HELPING THY NEIGHBOR
St. Thomas More combines faith and service

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ON THE COVER:
Katerina Robles, class of ’21, greets guests coming in for a meal at St. Thomas More.
PHOTO BY AARON JOSEPH
The Catholic Transcript is the official magazine of the Archdiocese of Hartford, which includes Hartford, New Haven and Litchfield counties. The magazine, published in Connecticut since 1829, is distributed free of charge through the generosity of donors to the Archbishop’s Annual Appeal.

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Welcome to Our Table

Karen Avitabile is the editor of the Catholic Transcript.

The winter months are a great time to relax, prepare a hot drink and curl up with a good book or magazine. This edition of the Catholic Transcript is not only filled with interesting and inspirational articles, but may also motivate you to try something new.

There is no better way to feel connected to others than sharing a meal with family and friends around the kitchen or dining room table. The parish family of St. Elizabeth of the Trinity in North Haven invites you to break bread with the publishing of their new cookbook, Together We Blossom.

All of the recipes in this cookbook — some handed down through the generations — are truly a representation of one community that has come together in faith, hope and love. Sitting down together is more important than what you are serving around the table. It is an opportunity to chat, to engage in meaningful conversations and to connect with others.

To read the story and for a sampling of recipes from the cookbook, turn to page 28 and visit archdioceseofhartford.org/catholictranscript.

Meanwhile, the Transcript has started a series highlighting college campus ministries. In this issue, read how young adults at St. Thomas More, the Catholic chapel and center at Yale University in New Haven, are helping others on the campus and in the community.

If you are looking for a day trip indoors, take a ride to Sacred Heart Manor in Hamden to see the new historical exhibit dedicated to the Apostles of the Sacred Heart of Jesus and the congregation’s newly beatified foundress, Blessed Clelia Merloni. The exhibit tells the story of who the Apostles are and how the congregation came to be founded.

Catholic Schools Week, an annual celebration of Catholic education in the United States, will be celebrated this month. I fondly remember attending the former St. Thomas Junior High School in Southington (now Southington Catholic School) and the wonderful memories I made there with classmates. Read an account of our Catholic schools, including a new coding program at Southington Catholic.

We hope you enjoy these and other articles in this edition. Stay warm and best wishes in the new year! 🍪
As we begin a new year of grace, the Year of Our Lord, 2020 A.D., I wish all our Transcript readers a happy and healthy new year, both spiritually and materially.

Faith tells us that the creation and consummation of everything rest with God. The world and each one of us are on a journey with a purpose. In 2020, we pray every day “thy kingdom come.” But as St. Paul tells us, “It is only through many trials that we come to the kingdom of God,” and that what remains of Christ’s sufferings in his mystical body the Church will only be brought to perfection when all is consummated and God will be “all in all.”

These truths should serve as a framework and an inspiration for each of us, and for all of us together as a family of faith in the Archdiocese of Hartford in 2020. Our mission is “in the world but not of it” as we strive to bring one another and everyone to Christ and to a life of faith, hope and charity in him.

Not long ago, at the end of October, the delegates for the archdiocesan synod from every parish and from among our clergy and religious gathered with me for three memorable days. By all accounts, the liturgies, the speakers, the discussion groups and the interaction of the delegates created a dynamic that will continue to move us forward by the power of the Holy Spirit.

As 2020 begins, we are still living the archdiocesan synod that will culminate with the celebration of a Mass at the Oakdale Theatre on Pentecost Sun., May 31, with representation from every parish. On that occasion, I will issue a “Pastoral Letter” that addresses the hopes, concerns and recommendations of the synod delegates so that together, as an archdiocese, we can fulfill our Church’s mission from Christ, here and now.

We face many challenges in society and in the Church, but as our synod speakers made clear by their words and their witness, we will fulfill the Church’s mission in our day if we remain close to Christ and have trust in his power to act and to save.

Our synod prayer puts it this way: “May the synod inspire us to missionary discipleship, so that filled with the faith and boldness of the apostles and first Christians, we may draw others to you, Lord Jesus, and to your body and bride, the Church.”

So begins the Year of Our Lord, 2020. I invite you to be engaged personally in the life and mission of your parish and the archdiocese, beginning with some straightforward but profound questions. Ask yourself: “Who is Jesus, and how am I different for having believed in him?” and, “Why am I a Catholic?”

God bless you.
La fe nos dice que la creación y la consumación de todo recae en Dios. El mundo y cada uno de nosotros estamos en un viaje con un propósito. En 2020, rezamos todos los días “venga a nosotros tu reino”. Pero como nos dice San Pablo, “es solo a través de muchas pruebas que llegamos al reino de Dios”, y que lo que queda de los sufrimientos de Cristo en su cuerpo místico la Iglesia solo será llevado a la perfección cuando todo esté consumado y Dios sea “todo en todo”.

En el 2020, estas verdades deberían servir como un marco y una inspiración para cada uno de nosotros y para todos nosotros como una familia de fe en la Arquidiócesis de Hartford. Nuestra misión está “en el mundo pero no siendo de él” a medida que nos esforzamos por acercarnos entre nosotros y con los demás a Cristo, a una vida de fe, esperanza y caridad en él.

No hace mucho, a fines de octubre, los delegados para el sínodo arquidiocesano de cada parroquia y de nuestro clero y las religiosas se reunieron consigo durante tres días memorables. Según todas las explicaciones, las liturgias, los oradores, los grupos de discusión y la interacción de los delegados crearon una dinámica que continuará moviéndonos hacia adelante por el poder del Espíritu Santo.

Al comenzar el 2020, todavía estamos viviendo el sínodo arquidiocesano que culminará con la celebración de una Misa en el Teatro Oakdale el domingo de Pentecostés, el 31 de mayo, con representación de cada parroquia. En esa ocasión, emitiré una “Carta Pastoral” que abordará las esperanzas, preocupaciones y recomendaciones de los delegados sinodales para que juntos, como arquidiócesis, podamos cumplir la misión dada por Cristo a nuestra Iglesia, aquí y ahora.

Enfrentamos muchos desafíos en la sociedad y en la Iglesia, pero como nuestros oradores sinodales dejaron en claro sus palabras y su testimonio, cumpliremos la misión de la Iglesia en nuestros días si permanecemos cerca de Cristo y confiamos en su poder para actuar y salvar.

Nuestra oración sinodal lo expresa de esta manera: “Que el sínodo nos inspire al discipulado misionero, para que, llenos de la fe y la audacia de los apóstoles y los primeros cristianos, podamos atraer a otros hacia ti, Señor Jesús, y hacia tu cuerpo y esposa, la Iglesia”.

Así comienza el Año de Nuestro Señor, 2020. Los invito a participar personalmente en la vida y misión de su parroquia y su arquidiócesis, comenzando con algunas preguntas directas pero profundas. Pregúntense: “¿Quién es Jesús y en qué me ha cambiado por haber creído en él?” Y ¿Por qué soy católico/a?”

Que Dios les bendiga.
The Cathedral of St. Joseph in Hartford is a repository for some of the greatest ecclesiastical art in America, including the largest mosaic in the world, stained glass from Paris, bronze doors from Rome and a giant frieze of St. Joseph, patron saint of the archdiocese.

Beginning in March, the cathedral will be offering free guided tours on a monthly basis designed to inspire Catholics in their faith and introduce non-Catholics to the mother Church of the Archdiocese of Hartford. The cathedral is also a parish, serving Catholics living in the Asylum Hill section of Hartford and in surrounding areas.

The tours, which are open to the public, will run monthly throughout 2020 and hopefully beyond. Additional group tours can be arranged by appointment. The cathedral is at its most beautiful when decorated for Easter and Christmas, says Mike McGarry, the cathedral parishioner who is spearheading the tours.

“It’s fun to go with a group. There’s a group dynamic and it’s great for photos,” says McGarry, who also serves as grand knight of the cathedral’s Knights of Columbus council.

Dedicated in 1962 and designed by Eggers and Higgins of New York, the monolithic cathedral was built in concrete and steel to a height of 281 feet in the modern style. The more fireproof structure was built to replace the original cathedral, consecrated in 1892, which was destroyed by fire in 1956.

Exterior features of the current cathedral include a 46-foot-high sculptural frieze in travertine of St. Joseph with arms outstretched, by Tommaso Pecci ni, over the front doors. Below the frieze are three sets of bronze doors, weighing 5½ tons and sculpted by Enzo Assenza, that represent the Church Triumphant (center), the Church Militant (west) and the Church Suffering (east).

Inside, the main stained-glass windows designed by Jean Barillet of Paris display events from the life of Jesus. Created in three-quarter-inch thick glass chips, the windows are set in reinforced concrete.
The focal point of the interior is the 80-foot-high ceramic reredos behind the main altar, a towering mosaic of Jesus by Assenza. It’s titled “Our Savior in Glory” and is taken from the Book of Revelation.

