

Catholic Community at Stanford



Catholic Community at Stanford

P.O. Box 20301, Stanford University, Stanford, CA 94309

<http://catholic.stanford.edu/>

main office: 650-725-0080

For emergencies, call 650-723-8222, pager #17736

Sunday Mass October 14, 2012

10:30am Tresidder Oak Room

4:30pm Memorial Church

10pm Memorial Church

Daily Eucharist

M - W - F 12:20pm Memorial Church

T - Th 12:20pm Old Union Sanctuary

Confessions

Tuesday 1:30-2:30pm and 9-10:30pm

Old Union, 3rd Floor, 304 or 305

or by appointment: call 725-0080

Marriage

To arrange a Catholic Wedding, call the wedding coordinator at Memorial Church at 650-723-9531.

Infant Baptisms

Baptism is celebrated once per quarter. For more information, please visit <http://catholic.stanford.edu/baptisms/eligibility.html> or contact Teresa Pleins tpleins@stanford.edu.

Baptisms for the 2012-2013 academic year:

November 4, 2012

January 13, 2013

May 5, 2013

The **mission** of the Catholic Community at Stanford (CC@S) is to develop and form well educated, passionate, and faithful Catholic leaders in order to bring positive change to their disciplines, communities, Church, and world.

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Religious Ramblings

COME, HOLY SPIRIT, COME!

MASS OF THE HOLY SPIRIT

OCTOBER 14, 2012

Today we celebrate the beginning of the academic year at Stanford with our annual Mass of the Holy Spirit, a long-standing tradition at Catholic colleges and universities. Originating in the Middle Ages with the founding of the great European universities, this special Mass recognizes the Holy Spirit as the source of true wisdom and as the perfect fount of inspiration, to whom students might turn for assistance throughout the school year as they take up their studies. This custom, long observed in Catholic universities, has been adopted by Catholic chaplaincies to secular universities where they maintain a presence for the Catholic students. Catholic students at Stanford University have had a Catholic chaplaincy presence since 1903 when only about 4% of Stanford's student body was Catholic. At that time, a small group of students formed the Montgomery Club, which eventually became the Newman Club in 1929. Why a "Newman Club"?

Most Catholic campus ministries call themselves Newman Centers, or some way invoke the great Cardinal Newman as their patron. John Henry Newman, was originally a well-known intellectual, writer, educator and priest in the Church of England. In 1845 Newman left the Church of England and was received into the Roman Catholic Church. In recognition of his writing and his leadership in the Catholic intellectual tradition he was made a Cardinal by Pope Leo XIII. It is for his contributions to the field of Catholic higher education that Catholic groups at universities are named in his honor. These "Newman Centers" provide pastoral services and ministries to Catholics at non-Catholic universities.

The "Newman Center" at Stanford had its ups and downs over the years; the university's good relationship with Archbishop Hanna (1915-1935) was tested by Archbishop Mitty's (1935-1961) lack of enthusiasm for Catholic students' attendance at secular universities. Nonetheless, Catholics made up almost 14% of the university population in 1940, and that number surged after World War II. A new obstacle arose in 1946 when University President Donald Tresidder attempted to implement a very strict interpretation of the non-sectarian clause in the founding grant. As a result, Catholics and other denominations lost their right to meet at a campus site they had used since 1915, and other options were curtailed as well.

This led the archdiocese of San Francisco to purchase a large property in Palo Alto, which provided space for meetings. Claire Booth Luce, whose daughter Ann was killed in 1944 in a car accident during her senior year at Stanford, generously donated money for the design and building of a chapel on this property where Masses could be held beginning in 1951. Known as St Ann's, this thriving community attracted a dynamic congregation of students, faculty and local community members, and fostered lively liturgies and loyal participation over the next thirty years.

However, the need to make Mass more accessible to students living a mile away on campus led to renewed efforts on the part of the Catholic chaplains and other campus religious groups to secure changes to the founding grant and enable the reinstatement of Masses on the campus. The first Catholic Mass in Memorial Church took place in 1966, on a Sunday at 4:30, a time we have maintained since then. The need for programming aimed specifically for the student population led to the hiring of a priest especially for campus ministry. As the ministry grew, it was clear that we needed the campus ministry expertise of religious orders who had extensive experience in a student setting,

The Jesuits, and later the Dominicans, were asked to assume the responsibility for Stanford's program. The Clubhouse of the Old Union became a hub of ecumenical activities; religious groups came together as Stanford Associated Religions under the auspices of the Office for Religious Life. At this time we were requested by the Office for Religious Life to identify ourselves as The Catholic Community at Stanford, in order to make our mission clear to the university as a whole. Although the title "Newman Center" has been dropped from our official name, the spirit of Cardinal Newman lives on in our hearts and in our programming. Our recently inaugurated Tuesday night offerings in theological and ecclesial studies are called Newman Nights.

