

**SUNDAY, AUGUST 13, 2017-NINETEENTH SUNDAY IN ORDINARY TIME  
MAKING AN IMPACT ON OUR CHILDREN – THE POWER OF PARENTING**

Caring adults shake our heads sometimes, wondering how we can help our children stay away from destructive and wrong behavior. One good response, The National Center on Addiction and Substance Abuse at Columbia University in New York tells us, is right under our noses. They tell us, “Whether you’re cooking a gourmet meal or ordering food from your favorite take-out place, rest assured that what your kids really want at the dinner table is YOU! Family meals are the perfect time to talk to your kids and to listen to what’s on their minds”.

Columbia’s 10 years of research finds this: “The more often children and teens eat dinner with their families, the less likely they are to smoke, drink or use drugs. Compared to kids who have fewer than three family dinners a week, children and teens who have frequent family dinners are:

- At 70 percent lower risk for substance abuse.
- Half as likely to try cigarettes.
- Half as likely to be daily cigarette smokers.
- Half as likely to try marijuana.
- One third less likely to try alcohol.
- Half as likely to get drunk monthly.
- More likely to get better grades in school.
- Less likely to have friends who drink alcohol and use marijuana.
- More likely to have parents who take responsibility for teen drug use.
- Almost 40 percent likelier to say future drug use will never happen.



So your family eating dinner together – how simple, how basic – but it means spending TIME together. Can you do this? Can you afford not to do this? Please invest your dinner TIME in your children now. Please don’t put this off. If you are regularly doing this, thank God, realize all the more how important and helpful just eating together with your children is for both them and for you.

*God Bless, Fr. Herb*

Our August Mission collection is this weekend. You may put your Mission donation envelope in the collection basket anytime this month if you don’t have it with you for today’s second collection. Thank you!

**WORDS OF TITHING:**

**From the pastor:** Jesus even gives us His Mother, Mary to be our Mother. And Mary loves each one of us with a mother’s love. God’s giving to us knows no bounds. Our gifts to Him are our humble and generous response.

**Words on tithing from the Pews:** With Tithing, we are teaching our children that they, too, have an obligation to give back to God and to be thankful with their money for everything given to them.

**Weekend Collections:** July 2017 - \$77,112.25–averaging \$19,278.06 each weekend. (4 Weekends)

**Weekend Collection:** July 2016 - \$68,019.00–averaging \$17,004.75 each weekend. (4 Weekends)

Faith Direct Parishioners: 116

**Thank you for your generous sacrifices!**

**MASS ATTENDANCE**

Mass attendance August 5/6: 1595

**FEAST OF THE ASSUMPTION – AUGUST 15<sup>TH</sup>**



Tuesday, August 15<sup>th</sup> is the Feast of the Assumption and a Holy Day of Obligation. We will celebrate Mass on Monday, August 14<sup>th</sup> at 7:00 PM and Tuesday at 6:45 AM, 8:00 AM, 12 Noon and 7:00 PM. All Masses will be celebrated in Church.

**SAVE THE DATE – MAY 25<sup>TH</sup>, 2018**

We will be celebrating Fr. Herb’s 50<sup>th</sup> Anniversary of his Ordination as a Priest on Friday, May 25<sup>th</sup>, 2018, so please save the date.

**OUR AUGUST BUILDING REPAIR PROJECTS  
YOUR GENEROSITY MAKES THIS ALL POSSIBLE –  
THANK YOU**

This weekend our new narthex tile floor is complete. The tile is a new, more slip resistant product. The inside narthex doors will be re-installed this week. We hope you are pleased with the results.

This past Thursday we began re-sealing and re-grouting our decorative stone front church entrance. This work is necessary to keep the stones securely in place and to stop damaging water seepage behind the stones.

Next week we are repaving the oldest and most degraded portion of our main parking lot in front of the church. This is the biggest remaining project that we committed to as a parish for the money we would receive back each year from the diocese as a 25% rebate on all the contributions that we parishioners pledged to the Bishop’s “Partners In Faith” 5 year capital campaign that began in 2013.

