

MAY 11, 2008

PENTECOST SUNDAY

Stewardship Thought for the Week

"There are different kinds of spiritual gifts but the same Spirit; there are different forms of service but the same Lord; there are different workings but the same God who produces all of them in everyone."

1 Corinthians 12:4-6

The Spirit gives each of us different gifts. The reason we are given these gifts is so that we may perform different forms of service for the Lord. If you don't use your gifts for the Lord, who will do the special work that God had in mind for you alone?

From the Pastor....

Dear Friends,

Happy Pentecost! Today we celebrate the coming of the Holy Spirit upon the apostles and disciples in the upper room. Once the Holy Spirit came, the disciples of Jesus were no longer afraid. I believe they were finally able to see who they really were. This understanding is intimately connected with their understanding of others and their God. The disciples were different and were doing things they never imagined themselves doing. Why? The Holy Spirit came upon them and they were able to recognize the Spirit's presence within them and others.

Fr. Donald Burt in his book *Day by Day with Saint Augustine* reflects on a quote from one of St. Augustine's sermons:

We Are the Church !

We are celebrating the day on which the Lord Jesus Christ, glorified after the resurrection by his ascension, sent the Holy Spirit to the first Christians. You my friends are members of the body of Christ. Among you is being fulfilled what was prefigured on that day when the Holy Spirit first came. Just as on that first Pentecost whoever received the Holy Spirit started speaking all languages, so now the unity among you is itself speaking all languages throughout the world. It is because of this unity that you know you have the Holy Spirit.

Sermon 271

The feast of Pentecost is the birthday of the Church. It commemorates the day when the Holy Spirit came into the lives of the first Christians and bound them together in the unity of love. It was the birth of the Mystical Body of Christ, all those who in Christ's Church are united in faith and love with their head, Jesus (Commentary on Gospel of John, 32.8). The message of the story of Pentecost is simply this: if you want to see the Church, you need not look for clerics and religious; look at the loving person next to you. Indeed, if you want to see the Church, you need only look inside yourself because, if you have faith and love, you too are a member of that Body of Christ vivified by the Holy Spirit so long ago on the streets of Jerusalem.

Please remember Fr. Tom Martin's mother, Blanche Martin, who passed away this week. Father lives in community with me and Fr. Bill and occasionally has helped with the 5:00pm Saturday masses.

Thanks to everyone who returned filled Manna food bags for our sister parish. They are in dire need to help the hungry in their parish. Thank you so much.

Peace,
Fr. Rich

VILLANOVA UNIVERSITY GRADUATIONS ARE NEXT WEEKEND, MAY 17 AND 18.
ALL SUNDAY MASSES WILL BE HELD IN THE ROSEMONT CHAPEL.

"Masses in Interpreted American Sign Language"

On the Second and Fourth Sunday of each month, we have scheduled an American Sign Language Interpreter for our 9:00am Mass in Rosemont Chapel. The Interpreter will be here on May 11, 2008.

READINGS FOR THE WEEK:

Monday Jas 1:1-11; Mk 8:11-13
Tuesday Jas 1:12-18; Mk 8:14-21
Wednesday Acts 1:15-17, 20-26; Jn 15:9-17
Thursday Jas 2:1-9; Mk 8:27-33
Friday Jas 2:14; Mk 8:34-9:1
Saturday Jas 3:1-10; Mk 9:2-13
Sunday Ex 34:4b-6, 8-9; 2 Cor 13:11-13;
Jn 3:16-18

EVERYONE IS INVITED TO JOIN US AT A RECEPTION IN DOUGHERTY HALL, FOLLOWING THE 10:30AM MASS, ON JUNE 1ST FOR ROSEMARY. PLEASE JOIN US AS WE GIVE THANKS TO HER FOR ALL SHE HAS DONE AT ST. THOMAS.

CATECHIST TEACHERS NEEDED:

Wanted: A few adults to volunteer in the ministry of Catechist: to teach religion to parish children in grades 1 through 6.

