ALL ARE WELCOMED TO OUR PARISH!

We are so pleased that you chose to celebrate with us this weekend. We warmly invite you to active participation in our liturgical celebration. Please feel free to approach one of our Ministers of Hospitality if you are in need of any assistance. No matter what your present status in the Catholic Church, your current family or marital situation, your past or present religious affiliation; no matter what your personal history, age, background, sexual orientation, gender, race, or color; no matter what your self-image or self-esteem: YOU are invited, welcomed, accepted, loved, and respected at St. Catherine of Siena Church in Ithaca, New York.

REMEMBERING OUR DEAD

During this month of November we turn our attention to those who have gone before us in life and death. Many families love to tell stories from their family tree; stories of holidays, weddings, and Catholic traditions can bring us back to a different time and place, connect us to people and ages gone by, and give us a sense of place and connection in the world.

Remembering can also bring us pain and grief as we long for the people we have lost. Especially for those who have lost someone in the past few years, these days of remembering can bring both peace and sorrow as we recognize the loss we have experienced and the way our lives have changed. Faith, for many people, makes the death of a loved one more bearable as we trust in their eternal happiness in heaven, but it doesn’t take away our own pain. We hope that the following events will help us to celebrate and remember our loved ones who have gone before us in death and to support each other during this month.

Pictures of Our Beloved Dead: You are invited to bring in pictures of your relatives and friends who have died. They will be placed on the walls of our church, literally surrounding us with the Communion of Saints throughout the month. There is something beautiful about having those loved ones with us during our Masses and other times of prayer in the church. Please bring them to the Sacristry prior to Mass or drop them off at the Parish Office. Pictures need to be in a frame that stands on its own with your contact information on the back.

Mass of Remembrance, Friday, November 8, at 7 p.m.: We gather for a Mass where the names of those who have passed away during the past 12 months are named. We light a candle in their remembrance as we pray for them and for those they have left behind. Everyone gathered is also invited to pray for other loved ones who have died. Mass is at 7 p.m. with a reception following in the Atrium of the Parish Center. All are invited.

Dinner for Those Who Are Grieving, Monday, November 18, at 6 p.m.: With the holiday season approaching, it can be helpful to have the support of others who are facing their first Thanksgiving and Christmas without a loved one, while also getting a few helpful hints on how you might decide to proceed through the holiday season. The dinner will be followed with a short presentation and time for conversation and discussion. If you would like to join us for Mass, it is at 5:30 p.m. Your RSVP will help us to ensure we have the right amount of food for the evening. You can do so by contacting Ann Marie at 257-2493 or ann.marie.eckert@dor.org.
MINISTRY TEAM
Pastor
Rev. Joseph Marcoux, fr.joseph.marcoux@dor.org
Pastoral Associate
Ann Marie Eckert, ann.marie.eckert@dor.org
Director of Liturgical Music
Sherry Scanza, sherry.scanza@dor.org
Coordinator of Faith Formation
Ashley Blank, ashley.blank@dor.org
Coordinator of Volunteer Ministry
Patricia Sipple, patricia.sipple@dor.org
Communications Coordinator
Jane Bonassar, jane.bonassar@dor.org
Director of Finance & Administration
David Zellinger, david.zellinger@dor.org
Bookkeeper
Kathleen Adessa, kathleen.adessa@dor.org
Organist
Dr. Mary Holzhauer
Administrative Assistant
June Haynor, june.haynor@dor.org
Maintenance Technician
Craig Murray, craig.murray@dor.org
Housekeeper
Diane Tordel
TRUSTEES
Bob Pochily, Mary Crosley
COUNCIL CHAIRS
Pastoral Council: Stephen Jesch, saj23@cornell.edu
Finance Council: Ben Davis, ben.davis@cornell.edu
NEW PARISHIONERS
Welcome to our parish community! Registration packets are available at all Church entrances and at the office.

STEWARDSHIP
Our Sister Parish
We enjoy an ongoing exchange of people and prayer with St. Anthony’s in the Dominican Republic. Donations to the “loose change bowls” located at each Church entrance provide meals and education for over 200 children at the parish daycare center.

Almsgiving
10% or more of all donations we receive go to the poor and needy.

Clothing for the Needy
Clean used clothing in good condition accepted 24/7 at the shed adjacent to the parking lot.