The cathedral also houses two transept chapels, one dedicated to the Blessed Sacrament and the other dedicated to the Madonna, as well as several hidden chapels with mosaics of the saints.

James Gentile, president of the cathedral’s pastoral council, is one of 12 tour guides who has customized tours over the years for various visiting groups. Tours, he says, can range from 20 minutes to 2½ hours, depending on the interests of the group.

“My favorite groups are young children,” he says. “I recall attending Mass at the cathedral as a child and experiencing the awe of being in that space, and I want to capture that awe for younger visitors. I try to engage school groups by asking questions about the faith and Scripture, especially helping them discover stories from the New and Old Testament in the beautiful stained-glass windows.”

When it comes to adult visitors, Gentile says he loves hearing their memories of the cathedral. “So many remember the fire,” he says. “I also hear about first Communions, weddings and funerals. Visiting the cathedral for many is a pilgrimage, so whatever shape the tour takes, I like to leave some time for them to visit the side chapels and to pray.”

To the right of the main sanctuary, as one is facing the altar, is the Blessed Sacrament Chapel. This is where the Blessed Sacrament is reserved and daily Mass is offered.

Cathedral Tours
For guided tours of the Cathedral of St. Joseph beginning in March, call the cathedral rectory for the date of each month’s tour. Additional group tours can be arranged as well by calling the rectory for an appointment at 860.249.8431 or by visiting hartfordcathedral.org.

The Cathedral of St. Joseph, located at 140 Farmington Ave., Hartford, has parking behind the cathedral, which can be accessed from Asylum Avenue, along with a handicapped-accessible entrance.

Renovations Underway
McGarry says he hopes to introduce tour-goers to the cathedral’s ongoing, multiyear restoration by pointing out recent changes and architectural renderings. “We can also show the transition of the church in the lower cathedral,” he says, which is in phase II of a three-phase restoration.

Phase I, which is already completed, includes restoration of the outer limestone and illumination of the steeple. Phase II, now underway, involves creating new educational and meeting facilities in the lower cathedral, along with a dining area and mausoleum. Phase III will focus on developing a Cathedral Square comprised of a welcome plaza, pedestrian mall, memorial park area and public gardens.

Cathedral Exhibit at Connecticut Flower Show
To help promote tours of the Cathedral of St. Joseph, images of the cathedral’s religious and artistic highlights will be on exhibit during the Connecticut Flower & Garden Show, which runs Feb. 20 to 23 at the Connecticut Convention Center, 100 Columbus Blvd., Hartford. The “Cathedral Tours” exhibit will also include a beautiful live floral landscape, and Mike McGarry will be on hand distributing fliers with information about them. This is McGarry’s fourth year promoting the Archdiocese of Hartford at the Connecticut Flower & Garden Show.

Hours for the Connecticut Flower & Garden Show are: Thursday, 10 a.m. to 7 p.m.; Friday, 10 a.m. to 8 p.m.; Saturday, 10 a.m. to 8 p.m.; and Sunday, 10 a.m. to 5 p.m. For more information, visit ctflowershow.com.
AUXILIARY BISHOP JUAN MIGUEL BETANCOURT is the ninth auxiliary bishop for the Archdiocese of Hartford.

LOOK INSIDE OURSELVES IN THE NEW YEAR

There are several reasons why many people feel sad or even depressed after the Christmas holidays. A new year has started, and we may find ourselves disoriented or without purpose, or just plainly feeling blue.

Psychologists present us with some explanations: After a hectic December social calendar, we find ourselves without so much to do, or we are experiencing mixed feelings after spending time with family.

Maybe we have traveled around so much that tiredness brings forth some gloomy emotions, or we have overindulged with food and drink and a sense of guilt or weakness has crawled into our hearts. Perhaps we have had such high expectations about celebrating the holidays that we feel disappointed that things did not go as we had planned.

And although going back to our normal lives, our jobs, our exercise routines, our church commitments and our everyday tasks seems to help for most of us, the dullness we feel about everything refuses to dissipate. Like St. Paul, we might say: “I have great sorrow and unceasing anguish in my heart” (Rom v9:2).

The new year we recently began also calls us to look inside ourselves and evaluate our existence and propose resolutions to improve our life. Nonetheless, as people of faith, we acknowledge that we cannot do much to ameliorate our situation just by ourselves, especially when we feel downhearted (cf. Jn 15:5).

One truth, however, should permanently be present in our hearts: The Lord is always with us, especially in the moments of melancholy, inadequacy or regret. Therefore, it is essential to fight and rebuff the false thought that we are left alone with our sadness, dullness or angst. Moreover, the holy word of God offers us some reminders.

First, “Do not give yourself over to sorrow, and do not distress yourself deliberately” (Eccl 30:21). The after-holiday blues are not an occasion to become overwhelmed by uncertainty or, worse, self-pity. Many times, despondency and tediousness can take us as far as to neglect our relationship with God. Our Father does not want that for us at all. When we are feeling blue, in any time and circumstance during this year, and always, we should go directly and firstly to the Lord.

Only in him do we find real rest for our souls (Mt 11:28-30). Jesus advises his disciples and us to pray and not to lose heart, and our Father will not delay in granting us his help and comfort (Lk 18:1-8). Then we will be able to redirect our lives toward him, consider what is important and persevere in his grace and his love throughout the year. “For surely, I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope” (Jer 29:11).
Hay varias razones por las cuales muchas personas se sienten tristes o incluso deprimidas después de las vacaciones de Navidad. Ha comenzado un nuevo año, y podemos encontrarnos desorientados o sin propósito, o simplemente sintiéndonos tristes.

Los psicólogos tratan de presentar algunas explicaciones: Después de un agitado calendario social en diciembre, nos encontramos sin mucho que hacer, o estamos experimentando sentimientos encontrados después de pasar tiempo con la familia.

Tal vez hemos viajado tanto que el cansancio trae algunas emociones sombrías, o nos hemos deleitado demasiado con la comida y la bebida que nos ha invadido el sentimiento de culpa o debilidad. A veces hemos tenido expectativas tan altas acerca de la celebración de las fiestas que lamentamos que las cosas no salieran como las planeamos.

Y aunque volviendo a nuestras vidas “normales”, nuestros trabajos, nuestra rutina de ejercicios, los compromisos de la iglesia y las tareas cotidianas parecen ayudarnos a la mayoría de nosotros, aun así el aburrimiento que sentimos se niega a disiparse. Al igual que San Pablo, podríamos decir: “Tengo un gran dolor y una angustia incesante en mi corazón” (Romanos 9, 2).

El nuevo año que comenzamos recientemente también nos llama a mirar dentro de nosotros mismos y evaluar nuestra existencia y proponer resoluciones para mejorar nuestra vida. Sin embargo, como personas de fe, reconocemos que no podemos hacer mucho para mejorar nuestra situación, solo por nosotros mismos, especialmente cuando estamos desanimados (cf. Juan 15, 5).

Sin embargo, una verdad debe estar presente y permanentemente en nuestros corazones: El Señor siempre está con nosotros, especialmente en los momentos de melancolía, vacío o arrepentimiento. Por lo tanto, es esencial luchar y rechazar el falso pensamiento de que nos quedamos solos con nuestra tristeza, embobamiento o angustia. Además, la Palabra de Dios nos ofrece algunos recordatorios.

Primero, “No te entregues a la tristeza, y no te angusties deliberadamente” (Eclesiástico 30, 21). La “tristeza” después de las vacaciones no es una ocasión para sentirse abrumado por la incertidumbre o, peor aún, por la autocompasión. Muchas veces, el desánimo y el tedio nos pueden llevar a descuidar nuestra relación con Dios. Nuestro Padre no quiere eso para nosotros en absoluto. Cuando nos sintamos tristes, en cualquier momento y circunstancia durante este año, y siempre, debemos acudir directamente y en primer lugar al Señor.

Solo en él encontramos verdadero descanso para nuestras almas (cf. Mateo 11, 28-30). Jesús aconseja a sus discípulos y a nosotros orar y no desanimarnos, que nuestro Padre no tardará en concedernos su ayuda y consuelo (Lucas 18, 1-8). Entonces podremos redirigir nuestras vidas hacia Él, considerar lo que es importante y perseverar en su gracia y su amor durante todo el año. “Porque seguramente conozco los planes que tengo para ti”, dice el Señor; ‘planes para tu bienestar y no para el daño, para darte un futuro con esperanza’” (Jeremías 29, 11).
Celebrating Catholic Schools
Archdiocesan School Board captures a glimpse of schools’ success.

BY FAY LENZ, chairwoman of the Archdiocesan School Board.

