been converted to LED – taking care to preserve the traditional appearance of candelabras where appropriate. In addition, new glass inner doors installed at the cathedral's main entrance allow the monumental brass doors to remain open, visually drawing in passersby without letting out the heated or cooled air from within.

The centerpiece of the energy conservation plan, however, is the geothermal plant that was built beneath the cathedral between 2012 and 2017. This cutting-edge technology pipes water into and out of the bedrock, using wells drilled to a depth of 2,200 feet, to cool buildings in summer and heat them in the winter. Since it went on line in February 2017, the St. Patrick's geothermal system has provided all heating and cooling needs for the cathedral, the archbishop's residence and the parish house. It is estimated that this reduces carbon emissions by 94,000 kilograms per year, roughly equivalent to what would be produced by burning 218 barrels of oil.

Not quite a miracle, but a good start toward a greener future for God's Earth.



Archways: It's scary for parents these days: depression, social alienation, drug use and suicide are on the rise among adolescents. Why?

Roy Petitfils: There's the changing dynamic of the American family: what family means, what it looks like, has drastically changed. And social media is a huge factor: we've got research now showing a causal relationship between social media use and adverse mental health outcomes. There's also terror: kids are aware how dangerous the world is. It's tougher to get into college, too. There are a lot of stressors, a lot of pressure.

AW: What are some warning signs?

RP: Isolation is a huge one. Sudden, drastic changes in personality, sleep, friendships, or grades. Are you finding stuff as you're doing your laundry, blood stains that might be a sign of cutting or injurious behavior? That's something to be on the lookout for. Most parents don't trust their intuition, but if your gut is telling you there's something wrong, there probably is. And if a mood change lasts more than two weeks, that's a marker.

AW: How can a parent or teacher establish a productive line of communication with a troubled teen?

RP: The first thing would be to not wait till something's wrong to make sure the lines of communication are open. To remind your teens, even when nothing's wrong, "Promise me that if something's wrong, you'll come to me." And how a parent handles anything is how they'll handle ev-

erything – so if you completely blow a gasket over non-critical things, the teen is not going to want to come to you about things that *are* critical. But do not give up. Listen to your child. If you feel as if you're not getting through, ask, "Hey, what is it that I'm doing that makes you not want to talk to me? What could I do better?"

AW: Suppose a child is taking drugs or threatening self-harm?

RP: At that point you have to go to a professional counselor who has the skills and credentials to do an appropriate assessment. When it comes to drugs, the reason teens start using and the reason they continue using are not necessarily the same – substance use may start off as a way to medicate some emotional problem, but it continues because the user becomes dependent. So I advise parents to intervene as quickly as possible. And if you're seeing self-harm or suicidal threats, those are things you can't take lightly. You have to intervene at that point. Err on the cautious side.

AW: How can a parent stay hopeful and positive while dealing with these issues?

RP: Take the words of Mother Theresa: "Work as if everything depends on you and leave the rest to God." In the parable of the prodigal son, the father catches sight of the son from a long way off, and the reason he catches sight of him is that he's looking for him. And when he sees him, he runs. That's a reminder that these are God's kids before they are ours and after they are ours. There's a lot of hope for

teens whose parents stay involved. I'm not saying it's easy, but there's tons of hope. There are good counselors and good youth ministers: get them involved. Utilize the village. Email the teacher or coach you know has a good relationship with your kid. That's being a savvy parent in 2018.



Roy Petitfils, LPC, is a Catholic therapist who consults with schools and churches. His most recent book is What Teens Want You to Know (But Don't Tell You).

WHERE TO GET HELP

CatholicCharitiesNY.org
Offering a wide array of services,
from counseling to mental health
to substance abuse treatment.

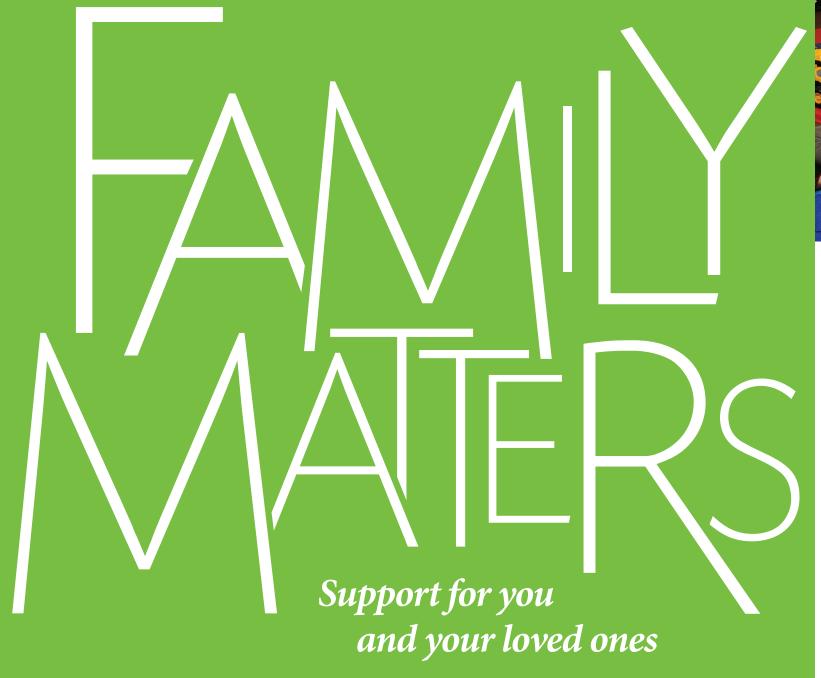
AFSP.org

The website of the American Foundation for Suicide Prevention, offering resources and raising awareness of warning signs and preventive measures.