Wednesdays 4:30 – 5:45 pm or Sundays 10:10 – 11:25 am from September to April. (We really need volunteers for Wednesday.)

Training and materials are provided. If interested, please contact Dr. Ernie Sherretta at 610 525 4801 ext. 204 for an interview. New Email: stvrel.ed@verizon.net

The Archdiocese requires that each volunteer submit: PA Criminal History Record, Child Abuse Clearance and attend a Safe Environment Training Seminar. The parish will pay for the cost of these requirements.

Persons who desire to become catechists should have:

Strong awareness of the working of God's grace in their lives and a growing faith-life in response to that grace.

Personal commitment to Jesus Christ, who is the center of the message. Respect, appreciation and love for the Church evidenced by a personal commitment to:

- * Catechize within the Roman Catholic tradition, in light of Vatican II and post-conciliar documents and according to the Catechism of the Catholic Church and participate actively and regularly in the Church's liturgical and sacramental life
- Ability to appreciate different types and stages of individual growth and development
- Ability to communicate effectively with the children to be catechized
- Sensitivity to the various socio-cultural dimensions of the students
- Willingness to continue in their own religious education and formation

Three-Minute Liturgical Catechesis:

Article 3: Welcoming the Lord

Imagine that you are coming to church next Sunday. As you come through the door, you realize that someone is right behind you and you naturally hold the door open for that person. As he comes in behind you, you suddenly realize that it is Jesus himself, looking just as you always imagined him. What do you do now? What do you say?

I suspect most of us would do whatever we could to make Jesus feel welcome in our community. Of course, it's not very likely what he will show up next Sunday, looking like a first-century Jewish rabbi. He will show up here, but he'll

probably look different from our usual image of him. Christ will arrive looking like your neighbor or your friend, or perhaps like a person you've never met before. He might look like a member of your family, or he might look like a homeless person who needs a bath and a haircut.

Our faith tells us that Christ dwells in every member of his body, that we can find him in the people who gather with us here every Sunday. That's the deepest reason for us to be hospitable to one another as we assemble for the Eucharist.

So often, we hear people say that the Catholic Church is not friendly. When strangers visit a Protestant church, they are usually warmly greeted and made to feel quite welcome. Many people report a very different experience in the Catholic Church. Of course, many Catholic parishes are very large, which makes it harder to know who is a visitor and who is a member of the parish. Maybe that just gives us even more reason to be hospitable toward everyone around us, whether stranger or friend.

Through the week, all of us who are members of the body of Christ are scattered throughout our community. On Sunday, when we come to Mass, we need to reconnect with the other members of the body. Smiling and saying hello to those who gather with us can help us to connect again. Brief conversations about family members and other concerns can express the love of Christ that binds us to one another.

This is not irreverent in church, because it is the way that we welcome the Lord in our midst. Jesus said, "Where two or three are gathered in my name, there am I in the midst of them" (Matt. 18:20). His presence in one another is the first way that he reveals himself to us at Mass. Reverence requires us to recognize him there and to respond to him in one another. This doesn't have to be loud and raucous, but it does have to be sincere and caring.

This gathering and reconnection with the other members of the body is an important step in getting ready for Mass. Christ invites all of us to share in his sacrificial offering to the Father. We can only do that as members of Christ's body, so linking up with the other members of the body helps us to get ready to worship together. How will you welcome Christ the next time we gather here?

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CHRISTIAN SERVICE

PRAYERLINE

The parish prayerline is waiting for your prayer request. This week call the parish center to activate the parish prayerline. Two parish teams are available for your special intentions.

PROJECT HOPE

Project Hope is a transportation ministry for our Parish. If you need a ride to your medical appointments, please call our Project Hope ministry team for assistance. This week call the parish center. If you are in need of a ride to medical appointments or to food shop, please give us at least 3 days notice.

DINNERS TO THE DOORSTEP

Dinners to the Doorstep ministers to parish families who are in crisis or to parish couples welcoming a new baby home. Homemade dinners are delivered. Two parish coordinators keep a list of volunteers for this ministry and volunteers are called as needed. If you are in need of this delicious community support, please call the parish center.