EDITOR’S NOTE: There is a lot to celebrate within our Catholic schools, which offer students an outstanding educational experience infused with developing lifelong faith-filled disciples. The Transcript asked the Archdiocesan School Board to share some of the qualities that distinguish our Catholic schools, as well as the great things happening within them. To mark Catholic schools’ successes, the archdiocese will observe National Catholic Schools Week from Jan. 26 to Feb. 1 with assemblies, Masses and other activities for students, families, parishioners and the community. To learn more about Catholic schools and Catholic Schools Week events, check your church bulletin for details, visit a school’s website or visit catholicedaohct.org.

Since the fall of 2015, members of the Archdiocesan School Board have been visiting local Catholic school boards. These visits have proven to be a true give-and-take of information and ideas beneficial to both the archdiocesan and local boards.

Despite the concerns and challenges Catholic schools face today, they continue to offer students an outstanding education infused with the richness of our faith and supported by exceptional academics.

What came through in so many of the local school board visits was the dedication and passion of so many people within the school community, from the administrators and pastors to the school board members, staff, parents and volunteers. The Archdiocesan School Board expresses its gratitude to all of them for working so tirelessly on behalf of the success of Catholic school education.

Below are some of the qualities that distinguish our Catholic schools and some of the great things happening within them:

• The archdiocese is gifted with many exceptional leaders on both the secondary and elementary school levels. In general, the pastors and principals/presidents have a deep understanding of what it takes to run a school organization and to inspire people who are a part of their community.

• Administrative leaders consistently look for new opportunities to be creative and to think outside of the box. They are open to new ideas from staff, teachers, board members, students and volunteers.

• Many schools are concentrating on the development of a culture of welcome, reaching out to and engaging many diverse groups such as the Hispanic community. This has resulted in a higher percentage of minority students in our schools and an ever-increasing representation of the Hispanic ethnicity.

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• Many schools are concentrating on the development of a culture of welcome, reaching out to and engaging many diverse groups such as the Hispanic community. This has resulted in a higher percentage of minority students in our schools and an ever-increasing representation of the Hispanic ethnicity.
During its visits to local boards, the Archdiocesan School Board also gathered interesting information about best practices implemented in our schools. Here are some examples:

- Placing more emphasis on the school’s mission and its foundational Catholic identity.
- Ensuring that a strong strategic plan is in place and is being followed.
- Assembling a diverse school board whose members offer a variety of skills and talents that can contribute to the success of the school.
- Enhancing financial transparency and accountability to both the parish and school community.

Additionally, it has been exciting to hear of the unique and varied practices that different schools have explored to enhance and promote their schools, including the following initiatives:

- Using billboards to jointly advertise all of the Catholic schools in a particular demographic area.
- Identifying ways to enhance the interactivity between the parish and school populations.
- Adding resource and intervention teachers to support students with special needs and their families.
- Utilizing all types of marketing and social media to market their schools.
- Integrating technology throughout the learning process, such as: one-on-one iPad programs, tablets, Chromebooks, coding, robotics and STREAM instructional models.
“We get to learn how to code and it’s fun,” says fifth-grader Jordan Hathaway, a participant in a new club, called Girls Who Code. “We’re putting in a ton of codes to make things happen.”

Coding involves writing commands to instruct a computer or digital device, in a programming language it can understand, to perform specific tasks. The club is designed to spark the students’ interest in computer technology and strives to make learning coding fun through various games and exercises.

During a recent club meeting, Hathaway and eight other girls used Chromebooks with Scratch, a visual coding system, to create a video game. The girls employed code in the form of color blocks to make various fruits appear on their laptop screens, and then coded the fruits to drop at differing speeds.

Kathryn Downie, another fifth-grade member of the club, says she has used Scratch to animate her name. “The words were moving across the screen,” she says. “We made them make noise and pop out, and we colored them differently.”

In its second year, the Girls Who Code club exists because of the efforts of one of the school’s parents, Thomas Downie, who works in corporate communications at United Technologies Corp. in Farmington and whose daughter attends Southington Catholic.

Last year, Downie was reading the book Girls Who Code: Learn to Code and Change the World by Reshma Saujani, who is also the founder of the national Girls Who Code organization. It was then that Downie suddenly thought about his own daughter, Kathryn, and the opportunity to bring coding to her school.

“I was aware of the commitment we were making,” Downie says of UTC’s $1 million in funding over two years for the national Girls Who Code organization, “and I thought, ‘Why not our school, my daughter and her friends?’ It’s a lesson-by-lesson club tailor-made for girls, and almost anybody could start one.”

The clubs and curriculum, Downie says, were developed to close the technology gap for girls in the hope they might someday work in the technology sector. The staff at Southington Catholic applied directly to the Girls Who Code organization for the funding of curriculum materials.

Southington Catholic’s Girls Who Code club is open to girls, in grades four through seven, who meet after school once a week. The club’s popularity has even extended coding to boys and girls in all grades, with a separate “Coding Day” curriculum one Friday a month for the remainder of the school year.

“Our students love it,” Mary Alexander, director of advancement at Southington Catholic, says. “I think by catching girls in grades four, five, six and seven, and growing their excitement in technology, you can change their mindset and they
can go on to do great things.”

To inspire future innovators, the club curriculum also includes stories of early female innovators. During a recent club meeting, the girls watched a video presentation about Ada Lovelace, daughter of British poet Lord Byron, who in 1843 wrote and published instructions to operate a machine designed to produce mathematical calculations. Today, Lovelace is considered to be the world’s first programmer.

After the video, the girls took an interactive quiz. They stood up and touched a projector screen to indicate their answers, and were notified immediately by a robot graphic, telling them if they were correct or incorrect.

Savannah Haggerty, a seventh-grader who volunteered to help the fifth graders, says she likes sharing what she knows with younger students. She is interested in becoming a surgeon and also likes to write, but says she thinks it’s possible she may need to know coding for the future. “I like working with them,” she says of the younger students. “It’s fun and it’s informative, too.”

Patricia Whalen, the fifth-grade teacher who leads the club, says she learned all she knows in a workshop and is continuing to learn more along the way with the girls. Yet, she says she is inspired to think that some of her female students might become developers or programmers one day.

“The field is so wide open,” Whalen says. “My daughter works at Voya Financial in technology and it’s all men developing and coding, so the opportunities [for women] are there.”
EDITOR’S NOTE: Four seminarians from the Archdiocese of Hartford, who are currently studying at Sacred Heart Major Seminary in Detroit, Mich., were asked to share their experiences about what they enjoy most about being in the seminary and why do they want to follow in the footsteps of Jesus. Their heartfelt responses are below.

DAN HACKENJOS
One of the things I most enjoy about the seminary is the overarching goal that all of us have — to be priests of Jesus Christ. It is great to be in an environment with likeminded men who strive to follow after Christ and share in the one common call of the priesthood.
Jesus Christ is needed now more than ever before. As my generation quickly loses sight of who Christ is, I feel impelled to counter their blindness with light. Having had an encounter with Christ, I want all to know him as a friend like I do. To follow in his footsteps means to lead others toward encountering him and leading them to the truth and peace that are found with him.

SEAN YATES
It is difficult to narrow down what I like most about being in seminary. It is a privileged time that I get to learn...
I have learned that we have a lot of people hurting, in many different ways, but we have a lot of loneliness in our communities.

I believe the answer to our problems is in Jesus. I know the answer to my problems is in Jesus. All I want to do is to allow God to use me to bring the love of Jesus to the people who need him the most, the people in our community who fall through the cracks. I do not want to limit the people who need him the most to a list; I just want to let God lead me to them. I want to bring them to Jesus.

MITCH KENDRIOSKI

What I enjoy most about seminary is running around, with a Nerf gun, trying to annoy and distract my classmates to the greatest extent possible. On a more serious note, the structured prayer life and the academic classes are the most enjoyable, with fraternity among fellow seminarians being a close second.

I want to follow in the footsteps of Jesus because I believe, at the moment, that he is calling me to do so. And I will listen to him because I know I will be the happiest, most fulfilled when I am listening to him. He knows me better than I know myself, so he knows what’s best for me.

MARTIN CHOUINARD

What I enjoy most about being in the seminary are the conversations and interactions with my fellow seminarians and formators. The seminarians here are some of the most devout, inspiring and polite men I have ever encountered. The formators put their experience and their wisdom at our disposal and make themselves available to address any concerns that arise. Having a regular spiritual director for the first time has been very helpful to me. The people, both seminarians and staff, make seminary an excellent environment to discern God’s will and grow in discipleship.

I want to follow in the footsteps of Jesus because I am convinced that the Catholic Church is the church he founded, that her sacraments are the channels through which God intends to pour out his graces on humanity, and that only the grace of God can provide the comfort and healing that the world needs. By serving as a priest, I hope to help people who are struggling to find the happiness that has been given to me, to share God’s love and his purpose with them.