MASS SCHEDULE
Weekend Mass Schedule
Saturday: 5 p.m.
Sunday: 9 & 11:30 a.m.
Mass in Spanish: normally 4th Sunday of the month, 5:30 p.m.
Tompkins County Jail: Sunday at 1:30 p.m.

Daily Mass Schedule
Monday: 5:30 p.m.
Tuesday, Wednesday, Friday: 9 a.m.
Kendal at Ithaca: normally 2nd Tuesday, 10:30 a.m.
Bridges Cornell Heights: normally 3rd Tuesday, 1:30 p.m.
Brookdale Senior Living: normally 4th Tuesday, 10:15 a.m.
Please check with the Parish Office for Mass schedule changes.

ACCOMMODATIONS:
Gluten-reduced hosts are available.
Personal listening receivers are available from the Sacristy.

SACRAMENTS
Reconciliation:
Saturday at 4 p.m. or by appointment

Infant Baptisms:
We’re so happy about the new addition to your family.
Parents participate in a preparation program prior to baptism.
Please contact the office three months prior to the baptism.

Marriage:
Congratulations on your engagement! As with the other sacraments, prior preparation is necessary. Please contact the office at least six months before the wedding.

Anointing of the Sick/Visitation:
Please contact the office for arrangements for individual anointing or for a visitation to someone who is sick or homebound. For emergencies after hours, please call Fr. Joe at 585-747-3649. Families should alert the Parish Office when family members are in the hospital. If you would like to have someone prayed for at Mass and/or added to the Prayer Corner in the bulletin, we invite you to call the Parish Office at 257-2493.

Rite of Christian Initiation for Adults (R.C.I.A.):
For information on becoming Catholic, or questions about the Catholic faith, contact Ann Marie Eckert.

Holy Orders:
For information about vocations, contact the Diocesan Office of Vocation Awareness at 585-461-2890 or vocations@dor.org.

PRAYER OPPORTUNITIES
Eucharistic Adoration
Wednesdays at 7 p.m. & Fridays at 9:30 a.m. in the Church

Rosary
Fridays at 5 p.m. in the Church

Prayer Groups
Centering Prayer and Ignatian Prayer Groups meet throughout the month. Small Christian Communities also meet weekly. For more information, call Ann Marie Eckert.

www.stcathofsiena.org / www.facebook/stcatherinesithaca
Office Hours: Monday–Friday 9 a.m.–4 p.m. (closed for lunch from 1–2 p.m.)
A vibrant Catholic Community where all are welcomed, challenged, and supported in their life’s journey.

**Scripture Readings**

*Today*

Wis 11:22-12:2; Ps 145:1-2, 8-9, 10-11, 13, 14; 2 Thes 1:11-2:2; Lk 19:1-10

2 Mc7:1-2, 9-14; Ps 17:1, 5-6, 8, 15; 2 Thes 2:16-3:5; Lk 20:27-38

“I will praise your name forever, my king and my God.” (Ps 145)

**Prayer Corner**

Please hold in prayer those who are sick:

Michael Luzzi, Dan Hund, Catherine Luscardi, Sue Shanahan, Ken LeBeau, Art Muka, Mike Lieder, Susanne Lorbeer, Tom Walpole, Chris Blain, Bill Ryan, Sharon Campanella, Paul Davis, Lenore Orange, Theresa Hesowon, Dagery Custodio, and David Hyatt.

Please hold in prayer those who have died in the peace of Christ:

Bob Shady (brother of Jeanette Shady) and Antonio Tsialas.

**What’s Happening—November 4–10**

**Monday, November 4**

5:30 p.m. Mass: Jennie Marcoux by Jan Topoleski

7:00 p.m. Liturgy Committee

**Tuesday, November 5**

9:00 a.m. Mass: Living & Deceased Members of the Doyle & Leclere Families by Jeff & Jane Doyle and Thomas Brown by Paul Brown

9:30 a.m. Pietra Fitness

6:00 p.m. Cayuga Vocal Ensemble Board Meeting

7:30 p.m. Cayuga Vocal Ensemble Rehearsal

7:30 p.m. St. Catherine’s Book Club

**Wednesday, November 6**

9:00 a.m. Mass: Norman Joseph Nolan by the Siegfried Family

10:00 a.m. Staff Meeting

5:30 p.m. Adult Faith Enrichment Committee

6:00 p.m. First Reconciliation Class

7:00 p.m. Eucharistic Adoration

7:30 p.m. R.C.I.A.