Many parishioners, myself included, are still making our pledge payments on the 5 year pledges we made in 2013. Many families, too, have completed your pledge contributions to the “Partners in Faith” campaign. The diocese has been sending us our 25% rebates each year (This year we received \$42,485.89.) so that our parish can work on the 5 projects we committed to in 2013.

We thank all of you who have completed your pledge payments, and we say thank you as well to those of us still contributing towards our 2013 pledges. Many “Partners in Faith” contributors have also very generously responded to our Moving Forward-Growing Stronger Together appeal in this spring. Your great generosity to “Partners in Faith” with the diocese, and your generous increased weekly contributions in response to Moving Forward-Growing Stronger Together are giving us the resources - and the confidence - that enable us to make these very important repairs and improvements this summer for everyone’s safety and convenience. We also acknowledge very generous donations made especially for the narthex floor replacement project.

May God continue blessing everyone for your generosity to our parish and our diocese. And everyone, please keep praying for our parish and our diocese.

**SCRIPTURE READINGS AUGUST 14-20**

<b>MONDAY</b>	<b>Deuteronomy 10: 12-22</b> Gospel: <b>Matthew 17: 22-27</b>
<b>TUESDAY</b>	<b>Revelation 11: 19a; 12: 1-6a, 10ab</b> <b>1 Corinthians 15: 20-27</b> Gospel: <b>Luke 1: 39-56</b>
<b>WEDNESDAY</b>	<b>Deuteronomy 34: 1-12</b> Gospel: <b>Matthew 18: 15-20</b>
<b>THURSDAY</b>	<b>Joshua 3: 7-10a, 11, 13-17</b> Gospel: <b>Matthew 18: 21; 19: 1</b>
<b>FRIDAY</b>	<b>Joshua 24: 1-13</b> Gospel: <b>Matthew 19: 3-12</b>
<b>SATURDAY</b>	<b>Joshua 24: 14-29</b> Gospel: <b>Matthew 19: 13-15</b>
<b>SUNDAY</b>	<b>Isaiah 56: 1, 6-7</b> <b>Romans 11: 13-15, 29-32</b> Gospel: <b>Matthew 15: 21-28</b>

**SANCTUARY LAMPS & FLOWERS**

You may have the Sanctuary Candles in the Church, Chapel or Adoration Chapel burn in memory of a loved one (\$10.00 donation), roses at the Tabernacle (\$10.00 donation), or flowers at the altar (\$50.00 Donation). Please call or stop into the rectory office.

**August 13-19, 2017**

**Sanctuary Lamp in the Church** is for Sandra Robasky

**Sanctuary Lamp in Mary's Daily Chapel** is for People of the Parish

**Sanctuary Lamps in the Adoration Chapel** are for Priests and Deacons of the Parish

**Tabernacle Roses** are for Mary McHugh

**NOVENA PRAYER IN HONOR OF MARY'S ASSUMPTION**

Mary, full of grace, all generations rejoice to call you blessed and to acknowledge the great things that God your Savior has done for you. In preserving you from the stain of sin, God already prepared you to be taken to the place that had been readied for you in heaven. As we commemorate this Assumption of your body and soul into heaven, we recall that you intercede for us powerfully in your reign as Queen of the Universe and that you remember us tenderly as Mother of the Church. Seeking the help of your power and the consolation of your gentle compassion, we ask that you join us in praying for the intentions that we now entrust to your loving attention. (*Mention your prayer requests here*)

As you join in presenting these petitions to our Father in heaven, pray too that we may accept God's response to our petitions with the spirit of joy that marked your life on earth and which now fills your soul in heaven. Help us to long for our own heavenly inheritance, so that we might join with you in praising God's goodness forever. Amen.

- Mary, the Mother of Jesus, the Mother God. Pray for us!
- Mary, assumed body and soul into Heaven. Pray for us!
- Mary, Queen of Heaven and Earth. Pray for us!