Today, this thriving Catholic Community at Stanford has become its own parish, so designated in 1997 by Bishop Pierre DuMaine of the San Jose Diocese to which we belong. With three Sunday Masses and a host of events in our new space on the third floor of the Old Union, we hope to which foster spiritual enrichment, theological development and fellowship for a variety of interest groups and ages, from undergrads to permanent community members. For a more complete history of the Catholic Community at Stanford, visit our website.

And so, on this day we thank the Spirit for the continued guidance and care of our Catholic Community at Stanford, and pray for God's Wisdom to sustain us as individuals and as a community by reflecting on a poem from a late Stanford English Professor and Catholic convert:

THE BEGINNING OF WISDOM

You have brought me so far.

I know so much. Names, verbs, images. My mind
overflows, a drawer that can't close.

*

Unscathed among the tortured. Ignorant parchment
uninscribed, light strokes only, where a scribe
Tried out a pen.

*

I am so small, a speck of dust
moving across the huge world. The world
a speck of dust in the universe.

Are you holding
the universe? You hold
onto my smallness. How do you grasp it,
how does it not
slip away?

*

I know so little

*

You have brought me so far.

--Denise Levertov, from *Sands of the Well*

GENERAL COMMUNITY ANNOUNCEMENTS

There will be a Community wide reception today, October 14, after the 4:30pm Mass, behind Memorial Church.

NEWMAN NIGHTS:

In Many & Various Ways: Unity & Diversity in the New Testament. Oct 16, 2012 - 7:30 pm

This fall we are launching a new faith formation series called "Newman Nights." Each Tuesday evening gathering we will offer presentations on the breadth and depth of Catholic Theology. Newman Nights are open to the entire community with special break-out sessions for RCIA, Confirmation, permanent community members, and students. Our speaker on Tuesday is Dr. Jean-Francois Racine, Jesuit School of Theology.

Mass in Spanish:

We will be celebrating our monthly Mass in Spanish next Sunday, Oct. 21, at 3:00 p.m. in the side chapel of Memorial Church. All songs and prayers are in Spanish. Fr. Stasys will be the presider and is looking forward to connecting with the Spanish-speaking members of our community. If you would like to serve as a eucharistic minister, lector, or musician for the Mass, please contact Teresa, tpleins@stanford.edu.

Baptisms:

Fall Quarter baptisms will be held Sunday, Nov. 4. There is a required parent class on Saturday, Oct. 27, 10-11:30 a.m. Baptisms are celebrated for all registered community members. Please contact Teresa, tpleins@stanford.edu for more information as soon as possible.

Interested In Getting Confirmed?

Didn't get confirmed in High School? Didn't feel that you wanted to be fully Catholic till this year? How about this year? NEWMAN NIGHTS answers the needs for Adult Confirmation. Classes begin immediately--October 2nd, 7:30-9:00pm, in the Common Room of Old Union. The program consists of 3 classes in the Fall Quarter, 10 sessions in the Winter, and 3 in the Spring. For more information, contact Fr. Isaiah.

Baptism Reunion Coming!

If you have had a child baptized at Stanford in the past, we'd love to have you attend our first-ever BAPTISM REUNION. Sunday, October 21, noon-naptime, Sharon Heights Park. Bring a picnic lunch and see how much all the babies have grown! For an invite and directions, contact Teresa, tpleins@stanford.

Reading Group:

We meet THURSDAY Oct. 18th at 7:30pm at the Gelpis' house on campus (870 Tolman Drive) to discuss T. S. Eliot's verse drama "The Cocktail Party," a social comedy that deepens into a play about sin and salvation. All are welcome to join the conversation.

Friday Prayer Group:

"One-Friday-morning-a-month" prayer group meets at Old Union on campus. All are welcome! If interested call Jo Owen (650) 529-1105 for more details.