**Thursday, November 7**

9:30 a.m. Meeting Christ in Prayer

9:30 a.m. Pietra Fitness

4:00 p.m. Youth Choir

6:00 p.m. Boy Scouts

7:30 p.m. Adult Choir

**Friday, November 8**

9:00 a.m. Mass: H. Thomas Kuntz by Carol Kuntz

9:30 a.m. Eucharistic Adoration

9:30 a.m. Strength Training

10:30 a.m. Benediction

5:00 p.m. Praying the Rosary

7:00 p.m. Mass of Remembrance

8:00 p.m. Reception

**Saturday, November 9**

9:00 a.m. AA

9:00 a.m. D.R. Trip Meeting

11:00 a.m. Memorial Mass for Bob Dyer

12:00 p.m. Reception for Bob Dyer Mass

1:00 p.m. Funeral Mass for Nan Bylebyl

2:00 p.m. Reception for Nan Bylebyl Funeral

4:00 p.m. Sacrament of Reconciliation

5:00 p.m. Mass: Mary & Jim Gilligan by the Mary & Jim Gilligan Family

**Sunday, November 10**

9:00 a.m. Mass: David Pytcher by Suzanne Baldini

9:15 a.m. Children’s Liturgy of the Word

11:30 a.m. Mass: Howard & Paul Lacey by Mary Lou Bailey-Smith

1:00 p.m. Discovering Islam

1:30 p.m. COMMUNION SERVICE AT TOMPKINS COUNTY JAIL

A vibrant Catholic Community where all are welcomed, challenged, and supported in their life’s journey.
**Parish-Wide Opportunities**

**INTERESTED IN A SMALL CHRISTIAN COMMUNITY?**

St. Catherine’s would like to offer our parishioners an opportunity to participate in a small Christian community. This would be a group of 8–12 people who would meet weekly (or biweekly) to talk about faith, reflect on the Scriptures, and support each other on your faith journey. Groups can be formed on any day and time, depending on the interest and availability of the participants. We will have an information meeting on **Sunday, November 10, from 10:15–11:15 a.m.** for those who would like to be involved, or those who need more information to decide. These groups would form during the coming month and then launch in early January for an 8-week program that ends with an evaluation and a planning time for the group to continue to meet regularly. People of all ages and experiences are welcome to come to the information meeting and to participate in a group.

**FAIR TRADE HOLIDAY GIFT SALE**

On **November 16 and 17**, One World Market will be hosting a fair trade holiday gift sale in the Conference Room of our Parish Center after all of our Masses. This holiday season, buy a gift that will change lives by providing living wages for families, supporting women’s groups, and providing microloans for artisans. Items will include knitted scarves, gloves, and hats; Christmas decorations; jewelry; and delightful nativity collections from around the world. There will also be a special table devoted to children’s items. Located on the Ithaca Commons, One World Market is a local nonprofit organization whose mission is to provide vital income to disadvantaged artisans and their families in impoverished areas of the world. It does this by marketing their handicrafts, telling their stories, and promoting economic justice through fair trade. By providing a fair income to artisans, they are able to afford improved housing, add economic vitality to their community, and provide better food, education, and healthcare to their families.

**EXODUS 90 PROGRAM**

Exodus 90 is inviting men in our parish to join them in their program of prayer, asceticism and self-mastery, and fraternity. They will hold an information meeting on **November 10**. Please see page 9 of the bulletin for more details.

**MASS OF REMEMBRANCE**

On Friday, **November 8, at 7 p.m.**, St. Catherine’s will host our annual Mass of Remembrance in the church. Everyone is invited, with a special invitation to those who have lost a loved one in the past year. A reception will follow the Mass in the Parish Center.

**LEARN ABOUT THE DIOCESAN REORGANIZATION**

On Saturday, **November 16, at 7 p.m.**, Fr. Dan Condon, Chancellor of the Diocese of Rochester, will make a short presentation about the reorganization of the diocese, the current information available about the bankruptcy process, and its connection to the lawsuits related to the sexual abuse crisis in the Church. This presentation will be followed by a time for questions and answers. This presentation will take place in the Parish Center.