**POSITIONS AVAILABLE AT ALL SAINTS ACADEMY**

All Saints Academy has the following openings for the 2017-2018 school year:

**Full Time Math Teacher** for grades 5-8 – must possess NJ Math Certification and middle school teaching experience.

**Full Time Grade 1 Teacher** – Maternity Leave: September 1 through December 30 – must have NJ Elementary Education Certification and K-4 teaching experience.

**Part Time After-School Care Teacher** for grades 1-8 – three to five days a week, 2:45-6:00 PM – must have teaching experience or be in process to receive teaching certification. Candidates must demonstrate ability to manage students in an afterschool setting

**For further information, email the principal, Ms. Judith Berg at [jberg@allsaintspar.org](mailto:jberg@allsaintspar.org) or call 973-334-4704.**

**MASS INTENTIONS FOR AUGUST 14-20**

**MONDAY, August 14-St. Maximilian Kolbe, Priest & Martyr**

**6:45AM** – Souls in Purgatory

**8:00AM** – Emil Johnson

**7:00PM** – Bridie & Danny O'Meara

**TUESDAY, August 15-The Assumption of the Blessed Virgin Mary**

**6:45AM** – Mirta Moreira, Mary Clark, Souls in Purgatory

**8:00AM** – Gregory Loff, Richard Locilento, Charles Hathaway

**12:00PM** – Priests and Deacons of the Parish

**7:00PM** – Kathleen & Herbert Tillyer, Sr.

**WEDNESDAY, August 16-St. Stephen of Hungary**

**6:45AM** – Mary Clark, Souls in Purgatory

**8:00AM** – Anthony Riccio

**THURSDAY, August 17**

**6:45AM** – Souls in Purgatory

**8:00AM** – Thomas Mercurio, Maria Beiga, Special Intention for Gabriela Andrade

**FRIDAY, August 18**

**6:45AM** – Souls in Purgatory

**8:00AM** – Conrad Ratcliffe, Edward Tuite

**SATURDAY, August 19-St. John Eudes, Priest**

**8:00AM** – Gregory Loff, Richard Locilento, Charles Hathaway

**5:30PM** – James Gallagher, Maria DiIorio, Antonio & Isabel Veloso

**7:00PM** – Sol Angel Delapaz, Antonio Alvarez Ramos, Souls in Purgatory

**SUNDAY, August 20-20<sup>th</sup> Sunday in Ordinary Time**

**7:30AM** – Timothy Kulig, Maria DeAngelis, Nick Capriglione

**9:00AM** – Anthony Cabalar, Leon Rydz, Rev. Phil LeBeau

**10:30AM** – Kathy Ann Reid, Joan Donnelly, Charles Quigg

**12:00PM** – Manuel Matias, Maria Matias, Special Intention for Francisco Pinili

**7:00PM** – Anthony Cabalar

**ELECTRONIC GIVING WITH FAITH DIRECT  
SAVE TREES AND POSTAGE**

Thank you for all you do for our parish and our community when you share your God-given gifts of Time, Talents and your material Treasure. Your active participation in our parish helps us to faithfully fulfill our vision and mission here in the community all year long.

I pray that you have some quiet, restful time this summer that includes the love, the joy and the peace of being with your family and friends. Please remember that our parish is completely open for Mass, ministry activities and the Sacraments. Your generosity by joining Faith Direct now can help us to provide the consistent resources we need to effectively operate our parish ministries.

**Signing up for Faith Direct is so very simple.**

- **Visit [www.faithdirect.net](http://www.faithdirect.net) and use our church code: NJ745 to sign up**

**OR**

- **call 866-507-8757 to sign up.**

Thank you for continuing to support our parish ministries with your Time and your Talents and your material Treasure!

**SAINT PETER'S GOLDEN AGE-AUGUST 21-AT 11AM**

Saint Peter's Golden Age will meet at the Community Center on **Monday, August 21, 2017** at 11:00 AM – All are welcome! We will be going to the Sands in Pennsylvania on Thursday, August 31<sup>st</sup>. Please call Joe or Jackie at 973-335-1209 for more details.