INTERESTED IN LEARNING MORE about the priesthood, the diaconate or religious vocations? If you think God may be calling you, do not be afraid. Visit archdioceseofhartford.org/vocations or call the Office of Vocations, 860.761.7456.
Yale students Joshua Garcia and Sayda Martinez-Alvarado prepare cake for serving during the Wednesday Soup Kitchen at St. Thomas More, The Catholic Chapel & Center.

St. Thomas More serves the religious and spiritual needs through worship, fellowship and outreach.

Story by J0E PISANI
Photos by AARON JOSEPH
Joshua Garcia came from a long line of clergy in the evangelical Wesleyan Church. His father and his uncle were pastors, his grandmother and his grandfather were missionaries in Africa. And for a time it seemed that Joshua would follow their path … but his life took a different turn.

Today, he is a Catholic who regularly attends Mass and prays the Rosary with beads he got in Jerusalem on an archaeological dig. He’s also an active member of the community at St. Thomas More, The Catholic Chapel & Center at Yale University, volunteering at the Wednesday Soup Kitchen and helping to develop service programs for students.

A third-year student in Yale Divinity School, he and his colleagues have found a place where their faith intersects with the real world, a place where Catholic students at one of the nation’s most prestigious universities reach out in service to the poor, the homeless and the marginalized and are willing to go wherever the Gospel leads them.

“When I think about the Gospel, I think of Jesus calling the disciples when they were fishing, and he told them to leave their boats and ‘follow me and I will make you fishers of people,’ ” Garcia says. “After meeting people here, I felt God’s call very deeply. With my activities around St. Thomas More, I felt called to Jesus in discipleship.”

He and several hundred other students at Yale University have found a spiritual home at St. Thomas More, and they are active in a variety of programs and social justice initiatives, including the Soup Kitchen, which provides lunch in the center’s dining hall, a tutoring program at St. Martin de Porres Academy in New Haven and the Sunrise Cafe, also

in New Haven, which gives breakfast to the homeless and the hungry.

Others volunteer at a community garden in New Haven’s West River Neighborhood, working with Project Longevity to raise produce for anyone who needs fresh vegetables. Students who participate in the PLARN Mat Project knit material from plastic bags into mats that are blessed and given to the homeless on New Haven Green. There are also opportunities with Catholic Charities, the Amistad Catholic Worker House and Catholic Relief Services.

‘BREAKING THE BUBBLE AND ENCOUNTERING CHRIST’

Allan Esteron, the assistant chaplain who coordinates service projects and social justice programming, says, “When I talk to students, they sometimes describe Yale as a bubble, but when they go to our Soup Kitchen, that bubble breaks and they encounter ‘the neighbor’ the Gospel talks about. They see people struggling, and they realize there are issues bigger than those they’re facing at Yale.”

Students work with volunteers to prepare from 250 to 500 meals every week...
for anyone in need, from the working poor to the chronic homeless, people suffering addiction and mental illness, families with children and individuals debilitated by personal crisis.

“Some students develop a friendship with the guests,” Esteron says. “It is different from their classroom teaching. They see their common humanity in Christ, and they see him in the other person.”

A native of the Philippines, Esteron also has a ministry for Asian and Latino students and oversees a program called ESTEEM, for engaging students to enliven the ecclesial mission, with the goal of encouraging them to become involved in their parishes after graduation. If, for example, a student studied economics, he/she might join the parish finance committee, while another could help create service opportunities for young people.

“We want them to recognize they can bring their gifts to their parishes,” Esteron says.

ATHLETES WHO FIND CHRIST IN SPORTS

Jocelyn Chau, a sophomore studying biochemistry, is a Division 1 athlete who runs cross-country and track. She is also a “Cathlete” — a Catholic athlete who finds time to volunteer biweekly at St. Martin de Porres Academy for children from low-income families. Cathletes take part in a tutoring program and supervise sports activities such as flag football and Frisbee.

“The kids instantly welcomed us and treated us as one of their own,” Chau said. “It is easy to see the face of Jesus in these children. Getting to interact with them and building relationships has been a blessing.”

The Cathletes also meet regularly to pray and discuss topics like the pressure to perform and navigating the sports culture. Chau, who attended a Catholic high school in Toronto, says, “I was nervous about ‘losing’ my faith in a secular college environment; however, St. Thomas More has provided a welcoming community and many opportunities for service and prayer that have strengthened my faith and allowed me to meet like-minded students with whom I can walk the faith journey.”

Every morning when she wakes up, she thanks God for a new day and asks his help for what lies ahead. She also attends weekday Mass because she believes the Eucharist “is the source and summit of our faith.”

“It is our Christian duty to live the Gospel message in our everyday lives, whether through our ordinary day-to-day interactions or through social justice initiatives,” she says. “Without this constant striving to be like Christ in the world, our faith would be dead.”

A FAMILY TRADITION OF HELPING OTHERS

When Ella Henry arrived as a freshman, she and her parents attended the welcome Mass at St. Thomas More, and ever since the center has been the focus of her faith. A senior studying math and physics, she is also a member of the Undergraduate Council, which organizes events and activities centered on action, prayer and study. Her faith was a large part of her life growing up in Paris, but it acquired a new meaning in college.

“When I came to Yale, it took on a whole different dimension, and I learned to develop a relationship with God that was focused on me and God,” she says. “St. Thomas More provided me with a community of people — students and adults — who could talk to me about their faith and help me ask questions about my relationship with God.”

Social justice was a family tradition for Henry. Her father, who worked for the United Nations, and her mother, who was with Save the Children, met at a Vietnamese refugee camp in Hong Kong. As a Girl Scout, she organized food drives and visited the elderly with young people in her parish.

Today, she works at the community garden run by Project Longevity, where students gather on weekends to grow produce for the needy. She also volunteers at the Sunrise Cafe, a program of Liberty Community Services, which serves hot breakfasts to guests at St. Paul & St. James Episcopal Church.

“When I take part in these activities, it gives me something special that I can’t find anywhere else, a sense of...
“ST. THOMAS MORE HAS PROVIDED A WELCOMING COMMUNITY AND MANY OPPORTUNITIES FOR SERVICE AND PRAYER THAT HAVE STRENGTHENED MY FAITH AND ALLOWED ME TO MEET LIKE-MINDED STUDENTS WITH WHOM I CAN WALK THE FAITH JOURNEY.” — Jocelyn Chau

community, a sense of belonging,” she says. “Without the Gospel, there would be something missing.”

That sense of community is also part of her prayer life. As a freshman, she went on an Alternative Spring Break to the ecumenical Christian monastic community in Taize, France, and when she returned, she organized Taize prayer services at Yale, which attracted not only Catholics but also Protestant, Jewish and atheist students.

A MINISTRY OF FAITH AND SERVICE

In 1922, Father Thomas Lawrason Riggs, 34, took up residence at Yale and began a ministry that would encourage Catholic students to live the Gospel message. Back then, there were only 300 Catholics at Yale, but they were dedicated young disciples who served at Mass and took part in the activities of the Catholic Club. In later years, these alumni helped spearhead a drive that raised $200,000 to build St. Thomas More House and Chapel.

Today, Catholics represent the largest religious denomination at Yale, with some 800 students — almost a third of the student body. The chapel, which has three Masses on Sunday, including one at 10 a.m., was renovated in 2008, and the Thomas E. Golden Jr. Center was built in 2006.

Father Ryan Lerner is the eighth Catholic chaplain at St. Thomas More Chapel at Yale University. Ordained a priest in the Archdiocese of Hartford in 2014, he has served as parochial vicar at St. Margaret Parish in Madison, secretary to Archbishop Leonard P. Blair and chancellor of the archdiocese.

Discussing the mission of the center, Father Lerner says, “My predecessor, Father Bob Beloin, often quoted John 10:10: ‘I came that they may have life and have it more abundantly.’ These words are also inscribed above the doors of the Golden Center’s Lecture Hall and inform our mission here at STM. We’re grounded in the mission of Jesus Christ so that those who come here experience and are nurtured in the abundant life they receive in their relationship with God; and, in turn, become abundant life for others — taking their gifts out into the world as Christ’s hands and feet. This matters in a particular way because we’re working with Yale University students, some of the best and brightest students in the world.”

St. Thomas More was the Lord High Chancellor of England under Henry VIII. He achieved his position because he, in part, was educated at an institution similar to Yale and was assiduous in his pursuit of excellence, Father Lerner explains.

“Thomas More was a saint because he lived his vocation so excellently in the world, striving to emulate the person of Jesus Christ in his work,” he says. “At STM, we want to inspire our students to become more like the heart and spirit of St. Thomas More through service to others so that no matter where they go, or what they do, they will emulate the person of Jesus Christ by feeding the hungry, clothing the naked, welcoming the stranger and always striving to do good.”