**VOCAL SHOWCASE NOVEMBER 3**

Don’t forget—this **Sunday, November 3, at 3 p.m.**, students from Sherry Scanza’s private voice studio will present a vocal showcase in the church. You might recognize many of the performers from our choir. Please come enjoy the music and support the singers!

**D.R. CLUB UPDATE**

For the past year, the Portal de Belén has had a part-time music teacher who has been using a donated keyboard as well as some drums and other small instruments. The Regional Education Office has said that if they can get all the instruments needed for a band, the office will provide a full-time music teacher for the school. This would be a very exciting addition to the school since the children are already very excited by the limited music program that exists. We are hoping to bring some used instruments to the D.R. this January. If you have one of the following that you are not using, or know where we might buy one, let us know: two trumpets, two alto saxophones and one baritone saxophone, one tuba, and one oboe. Congratulations to this week’s D.R. Club winners:

- Oct. 28: Christine Dow
- Oct. 29: Mary Berens
- Oct. 30: Jeff Doyle
- Oct. 31: Barbara Cappucci
- Nov. 1: Douglas McBride
- Nov. 2: Lori Hendrick
- Nov. 3: Madison Perrault

*A vibrant Catholic Community where all are welcomed, challenged, and supported in their life’s journey.*
VOLUNTEER ORIENTATION
We will be holding Volunteer Orientation and C.A.S.E. training sessions in the Parish Center on November 3 from 1:30–4 p.m. and again on November 13 from 6:30–9 p.m. All are encouraged to come and learn important and helpful information about volunteering at St. Catherine’s and to stay for the Creating a Safe Environment (C.A.S.E.) training, which is mandatory for any volunteer working with youth or vulnerable adults and highly encouraged for all parishioners. Please contact Patricia Sipple at patricia.sipple@dor.org or 257-2493 to RSVP.

LITURGICAL MINISTER TRAININGS
We have scheduled the following liturgical minister trainings:

- **Eucharistic minister training** will take place on Tuesday, November 12, at 7 p.m. in the church. Those age 15 and over are welcome to serve.
- **Hospitality minister training** will be held on Thursday, November 14, at 6:30 p.m. in the church. Youth are welcome to serve in this role with an adult and many families enjoy serving together.
- Fr. Joe will hold **altar server training** on Sunday, November 24, at 12:30 p.m. (immediately following 11:30 a.m. Mass) in the church. All who have received their First Communion are welcome to serve.

Please contact Patricia Sipple in the Parish Office with any questions or to let us know you plan to attend at patricia.sipple@dor.org or 257-2493.

GOLD MASS FOR SCIENTISTS
There will be a Gold Mass (a special Mass for Catholic scientists), on Friday, November 15, at 5:15 p.m. in Anabel Taylor Hall Chapel at Cornell. The Mass will be followed by a reception in room G-22. Please see the Society of Catholic Scientists website at www.catholicscientists.org/events/gold-masses or contact Carmen Khoo at cyk32@cornell.edu.

ONE-DAY MISSION AT HOLY CROSS
The largest relic of an Apostle (located outside of Europe) is coming to our backyard! The Director of the Dominican Shrine of St. Jude Thaddeus in Chicago is bringing the Arm Relic of St. Jude to Holy Cross in Freeville for a 2-hour mission on Saturday, November 16. The program will start with 10 a.m. Rosary, followed by 10:20 a.m. Mass and then 11 a.m. Veneration of the Relic and Anointing with St. Jude Oil. A 12 p.m. potluck lunch will follow in the parish hall. All are welcome.

BOB DYER CELEBRATION OF LIFE IN CT
Bob Dyer’s family is holding a Celebration of Life for him on Saturday, November 23, in Southbury, Connecticut. Mass will be held at 11 a.m. at Sacred Heart Church (920 Main St.), with a reception following at the Heritage Hotel Garden Room (522 Heritage Road). The family has reserved a block of rooms under “Robert’s Celebration of Life” at the Heritage Hotel. If you would like to attend, please RSVP by November 15 to 203-906-7067.