NIMH.NIH.gov

The National Institute of Mental Health site gives descriptions, warning signs and treatment suggestions for everything from anxiety disorder to traumatic events.

- Archways † SUMMER 2018 -









At the Mary Manning Walsh Home in Manhattan.

"So God created mankind in his own image... male and female he created them. God blessed them and said to them, Be fruitful and increase in number; fill the earth."

- Genesis I:27-28

The life of the Church begins with family, and it always comes back to family.

Around each of us, family radiates in widening circles, like ripples on a vast pond: immediate family, extended family, community, Church. Each individual family is a "domestic church," in the words of the *Catechism of the Catholic Church*, and the Church is the ultimate, infinite family, embracing all.

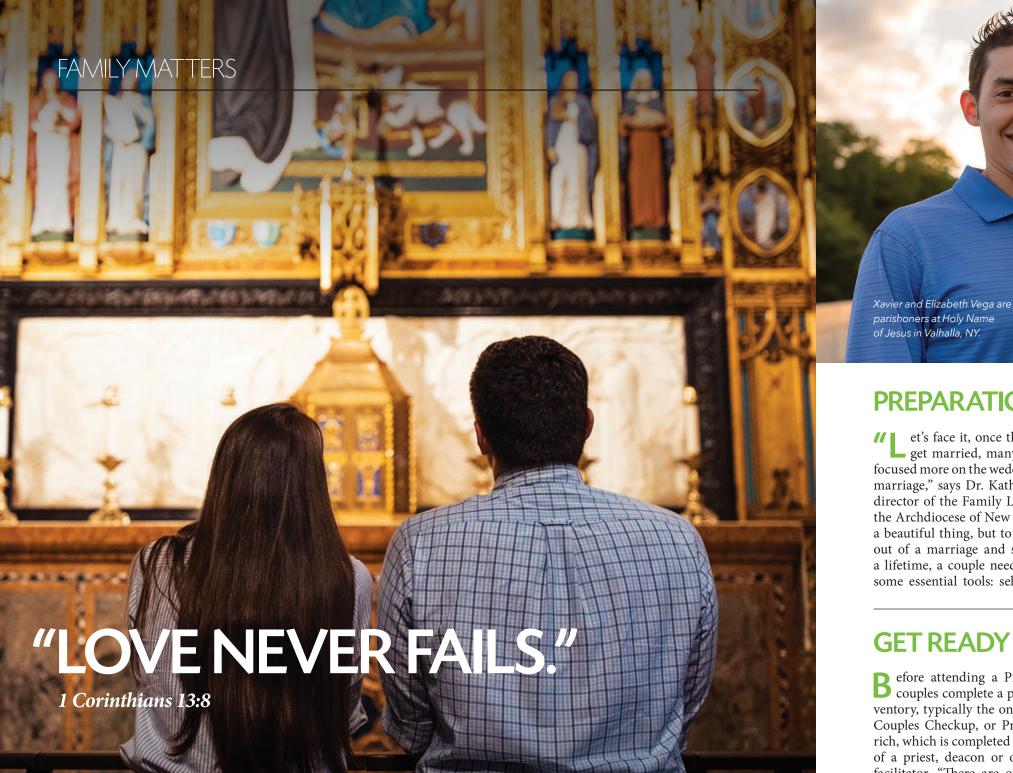
Families are sources of joy, bonded by love, but they also have needs. Couples need guidance on their way to happiness in matrimony and parenthood. Children must be nurtured, taught, kept safe. We endure illness, pain and suffering that require understanding and healing. And we suffer loss and grief, which – with prayer and pastoral guidance – can be turned to wisdom.

Helping families meet their needs is one of the core missions of the Archdiocese of New York. In the following pages, you'll read about some of the help we offer families not only in dealing with life's challenges, but also in finding their way more fully to the joy of God's creation. You'll learn about programs to support your own family's needs – and we hope you might also be inspired to help serve other families in need.

"And His Son, where did He send Him? To a palace? To a city, to start a business? He sent Him to a family! God came into the world in a family."

- Pope Francis, address to World Meeting of Families, Philadelphia, Sept. 2015

- Archways † SUMMER 2018 ----



hen a man and woman decide to join together in

matrimony, they bring a new family to life. The

Archdiocese of New York supports couples with a

marriage preparation program that includes a "Pre-Cana" day

(named after the biblical wedding where Jesus performed his

first miracle) to lay the groundwork for a successful union. The

archdiocese continues to serve couples with faith education,

counseling resources and referrals, and more. Read on!