**BINGO VOLUNTEERS NEEDED**

If you can help at bingo, even just once a month, please call the rectory at 973-334-2090. Set up team – Sundays at 4 PM. We also need volunteers for Sunday Bingo from 5:20-7:00 PM or 7 – 9:30 PM.

Bingo helps finance our parish budget.

**THIS WEEK IN OUR PARISH AUGUST 13-19**

**SUNDAY, AUGUST 13**

7:30AM – Coaches Basketball – Parish Center  
1:15PM – Baptism – Church  
4:30PM – Indian Community Mass/Fellowship-Church/Hall  
5:30PM – Bingo – Parish Center

**MONDAY, AUGUST 14**

10:30AM – Tory Hills Nursing Home Mass  
**7:00PM – Vigil Mass for Feast of the Assumption of Mary**  
7:30PM – S.I.N.E. – Spanish Room  
8:00PM – Baptism Preparation Class – Church Hall  
8:00PM – Coaches Basketball – Parish Center

**TUESDAY, AUGUST 15-Feast of the Assumption of Mary**

**Masses will be at 6:45 & 8:00AM, 12 Noon & 7:00 PM**

6:30PM – Men’s Basketball – Parish Center

**WEDNESDAY, AUGUST 16**

7:30PM – Spanish Bible Class – Spanish Room  
7:30PM – Bible Sharing – Church Hall  
8:00PM – Coaches Basketball – Parish Center

**THURSDAY, AUGUST 17**

7:30PM – Training for New Eucharistic Ministers - Church  
8:30PM – Sr. Men’s Basketball – Parish Center

**FRIDAY, AUGUST 18**

11:00AM – Mass at Care One  
7:00PM – Spanish Prayer Group – Chapel  
7:00PM – Spanish Choir – Church  
7:30PM – Begin Again - Convent  
8:00PM – Coaches Basketball – Parish Center

**SATURDAY, AUGUST 19**

4:00PM – Penance – Church  
7:00PM – Indian Sports – Parish Center  
7:30PM – AA – Church Hall

**ADORATION CHAPEL**

The kneeler in the Adoration Chapel is very special because it was used by New Jersey’s own Blessed Miriam Teresa. We will continue to pray for her canonization. Our Adoration Chapel is a perfect home for her kneeler because of Blessed Miriam Teresa’s great devotion to our Lord’s presence in the Blessed Sacrament. We respectfully ask that you do not use or move the kneeler. It is old and somewhat fragile. Thank you.

**SAINT PETER’S BOOK CLUB**

The Book Club will meet on Wednesday, September 6<sup>th</sup> at 7:30 PM in the Church Hall. We will discuss the novel, *Ordinary Grace* by William Kent Krueger. Coffee, tea and dessert will be served. All are welcome to join us.

**ALTAR SERVERS AUGUST 19/20, 2017**

5:30PM – Sebastian, Sebastian, Cattani  
7:30AM –  
9:00AM – Lalo, Lalo, Lalo  
10:30AM – Coyle, Coyle, Slevin  
12:00PM – Sanchez, Sanchez Manapurram  
7:00PM – Yturbe Komareddy

**MARTHA MINISTRY- FRIDAY, AUGUST 18 – TEAM 3**

Claudette Pavel, Anne Monahan,  
Florence Gerould, Aurora Arayata

**ROTARY BLOOD DRIVE – AUGUST 16**

The Rotary Club of Denville is sponsoring a Blood Drive on August 16 at the St. Francis Residential Community, 122 Diamond Spring Rd. Denville from 1-7 PM. Email [roland@empbenguy.com](mailto:roland@empbenguy.com) or [algorlich@aol.com](mailto:algorlich@aol.com) with inquiries.

*For everything there is a season and a time for every purpose under heaven...*

*...a time to be born*

*Samuel Wanderley Asaibene*

*...a time to die*

*Dolores Brandao, Daniel Klecak*

*...a time to heal*

*Bishop Emeritus Frank J. Rodimer, Fr. Leo Carey,*

*Fr. Ron Sordillo, Deacon Joe Malanga, Noah Lorencovitz, Daniel*

*Whipple, Mia Resko, Christopher Skarupa, Robert McCarthy,*

*Edwin F. Cornell, III*

*...a time to love*

*“...and a time of peace.” Ecclesiastes 3:11*

**MOVING FORWARD**

**GROWING STRONGER TOGETHER**

We are enjoying very good results in our “Moving Forward – Growing Stronger Together program because so many of you are supporting it. Thank you very much!