ADULT FAITH OPPORTUNITIES

THE ISLAMIC FAITH
We hope you will take part in our ongoing series to learn about the Islamic faith and its intersection with our culture and faith. Each session will include a 30-minute video followed by a discussion. We will be joined by a member of the local Islamic community. A pizza lunch is served for those coming directly from Mass; a $5 donation is appreciated. The topics are:

- **Islam: Faith and History** (This Sunday, November 3, 1–2:30 p.m.)
- **Women in Islam** (Sunday, November 10, 1–2:30 p.m.)
- **Islam: A Faith Hijacked** (Sunday, November 17, 1–2:30 p.m.)
- **African Americans and Islam** (Sunday, November 24, 1–2:30 p.m.)
Dear Parish Family,

I came across this prayer the other day, and I couldn’t help but think that there are a lot of parishioners in our community (myself included) who might find this particular prayer, with its clarity and good humor, to be something worth sending up to God on a regular basis. It was written by Margot Benary-Isbert, an author of children’s books. I hope you agree.

Prayer of an Anonymous Abbess

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples’ affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains -- they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn’t agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint—it is so hard to live with some of them— but a harsh old person is one of the devil’s masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

Amen.

If you would like to have a little fun with me, perhaps you can write your own verse to add to this prayer (regardless of your age) and perhaps we can expand upon this with your own wisdom and good humor. I am happy to print the additional verses in the coming weeks. Send me an email with your additions!

In other news, I hope that you will consider coming to an informational meeting on Sunday, November 10, between the Masses (10:15–11:15 a.m.). It is a starting point for launching some small Christian communities in our parish. We have a few already that meet regularly, either here at the Parish Center or in people’s houses, but we know it is time to start more. Small Christian Communities meet weekly (or sometimes biweekly) to share life and faith with each other. Groups are usually made up of 8–12 people who make a commitment to meet regularly, share openly, and keep everything that is shared in confidence. You can come to the meeting just for information to help you make a decision about whether you want to participate. We will be forming group(s) in the coming month and then launch them after the Christmas holidays. Those who participate in Small Christian Communities find them to be an important part of their lives.

Peace,

[Signature]

A vibrant Catholic Community where all are welcomed, challenged, and supported in their life’s journey.
Volunteer and Advocacy Opportunities

Poinsettia Ministry Volunteer Opportunity

The holiday season is enjoyable for many but can be hard for those who have lost a loved one during the year, or who are unable to get out much. Join the Poinsettia Ministry and deliver poinsettias and cards handmade by our parish’s youth to the bereaved, homebound, and nursing home residents. It is a great way to make the season a little brighter for someone else! Deliveries occur between December 5–7. If you are interested or have questions, please contact Erin Sember-Chase at chasember@yahoo.com by November 11. Thank you!

Green Tip from the Peace & Justice Committee: Remember Your Rake!

Now that leaves are starting to fall, stay away from leaf blowers. Not only do most of them use fossil fuels, but their loud noises can startle and drive away birds, wildlife, and pets. Try to keep leaves out of trash as organic material in landfills releases methane. Check with your city or town for information on leaf pickup.

Birthright Fundraiser

Celebrate Birthright of Ithaca at a fundraiser luncheon on Saturday, November 16, from 11:30 a.m.–1:30 p.m. at the Hotel Ithaca. Advance tickets are $19.95, available through Birthright. Please RSVP by November 1. Birthright is also seeking items for a silent auction. Please contact Carolann at 607-351-6668 or Beth at 607-272-9070.

Faith Formation News

Looking Ahead: Advent Giving Project for Faith Formation/Youth Ministry

Each year during Advent, our children’s faith formation/youth ministries focus on different organizations to provide aid during the holiday season. Previous projects have focused on Heifer International, St. Jude Children’s Research Hospital, local agencies around Ithaca that aid the homeless, and Family Reading Partnership. This year, our Advent Project will focus on helping provide food for food closets and toiletries for local elementary schools to aid school families in need.

Send Our NCYC Pilgrims Well Wishes

On Wednesday, November 20, our youth and adult pilgrims will travel to Indianapolis for the National Catholic Youth Conference. During this time, they will celebrate their faith, attend workshops, gather as community, and grow stronger in what they believe. If you would like to send well-wishes to our pilgrims—written prayers, notes of affirmation, or cards—we will have a container in the Parish Center. We will share your well-wishes with the pilgrims throughout the trip. Let’s take time to show them we care and celebrate them.

No CFF, MSYM, HSYM November 10

Children’s Faith Formation (CFF), Middle School Youth Ministry (MSYM), and High School Youth Ministry (HSYM) will not gather next Sunday, November 10, in honor of Veteran’s Day weekend. All programs will resume on Sunday, November 17.