Those experiences have been life-altering for Joshua Garcia. Before arriving at Yale, he spent several years “denomination shopping.” At St. Thomas More, he found what he was searching for and began formation in the RCIA program. At the Easter Vigil Mass in 2018, he entered into communion with the Catholic Church.

“This was really a new experience for me,” he recalls. “After taking first Communion at the Vigil Mass, they shepherded the new converts into the lobby to be congratulated by the parishioners. I shared with them what brought me to the Church and why I felt called to be a Catholic. Then, a man shook my hands and said, ‘Welcome home’ ... and I started balling.”

THE MISSION OF ST. THOMAS MORE, THE CATHOLIC CHAPEL AT YALE UNIVERSITY, is to encourage students to explore their faith through service so it can be “lived out through serving God, living Catholic ideals and demonstrating compassion for humankind.”

TO READ Called To Serve: Integrating Service Into STM Ministries, visit archdioceseofhartford.org/catholictranscript.
Bosco also worked as a shepherd and had little time for school, but did receive instruction from the parish priest. He was drawn to the priesthood and, at age 20, entered the seminary at Chieri in 1835. To pay for his schooling, he worked as a tailor, baker, shoemaker and carpenter. After six years, he was ordained a priest by Archbishop Franzoni of Turin and acquired the title of “Don.”

Don Bosco visited prisons in Turin and was appalled by the condition of the children confined there. He decided to devote his life to the rescue of abandoned and outcast children. In December 1841, he began instructing a young street urchin named Bartolomeo. By March 1842, he had 30 students; by 1846, 400.

Unfortunately, Bosco was forced to give up the rooms he was using for a school and chapel, and his ministry was beset with obstacles for a time. His quiet perseverance and intense dedication prevailed, however, and finally he was able to open a school and home, aided by his mother, which housed more than 700 boys. The home was known as the Salesian Home, named in honor of St. Francis de Sales. In 1868, he — and a group of priests and teachers who worked with him — formed a society called the Salesians of Don Bosco.

St. John Bosco was known for his gentleness and patience with children. Children loved him for his sense of play, which he recommended as a vital part of a child’s life. Because of this, Don Giovanni Bosco is the patron saint of boys, schoolchildren, students and young people. He died on Jan. 31, 1888.

Feast Day: Jan. 31

St. John Bosco Parish in Branford is a newly formed parish that is becoming acquainted with its patron saint. Created in June 2017 from the merger of St. Mary, St. Therese and St. Elizabeth churches, St. John Bosco Parish includes two worship sites at St. Mary and St. Therese. The congregation is led by Father Daniel Keefe, pastor of the parish.

The parish does possess a relic of the saint, which is used for devotions.

“A relic of St. John Bosco that was given to us that we display on All Saints’ Day,” Emily Naylor, parish secretary, says “and on St. John Bosco’s feast day on Jan. 31.”

In keeping with the charism of the saint, the parish also holds a Bosco Benefit each year in January to benefit its youth ministry programs.

“Since he was from Italy, we have a sit-down Italian dinner served by the parish teens, along with raffle baskets,” Naylor says. “The past two years, the proceeds have gone toward the annual summer mission trip that our teens take.”

“AAll my work begins with a simple Hail Mary, asking for our Lady’s help.”

— St. John Bosco
Connecticut’s Catholic radio station is eager to help your parish, school or non-profit organization draw more people to faith-building events, fundraising efforts and parish activities. Public Service Announcements on WJMJ publicize events that benefit our community, and we’re one of the few broadcasters still offering this service. Mail the information to us, or go to our website at http://wjmj.org and click on “Submit an Event” so WJMJ’s announcers can let our supportive and enthusiastic audience know all about your activities. And tell your friends to listen for the announcements on WJMJ, on the air or over the Internet!

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These staggering statistics triggered the Family Life Office to take a fresh look at marriage preparation in the Catholic Church by offering updated premarital counseling and showing engaged couples all that Catholicism has to offer.

“During marriage prep, are we giving them any reason to come back to the Church? That’s the critical question,” Leonard Kelley, director of the archdiocesan Family Life Office, says. “At this point, there is no greater moment to do the new evangelization than in marriage preparation.”

Kelley sees the need for a “marketing campaign” for marriage and for performing the sacred ceremony in a Church.

“People have lost sight of ritual and sacred ground,” he says. “We have to as a Church do a better job of explaining why ritual is important and what is sacred.”

This suggests that the Catholic Church has a real opportunity, Kelley says, to lay the groundwork for better marriages since 90 percent of all marriage preparation counseling happens in churches or in religious institutions.

Next month, the Family Life Office will be rolling out a new marriage preparation program for clergy and clergy-designated lay ministers. Communities that use a mentoring program have a 17.5 percent lower divorce rate, Kelley says, citing
one study in the academic journal, *Family Relations*. “It’s so important to the couple and to the local community,” Kelley says. “Bad marriages destroy society.”

The Family Life Office plans on strengthening marriage preparation, also known as Pre-Cana, by making the required premarital coaching more relevant for today’s engaged couples. In addition, while large-group regional workshops like Engaged Encounter Inc. may continue, the office will promote a new alternative — a parish-based mentor couple approach to marriage preparation.

“I’m hoping to move toward a better, more personal marriage program that helps people understand the importance of committing their marriage to Christ,” Kelley says. “We want to help young couples transition from the single life to the married life as seamlessly as possible.”

Kelley is hoping to transform these mentor couples into marriage advocates who will not only prepare and accompany young couples but also make the sacrament of marriage more visible in the parish. “Pastors don’t have time to keep this at the forefront of their minds,” he says, “but advocates can do it.”

During marriage preparation, the office also plans on appealing to every individual’s personal faith to draw them back into participation in the Church.

“I’m not pushing for a policy change,” Kelley says. “I’m pushing for a cultural change. We want to help people and draw them back into the Church. What an amazing evangelization tool it can be if we offer extremely dynamic counseling at the parish level to young couples to get them back into Church.”

### “WE WANT TO HELP PEOPLE AND DRAW THEM BACK INTO THE CHURCH. WHAT AN AMAZING EVANGELIZATION TOOL IT CAN BE IF WE OFFER EXTREMELY DYNAMIC COUNSELING AT THE PARISH LEVEL TO YOUNG COUPLES TO GET THEM BACK INTO CHURCH.”

— Dr. Lenard Kelley

### MARRIAGE MENTORS AND ADVOCATES

The new parish-based mentor approach to marriage coaching is dependent, Kelley says, on mentor couples instructing and working with the engaged couples and accompanying the couples in the first year or more of marriage. For the past few months, he has been visiting parish priests all around the archdiocese to gain their support and to identify mentors in every parish.

These mentor couples can be a deacon and his wife or any married couple in the parish who gains their pastor’s approval and goes through the training in February and March, Kelley says. If they miss the first opportunity, they can receive training in October.

The director also envisions the mentors serving as sacrament of marriage advocates by educating all parishioners about Catholic marriage. For example, they may submit an item for the parish bulletin that explains why it’s important to get married in a church rather than on the beach.

Advocates might also alert all married couples to archdiocesan programs available to enrich marriages or to help fix problems in marriages. The goal, Kelley says, is to help keep all marriages happy and healthy and to offer spiritual guidance on the family’s journey.

“I look forward to the cultural shift,” he says. “I think that’s a wonderful challenge.”
NEW PREMARITAL INVENTORY

Today’s engaged couples often face challenges that were rarely present in marriages past. Many have been cohabitating, Kelley says, while others are in their second marriage and still others bring existing children into the new union. New resources will address these temporal realities and offer spiritual support.

This year, a new premarital inventory tool will be introduced by the Family Life Office called FOCCUS — Facilitating Open Couple Communication, Understanding and Study — to help engaged couples determine their true compatibility in areas like finances and life skills.

“If the premarital inventory is done right, 15 percent of couples choose not to get married,” Kelley says, indicating there is always time for mismatched couples to back out.

The office will base the core of its new marriage preparation training for couples on “For Better & For Ever,” marriage preparation resources developed by Father Robert A. Ruhmk of San Antonio, Texas.

“The new preparation is eight sessions and it’s just way more personal,” Kelley explains. “It teaches concepts and touches on finances, life skills and spirituality. The trainers can customize it more to the couple, for example, if they need help with finances or if they are coming into the marriage with children.”

And there will be greater emphasis on the role that faith plays in a marriage. “There’s a deep spiritual component to this program,” Kelley adds, with chapters on mixed religion marriages, belonging to the Church and Christian marriage as a commitment to constant personal change. Planning time for personal prayer and Mass will be part of the discussion. ❗

“I’M HOPING TO MOVE TOWARD A BETTER, MORE PERSONAL MARRIAGE PROGRAM THAT HELPS PEOPLE UNDERSTAND THE IMPORTANCE OF COMMITTING THEIR MARRIAGE TO CHRIST.”