Church of St. Vincent Ferrer

Upper East Side, New York City

PREPARATION FOR THE JOURNEY

et's face it, once they decide to get married, many couples are focused more on the wedding than the marriage," says Dr. Kathleen Wither, director of the Family Life Office for the Archdiocese of New York. "That's a beautiful thing, but to get the most out of a marriage and sustain it for a lifetime, a couple needs to develop some essential tools: self-knowledge,

listening skills and honest communication about everything from sex to money to developing a spiritual life together and making decisions regarding children." The Marriage Prep program provided by the archdiocese is a blend of online and in-person components which together effectively cover life skills as well as faith-based topics.

GET READY TO GET READY

perior efore attending a Pre-Cana day, couples complete a premarital inventory, typically the online Catholic Couples Checkup, or Prepare & Enrich, which is completed with the help of a priest, deacon or other trained facilitator. "There are optional exercises available with each premarital inventory that shine an invaluable light on what couples are doing well or not so well in terms of communication, realistic expectations and being supportive of one another," Dr. Wither says.

BASIC TRAINING

The Pre-Cana day gives many couples their first experience of a sustained collaboration aimed at strengthening their relationship and preparing for an entire life together. They spend the day learning skills, exploring their own feelings and attitudes and practicing the fine art of communicating about awkward but all-important topics - all with the help of trained facilitator-couples who speak from experience. For many couples, the lessons of Pre-Cana become an essential touchstone that enriches their lives throughout the marriage.

BEYOND PRE-CANA

Referrals and Resources Couples in need of help at any point in their marriage can ask their pastor about the Parish

assessment and counseling.

Lifelong Growth

The Office of Adult Faith Formation (nycatholicfaith.org) grownups both through parish programming and by providing home, and retreat centers around day-to-day stresses and distractions to focus on rebuilding faith "Channeling Peace," page 20.)

Difficulty Conceiving

doctors and healthcare profes-New York City (212-481-1219) provide gynecological and prenatal care, natural family planning to honoring a woman's dignity and the sanctity of human life.

After a Divorce

The Family Life Office's Separated & Divorced Ministry offers Surviving Divorce, a 12week "support seminar" led by program aims to educate and alleviate some of the emotional by Catholics struggling with these difficult life events. For more information, visit nyfam-

Archways † SUMMER 2018 -



Becoming a parent, like entering a marriage, is a joyful prospect that comes with a lifelong commitment. Beyond the cuteness and the laughter and the pride, Mom and Dad shoulder weighty duties. They must dry the tears, address the fears, attend to illness and injury and guide their children toward academic achievement, sound judgment and Christian faith. Fortunately, they're not in it alone.

From infancy until maturity, the parishes, schools and agencies of the Archdiocese of New York support children (and their parents) in many ways, providing programs for play and social interaction, religious and academic education, skills and character development in athletics and the arts, and social and emotional support when life gets hard.

BABY STEPS

The archdiocese provides behind-the-scenes training and facilitation for many parish-based initiatives, including ParentCare, a weekly parent-led gathering designed to support parents but also take care of kids. Sue DiSisto, of the Family Life Office, trains parish leaders and volunteers in how to set up and lead the program. "We call it ParentCare," she says, "but each parish gives it their own name and adapts it. You have play teachers, who watch the children,

then the moms go off for a presentation on parenting skills and ways to teach our faith. Everything from how to deal with tantrums to how to keep the faith alive in your family's day-to-day life. We might have a dentist or a nurse come in. Parents learn some skills, learn a little more about their faith and get close to others who may have developed ways to keep the faith alive." (For living examples of this service at the parish level, see "Reaching Families," page 6.)

Another archdiocesan program that is available to parishes that request it is **CommonSense Parenting**, which presents a series of six two-hour classes, led by trained instructors, covering thorny challenges faced by parents with kids of all ages – like responding to difficult behavior – "so you can parent with confidence and not lose your cool," DiSisto says. If your parish does not offer these programs, tell your pastor you'd like to help set one up.

LEARNING TOGETHER

atechesis (cat-uh-kee-sis) is a daunting word, but it simply means instruction in the faith. Older Catholics, for whom the word may evoke enforced recitations from the Baltimore Catechism, will be glad to learn that religious education has been thoroughly modernized, with colorful and engaging textbooks and activities designed to integrate the classroom into the activities of the parish community.

Family catechesis, a relatively new development, enables parishes to include the entire family in the process. The archdiocese requires every parish to provide five hours of family

catechesis at each grade level, and the Catechetical Office assists them in planning how to use that time. The result has been a flowering of creative solutions that bring children and parents together around their shared faith, such as Skype-based instruction and discussion, a family retreat in preparation for a sacrament, or a "virtual pilgrimage" to Lourdes staged in the parish hall. (For more on how parishes have created meaningful family catechesis experiences, see "Reaching Families" on page 6, and to volunteer and be trained as a catechist, turn to "Serve One Another" on page 18.)