Please continue your new contribution level every week so that we will keep doing God’s work, carrying out our parish’s mission of evangelization, worship and service every month of the year.

If you participate in our Faith Direct and you have increased your collection offering, you can call 1-866-507-8757 –OR- email Faith Direct at [info@faithdirect.net](mailto:info@faithdirect.net) using our parish code NJ745 to make sure that they have your new contribution amount correct. Thank you.

Thank you for all your generosity to our parish, for your participation in our many parish ministries and for every single parishioner’s constant prayers. We ask Our Risen Lord to keep our parish “Moving Forward and Growing Stronger Together”.

**SUNDAY, AUGUST 13TH, 2017**

**DOORS OPEN 5:30PM – GAMES BEGIN 7:00 PM**

**Powerball #1 - \$500.00 – Powerball #2 - \$387.00**

**TEAM # D – PAT BARTLE**

**TRAINING EXTRAORDINARY MINISTERS OF HOLY COMMUNION**

We will be training new Extraordinary Ministers of Holy Communion on Thursday, August 17<sup>th</sup>, 2017 in the Church from 7:30 to 9:00 PM. This is an important ministry and one that requires the desire and willingness to serve God’s people. This training will include everything necessary to minister at Mass in our church. If interested, please call Deacon Bob in advance at 973-887-5057 for more details.

*Youth News*

Please visit [www.facebook.com/spavouthministry](http://www.facebook.com/spavouthministry)

**QUELLEN SPIRITUAL CENTER -THOMAS MERTON – LIVING A LIFE OF CONTEMPLATION AND COMPASSION – SEPTEMBER 30**

Thomas Merton was one of the great spiritual masters and prophetic witnesses of the 20<sup>th</sup> century. In celebration of the 100<sup>th</sup> year of his birth, this day will provide an opportunity for spiritual reflection on how his life and writings can be a resource for all of us seeking to live a life that is contemplative and compassionate. Facilitator: Thomas Petriano. \$50.00 suggested fee. Saturday, September 30, 2017. 10:00 AM – 3:00 PM. Coffee at 9:45 AM. Register by September 16<sup>th</sup>. Program must be paid in full upon reservation. Please call our Rectory at 973-334-2090 for a reservation form. The Quellen Spiritual Center is located at 350 Bernardsville Road, Mendham, NJ 07945-2923. For further information, please call 973-543-6528 ext. 217 Monday through Friday from 9 Am to 4 PM.



### ALL SAINTS ACADEMY CORNER

#### ASA – A Model Early Childhood Center

Currently Accepting Enrollments for September 2017. All Saints Academy hosts an extensive Early childhood Center that is considered a model setting for young children of the Parsippany area. It includes a Pre-School level for three-year old children, a Pre-Kindergarten program for four-year old children and a full day Kindergarten. The faith-filled environment provides young children with a nurturing setting for a “first school experience.” The early childhood curriculum is developmentally driven, capturing the essence of each child through the integration of spiritual, physical, intellectual and social-emotional components.

The teaching team has developed a highly enriched language and mathematics program based on the combination play and pre-academic skills. All early childhood instruction is also infused with the tenets of STEM education. Vibrant teaching and genuine learning occurs through the interweaving of science, technology, engineering and math in daily classroom lessons. Full day and half day sessions are available in both the Pre-School and Pre-Kindergarten levels. After School care until 6pm is also available for students of the Early Childhood Center.