ST. FRANCIS INN

The next parish ministry date at the Inn is Sunday, May 18th. If you and your family (children must be in high school), would like to serve the midday meal, call the parish center for more information.

MANNA FOOD DRIVE

Manna Food Bags will be collected at all Parish Liturgies this weekend. This one weekend food collection will stock the emergency food center for our sister parish at 63rd and Callowhill.

Items needed: non-perishables including rice, pasta, spaghetti sauce, peanut butter & jelly, canned stews and soups, canned fruits, cereals, coffee, juices, tea, sugar, macaroni & cheese, Lipton side noodles.

FAIR TRADE COMMITTEE "SIP AND RUN"

The Parish Fair Trade will be hosting a "Sip and Run" Sunday, May 18th. Samples of fair trade coffee will be available for you outside of the Rosemont Chapel after the 7:30am and 9:00am Liturgies. Brochures about fair trade coffee and chocolates will be distributed.

Since All Masses are being held in the Rosemont Chapel this week, the Pastoral Council is offering Coffee and Donuts after the 10:30am Mass in the auditorium. Please join us.

PARISH INFORMATION NIGHT

ON PRISON MINISTRY

Wednesday, May 14th, 7:00-8:00pm

Parish Center

Parishioner, Jim Holman, will talk about his volunteer experiences in the Delaware County Prison
Connie Roggio, Director of Thresholds of Delaware County, will talk about the logistics and training for this program.

Come and listen to how you can change a prisoner's life by teaching on a 1-1 basis decision making through the Thresholds Program.

You do not have to make a commitment – just come and listen to the presentations.

HABITAT FOR HUMANITY IN NORRISTOWN

Looking for a way to make a difference in the life of a family? Join with fellow parishioners to build a home on Saturday, May 31st.

7:45am departure in carpools from the back of the Rosemont Chapel

4:00pm return to the parish center

A variety of jobs will be offered after an orientation at headquarters. No experience is necessary but you must be 18 years of age.

Questions? More information needed? How can I sign up? Call the Parish Center for more information.

REGIOUS EDUCATION OFFERINGS

THE BRIDGES TO CONTEMPLATIVE LIVING WITH THOMAS MERTON – personal spiritual transformation for the sake of a more just and peaceful world.

Thursday Evenings from 7:30pm to 9:00pm

Dates: May 15, 22, and 29, 2008 in Rosemont

Chapel

Facilitator: Pat Hayes

PRAIVING THE SCRIPTURES

Wednesday nights through June 25 – 7:00-8:00pm

St. Thomas of Villanova Parish Center – Rosemont

Facilitator: Dr. Ernie Sherretta

This study explores the always relevant ways God has transformed history and invites participation in them through praise, thanksgiving, and the many other ways Scripture teaches prayer. A special introductory session will present the ancient tradition of Lectio Divina – the 'holy reading' of the Scriptures.

Call 610-525-4801, ext 204 to register and reserve materials.

Symposium –

REBUILDING THE CATHOLIC CHURCH

Keynote Speaker: Bishop Geoffrey Robinson of
Sydney, Australia on

Confronting Power and Sex in the Catholic Church

Friday, May 16 – 8:00pm – Temple University,

Anderson Hall, 12th and Berks Streets, Philadelphia (parking available – see website)

Saturday May 17, 8:30am to 5:00pm

Joseph O'Callaghan Why Not Elect Our bishops?

David Efrogmson History - What Went Wrong & Why?

Christine Schenk Women of the Word, Women's

Paul Stanosz Leadership in the Early Church
 Formation and the Priesthood of
 Jesus Christ
Leonard Swidler Constitutional Catholicism
Robert Blain Kaiser How We Can Take Back Our Church

For ticket reservations: On the web: <http://www.arcc-catholic-rights.net> or call toll free 877-700-2722. Tickets to be picked up at the door.

Cost: \$10 covers both events, \$5.00 for students.