MORE THAN A GAME

hen most of us think CYO, we think basketball, and for good reason. The Catholic Youth Organization, a program of Catholic Charities of the Archdiocese of New York, fields 1,640 teams in nine counties. Some 17,000 boys and girls participate in its programs every year, building ball-handling, passing and shooting skills, learning how to be a good team member and practicing

good sportsmanship in the spirit of Catholic values.

Less well known are CYO programs in track and field (with an annual championship held this year in Icahn Stadium, where Usain Bolt set his first world record), cross-country, golf, bowling and cheerleading – as well as an annual chess tournament and art and essay contests. For more information, go to cyony.org.

THE SOUND OF MUSIC

oung people interested in music can find opportunities to sing or play through their parishes' music ministries in a youth choir or as an instrumental soloist (talk to your pastor or music director). In addition, for serious piano students interested in learning to play the organ in a pastoral setting, the Archdiocese of New York Organist Training Program offers affordable instruction from an accomplished teacher-musician. Other music programs offered by the St. Joseph's Seminary Schola Cantorum can be accessed via dunwoodiemusic.org.

RIGHT: A volunteer band at St. Patrick's parish in Highland Mills.

One highlight this summer is a Gregorian Chant Camp for singers in grades 1–12. (For more information, see "Events" on page 24.)

ESSENTIAL RESOURCES

Catholic Charities of the Archdiocese of New York

This organization's capacious umbrella encompasses services for children with special needs, troubled teens dealing with emotional or substance issues and families facing crises of all sorts, from hunger and homelessness to domestic abuse and social or emotional upheavals. Visit catholiccharitiesny.org.

Office of Youth Ministry
The control mission of this

The central mission of this office is to provide training and program assistance to parishes in their work providing faith formation, advice and activities for teenagers. It also organizes a Summer Service Week for young people, and stages the annual New York Catholic Youth Day, bringing together more than 1,500 high schoolers each fall. For more info, see ovmny.org.

Catholic Schools

The Catholic schools of the Archdiocese of New York keep our children close to their faith – and boast a record of academic achievement that is competitive with the best. Start your exploration at catholicschoolsny.org.

Teen Retreats

A number of retreat centers offer teen-oriented programs at various times of year. For more on retreats, see page 20, "Channeling Peace."



"HONOR YOUR FATHER AND YOUR MOTHER."

Exodus 20:12



"We must pay special attention to this: the children and the grandparents.

Children and young people are the future... the ones in which we place our hope.

Grandparents are the memory of a family; they are the ones who gave us the faith."

- Pope Francis, address to World Meeting of Families, Philadelphia, Sept. 2015

One of the great joys of family is the connection of generations: the young and the old joined in mutual love and support. It is each generation's joyful and daunting responsibility to take care of the one that follows it and the one that preceded it and to help them reach out to one another, as the children enter this world and their elders prepare to enter the next.

In its support of families, the Archdiocese of New York undertakes a special mission in caring for the elderly and helping young and old deal with the physical, social and emotional challenges of aging and death.

CARING EXPERTS

The Archdiocese of New York's healthcare ministry, known as ArchCare, addresses the healthcare, eldercare and social services needs of more than 8,000 individuals and families a day, offering a wealth of resources to help families. Its skilled nursing and rehabilitation centers in Staten Island, Manhattan, the Bronx and Rhinebeck provide long-term residential care as well as short-term rehabilitation. Families seeking alternatives to a nursing home can choose from an array of services, including home nursing, in-home rehabilitation

and ArchCare Senior Life, a program of all-inclusive care for the elderly (PACE).

"The beauty of ArchCare Senior Life is that it delivers virtually everything seniors need to continue to enjoy life on their own terms," says Ellen Gloskin, RN, program director of the Westchester PACE center. "PACE keeps seniors active physically and mentally while maintaining a close watch over their health and other needs, so their families can go to work during the day knowing that their loved one is well cared for."

SOCIAL HEALING

A ccording to Gloskin, "Isolation is a major cause of depression and declining health among seniors." That's why, in addition to the ArchCare Senior Life services, the archdiocese supports senior social groups at the parish level, including the programs of the Catholic Grandparents Association (catholicgrandparentsassociation.org). Under its auspices - and with the signoff of their pastor - parish grandparents get together on a weekly or monthly basis to compare notes on helping their grandchildren grow in faith and keeping prayer in their family life. On request, the Family Life Office will help set up the program and advise on getting the most out of it.

ESSENTIAL RESOURCES

ArchcareVisit archcare.org
or call 855-951-2273.

Catholic Grandparents Association

Visit catholicgrandparentsassociation.org, and talk with your pastor about setting up a group.

Bereavement Ministries

If there's no group in your parish, call Vinny DaSilva or Susan DiSist (for Emmaus ministry) in the Family Life Office, 646-794-3168.