Youth Shawl Ministry Visit

High School Youth Ministry and Middle School Youth Ministry will gather this Sunday, November 3, with the Shawl Ministry to talk with them about their ministry, how they help those who are sick, and will teach the youth how to knit/crochet.

Case Training Management Volunteer Needed

We are looking for 1–2 volunteers who would be able to help notify parishioners either by e-mail or phone call to let them know that their Creating a Safe Environment (C.A.S.E.) training is about to expire. The role would require one hour a month, and a script would be provided to perform the task. If you are interested in helping with this volunteer role, please contact Ashley Blank at ashley.blank@dor.org or 257-2493.

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 8</td>
<td>Mass of Remembrance</td>
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<tr>
<td>Nov. 9</td>
<td>Memorial Mass for Bob Dyer</td>
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<tr>
<td>Nov. 10</td>
<td>Small Christian Community Info Session</td>
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<td>Exodus 90 Info Session</td>
</tr>
<tr>
<td>Nov. 12</td>
<td>Eucharistic Minister Training</td>
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<tr>
<td>Nov. 13</td>
<td>Volunteer Orientation</td>
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**School News**

**FROM NOTRE DAME, ELMIRA**

On **Monday, November 18, at 6:30 p.m.**, Notre Dame High School, grades 7–12, will host an information session in the BorgWarner Room East at the Tompkins County Public Library. The information session is for families interested in a Notre Dame education and the opportunities it has to offer their student. Students of all faiths are welcome at Notre Dame, and the information session is open to the public. A busing option is available for students residing in Ithaca and the surrounding areas. For more information, please contact Brett Moore at 607-734-2267 ext. 312. We hope to see you there!

**Diocesan News**

**FROM NOTRE DAME RETREAT HOUSE**

Notre Dame Retreat House’s November Day of Prayer will be held on **Tuesday, November 12**, focusing on “Personality Styles and Prayer,” led by Deacon Dave and Ann Paluskiewicz. Discover your personality style, investigate prayer styles that enrich your profile, and enjoy prayer experiences that complement your personality. The conference runs from 9:30 a.m.–12 p.m., followed by lunch, free time, confessions, and Mass at 2 p.m. There is a $25 fee. Please register at ndretreat@rochester.rr.com or by calling 585-394-5700.

**Local Opportunities**

**SANCTUARY ALLIANCE BENEFIT**

The Ithaca Sanctuary Alliance is holding a benefit dinner and concert in support of the Sanctuary Ministry of the First Congregational Church of Ithaca on **Saturday, November 16**, at the First Baptist Church on N. Cayuga St. The dinner begins at 5:30 and a musical performance by local musicians and students from the Ithaca College Department of Theatre Arts begins at 7 p.m. A free-will offering will be gratefully accepted. If you would like to attend, please RSVP to ISASanctuaryDinner@gmail.com.

**Parish Thanks**

**FROM THE SISTERS OF MERCY**

On behalf of the Sisters of Mercy and specifically Andrews Center, we are grateful for your gift of $50 received on 9/20/2019. The residential care for infants and children with significant disabilities is a heartwarming, loving, and dedicated ministry. Your support enables us to continue to provide the comfort so necessary in the lives of these children. Thank you for supporting our ministries for so many years! May God’s blessings and peace be with you.

—Eric Ruff, director of Mission Advancement

**FROM ST. MICHAEL’S WOODSHOP**

Thank you very much for your generous donation of $50 on September 25, 2019. Generous donations such as yours will help ensure that we can keep “Building from the Inside Out.” We are fortunate to have your support. This year we are continuing our “Life Skills” training. These skill sessions include but are not limited to budgeting and finance, resume writing, nutrition basics, job interview tips, conflict resolution, and developing a mutual love and respect for each other. We also offer tutoring for our participants who might be having difficulties with their studies. It is a requirement that our students stay in school while attending the Woodshop. May God always bless you and keep you in His grace.

—James H. Smith, Executive Director

**FROM CAYUGA HEIGHTS FIRE CO. NO. 1**

Thank you for your kind donation to Cayuga Heights Fire Company. Your support enables us to continue providing our community with all-volunteer fire and rescue services.

—Cayuga Heights Fire Company No. 1
From the Book of Exodus 90

Many of you certainly have heard something about the Exodus 90 group that began at Saint Catherine’s last January. The men from St. Catherine’s and surrounding parishes went through the program and were so impressed by the changes it brought in us, that many of us have decided to do the program again this year.