— Dr. Lenard Kelley

Training Sessions

The Office of Family Life will be offering training for clergy and clergy-designated lay ministers and volunteers on how to administer the archdiocese’s new marriage preparation program. Workshops, slated for Feb. 14 and 15, will address the new premarital inventory. Workshops on Feb. 21 and 22 will provide a general overview of marriage preparation today. An additional workshop in March will focus on specifics of the “For Better & For Ever” marriage preparation program.

The full-day workshops will be held at the Pastoral Center, 467 Bloomfield Ave., Bloomfield. For more information and to register, call 860.242.5573 ext. 2690 or email family.life.office@aohtc.org.
Shawn Simpson and Jill Hale, delegates from St. Bridget of Sweden Parish in Cheshire, wrote about their experience at the synod meeting of delegates for the parish bulletin the following weekend. They said:

“Prior to each of the small group discussions, there was a dynamic speaker who gave an impassioned and inspiring talk about the meaning of each theme … the breakout sessions allowed each member to discuss the ways in which we can live our Catholic faith in a dynamic and an evangelical way as they relate to the individual, family, parish and archdiocese.”

It has been noted to me through many emails and personal encounters with delegates that the small group discussions were very powerful and meaningful for the delegates. It is evident that the synod meeting of delegates has breathed new life into those who attended and sent them forth to seek ways in which to “grow” as disciples of Jesus Christ, and “go” make disciples.

It was in Archbishop Leonard P. Blair’s opening remarks to the synod delegates that we received an inspiring challenge. “Disrupt the decline!” he said. The statistics are staggering. Declines can be seen in those practicing the faith, those identifying as Catholics and those answering the call to priesthood and religious life. Archbishop Blair challenged the delegates to not look at this synod process as a way to figure out how to manage the decline, but to look for a path forward to “disrupt the decline.” Disrupting the decline opens up new paths to grow and go.

The work now continues as the synod office is charged with collating all the materials from the many small groups, synthesizing it, removing duplications and then presenting the material to the synod preparatory committee, the members of the archbishop’s cabinet and, of course, Archbishop Blair.

After hearing the various members’ thoughts on the material, it will then be in the hands of the archbishop to write a pastoral letter outlining his thoughts and a path forward for our archdiocesan family of faith.

So keep those prayers coming! They are powerful and they work! ☺
Honoring Blessed Clelia Merloni

New exhibit showcases the Apostles of the Sacred Heart of Jesus and the beatified foundress.

Story by KAREN A. AVITABILE

EDITOR’S NOTE: We are very grateful to Sister Virginia Herbers for showing us all facets of the Apostle Legacy Exhibit before she started a new ministry as director of spiritual formation in the Office of Mission & Identity at St. Louis University. Through her insightful involvement in the Apostle Legacy Exhibit, her own legacy has been established right here in Connecticut.

While designing a new historical exhibit showcasing the history of the Apostles of the Sacred Heart of Jesus, Sister Virginia Herbers looked to someone she has never met for inspiration.

“This was an interactive project,” Sister Virginia says. “She was with me every step of the way.”

That special “someone” Sister Virginia is referring to is Clelia Merloni, who founded the Apostles of the Sacred Heart of Jesus in Italy in 1894.

“Clelia and I worked on this together,” Sister Virginia says. “I talked to her all through this, but she has spoken back.”

Housed in former classroom space at Sacred Heart Manor, on the grounds of the Provincial House of the Apostles of the Sacred Heart of Jesus in Hamden, the exhibit’s purpose, Sister Virginia says, is threefold: to honor the life and faith journey of their foundress, Blessed Clelia Merloni; to learn about the legacy of the Apostles of the Sacred Heart of Jesus; and to encourage all visitors to learn from Mother Clelia’s example of “love, mercy and reparation.”

The Apostle Legacy Exhibit, Sister Virginia says, is the first organized history of the Apostles of the Sacred Heart of Jesus. It features audio recordings of the first missionary sisters who traveled from Italy to the United States at the turn of the century, founder’s letters to Pope Benedict XV requesting permission to return to the congregation, short videos of the ways the Apostles currently...
live out the mission and charism of their founder and visual displays, artifacts and replicas that tell the story of who the Apostles are — both past and present. The Apostles, who have served in the United States since 1902 and established roots in the New Haven area in 1906, minister in 15 countries worldwide.

The exhibit is made up of three thematic rooms: the Mission Room, which provides a history of Apostle ministries around the world, including the United States; the Founder’s Room, which focuses on the life of Mother Clelia (1861-1930) and her founding of the congregation; and a replica of Mother Clelia’s bedroom in Rome, where she spent the last two-and-a-half years of her life.

The bedroom overlooks the sanctuary with a recording of sisters praying in Italy. Due to outside controversy, Mother Clelia received dispensation from her vows for the good of the congregation. She was readmitted into the congregation not long before her death. In November 2018, Mother Clelia was beatified.

As visitors travel down the main hallway from room to room in the exhibit, they can learn how the role of prayer, ministry and community play in the life of an Apostle. Additional information about Mother Clelia, including some of her letters and quotes from her diary, is also on display.

Sister Virginia says she enjoyed the creativity of the project and is satisfied that the exhibit is an opportunity for people to learn about the gift of Mother Clelia, to herself and to her community.

“I feel like this has been a gift given, and a gift received,” she says.

The Apostle Legacy Exhibit is housed at Sacred Heart Manor, on the grounds of the Provincial House of the Apostles of the Sacred Heart of Jesus in Hamden. The exhibit entrance is located near Clelian Center at the rear of 261 Benham St. Retired sisters who live at Sacred Heart Manor serve as tour guides. The exhibit is open to the public on Sundays, 2 to 4 p.m., or by appointment. To schedule an appointment, call 203.248.4031. To learn more about the Apostles of the Sacred Heart of Jesus, visit ascjus.org.

“THIS EXHIBIT IS A TRUE TRIBUTE TO THE LEGACY THE SISTERS HAVE LEFT HERE IN THE UNITED STATES. IT IS ALSO OUR WAY OF HONORING THE BEATIFICATION OF BLESSED CLELIA AND ALLOWING HER LEGACY OF HOLINESS TO BLESS ALL THOSE WHO CAN BENEFIT FROM HER EXAMPLE OF LOVE, MERCY AND REPARATION.”

— Sister Virginia Herbers
New cookbook brings people together in faith, hope and love.

Story by KAREN A. AVITABILE

Karen Abbott compiled recipes from St. Elizabeth of the Trinity Parish to include in a cookbook, Together We Blossom.
Creating a cookbook has brought the churches of St. Barnabas, St. Frances Cabrini and St. Therese together into one community of faith, St. Elizabeth of the Trinity Parish in North Haven.

“I think this speaks to the community we are creating,” cookbook organizer Karen Abbott says.

The cookbook, called Together We Blossom, is dedicated to St. Elizabeth’s pastor, Father Michael Santiago, and parochial vicars Father Joseph Napolitano and the recently retired Father Gene Charman, for all they have done and continue to do for the parish community.

“Through their continuous efforts, direction and support, our community has come together in faith, hope and love,” the cookbook’s dedication reads. “The encouragement they have provided has been unwavering and has been evident in all they do.”

“THEY DID EAT THEIR MEAT TOGETHER AND GLADNESS AND SINCERITY OF HEART, PRAISING GOD … ”

— Acts 2:47A

Father Santiago, who is “extremely grateful” for the dedication, says the cookbook is more than just a fundraiser for the parish. “It is a way of bringing people together to share their recipes and bringing the churches together as one parish,” he says.

Abbott, who put the call out for recipes and received 197 within two weeks, says her committee worked “diligently” to get the cookbook completed within a month. The cookbook debuted at the holiday fair in November.

Some of the recipes, including Portuguese Custard Tarts (pasteis de nata), are a tribute to Father Santiago’s Portuguese roots. Portuguese food is what people refer to as “Mediterranean cuisine,” he says.

“I was very surprised and grateful for that. It’s a unique cuisine, lots of fishes. I love it because it is my heritage.” See the Portuguese Custard Tarts recipe on page 30.

The recipes in the cookbook are categorized into five areas: appetizers, relishes and pickles; soups, salads and sauces; meats and main dishes; vegetables; breads, rolls and pastries; cakes, cookies and desserts; and miscellaneous. Each lead page introducing a section of the cookbook includes a psalm. There is an index of recipes by category and an alphabetical listing of the cookbook’s 88 contributors.