Thank you! Thank you!

Feed the Hungry Parish Ministry served several hundred dinners last Saturday night thanks to your delicious contributions of homemade meatloaf, potatoes, salads, desserts and sandwiches.

NATIONAL SHRINE OF ST. RITA OF CASCIA

Solemn Feast of St. Rita – Thursday, May 22, 2008

Mass, Blessing of the Roses & Veneration of St. Rita Relic – 8:00am, 10:00am, 12:00pm, 3:00pm, 5:30pm and 7:30pm.

Solemn Novena – May 13th to May 21st

Weekday Novena Masses and Confessions a half-hour before all Masses. Eucharistic Adoration Every Day –

For more information, call 215-546-8333.

PEACE AND JUSTICE COMMITTEE:

Bread for the World Offering of Letters 2008 campaign is all about pushing Congress for more and better poverty-focused development assistance funding. Poverty-focused development assistance includes long term investments in agriculture, education, clean water, microcredit, health and nutrition, and debt cancellation. This is the type of assistance that gives people in poor countries the skills and opportunities to break the cycle of poverty. This is also the type of assistance that can be tracked and effectiveness measured.

U.S. foreign assistance is spent on many things. About half of the foreign assistance budget goes to programs with a direct impact on the lives of hungry and poor people. In fiscal year 2008, total foreign assistance equaled \$32.9 billion. Poverty-focused development assistance equaled \$15.43 billion which is almost half. This is only 0.5 percent of the federal budget or about 0.17% of our Gross National Product (GNP).

While the U.S. gives the largest amount of official development assistance, we are near the bottom of the list of rich industrialized countries when we look at the percentage of our assistance in relation to our GNP. Much smaller countries like Sweden, Norway and the Netherlands give 0.8% of their GNP for official development assistance.

There are valid concerns about giving money to other countries. What about corruption? Will the people who are served have a voice in what happens? In the past sadly, aid sometimes ended up in the hands of corrupt leaders who lined their own pockets with riches at the expense of their citizens and often left them with strangling debt. This new type of poverty-focused development assistance requires a strong anti-corruption record from recipient countries. In countries with a record of corruption, aid agencies work through non-governmental organizations. Poverty-focused development assistance also empowers citizens to hold their own governments accountable for meeting the needs of the most vulnerable people through community organization.

To meet the commitments that the U.S. has made, we would need to increase what we spend on poverty-development assistance by \$25 billion. We are lagging behind because we have not been funding at the proper level. In order to achieve what we promised, the campaign is asking Congress for a funding increase of \$5 billion beginning with FY 2009.

While funding for poverty-focused development assistance programs for the world's most vulnerable people is the moral thing to do, it is also in our national interest to do so. Secretary of Defense Gates in a lecture (Kansas State University, Landon Lecture Series, 11/26/07) said, "military success is not sufficient to win: economic development, institution-building and the rule of law, promoting internal reconciliation, good governance, providing basic services to the people....these along with security are essential ingredients for long-term success....Funding for non-military foreign-affairs programs has increased since 2001, but it remains disproportionately small relative to what we spend on the military and to the importance of such capabilities."

ST. KATHARINE OF SIENA SIGNUPS

FOOTBALL AND CROSS COUNTRY SIGNUPS will take place on May 29th, 7:00-8:30pm, at St. Katharine's Parish Center. Cross Country for boys and girls, grades 1-8. Varsity and JV Football for boys grades 5-8. Registration can be mailed in prior to May 29th. Mail completed registration along with a check for all fees and equipment deposits to Mark Jones, 317 Midland Avenue, Wayne, PA 19087. The registration form can be downloaded on the website: www.stkatharineofsiena.org, then click Athletic Ministry and download registration.

STEWARDSHIP THANK YOU...