We invite additional men in the parish to join us.

But what is it?

Exodus 90 is a spiritual exercise for the renewal of the Church. It is a program for men who seek, together, to strive for more perfect freedom. This is because without freedom, we cannot love as we ought. It’s about our wives, children, parishes and friends who suffer when we’re not at our best. The goal is to achieve the freedom necessary to fully engage the love of God and the love of neighbor. Exodus 90 is based on a challenging 90-day period of purification, which is supported by a fraternity of like-minded men for greater interior freedom and, eventually, a more purified and selfless love.

Together we will achieve this through three pillars:

**Prayer**

Fraternity members will journey through the book of Exodus and commit to 20-60 minutes of silent prayer each day. Each morning you will receive a passage from scripture and a meditation to guide your prayer. This enables us to become closer to God.

**Asceticism and Self-Mastery**

We cannot say “yes” to God until we have said “no” to the world and its comforts. During Exodus 90, you will return to the Church’s ancient (and largely lost) tradition of asceticism.

Exodus 90 men are astounded at how “enslaved” they were to the norms of modern life. To give up “the things of this world” and deny ourselves daily is to receive in exchange a blessed freedom to fully love our wives, our children, our neighbor, and, yes, even our God. Exodus 90 gives its participants the opportunity to do exactly this.

**Fraternity - the Key to Exodus 90**

You’ll journey with other men from your community. You will meet at least once time each week for an in-person fraternity meeting. This structure allows for prayer, accountability, and mutual encouragement.

Jesus, himself, saw the value of fraternity when he took his apostles out into the desert to keep vigil while sitting under the stars and before a glowing fire. Imagine all that was discussed, taught, and revealed on such an occasion!

For more information, contact Rick Burgess (cbprincipal@gmail.com) or Joseph Babcock (jbabcock2121@gmail.com).

We also invite interested men to join us for an information session between the masses on November 10.
### Liturgical Ministers: November 9/10

<table>
<thead>
<tr>
<th>Time</th>
<th>Music</th>
<th>Lectors</th>
<th>Ministers of Communion</th>
<th>Altar Servers</th>
<th>Ministers of Hospitality</th>
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<tbody>
<tr>
<td><strong>5:00 P.M.</strong></td>
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<td></td>
<td>Host: Bonita Davis, Gregory Menzenski, Robin Tobin (sub req'd)</td>
<td>Cross: Nickie Carrier-Titti</td>
<td>Main: ***, Thomas Every</td>
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<tr>
<td></td>
<td>Kari Colangelo</td>
<td>Randy Reed, Steve Bob Talda</td>
<td>Cup: Judy Howell, Mary Kay LaLonde, Steve Moolin, Deb Roe, Janet Strebel</td>
<td>Book: Justin Baze</td>
<td>East: ***</td>
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<td>West: Bob Pochily</td>
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<td><strong>9:00 A.M.</strong></td>
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<td></td>
<td>Host: Silvia Abbiati, Stephen Jesch, Marion Krohn</td>
<td>Cross: Thomas F LaFalce</td>
<td>Main: Deborah Drew, John Sipple</td>
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<td></td>
<td>Ellen Garcia</td>
<td>Pierre Gremaud, Maria DiFrancesco</td>
<td>Cup: Scott D Doyle, Teresa Garcia, Tom LaFalce, Susan Ruswick, Tori Wishart</td>
<td>Book: Peter Jesch</td>
<td>East: John Wishart, Bernice Magee</td>
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<td>West: Marty Whetzel, Preheim Gorman</td>
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<td><strong>11:30 A.M.</strong></td>
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<td>Host: Dan Briotta, Joyce White, Pat Wynn</td>
<td>Cross: Tristan Babcock</td>
<td>Main: Mila &amp; Irina Veshcherevich, ***</td>
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<td></td>
<td>John Balmer</td>
<td>Chris Bates, Carla Marceau</td>
<td>Cup: Mary Lou Bailey-Smith, Robert Brown, Mary Ellen Cummings, Marie de Roos, Valerie Evans</td>
<td>Book: Claire Tully</td>
<td>East: ***, Jane, Maggie &amp; Lizzie Bonassar</td>
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<td>West: ***, ***</td>
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