Meanwhile, the cookbook provides more than just recipes. Also published is a meat cooking chart, instructions for canning vegetables, baking tips, a candy testing chart, helpful cooking hints and tips, cooking and food terms, ingredient substitutions, a description of herbs and spices, a calorie listing and lessons on napkin folding and table settings.

The history and mission statement of St. Elizabeth of the Trinity Parish and the Trinitarian Prayer of Elizabeth of the Trinity are also published in the cookbook.

While most of the recipes were submitted in a typewritten format, others were handwritten and had to be typed into the template provided by the publisher, Fundcraft Publishing Inc., of Collierville, Tenn.

Abbott and other members of St. Barnabas Church say they always thought about compiling recipes for a cookbook. For more than 14 years, Abbott led a bake sale that was part of the holiday bazaar held at St. Barnabas Church. When St. Barnabas merged with the two other churches into one community, its holiday fair in November became a fundraiser for St. Elizabeth of the Trinity. The fair features crafts, gift baskets, raffles, a country store, baked goods and more.

Abbott and the baked goods committee for the holiday fair say they are considering organizing a second cookbook – this one to exclusively feature baked goods.

“We all have more recipes,” she says. “Food brings people together.”

TO ORDER Together We Blossom, call Karen Abbott at 203.691.7735, and leave your name and telephone number. Each cookbook is $10.

TO SEE THESE RECIPES FROM Together We Blossom, visit archdioceseofhartford.org/catholictranscript.

• Duck ragu gnocchi
• German apple pancake
• Pierogi from scratch
PESTO A LA ERNESTO
Submitted by Deacon Ernie Scrivani

INGREDIENTS:
• 3 to 4 cloves garlic, chopped
• 1/2 cup extra virgin olive oil
• 1 teaspoon red pepper
• 1/2 cup grated Parmesan cheese
• 1 to 2 bunches fresh basil, chopped fine
• 1/2 cup pignoli nuts
• 12 cherry tomatoes, cut in half
• 1 pound orrecchiette pasta

DIRECTIONS:
2. When oil/garlic cools, place in mixing bowl. Add chopped basil. Use stick blender or food processor to puree basil/garlic.
3. Cook pasta al dente; drain. Place some of the pureed pesto in bottom of large pasta bowl. Add cooked pasta and rest of the pesto. Mix thoroughly. Mix in red pepper, grated cheese and pignoli nuts. Garnish with tomato halves. Serve hot or at room temperature.

CUSTARD TARTS (PASTEIS DE NATA)
Submitted by Friends of Father Santiago

INGREDIENTS:
• 1 cup milk (1/2 cup cold and 1/2 cup hot)
• 3 tablespoons cornstarch
• 1 cup white sugar
• 1 vanilla bean or 1/2 teaspoon pure vanilla extract
• 6 egg yolks
• 1 package of frozen puff pastry, thawed and rolled out a little bit
• 2 tablespoons unsalted butter, room temperature
• Optional ingredients to sprinkle on each tart
• Powdered sugar
• Cinnamon

DIRECTIONS:
1. Preheat your oven to 350 degrees. Meanwhile, grease each muffin tray’s cup with butter and line with puff pastry.
2. In a saucepan, combine the 1/2 cup of milk, cornstarch, sugar and vanilla. Cook under medium-high heat, stirring constantly, until the mixture thickens. Place the egg yolks in a bowl and slowly whisk the 1/2 cup of hot milk into the egg yolk mixture and whisk until smooth. Gradually add the egg yolk mixture to the remaining milk mixture, whisking constantly. Cook by stirring constantly until thickened. Remove vanilla bean (if you used it rather than vanilla extract).
3. Fill puff pastry-lined muffin cups with mixture and bake in preheated oven for 25 minutes, or until crust is golden brown and filling is lightly browned on top.
4. Sprinkle the custard tarts with powdered sugar and cinnamon as is popular in Portugal. Serve and enjoy!

BACON WRAPPED BARBECUE SHRIMP
Submitted by Karen Abbott

INGREDIENTS:
• 16 large shrimp, peeled and deveined
• 8 slices bacon
• Barbecue seasoning

DIRECTIONS:
1. Preheat the oven to 450 degrees.
2. Wrap shrimp with 1/2 slice of bacon, securing with a toothpick. Repeat for all shrimp. Be sure to use large shrimp. The bacon and shrimp have similar cook time.
3. Place foil in the bottom of a jelly roll pan and place a small rack in pan. Place the shrimp on the rack. Drizzle barbecue seasoning generously. Turn over and drizzle barbecue seasoning on the other side. Set aside for 15 minutes. The bacon will soak in the seasoning. The bacon will appear opaque.
4. Bake in the preheated oven until bacon is crisp and shrimp are tender. Approximately 10-15 minutes. The rack prevents shrimp from sitting in the bacon fat.
Helping the Developmentally Disabled

Catholic Charities group homes support residents.

Story by Jack Sheedy

EDITOR’S NOTE: Throughout 2020, the Catholic Transcript will be highlighting some of the programs run by Catholic Charities in the Archdiocese of Hartford that help individuals and families of all faiths in the community. Catholic Charities marks 100 years of service in the archdiocese this year.

Mark Espinola’s life has changed for the better. Five years ago, the developmentally disabled Hartford native moved into Mills Pond Group Home in Bloomfield, one of eight group homes run by Developmental Disabilities Services of Catholic Charities of the Archdiocese of Hartford. He loves it there.

“I go out shopping with my friends,” he says in an interview set up by Dexter Cromartie, manager of Mills Pond. “I like it here.”

When Fran Laffin started the group home program in 1988, he saw it as an opportunity to live out his faith. “The Gospels are full of Christ reaching out helping people with disabilities,” he says.

Developmental Disabilities Services has grown to eight fully supervised group homes where residents can feel safe and relaxed in addition to being granted opportunities to achieve greater independence. The program also offers day programs for people with cognitive difficulties.

More than 89,000 individuals of working age in Connecticut were listed as cognitively disabled in 2016, according to the American Community Survey. Catholic Charities has long recognized the need to help people in this population take greater control of their lives.

Melissa Davison-Wood, director of developmental services, oversees the group homes, which are located in Berlin, Bloomfield, Enfield, Farmington, New Britain, Somers and Windsor. The homes are nearly fully funded by the state of Connecticut, under the Department of Developmental Services.

“We’re held to a very high regulatory standard in the state of Connecticut, and that takes some skill,” Davison-Wood says. “The care of the individual is necessary.”

A total of 29 individuals are served at the group homes, including people with intellectual and physical disabilities, she says. The department also runs a day program for about 25 individuals at the former St. Mary’s School building in Newington. Activities there for clients include gardening, culinary training, music therapy and more.

“We are the missing piece to whatever they need in their lives,” Davison-Wood says. “We fit where they need us to. If we have individuals who just need help budgeting for grocery shopping, paying their bills, then that’s where we help.”

She adds that the day program also helps individuals with bathing, feeding and keeping safe.


And the best part about it, he adds, are "my friends."
OBITUARIES

Rev. Gabriel Simon Harak died on Nov. 3, 2019. He was born on April 15, 1948, in Derby. He and his twin sister Adele were the oldest of the five children to their parents, Simon and Laurice (Lian) Harak.


In 1986, he returned to the setting of his high school and college years, Fairfield, where for most of the next 14 years he taught theology. He interrupted his Fairfield years twice, when he did his tertianship in the Philippines (1988-1989), and again in the academic year 1993-1994 when he was invited to teach theology at Loyola University of Maryland.

In 2000, Father Harak moved to Baltimore and worked full time with a peacemaking group he helped create, “Voices In The Wilderness.” He traveled to Iraq, bringing medicines and contacting peacemaking groups there. In 2006, he was invited by Marquette University to teach theology and to create a Center for Peacemaking there.

The Most Reverend Leonard P. Blair, S.T.D., has made the following appointments:

- Rev. Frederick M. Aniello, from pastor of St. Blaise, Waterbury, to pastor St. Joseph Parish, Waterbury, effective, Oct. 27, 2019, for a term of six years, in addition to his duties as pastor of Our Lady of Mount Carmel, Waterbury.
- Deacon Nichols Genovese, senior status as a deacon of the Archdiocese of Hartford, effective Nov. 8, 2019.