AFTER A LOSS

The death of a loved one, whether sudden or long-expected, is devastating to those left behind – no matter how certain they may be that the deceased is now in a better place. In a service funded by the Trustees of St. Patrick's Cathedral, the Family Life Office trains facilitators to lead bereavement groups through an eight-week process of dealing with

grief through personal reflection and community support. "Talking it out with others going through the same process is very healing," says Family Life's Vinny DaSilva.

Ask your pastor about joining a bereavement group in your parish.

For parents who have lost children to any cause of death and at any point in life, the Emmaus ministry is a oneday retreat, in English or Spanish, focused on the spiritual journey of a grieving parent. "The parents come, and they are very broken," says Susan DiSisto of the Family Life Office. "It's a huge day, but 99 percent of these families are positively affected. They find people who understand what they are going through and they don't feel so alone."



START CLOSE TO HOME

The life of kindness begins in the immediate family and moves outward into the parish and beyond. Your first step should be talking to your pastor and other parish leaders. Often parishes are in need of ushers, lectors or Eucharistic ministers. If you're interested in teaching the faith, ask the parish director of re-

ligious education about becoming a catechist. Training is provided by the Archdiocese of New York.

Your parish may have a bereavement group or a ParentCare program that could use volunteers, or branches of the St. Vincent de Paul Society and other service organizations. Many parishes also schedule a Midnight

Run (packing and delivering food to the hungry in New York City) or a day of work at a local food pantry, where family members can work side by side. Look in the bulletin for event announcements or speak to your pastor about how to get involved.

MARRIAGE PREPARATION

The Family Life Office is looking for married couples to help with Pre-Cana days, from helping with registration to facilitating events. It's a great chance for married

couples to serve together while also deepening their commitment to their own marriage. To learn more, visit nyfamilylife.org/workingwithus. The office provides training.

CATHOLIC YOUTH ORGANIZATION

hances are there's a team in your community that needs a coach, or a coach who could use some assistance. Whether it's basketball or track and field, you don't need to be an expert to help guide a group of kids. What's important is communicating the joy of doing your best and the importance of playing fair and

showing respect for everyone. "It's a lot of work," says Mark Constantine, a volunteer CYO basketball coach at Immaculate Conception in Irvington. "But it's great. It teaches me how to be a better leader and parent. It teaches them a little bit about basketball and a lot about being a good team member and a good citizen."

CATHOLIC CHARITIES

This dynamic organization has dozens of agencies within its compass, and many of them need volunteers to deliver services to New Yorkers in need. Opportunities abound, from escorting seniors to

medical appointments to mentoring foster kids or children with HIV/ AIDS or helping at a crisis nursery for children whose parents are temporarily unable to care for them. Go to catholiccharitiesnyvolunteer.org.

ARCHCARE

The healthcare ministry of the Archdiocese of New York welcomes individuals and families to volunteer in a variety of ways. Adults and teens can assist nursing home residents with recreational activities or accompany them to Mass – or even share musical, artistic and other talents at one of ArchCare's centers. Then there's the ArchCare TimeBank, a service exchange program whose members swap acts of kindness within the larger community. Exchanged services might include help with

shopping or running errands, light cleaning or lessons in smartphone use. A grandkid can log hours to be redeemed by his or her grandparent. TimeBank also organizes a range of community projects, popular among families seeking to volunteer together. "We serve as a vital support network for seniors and others who are vulnerable," says ArchCare TimeBank Director Mashi Blech, "reducing isolation and keeping them connected to the community." Go to archcare.org/volunteer.

RIGHT, FROM TOP: Archdiocesan champs (and volunteer coaches) from Saint Mary of the Assumption, Katonah; a Catholic Charities crew; nourishing the next generation at a ParentCare event in Tuckahoe.









Maybe you're burned out, or trying to deal with

a loss. Maybe you need to restore your faith - or

maybe you just need a little peace. If you're ready

for a Catholic retreat, be prepared for more than

you expect - it might just change your life.

ciated with spirituality or serenity. To many, the name evokes constant competition, brusque impatience and, well, greed. Yet, within the Archdiocese of New York, there are numerous Catholic retreat centers run by religious orders and devoted to faith formation, meditation and a mission to guide visitors toward a deeper connection with God.

welcome retreatants regardless of their faith affiliation, but all are run by Catholic orders, and most include specifically Catholic programs among their offerings. All provide visitors with an occasion to detach from the bustle of our secular lives and spend time contemplating the glory of God.

The listings specify location, sponsoring order and some of the types of

formation and, where available, some upcoming events. No matter what sort of spiritual experience you are seeking, you should be able to find it in one of these safe havens. A few days of prayer might transform your relationship with God, with your loved ones and with yourself.

Mariandale Center, Ossining **Dominican Sisters of Hope** mariandale.org | 914-941-4455

Set on expansive grounds overlooking the Hudson River, offering group and individual retreats focused on faith formation, caring for nature, social justice, the arts, wellness and spiritual growth. From one to nine days. Upcoming: Faithful Companion: Feeling Mary As We Age, June 3–7; Summer Retreat for Writers, July 5-9; Ecospirituality and Contemplative Activism, August 5–11.