Project H.O.M.E.
1515 Fairmount Ave
Philadelphia, PA 19130
April 25, 2008

Dear Parishioners:

On behalf of the entire Project H.O.M.E. community, please accept my sincere thanks for your generous gift of \$1,939.38 from the Advent Giving Tree of the families served by the St. Elizabeth's Community Center. This amazing gift will directly assist the families of the St. Elizabeth's neighborhood to cover the costs of rising fuel bills for heating oil. Thank you for the beautiful Christmas gifts of clothing and coats.

We are grateful for your commitment to ending homelessness in our city and we understand that all of our efforts are made possible by the support of people like you. Once again, on behalf of all of us at Project H.O.M.E. as well as the men, women and children who directly benefit from the empowering service made possible by your generosity, thank you for your support.

Warmest regards,
Sr. Mary Scullion
Executive Director

P.S. Thanks so much for this generous gift and for all your support over the years. St. Thomas of Villanova is an important partner. Please know how deeply we appreciate all you do.

St. Thomas of Villanova
invites you to

join us for a 5 day/4 night trip
to the Beautiful Sights in the South
including the Biltmore in Asheville, NC
and The Monticello in Charlottesville, VA

Monday, September 8, 2008 to
Friday, September 12, 2008

Day 1 - Depart for a relaxing ride to the Hampton Inn

- Christiansburg, VA
- Day 2 - Arrive at the Hampton Inn, Asheville, NC for dining and dancing at "The Fiddlin Pig"
 - Day 3 - Trip to the Biltmore Home for a self-guided tour, lunch at the Deer Park Restaurant in the Biltmore
 - Day 4 - Trip to the Comfort Inn ,and visit the beautiful downtown Charlottesville, VA
 - Day 5 - Visit the home of Thomas Jefferson, The Monticello, and lunch at Michie Tavern before departing for return trip

This 5 day/4 night trip of fun, food and frolicking is estimated: Single-\$804 Double-\$599; Triple-\$523; Quad \$494. This trip includes 4 night hotel accommodations, 6 meals, baggage handling, all touring/admissions costs, tour escort, round trip transportation and driver's gratuity.

Please sign up ASAP, the trip can only take 47 people.
To reserve your spot, please call the parish center.

BROWN BAG LUNCH BUNCH will start again on Wednesdays in May.....

May 14, 21 and 28 after the 12:05pm Mass. Please join us in the Parish Center. We will be showing a Movie on May 14th "The Scarlet and the Black" (starring Gregory Peck) which tells the story of the Nazi occupation of Rome. Bring your lunch. Any questions, call the parish center.

PARISH NURSE MINISTRY

Building Strong Bones

Osteoporosis, characterized by low bone mass and structural deterioration of bone tissue, is a major threat for 44 million Americans or 55 percent of the people 50 years of age or more. Osteoporosis is often called the "silent disease" because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump, or fall causes a hip to fracture or a vertebra to collapse. Of the 10 million people estimated to have the disease, 2 million are men and 8 million are women.

Bone is a living, growing tissue. Because bones are constantly changing, they can heal and may be affected by diet and exercise. Until the age of about 30, you build and store bone efficiently. Then, around the age of 40, your bones naturally begin to break down faster than new bone can be formed. Women lose bone after menopause when estrogen - the hormone that protects against bone loss - is no longer produced. Luckily, you can offset these losses and help build healthy bones. Here are some suggestions to help you as you age:

1. Keep track of your nutrients. Most important is calcium, which builds bone. Vitamin D, a close second, promotes calcium absorption. Three daily servings of low-fat milk, yogurt, cheese, cottage cheese, goat cheese or Lactaid and soy milk (for lactose intolerance) supply plenty of both nutrients. Another easy suggestion is to add nonfat powdered milk to homemade smoothies, cookies, breads or muffins, soups, or casseroles. A single tablespoon of nonfat powdered dry milk adds 52 mg of calcium. Non-dairy foods high in calcium include:

- sardines and salmon
- dark green, leafy vegetables such as broccoli, bok choy, and spinach
- almonds and sesame seeds
- calcium-fortified orange juice, cereals, breads and butter