— REV. RYAN M. LERNER, CHANCELLOR, NOV. 29, 2019

APPOINTMENTS

The Archdiocese of Hartford Office of Safe Environment, 467 Bloomfield Ave., Bloomfield, CT 06002

HOW TO REPORT AN INCIDENT OF SEXUAL ABUSE TO THE ARCHDIOCESE OF HARTFORD

If you have knowledge or suspect that a minor or vulnerable adult (an adult with an intellectual disability) has been sexually abused, in any manner, by personnel of the Archdiocese of Hartford, you are urged to report this information to:

Kathleen D. Nowosadko, Victim Assistance Coordinator
860-541-6475 • kathleen.nowosadko@aohct.org

Incidents involving sexual abuse of minors (persons under the age of 18) should be reported to: State Department of Children and Families Care-line 1-800-842-2288

Incidents involving sexual abuse of vulnerable adults aged 18 – 59 should be reported to: Connecticut Department of Developmental Services – AID Division for Persons with Intellectual Disabilities 1-844-878-8923

Incidents involving sexual abuse of vulnerable adults aged 60 and over should be reported to: Department of Social Services for the Elderly 1-888-385-4225
THE ABCS OF ANNULMENT

Many Catholics have asked the following questions about the Church’s position on divorce, annulments and marriage:

• “Can a divorced person receive holy Communion?”
• “Can a divorced person marry in the Catholic Church?”
• “Why might a non-Catholic consider or need an annulment?”
• “Does a divorced person need an annulment when the marriage was performed only by a justice of the peace?”

Often, these questions and others have been met with misleading, misguided and sometimes wrong responses. Perhaps you, a family member or a friend needs sound, clear information.

Rev. Daniel Keefe, pastor of St. John Bosco Parish, 731 Main St., Branford, in collaboration with Rev. George Mukuka, the judicial vicar from the Metropolitan Tribunal of Hartford in Bloomfield, will host “The ABCs of Annulment” on Jan. 10, 7 to 9 p.m., in St Mary’s Church Hall. A summary of the process initiated by Pope Francis and updates made in the Archdiocese of Hartford will be discussed by Brother Larry Lussier, Deacon George Frederick and Jim Tottingham, who make up the Annulment Team. Team members also include two Spanish speaking members — Lisandra Martinez and Marian Guzman. They will help participants in writing their application in the follow-up workshop on the following Fridays, Jan. 17 and 24, 7 to 9 p.m., also in the church hall.

“The ABCs of Annulment” event is open to all. Participants will receive a folder with the required printed materials. No registration is required. For more information, call Brother Larry at 475.221.8464 or email him at larlus300@sbcglobal.net.

If you are unable to attend the workshop, contact the Metropolitan Tribunal Office at 860.541.6491, email at Tribunal@ahct.org or visit archdioceseofhartford.org/metropolitan-marriage-tribunal/.

HEALING MASS IN WEST HARTFORD

A healing Mass is held the last Sunday of every month, 1 p.m., at St. Thomas the Apostle Church, 872 Farmington Ave., West Hartford. The Mass is celebrated by Father Ray Introvigne, with a healing prayer by Judith Hughes. Healing teams are also available. For more information, contact Gin Ryan at 860.874.1431.

Submit your events: To get the word out about your upcoming event, email a description of the event and contact telephone number to newsct@ahct.org. Be sure to include the date and time of the event, and the church name, full street address and town. Deadlines are three months in advance of the event.
CAPITAL CAMPAIGN UNDERWAY FOR LITTLE SISTERS OF THE POOR — In early 2020, a major capital project to be undertaken by the Home for the Aged of the Little Sisters of the Poor at St. Joseph’s Residence in Enfield involves the replacement of 125 packaged terminal air conditioners/heat pumps (pictured) that are 50 years old and cannot be repaired. The new replacement units will provide for preferred temperature control heating and cooling needs of the independent residents’ rooms, other common areas and various offices. The cost of each unit is estimated at $4,000, with a total capital outlay of $500,000. The Little Sisters of the Poor currently care for 85 elderly residents with low to moderate incomes at the St. Joseph’s Residence. To make a donation, visit crowdrise.com/home-for-the-aged-of-the-little-sisters-of-the-poor-incorporated or send donations to: Little Sisters of the Poor, Development Office, 1365 Enfield St. Enfield, CT 06082. SUBMITTED PHOTO

PARISHIONER RECOGNIZED FOR 80 YEARS OF SERVICE — As part of its annual Dożynki (fall festival) celebration, St. Cyril and St. Methodius Parish in Hartford recognized the extraordinary contributions of parishioner Andrzej (Andy) Bogacki, 91, who has served his parish devotedly for more than eight decades and remains active in his ministry. At the recent presentation ceremony, Father Adam Hurbczuk, pastor, read a letter written by Archbishop Leonard P. Blair: “As a lifelong member of St. Cyril and Methodius Parish who has assisted as a lector at Mass, extraordinary minister of holy Communion and altar server for over eighty years, you have been a consummate example of faith and commitment to all those around you.” Bogacki holds a plaque he received. SUBMITTED PHOTO

NEW OUTDOOR LEARNING SPACE AT ST. RITA SCHOOL — St. Rita School in Hamden has created a new outdoor learning space and classroom that encourages time outdoors for all students in pre-kindergarten through eighth grade and allows for big movement, social play and exploration, big and small. The space also includes 10 planting beds and a full vegetable garden. Students will have the opportunity to plant flowers, fruits and vegetables. In the photo, Msgr. Joseph Disciacco celebrated the school’s first outdoor Mass in honor of the feast day of St. Francis. SUBMITTED PHOTO

CONGREGATION CELEBRATES 150 YEARS IN WATERBURY — Five religious sisters arrived in Waterbury from Montreal on Sept. 8, 1869. They were members of the Congregation of Notre Dame, founded by St. Marguerite Bourgeoys in the 17th century. They were the first religious women to be missioned in Waterbury. To mark the occasion, the Congregation of Notre Dame recently celebrated the anniversary of their arrival in Waterbury during a Mass at the Basilica of the Immaculate Conception in Waterbury. In the photo, left to right, are: Sister Ann Marie Strileckis, Donald Ciampi Jr., Mayor Neil O’Leary and Sister Agnes Campbell, congregational leader, who welcomed sisters, former teachers and alumnae from the podium. PHOTO BY AARON JOSEPH

EAST CATHOLIC HIGH SCHOOL BAND ENTERTAINS — During a recent Archbishop’s Annual Appeal dinner, members of the East Catholic High School Band in Manchester entertained guests. PHOTO BY AARON JOSEPH

BURIAL PRACTICES IN CONNECTICUT — Dr. David Grafton gave a presentation about the burial practices of different faiths in Connecticut and how they interface with local government. To read an article about this, visit archdioceseofhartford.org/catholictranscript. PHOTO BY AARON JOSEPH

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ARCHDIOCESAN WOMEN’S CONFERENCE — About 300 women from around the Archdiocese of Hartford gathered at Northwest Catholic High School in West Hartford for the third annual Women’s Conference, “Set the World Ablaze!” The keynote speaker was Sarah Hart, who talked about “How to Be Women on Fire (without burning out).” Additionally, several spiritual breakouts and workshops were made available, along with eucharistic adoration and the sacrament of confession. PHOTO BY AARON JOSEPH

TWO LAY CARMELITES MAKE FINAL PROFESSION — The Lay Carmelite Community of Little Therese (part of the Pure Heart of Mary Province located in Darien, Ill.) held a Mass and final profession for Anna Betagh of Enfield and Mary Ellen Grealis of Greenfield, Mass., celebrated by Father Anthony Bruno at St. Martha’s Church in Enfield. The two candidates had been in formation for six years. The community meets once a month at St. Martha’s School and live lives of prayer, community and service. For more information about the community, email martinlrm@cox.net. Pictured, left to right, are: Father Bruno, Betagh, Grealis, formation director Lucille Follo and director Lauren Martinello. SUBMITTED PHOTO

SCHOOL CENTER BLESSING, DEDICATION AT SACRED HEART ACADEMY — Sacred Heart Academy in Hamden recently celebrated the official opening of the new school center with a liturgy in the Mount Sacred Heart Chapel followed by the blessing and dedication in the new center. In the photo, celebrant and homilist Rev. Msgr. Gerard G. Schmitz blesses the new center. PHOTO BY CHERYL CRONIN

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FEAST OF OUR LADY OF DIVINE PROVIDENCE CELEBRATED — The Latino community of the Archdiocese of Hartford celebrated the feast of Our Lady of Divine Providence at the Cathedral of St. Joseph in Hartford. Father Dario Diaz was the principal celebrant, with several priests concelebrating. The feast day of Our Lady of Divine Providence, the patroness of Puerto Rico, is Nov. 19. PHOTO BY AARON JOSEPH

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Saint Francis Hospital, a member of Trinity Health Of New England, is pleased to announce it is the only hospital in Connecticut named on the list of 100 Top Hospitals by IBM Watson Health™. The annual study identifies the top-performing hospitals in the U.S. based on a hospital’s ability to outperform and achieve the highest national standards in several areas, including minimal emergency department wait times, lower inpatient expenses, and higher patient satisfaction.

Saint Francis is proud to be recognized for providing optimal patient satisfaction, safety, and the highest quality of care.