Graymoor Spiritual Life Center, Garrison Franciscan Friars of the Atonement

graymoorcenter.org | 845-424-2111

Nicknamed the Holy Mountain after its perch in the Hudson Highlands, with a special mission to support those recovering from substance addiction but also offering programs focused on God in nature and other subjects, including Satisfying Saturdays and Days of Grace, affording individuals the chance to come for a day of self-directed prayer and reflection. From one to three days; mostly weekends. Upcoming: Summer Re-Creation Weekend (nature education), June 22-24; Spirituality of the 12 Steps, July 20-22; Women of Wonder (reflection and group discussion), August 17–19.

Mariandale Retreat and Conference Center Dominican Sisters of Hope Ossining Photo © David Brazzeal

CHANNELING PEACE

Marydell Faith and Life Center, Nyack

Sisters of Our Lady of Christian Doctrine marydellsisters.com/marydell-faith-and-life-center | 845-358-5399

Cradled among the cliffs of Hook Mountain on rolling lawns and woodlands, with a mission to "create a place that by its very existence fosters a respect for the beauty and integrity of the Earth." Mostly hosts group bookings, but welcomes private retreatants. Programs include Ignatian Silent Retreat weekends. Upcoming: Centering Prayer Workshop (one day), July 7.

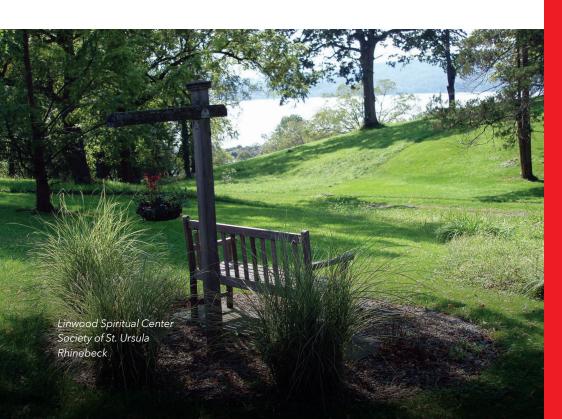
Hispanic Catholic Charismatic Center, Bronx centrobronx.com | 718-378-1734

Headquartered in a charismatic center next door to San Antonio de Padua church on East 166th Street, Spanish-language programs for baptized Catholics aimed at deepening faith formation and practice, including marriage renewal and healing both spiritual and physical. **Upcoming**: Marriage Retreat, June 8–10; First Phase (introductory) Retreat, June 15–17.

Linwood Spiritual Center, Rhinebeck

Society of St. Ursula linwoodspiritual.org | 845-876-4178 x301

Set on beautiful grounds with a nature trail and sacred spaces, offering prayer weekends, Holy Week and Advent programs, Ignatian-directed retreats, yoga instruction and private retreats. From one to eight days. Upcoming: Directed Retreats (an individualized program of guided prayer, scripture study and contemplation), June 22–29, July 13–20, August 20–27; Yoga, Wellness and Spirituality Summer Retreat, July 6–10.



YOUTH-FOCUSED RETREATS

Capuchin Youth and Family Ministries, Garrison Capuchin Province of St. Mary cyfm.org | 845-424-3609 In a scenic Hudson Highlands setting, focusing on leading young people to take personal ownership of their faith through an encounter with the Gospel, community, service and prayer. From one to several days, often incorporating service. **Upcoming**: Capuchin Outreach Program, June 24–29; Capuchin Appalachian Mission, July 7–15; Catholic Literature and Arts Summer Program, July 29-August 3; Refresh & Renew: Reason & Religion, August 31-September 2; Family and Friends Service Retreat, November 2-4.



Marist Retreat House for Youth, Esopus **Marist Brothers** maristbrotherscenter.org 845-384-6620

Programs for youth and young adults in the wooded hills of Ulster County, offering experiences of community, service and spiritual formation in a setting of dramatic natural beauty. (One program, Marist Outdoor Adventure, for group bookings only, leads participants through Challenge by Choice activities including low ropes and high ropes.) **Upcoming**: Mid-Hudson Valley Camp, June 24-August 25, in one-week segments, offers volunteers a fulfilling experience in service to needy or physically challenged campers from inner-city neighborhoods, children's hospitals and special-needs homes.

Upcoming: First Saturday Devotions honoring the Sacred Heart of Mary, first Saturday of each month; Spiritual Direction sessions, third Wednesday and last Thursday of each month.