Recommended Calcium intake for both men and women

Age	Amount of mg/day
Birth	210
6 months - 1 year	270
1 - 3 years	500
4 - 8 years	800
9 - 18 years	1300
19 - 50 years	1000
51 - 70 years and older	1200

2. Consider supplements. Calcium carbonate in popular antacids and supplements are less expensive than calcium citrate and calcium phosphate, but must be taken with meals to be absorbed.
 3. Get regular exercise. Give your bones a workout by walking, hiking, weight training, tennis or dancing! "Weight bearing" exercise is the best because it forces you to work against gravity, strengthening bones.
- Source: National Osteoporosis Foundation and Independence Blue Cross Update, Spring 2008

Main Line Health and Bryn Mawr Hospital are offering a free healthcare seminar for all women - "Old Jeans to New Genes - Healthcare to Fit Your Style" - at the Villanova Conference Center on Monday, May 19, 2008 from 8:30 to 2 pm. Registration at 1-866-225 -5654 is required.

NEW EMAIL ADDRESSES FOR STV STAFF:

Fr. Rich	stvpastor@verizon.net
St. Anne Marie	stv.p.care@verizon.net
Karen Farley	stvbus.mgr@verizon.net
Anne Murphy	stvservice@verizon.net
Rosemary Morse	stvliturg@verizon.net
Ernie Sherretta	stvrel.ed@verizon.net
Helen Savini	stv.savini@verizon.net
Patty Greenhalgh	stvweddings@verizon.net
Debbie Moreno	stvnurse@verizon.net
Welcome Committee	stvwelcome@verizon.net
Peggy Law	stv.admin@verizon.net
Kathy Roethlein	stvoffice@verizon.net
Youth Ministry	stvyouth@verizon.net
Mary Kurek	mary.kurek@stvpreschool.org

STEWARDSHIP THOUGHT:

Recently, a parishioner learned that they are eligible to receive the tax rebate as part of the federal pro-growth package. They were surprised by this because they did not expect it, and do not need it. They decided it would be best used if it was given to someone who could really use it. They gave it to a charity that would use it for someone in need.
Just a thought....

Thank you! Catholic Relief Services appreciates your faithful actions of prayer, fasting, learning, and giving through Operation Rice Bowl. You have made a positive difference in the lives of our brothers and sisters around the world who struggle with poverty and hunger.

STEWARDSHIP GRANT REFLECTION

Gibons Mbizvo
Spring 2008

On the 1st of March 2008, we were blessed by going to New Orleans and Slidell to witness the dilapidating effects of Hurricane Katrina which struck the Southern Coast of the United States on August 28, 2005. We left Villanova on Saturday Morning, March 1st, and we were a group of 17 Villanova students with one oversee – the Campus Ministry Advisor – Lianni. The Evangelical Lutheran Church was kind enough to offer us accommodations and food during our eight day visit. Since we had no experience whatsoever and therefore lacked the know-how to build a house, we partnered with the East St. Tammany Habitat for Humanity charity organization and effectively helped develop homes.

On Sunday afternoon, we went to the Gause Boulevard Catholic Church which was a very different experience compared to our own Villanova Parish church. Everybody was happy to see us and I enthusiastically joined the gospel choir which sang pleasant songs. Our group had a great time going on a swamp tour, bowling at a Rock in Bowl with a live Jazz band, going to a great gospel singing Catholic Church, visiting the French Quarter and meeting other volunteer groups from Maine and Boston – as well as working with Habitat and meeting families. Seeing the 9th Ward area and meeting families who survived the storm was an eye opening, painful (heart breaking) and also inspiring experience to