Please contact All Saints Academy’s principal, Mrs. Judy Berg, at 973-334-4704 for information about registering your child in this fine program for September. Find us on Facebook: [www.allsaintspar.org](http://www.allsaintspar.org)

### COME TO CELEBRATE THE 100<sup>TH</sup> ANNIVERSARY OF OUR LADY OF FATIMA – OCTOBER 6-17<sup>TH</sup> WITH FR. HERB

Join Msgr. Herb for a pilgrimage to the Great Shrine of Our Lady of Fatima in Portugal in Mary’s month of October. Our journey will be from Friday, October 6 through Tuesday, October 17 - in the beautiful fall season. We will spend Sunday, October 8 in Fatima itself to celebrate Sunday Mass, and participate in the evening Rosary and candle light processions during the weekend.

Leaving Portugal, we travel to Southern Spain visiting Seville, the Costa Del Sol Spanish Rivera, (optional day trip to the Rock of Gibraltar); then we go to Granada and complete our journey with days in the capital city of Madrid.

On this pilgrimage, we visit with Our Lady of Fatima in the 100<sup>th</sup> Anniversary Centennial year of her apparitions to the Fatima children. This is such a special opportunity for prayer and spiritual renewal. We will pray and celebrate Mass often and enjoy each other’s good company. We will receive the plenary indulgence for the 100<sup>th</sup> Anniversary Pilgrimage.

Call, or come to the Rectory for a colorful trip brochure at 973-334-2090. Contact our travel agent, Nuovo Tours, toll free at 1-844-686-8688 at your convenience. **\$2,653 for this 12 day journey.** We pray for a spiritually enriching pilgrimage together.

### OUTREACH CORNER

A parishioner needs a ride to his doctor. If you can help, please call the Rectory at 973-334-2090.

### AUGUST FOOD PANTRY – AUGUST 19/20

Thank you, our faithful parishioners, for your continued generosity to our Food Pantry! Our August food pantry collection will be next weekend, **August 19/20**. We need the following items: juice, side dishes, canned tuna, coffee cookies, crackers, prepared spaghetti sauce, cleaning products, laundry detergent, paper products and personal hygiene products (not including toothbrushes and tooth paste). Monetary donations are always welcome; please put your donation in an envelope marked “Food Pantry” and put it in the regular collection basket. Thank you!

### WASHINGTON, D.C. MARIAN PILGRIMAGE – OCTOBER 21, 2017

Looking to ignite your spiritual life, or desire a closer relationship with God? We urge you to consider participating in this year’s Diocesan Pilgrimage to the National Shrine of the Immaculate Conception in Washington, D.C., Saturday, October 21<sup>st</sup>.

There are two options: a two-day trip which includes visits to the St. Jude shrine, the Baltimore Basilica and the National Shrine in Washington, or the one full day trip.

**Money for the one-day trip, \$49.00, must be in by the week of August 14<sup>th</sup>. Please make check payable to Saint Peter the Apostle. You may bring it to the Rectory during regular business hours.**

### CONGRATULATIONS TO OUR NEW PARISH TRUSTEE MR. BOB IRACANE

Our parish’s dear friend and faithful parish trustee, Mr. Eugene Seugling, died last fall on November 15, 2016. Gene served as one of our two Parish Lay Trustees for more than 25 years. It was necessary for our parish to ask Bishop Serratelli to approve the appointments of a new Lay Parish Trustee.

I asked Mr. Bob Iracane if I could submit his name to our Bishop, asking him to approve this appointment. Bob said, “yes” to me. So I wrote and asked Bishop Serratelli to approve this requested appointment.

The Bishop replied to me on July 25, writing that he approved “the appointment of Mr. Robert Iracane as a Trustee of Saint Peter the Apostle Parish, Parsippany, effective immediately”. The Bishop also wrote, “Please express to Mr. Iracane my gratitude for his willingness to assist the parish in this capacity”.

Congratulations, Bob! Thank you for serving as a Parish Trustees of the parish’s civil corporation in the State of New Jersey. The Bishop of Paterson is the President of all the parish corporations in the Diocese and the Vicar General of the Diocese, Msgr. James Mahoney, is the Vice President. The Pastor is the Corporation Secretary. Every parish has 2 lay Trustees as well. Bob Iracane joins our faithful, long time Trustee, Mrs. Barbara Ryan as one of the 2 Lay Trustees of the parish corporation.