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CATECHETICAL OFFICE

New York Catholic Bible Summit New York Catholic Center (Cathedral High School) 350 East 56th Street, New York City Saturday, June 16 | 8:00 a.m.-5:00 p.m. \$25 (includes lunch and morning hospitality) Eight workshops, each in English and Spanish, on the theme, "Live the Gospel of Joy." Web: bit.ly/biblesummit

CATHOLIC CHARITIES

The 82nd Annual CYO Club of Champions Dinner Intercontinental New York Barclay,

111 E. 48th Street, New York City Thursday, June 7

Honoring Gold Medal Award winner Martin L. Edelman; John V. Mara Sportsman of the Year Mike Richter (former New York Rangers goalie); and Terence Cardinal Cooke Humanitarian Award winner Mark D'Urso. Web: catholiccharitiesny.org/events/82ndannual-cyo-club-champions-tribute Phone: 646-794-2408 Email: carolyn.koleszar@archny.org

Catholic Charities Wall Street Breakfast

New York Stock Exchange 11 Wall Street, New York City Monday, June 18 Members of the Cardinal's Committee for Charity and their guests are invited to breakfast in the boardroom of the New York Stock Exchange, followed by the ringing of the opening bell by Cardinal Dolan. Web: catholiccharitiesny.org/get-involved Phone: 646-794-2433

MUSIC EDUCATION

Principles of Sacred Music Saint Joseph's Seminary, Yonkers June 4-July 22 (online) July 23–24 (in class)

Email: Anne.MacGillivray@archny.org

Principles of Chant Saint Joseph's Seminary, Yonkers July 25-28

Both courses are offered through the Saint Cecilia Academy for Pastoral Musicians: taught by Dr. Jennifer Donelson, DMA. Fees vary depending on credit or non-credit enrollment; discounts available for parish musicians and first-time students. Web: jenniferdonelson.com/classes

Summer Chant Camp Saint Anthony Church

1496 Commonwealth Avenue, Bronx August 6-10 | 9:00 a.m.-3:00 p.m. \$50 (includes lunch and small snack) For children entering grades 1–12, from beginner to experienced. Each day includes Mass, fun activities and instruction in musicianship, vocal technique and reading chant notation. Classes divided by

age and ability. Web: jenniferdonelson.com/chantcamp Phone: 718-931-4040, ext. 104 Email: chantcampbronx@gmail.com

OFFICE OF YOUTH MINISTRY

Revolution of Change -Summer Service Week

Capuchin Youth and Family Ministry Garrison | August 5–10 A week of volunteer activities for high schoolers.

Web: OYMNY.org/serviceweek Phone: Sr. Mary T. Naccarato, 646-221-8492 Email: SrMary.Naccarato@archny.org

SHEEN CENTER

18 Bleecker Street, New York City Web: sheencenter.org Phone: 212-925-2812 Tickets are available via the website and phone number, and in person at the box office Monday-Friday, 11:00 a.m.-5:00 p.m., and one hour before shows.

Lewis and Tolkien: Of Wardrobes and Rings

Black Box Theater at the Sheen Center 18 Bleecker Street, New York City Through June 14

The New York premiere of a new play by David Payne, examining the relationship between J.R.R. Tolkien and C.S. Lewis, lions of 20th century British literature.

Little Rock

Loreto Theater at the Sheen Center June 8-September 8



NY Catholic Youth Day, 2017.

The riveting true story of the Little Rock Nine, the first black students to attend their city's formerly segregated school. The New York premiere of a new play by Rajendra Ramoon Maharaj.

Sheen Center Theater Festival Black Box Theater at the Sheen Center June 21-24

A festival of plays by emerging and established Catholic playwrights.

YOUNG ADULT OUTREACH

Love & Responsibility Summer Series Immaculate Conception Church Courtyard 414 E. 14th Street, New York City Tuesdays at 7:30 p.m. June 19-26 and July 10-August 7 | Free Seven-week series on relationships, love, being single and so much more, with live music and refreshments. Advance registration not necessary. Web: facebook.com/ love and responsibility NYC

Staten Island Theology on Taps Flagship Brewery

40 Minthorne Street, Staten Island Mondays at 7:30 p.m., June-August Young adults meet at a local pub and talk about the faith while sharing a meal. Email: MaryElise.Zellmer@archny.org

Young Adult Mass with Timothy Cardinal Dolan

St. Patrick's Cathedral 460 Madison Avenue, New York City Wednesday, June 20 6:30 p.m. Holy Hour and Confession 7:30 p.m. Mass

Holy Hour with Confessions followed by Mass with His Eminence. Social to follow. Web: catholicnyc.com

Email: Colin.Nykaza@archny.org

Young Adult Pilgrimage to France Friday, July 13-Sunday, July 22

With time set aside for prayer, sharing and fun! Visiting Paris, Lisieux, Lourdes and Biarritz. Web: facebook.com/events/542562946078423

Young Adult Dragon Boat Racing **Hudson River Rowing Association**

270 N. Water Street, Poughkeepsie Saturday, July 21 | 8:00 a.m.-3:00 p.m. Join the St. George Dragon Slayers or Mother Mary's Serpent Stompers in this fun rowing competition. Email: luigi.manente@archny.org

Young Adult Field Day

Location to be announced Sunday, August 19 | noon Good old-fashioned field day for young adults throughout the archdiocese. Email: Christy.Vaissade@archny.org

SAVE THE DATE

New York Catholic Youth Day Westchester County Center, White Plains Saturday, October 20

(Early Bird registration, June 1–August 15) An archdiocesan youth gathering for high school students. Web: OYMNY.org/NYCYD

Pilgrimage to the Shrine of the Immaculate Conception

\$50 (includes bus and box dinner) Washington, D.C. Saturday, October 6

Cardinal Dolan leads the biennial pilgrimage. Buses depart from locations in six counties. Web: adnypilgrimage.eventbrite.com

CODE NAME: VBS (cont.)