Podcast of CCAS:

Catholic cardinal Reflections is a weekly podcast of homilies and theological reflections given by the staff and guests of the Catholic Community. These are oftentimes recorded at the 4:30 Mass. If you would like to take the message of the Gospel where ever you go, subscribe to Catholic Cardinal Reflections through catholic.stanford.edu or iTunes. For more information, please contact Fr Isaiah.

Religious Education for Children, Registration Info:

Our religious education program for children ages 3-13 is accepting enrollment through October. The program is Montessori-based and centered on scripture, prayer, and liturgy. Sessions meet Sunday mornings. For more info, contact Teresa, tpleins@stanford.edu as soon as possible.

Liturgical Ministries:

We welcome all community members to our liturgical ministries of lector, eucharistic minister, greeter, altar server, choir singer, instrumentalist. Upcoming training sessions are as follows:

Lectors: Mon, Oct. 15, 7:30-9:00pm,
OR Sun, Oct. 21, 5:45-7:15pm.

Choir Singers & Instruments:

Wed, Oct. 26, 8-10:00pm and continuing on Wednesdays for singers, OR Sunday evenings, 8:30pm for our late night choir

Altar Servers and Greeters: arranged on individual basis

Late-Night Mass Set-up Team: contact me for info.

Teresa, tpleins@stanford.edu.

Daily Rosary and Weekly Eucharistic Adoration:

All undergrads, grads, and permanent community members are invited to pray the Rosary with the Catholic Community at Stanford. We pray every night in the Sanctuary on the 3rd floor of Old Union at 10 pm, except for Sundays, when we pray at 9 pm. On Tuesday nights, we pray in front of the Blessed Sacrament at the same location. Eucharistic Adoration is available from 9 - 10:30 pm, and the Sacrament of Reconciliation is also available throughout this time. Whether you come just once a quarter or every night, we'd be happy to share this prayerful time with you. If you have any questions, email Margaret Koehler at mkoehler@stanford.edu.

Catholic Men – get ready to be inspired:

Join Catholic men from around the Bay Area for the 6th Annual East Bay Catholic Men's Conference, Saturday Nov. 3 at St Francis of Assisi Church in Concord. Be encouraged, challenged, and inspired to live your faith more deeply by nationally prominent speakers including radio star and author Patrick Coffin, diocesan priest Father Kenneth Nobrega, and President of the Dominican School of Philosophy & Theology, Father Michael Sweeney. OP. Cost is \$45 for the day, and includes lunch – early registration discount is available. Mass and confessions will be offered – fathers are encouraged to bring their sons. Go to www.eastbaymen.org or ehopfner@oakdiocese.org for more information or to register.

Korean Catholic At Stanford (KC@S):

KC@S is a catholic community for Korean at Stanford University representing a number of undergraduate and graduate students, post-doc, and research fellows. KC@S promotes various religious events during the academic year to grow in faith and serve the Lord. This autumn quarter we are going to hold New Student Welcome Party, Weekly Lunch Meeting, and Weekly Prayer Meeting every Friday. For more information, contact Eun-Soo at eschoi@stanford.edu

Companions for Special Kids:

We are looking for 4 companions to accompany two boys with special needs during our children's religious ed program on Sunday mornings. Your ministry would involve helping them understand work, praying with them, and forming a relationship with their families. Contact Teresa if you have questions and feel called to this loving ministry, tpleins@stanford.edu.

GRADS

Grad Bible Study:

Sundays at 6:30pm. All are welcome to a grad student Bible study. Meet at Chiara's in Escondido Village building 128, Apt 104 at 6:30pm. Join the list at catholic_grad_bible_study@lists.stanford.edu.

Catholicism 101:

Join us on Mondays for Catholicism 101, a forum for graduate students and young adults that fosters community and open discussion of relevant issues impacting Catholics. We meet at 7:00pm in the Escondido Village Center, 140 Comstock Circle. It is attached to the Rainbow Nursery School. A light dinner will be provided. For more information, contact Lourdes, lalonso@stanford.edu.