The mast head of our Sunday bulletin now lists Bob Iracane as a Parish Trustees. Bob and his wife, Elinor are both very active parishioners. Bob is a member of our Parish Finance Committee. He and Elinor are both deeply involved in parish fundraising, planning social events, and the charitable work of our Parish Food Pantry as well as being Lectors and Extraordinary Eucharistic Ministers.

We honor Eugene Seugling’s memory with this appointment of an outstanding parishioner as his successor, continuing the parish’s long and rich legacy of effective service by excellent parishioners in every generation. Thank you, Bob! God Bless you and Elinor and all your family.

Gratefully, Father Herb

# Hablando español en San Pedro Apóstol

– 13 de agosto de 2017 –

## Décimo noveno Domingo del Tiempo Ordinario

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### Horario de las Misas:

lunes a viernes: 6:45 a.m. y 8:00 a.m.

sábado: 5:30 p.m. y 7:00 p.m. en español

domingo: 7:30 a.m., 9:00 a.m., 10:30 a.m., 12 m y 7:00 p.m.

### Confesiones: sábado: 4:00 p.m. a 5:00 p.m.

**Intenciones de las Misas:** Por favor, notificar a la oficina parroquial (973-334-2090) o al sacerdote (Padre Yojan) con una semana de anticipación. El donativo para las intenciones es de \$10.00.

### Mensaje del párroco:

#### **Impactando a nuestros niños – El poder de ser padres**

Los adultos que se preocupan nos sacuden la cabeza a veces, preguntándonos cómo podemos ayudar a nuestros niños a mantenerse lejos de un comportamiento destructivo e incorrecto. Una buena respuesta es, el Centro Nacional de Adicción y Abuso de Sustancias de la Universidad de Columbia en Nueva York nos dice que tenemos la buena respuesta justo en nuestras narices. Ellos nos dicen: "Ya sea que usted esté cocinando una cena gourmet, o pidiendo comida de su lugar favorito para llevar a la casa, puede estar seguro de que lo que realmente quieren sus hijos en la mesa es a USTED! Las COMIDAS EN FAMILIA son el momento perfecto para hablar con sus hijos y escuchar lo que está en sus mentes".

En los 10 años de investigación, la Universidad de Columbia encuentra lo siguiente: "Cuanto más frecuente los niños y adolescentes cenaron con sus familias, menos probabilidades hay de que fumen, beban o usen drogas. En comparación con los niños que tienen menos de tres cenas familiares por semana, los niños y adolescentes que tienen cenas en familia frecuentes son:



- 70 por ciento en menos riesgo de utilizar sustancias peligrosas,
- la mitad menos probable de que traten los cigarillos,
- la mitad menos probable de que sean fumadores diarios,
- la mitad menos probable de que utilicen marijuana,
- un tercio menos probable de que traten el alcohol,
- la mitad menos probable de que se emborrachen mensualmente,
- más probable de que saquen buenas calificaciones en la escuela,
- menos probable de que tengan amigos que consuman alcohol y marijuana,
- más probable de que tengan padres que asumen su responsabilidad cuando algún adolescente utilice las drogas,
- casi 40 por ciento más probable de que diga que nunca utilizará drogas en un futuro.

Así que su familia cenando juntos – que simple - que básico - pero significa pasar un buen TIEMPO juntos. ¿Puede usted hacer ésto? ¿Puede usted permitirse no hacerlo? Por favor, invierta TIEMPO cenando con sus hijos hoy. Por favor no posponga esto. Si está haciendo ésto regularmente, gracias a Dios, dese cuenta cuán aún más importante y provechoso es solamente comer junto con sus hijos, para ellos y para usted mismo. No se va a arrepentir.

Dios lo bendiga,

*Padre Herb*

**Nuestra colecta para la Misión de Agosto es este fin de semana. Puede colocar su sobre con el donativo para la misión, en la canasta de la colecta regular en cualquier momento durante este mes; si no lo tiene con usted para la segunda colecta de hoy. ¡Gracias!**