MANHATTAN

Corpus Christi

- August 20–24 | 9:00 a.m.–noon
- 917-428-0005 | Email: corpuschristinydre@gmail.com
- Theme: Growing Up Catholic

St. Monica / St. Elizabeth of Hungary / St. Stephen of Hungary

- July 16-20 | 8:30 a.m.-11:30 a.m.
- mtyrer@stmonicanyc.org
- Theme: Table of Plenty

BRONX

Sacred Heart / St. Francis

- July 2-6, 9-13 | 8:30 a.m.-1:30 p.m.
- bronxaltar.org | 718-293-2766
- Theme: Jesus Makes a Way Every Day

St. John / Visitation

- July 9-13 | 10:00 a.m.-2:00 p.m.
- Savio Paul, 718-548-1221 x115
- Theme: Summer with the Saints

SOUTHERN WESTCHESTER

Immaculate Conception / Assumption,

- August 13–17 | 8:45 a.m.–11:45 a.m.
- Sr. Cora Lombardo, 914-961-1076
- Theme: Shipwrecked: Rescued by God Immaculate Conception, Sleepy Hollow
- July 16-20 | 9:00 a.m.-noon
- johnpaulparish.org | 914-631-0446
- Theme: Shipwrecked: Rescued by God

St. Teresa of Avila, Sleepy Hollow

- July 9-13 | 9:00 a.m.-noon
- 914-631-0720
- Theme: Rolling River Rampage

Transfiguration, Tarrytown

- July 23-27 | 9:00 a.m.-noon
- Nancy Nelson, 914-631-1672
- Theme: Splash Canyon

ROCKLAND COUNTY

St. Augustine, New City

- August 6-10 | 9:00 a.m.-noon
- staugustinenewcity.org | 845-634-3641
- Theme: Hero Central

St. Catharine, Blauvelt

- July 9-13 | 9:00 a.m.-noon
- saintcatharines.org | 845-359-0542
- Theme: God's Galaxy

St. Francis of Assisi, West Nyack

- August 13–17 | 9:30 a.m.–12:30 p.m.
- stfrancis-assisi.org | 845-634-4957
- Theme: Miracles of Jesus

ORANGE COUNTY

Our Lady of the Assumption, Bloomingburg

- June 26–29 | 9:00 a.m.–noon
- ourladyoftheassumptionchurch.org | 845-733-1518
- Theme: Shipwrecked: Rescued by God Our Lady of Mt. Carmel, Middletown
- June 16–20 | 9:00 a.m.–noon
- olmcmiddletown.org | 845-342-1510
- Theme: Shipwrecked: Rescued by God Sacred Heart, Monroe
- July 16-20 | 9:30 a.m.-12:30 p.m.
- 845-782-7420 | sacredheartchurch.org
- Theme: Shipwrecked: Rescued by God St. Patrick's, Highland Mills
- June 25–29 | 9:00 a.m.–1:00 p.m.
- 845-781-0347 | Email: stpatrickshmvbs@gmail.com
- Theme: SonRise National Parks

NORTHERN WESTCHESTER / **PUTNAM COUNTIES**

Holy Innocents, Pleasantville

- August 6–10 | 9:00 a.m.–noon
- hiparish.org
- Theme: Shipwrecked: Rescued by God Holy Spirit, Cortlandt Manor
- August 27–31 | 10:00 a.m.-1:00 p.m.
- holyspirit-cortlandtmanor.org 914-734-9243
- Theme: Shipwrecked: Rescued by God

St. Francis of Assisi, Mt. Kisco

- August 13–17 | 9:15 a.m.–12:30 p.m.
- sfamountkisco.org | 914-666-3161
- Theme: Shipwrecked: Rescued by God St. Joseph, Croton Falls
- July 9-13 | 9:00 a.m.-noon
- 914-276-1067 | pcrozier8@gmail.com
- Theme: Shipwrecked: Rescued by God

St. Lawrence O'Toole, Brewster

- June 25-29 | 9:30 a.m.-4:00 p.m.
- stlawrenceotoole.org | 845-279-6098
- Theme: Shipwrecked: Rescued by God St. Patrick's, Yorktown Heights
- July 30-August 3 | 9:00 a.m.-noon
- stpatricks-yorktown.org | 914-962-7278 • Biblical themes and Catholic prayer

SULLIVAN COUNTY

St. Peter's, Liberty

- August 23–25 | 9:00 a.m.–noon
- stpetersliberty.com | 845-439-4313
- Theme: Shipwrecked: Rescued by God

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