Upcoming Topics include:

- Oct 15** I will give you rest:
The Gift of the Sabbath in a Workaholic Culture
- Oct 22** What is a Deacon? - Deacon. John Kerrigan
- Oct 29** Lives of the Saints - Fr. Nathan

-Announcements for October 14, 2012-

Weekly Readings

Monday, October 15
Gal 4:22-24, 26-27,
31-5:1
Ps 113:1b-2, 3-4, 5a, 6-7
Lk 11:29-32

Tuesday, October 16
Gal 5:1-6
Ps 119:41,43,44,45,47,48
Lk 11:37-41

Wednesday, October 17
Gal 5:18-25
Ps 1:1-2, 3, 4, 6
Lk 11:42-46

Thursday, October 18
2 Tm 4:10-17b
Ps 145:10-11,12-13,
17-18
Lk 10:1-9

Friday, October 19
Eph 1:11-14
Ps 33:1-2, 4-5, 12-13
Lk 12:1-7

Saturday, October 20
Eph 1:15-23
Ps 8:2-3ab, 4-5, 6-7
Lk 12:8-12

Sunday, October 21
Is 53:10-11
Ps 33:4-5,18-19,20,22
Heb 4:14-16
Mk 10:35-45

Next Spanish Mass - Sunday October 21 - 3pm

Volunteer Opportunities

St. Anthony's Soup Kitchen:

The Catholic Community at Stanford is committed to serving the needy, elderly and homeless at St. Anthony's Soup Kitchen in Menlo Park. If you are interested in volunteering on Saturday October 27th, Saturday November 3rd or Saturday November 24th from 8:30 until 1:00pm, please contact Michael Bova at mpbova2001@yahoo.com to have a volunteer position reserved for you. In general, the CCAS has the first and fourth Saturday's of the month reserved for us at St. Anthony's. So plan your schedules in advance, follow the example of Jesus, and please join us in helping those in need.

Volunteers Needed for St. Anthony's Soup Kitchen on Thanksgiving Day: Thursday, November 22, 2012

The Catholic Community at Stanford (CCAS) is committed to serving the needy, elderly and homeless at St. Anthony's Soup Kitchen in Menlo Park. If you would like to volunteer on Thanksgiving Day - Thursday, November 22nd on the Setup Shift (8:30am - 11:30am) and/or the Serving Line Shift (11:30am - 2:30pm) please contact Peter Barling at peter_barling@hotmail.com to have a volunteer position reserved for you. Transportation from campus can be arranged! This is a popular volunteering opportunity with a very limited number of volunteer position available to CCAS so please reserve your spot no later than October 31st. Note: Children who volunteer must be at least 16 years of age!

Volunteering in the Hospital Chaplaincy:

Would you be interested in bringing Holy Communion to Catholic patients in the Stanford Hospital several times a month, on the days of your choice? Take advantage of the forthcoming training for Hospital Chaplaincy volunteers. Our Community actively supports this program. Many volunteers from CC@S already participate in this ministry, and Fr. Nathan and Fr. Isaiah are frequently on call for emergency spiritual care needs of the patients. The training for new volunteers, organized by the Stanford Hospital, will be held on Saturday, October 20, from 9 am to 5 pm. One-year commitment is expected (or one-school-year if you are a student). To learn more about this ministry, and to get info on how to sign up, please write to CC@S member, Harv.Galic@gmail.com

Week at a Glance

Sunday, October 14, 2012

- 10:30 am - Tresidder Oak Room
- 4:30 pm - Memorial Church
- 10 pm - Memorial Church

Monday, October 15 - Friday, October 19

- Office hours (Tues - Fri) 10am - 3pm

Daily Liturgy:

M - W - F 12:20pm Memorial Church
T - Th 12:20pm Old Union Sanctuary

Confessions

Tuesday 1:30-2:30pm and 9-10:30pm
Old Union, 3rd Floor, 304 or 305
or by appointment: call 725-0080

UNDER GRADS

Give Thanks in a Special Way:

You are invited to apply for the Fall Service Trip where we will spend three days serving with the St. Therese Center in Las Vegas. We will help with all aspects of a Thanksgiving food drive and distribution to people affected by HIV/AIDS. The trip is only three days and you will be home in time to celebrate Thanksgiving. Contact Lourdes, lalonso@stanford.edu for an application.

Calling all Catholic Undergrad Women:

Join us for a new women's group to form a community of women seeking Christ and striving to grow closer to Him and to each other. This quarter we're focusing on a different women of the Bible and the positive impact they can have on our lives. Meetings will be Thursdays at 7:30 pm in Granada 203. Contact Megan O'Brien (meobrien@stanford.edu) or Isabel Lopez (imlopez@stanford.edu)

Save the Date for the Fall Retreat, November 2-4,

YOUNG ADULTS

Dinner at Pluto's:

Tues. Oct. 16th at 7:30pm, 482 University Ave., Palo Alto
The Young Adult group meets for its monthly social gathering. Please confirm your attendance on our Facebook Page "Young Adult Circle" or contact us at yacircle@gmail.com.