optimists. Before going down there, I was drawn to this specific trip because I wanted to get the truth not second hand information which will assist me in the future as a leader in making decisions and also understanding how ignoring a phone call is detrimental to other people's lives. We watched documentaries, researched and reflected on how the situation was handled at that time of occurrence and how it has been handled ever since. One very important lesson we learned is that although the areas around New Orleans are being rebuilt – it is all moving too slowly and there is virtually no guarantee that there is not going to be another storm. The only permanent way to resolve the issue is to construct the levees since they can prevent the area from being 20 feet underwater again. There are still homes that are badly damaged, falling apart, and roofs still torn off. There are families living in neighborhoods where only about 2-3 homes are still livable while all the rest have either been torn down or still remain as the "standing corner pillar" of the once glorious vibrant predominantly black 9th Ward community of about 16,000 happy residents. We could paint a stark picture of how the levees broke and the catastrophic sequential events that followed all the helpless residents who could not do anything to prevent their homes from being leveled to the ground, swallowed and swept away by the gigantic flood. Only three homes out of thousands in the area were being developed in what I would call the "dangerous zone," the real vortex of trepidation and source of global controversy which unearths the gross U.S. inequalities, segregation and negligence which are still far from being abolished.

We started doing the actual "Habitat job" on a Monday morning. Everybody would get up at 5:50am and we would make sure that we are ready to jump into the cars by 6:30am and get to the assembly point by 6:50am. On the first day, we had to wait for a long time because the supervisors were disbursing important information on how to use the tools and how safety comes first in industry and other very high risk jobs. After a while, we were all equipped with the necessary know-how on how to build a house and we were sent off. We worked as the Villanova group on four houses – two were still foundations and the other two just had walls and required roofs. We lifted the trusses whilst other fellow 'workers' nailed them to form the roof. It was a real division of labor and close co-operation that got the job done! The other crew was busy putting the wood onto the trusses and finally the tiles. The hardest and most risky of all the jobs was lifting the heavy trusses onto the roof using our own human mechanical power. So this was our normal routine on a daily basis and our day would end around 4:00pm and then we would rush back to clean up ourselves, get food and get ready for a reflection – which was always very emotional. There were other days when it was too wet and we could not get on the roof so we would go pour concrete onto the foundation on a very cold day. Also the concrete was not a joke but really heavy! In the evenings, our reflections would stretch from about 7:00pm until 11:30pm and everyone would really be tired afterwards and the next thing that they would want to do is to go have a restful sleep preparing for the next challenging day.

Of the two houses we were working on, one was allocated to a mother named Jessica who had three beautiful children. She is one of the survivors of the natural intimidation! While their family is doing well, the storm ravished almost everything they possessed. They lived in a FEMA trailer for a year until her daughter kept getting sick due to the walls of the trailer. At present they stay with Jessica's mother and have recently been approved for a Habitat Home. Jessica spoke to us about losing her pictures and that since all of the pictures were destroyed, her childhood has been erased. However, she had a very strong character and was filled with so much hope. Although life after the storm has been unfair, difficult and heartbreaking, the faith of her and her husband has been increased and she feels like she has a better grasp on what is important to life now.

In the end, our souls were enriched and satisfied. I am sure everyone concluded that this world is very unfair! Is there really a way of succeeding without being unvirtuous? Our world seems to be preaching what we do not practice. It seems that very few less influential groups only are selflessly determined to make a difference. In the end, we are the only hope and it is really up to us to make the much needed difference. We are the future leaders and everyone will definitely look up to us. As someone coming from Zimbabwe, I had much more perceptions pertaining how the situation in Louisiana was handled but now I understand that there are very poor people in the United States as well. As we continue to get more and more billionaires in the U.S., the more income for the poor people shrinks. The poor get more and more impoverished and there will even be more campaigns to eradicate poverty. I suggest education of the people as the only solution to solve such a dilemma.

DO YOU HAVE A PROBLEM WITH FOOD? Bingeing,

starving, anorexic behavior, failed diets, bulimia, excess weight and unhappiness with your body can all be signs of food addiction. Overeaters Anonymous (OA) is a program for men and women who have a problem with food. Based on the 12 Steps of Alcoholics Anonymous, OA deals with the physical, mental, and spiritual ramifications of food addiction. The program is free and open to all. Check it out on Wednesday's, 7:30 - 8:30pm in the St. Thomas of Villanova Parish Center. If you have any questions, please call the parish center.