Young Adult Mass and Halloween Dinner Party:

Tues. Oct. 30th at 7:30pm, St. Simon Church, 1860 Grant Rd, Los Altos. The Young Adult Circle will be gathering for our annual Halloween Mass followed by a Halloween themed dinner party. This is one of our more popular annual events. If you have questions or would like more information on the Mass, please contact us at yacircle@gmail.com.

Young Adult Bible Study:

Tues. Nov. 6th at 7:30pm, Our Lady of the Rosary, 3233 Cowper St, Palo Alto. Over the next several months, we are going to focus on some common questions we face as Christians. The topic this month is "Catholic Capstones to Christian Apologetics". We meet regularly on the first Tuesday of each month and we welcome you to join us!

For more info, see our website, www.YoungAdultCircle.org, check the Facebook Fan Page "Young Adult Circle", or contact us at yacircle@gmail.com.

More Announcements



MASS OF THE HOLY SPIRIT

OCTOBER 14, 2012

Gathering Send Out Your Spirit D. Haas

Come Lord Je-sus, send us your Spir-it, re-new the face of the earth. new the face of the earth.

VERSES:

- Come to us, Spir-it of God, breathe in us now
- Fill us with the fire of your love, burn in us now
- Send us the wings of new birth, fill all the earth with the

- we sing to-gether Spir-it of hope and of Light
- bring us to-gether Come to us, dwell in us, change our
- love you have taught us let all cre-a-tion, now be

to Refrain

- fill our lives
- lives, oh Lord, come to us, Spir-it of God.
- sha-ken with love

Verse 3
3. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

First Reading Wisdom 7:7-11

I pleaded, and the spirit of wisdom came to me. I preferred her and deemed riches nothing in comparison with her.

Psalms 103 Our Help Is the Name of the Lord B. Hurd

REFRAIN: All

Our help is the name of the Lord, faith-ful and true till the end of time.

Second Reading Hebrews 4:12-13

The word of God is sharper than any two-edged sword, discerning reflections and thoughts of the heart.

Gospel Acclamation From Age to Age DeSilva

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Gloria Mass From Age To Age C. DeSilva

Glo - ry, glo-ry to God, glo-ry to God in the high-est,
glo - ry, glo-ry to God, and on earth peace to peo-ple,
peo - ple of good will. and on earth
peace to peo-ple, peo - ple of good will.

Verse 1
1. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Verse 2

2. Lord Je - sus Christ, On-ly Be - got - ten Son, Lord God, Lamb of God, Son of the Fa - ther, you take a - way the sins of the world, have mer - cy on us; you take a-way the sins of the world, re-ceive our prayer; you are seat - ed at the right hand of the Fa - ther, have mer-cy on us.

Gospel Mark 10:17-30

Jesus told a young man, "Go, sell what you have, give to the poor, and follow me."

Apostle's Creed

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God,
the Father almighty;
from there he will come to judge
the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

Offertory For Peace Oosterhuis / Oomen

Far too late have I begun to love you;
 beau - ty, you are so old and yet so new.

- 1) Far too late have I begun to love you; you were there within me, I was outside, and I sought you, seeing blindly just beyond myself; and poured away like water, I took flight from you and I was lost, surrounded by such beauty which is not you.
- 2) Then you called and cried aloud to me, breaking through the silence of my deafness, Dazzling brightness, you appeared to me, and at once you put to flight my blindness. Drawing deep, I smell your fragrant presence, still I gasp for breath and long for you. Since I tasted you I only thirst and hunger after you. How, with a simple touch, your fire consumes me. Now my heart, aflame and blazing, leaps to you for peace.

Sanctus Mass From Age to Age de Silva

Ho - ly, Ho - ly, Ho - ly, Lord God of
 hosts. Heav - en and earth are full of your
 glo - ry. Ho - san - na in the high - est. Ho - san - na, ho -
 san - na, ho - san - na in the high - est. Bless - ed is he who
 comes in the name of the Lord. Ho - san - na, ho -
 san - na, ho - san - na in the high - est. Ho - san - na, ho -
 san - na, ho - san - na in the high - est.

Memorial Acclamation: Mass From Age To Age

When we eat this Bread and drink this Cup, we pro -
 claim your Death, O Lord, un - til you come a - gain.

Amen Mass From Age To Age DeSilva

A - men, a - men, a - men.
 A - men, a - men, a - men.

Lamb of God Mass From Age To Age DeSilva

Lamb of God, you take a-way the sins of the
 world, have mer - cy on us, Lamb of God. Lamb of
 God, you take a-way the sins of the world, have
 mer - cy on us, Lamb of God. Lamb of world,
 grant us peace, grant us peace, grant us peace.

Communion Blest Are They D Haas

Re - joice! and be glad!
 Bless - ed are you, ho - ly are you, Re -
 joice! and be glad! Yours is the
 king - dom of God!

Communion Wisdom, Wisdom Lori True

Wisdom, wisdom, be attentive!
 Wisdom, wisdom open our hearts!

In our conflicts and chaos, in our struggles and strong wills,
 In our pride and our passion, O, wisdom, open our hearts.

In all of our doubting, in all of our choosing,
 In all of our searching, O, wisdom, open our hearts.

When we're tired and closed minded,
 When we think we're the wiser,
 When we can't hear you calling, O, wisdom, open our hearts.

In the wake of our morning, in the rush of our daytime,
 In the quiet of evening, O, wisdom, open our hearts.

Let your Word dwell within us, let your good news inspire us,
 Let your gospel truth shape us, O, wisdom, open our hearts.

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Refrain

We are the light, light of the world
shin-ing for the world to see! We are the light,
light of the world shin-ing for the world to see!

Verses

1. Dark-ness grow-ing ev - 'ry - where,	hid - ing in the light!
2. Some-one calls us each by name,	know-ing our dis-guise,
3. Lis - ten to that still, small voice	call - ing us to life,

to Refrain

1. How can our hope en - dure this end-less night?	γ
2. to hear and act in faith, to re - al - ize that	
3. to make a con-scious choice to live in Christ.	γ

Prop 34:

Stanford Students for Abolition of the Death Penalty are working on Proposition 34 to replace the death penalty in California with life imprisonment without the possibility of parole. We are seeking volunteers to help call voters give them facts about Prop 34 and encourage them to vote yes. We are hosting phone banks on Wednesday and Thursday nights from 6-8:30 at the Law School in Room 290. Students, faculty, staff and permanent community members: please join us in advocating for life! If you have any questions, contact Kristen Bell at kbell05@stanford.edu.

Religious Life Discernment Retreat:

Dominican Sisters of Mission San José, Friday-Sunday, November 9-11, 2012. Friday 6 PM-Sunday 2pm. Free Will Offering. 43326 Mission Blvd (entrance on Mission Tierra Pl), Fremont, CA 94539. RSVP by Monday, November 5, 2012 at vocations@msjdominicans.org or call 510 933-6335

Vallombrosa Center is pleased to offer the following events:

November 3, 2012: Engaging the Heart/Marriage Preparation

November 10, 2012: Exploring Mind-body Skills for Stress Reduction: A Workshop led by Cynthia McDonald, Ph.D.

Explore the power of the mind-body connection. In this half day, 8:30 am – noon, hands-on workshop Dr. McDonald will discuss some of the research around simple and proven techniques that activate the relaxation response such as guided imagery, breathing techniques, mindful awareness, and simple forms of meditation. Dr. McDonald will also offer practical suggestions and teach you how to integrate these tools into your daily routines so you can truly “take a break” anytime, anywhere. Cynthia McDonald, Ph.D., holds a doctorate in Transpersonal Psychology and has over 18 years of combined experience in teaching, mind-body skills coaching, counseling, guided imagery, hypnosis, group facilitation, and spiritual coaching. The cost of the workshop is \$20.00 per person, includes coffee and scones.

Join Our Living Faith Society:

Become a CC@S Living Faith Society member by donating a set amount each month on a predetermined day. You no longer need to remember to bring money to Mass! By joining LFS, not only are you supporting your Stanford Catholic campus ministry, but you will also receive the Living Faith devotional each quarter, a devotional that provides a different scripture verse and short meditation for each day of the year. Join today:



If you suspect financial mismanagement or misconduct in your parish or in the Diocese of San José, please contact: EthicsPoint: dsj.ethicspoint.com or hotline telephone number 1-888-325-7863. Teresa Conville, 408-983-0241 or email:tconville@dsj.org.

More Announcements