

St. Benedict the Moor Catholic Church

Parish Newsletter

Volume 1, Issue 4

October 2008

Upcoming Events:

Oct

18th 3:45 p.m. Confession
19th **Mission Sunday**
20th 11 a.m. Prayer Group/Rosary
22nd 7 p.m. Bible Study
23rd 6:30 p.m. Mass / 7 p.m. Choir
25th **9:30 a.m. Men's Group**
25th **11:30 a.m. Diabetic Support Grp**
25th 3:45 p.m. Confession
27th 11 a.m. Prayer Group/Rosary
29th 7 p.m. Bible Study
30th 6:30 p.m. Mass / 7 p.m. Choir

Nov

1st **All Saints' Day**
1st 9 a.m. Leisure Club Bkft/Rosary
1st **9:30 a.m. Parish Council Mtg.**
1st 3:45 p.m. Confession
2nd **All Souls Day**
3rd 11 a.m. Prayer Group/Rosary
4th **6:30 a.m. – 7:30p.m. Election Day**
5th 7 p.m. Bible Study
6th 6:30 p.m. Mass / 7 p.m. Choir
8th 3:45 p.m. Confession
10th 11 a.m. Prayer Group/Rosary
12th 7 p.m. Bible Study
13th 6:30 p.m. Mass 7 p.m. Choir
14th **6 pm Social Action**
15th 3:45 p.m. Confession
15th **12N-8p.m. KPC Fish/Chick Fry**
17th 11 a.m. Prayer Group/Rosary
19th 7 p.m. Bible Study
22nd **9:30 a.m. Men's Group**
22nd **11:30 am Diabetic Support Grp**
22nd 3:45 p.m. Confession
23rd 11 a.m. Prayer Group/Rosary
26th **7 p.m. Thanksgiving Day Mass at St. Charles**
29th 3:45 p.m. Confession
29th **7-9 p.m. Youth Dance**
30th **1st Sunday of Advent**

Dec

1st 11 a.m. Prayer Group/Rosary
3rd 7 p.m. Bible Study
4th 6:30 p.m. Mass / 7p.m. Choir
5th **9 p.m. -1a.m. Annual Hol Dance**
6th 9 a.m. Leisure Club Bkft/Rosary
6th **9:30 a.m. Parish Council**
6th **10 a.m. – 4: 30 p.m. Day of Reflection**
6th 3:45 p.m. Confession
7th **2nd Sunday of Advent**
8th 11 a.m. Prayer Group/Rosary
10th 7 p.m. Bible Study
11th 6:30 p.m. Mass / 7 p.m. Choir
13th 3:45 p.m. Confession
14th **3rd Sunday of Advent**
15th 11 a.m. Prayer Group/Rosary
17th 7 p.m. Bible Study
18th 6:30 p.m. Mass / 7 p.m. Choir
20th 3:45 p.m. Confession
21st **4th Sunday of Advent**
22nd 11 a.m. Prayer Group/Rosary
24th 7 p.m. Bible Study
24th **Midnight Mass**
25th **10:30 a.m. Mass**
27th 3:45 p.m. Confession
29th 11 a.m. Prayer Group/ Rosary
31st **New Year's Eve**
1st **2009 New Year's Day – Mass 10:30 a.m.**

Peace Garden Dedication



On Tuesday, September 30, 2008, the Peace Garden at the Homewood campus of Mary Queen of Peace was dedicated and blessed with a prayer service led by Fr. Del Staigers, pastor of Corpus Christi, Our Lady of Mercy and Queen of Martyrs Parishes and 7th grade students. This dedication completed the work begun almost a year ago by Ms. Cynthia Cathcart,

6th grade teacher and the recipient of an Archdiocesan Innovative Teaching Grant.

The centerpiece of the garden is a 4 foot tall Peace Pole, donated by Mr. and Mrs. Obie Nicolini. It is surrounded by plants, trees and statues

donated by members of the parishes of the Dayton Pastoral Regions 1 & 2, as well as a large tile cross designed by the 2007-08, 6th grade students and Mrs. Marianne Martin, art teacher.

The garden is a place for students and staff to pray and to settle differences in a prayerful and peaceful manner. The words on the Peace Pole: "May peace pre-

vail on earth," is one that is needed not only in the school, but in families and the surrounding neighborhood. This garden transformed an area, once an eyesore, into a place of peace and beauty, through the hard work and generosity of many people. We invite everyone to stop in and visit the garden and pray a while.



By: Jane Bensman,

Holy Spirit Rosary

On Monday September 22, 2008 at 11 am, the Holy Spirit Rosary Prayer Group celebrated its first anniversary. The prayer group established itself on September 24, 2007 with five founding members: Willa Bronston, Pat DeWitt, Rita Ellicott, Mary Johnson and Juanita Newell. Now the prayer group has grown to approximately ten members including Patricia Baker, Annie Burdett, Jacque Glover, Jackie Layne, and April Williams. Throughout the year not one week has been missed or skipped. Throughout the year, many people who had asked to be remembered in prayer, have reported miraculous recovery or

dramatic improvement.

At the Anniversary Ceremony, Father Ralph was on hand to rededicate the prayer basket with a blessing. Rita Ellicott gave a history of the evolution of the rosary and the Blessed Mother sightings at Fatima. Songs were sung of the Blessed Mother concluding the program. During May, the blessed month of Mary and October, the month of the Rosary, the Holy Spirit Rosary Prayer Group has been a vital participant in inspiring St. Benedict the Moor parishioners to engage in a spiritual uplifting meditation of the mysteries of the Holy Rosary. During the entire month of October, before mass on Saturdays and

Sundays, a leader helps the parishioners in the recitation of this devotion.

The mysteries of the Holy Rosary are the following: 1st day 5 joyful; 2nd day 5 sorrowful; 3rd day 5 glorious; 4th day 5 luminous; and the 5th day the sorrowful. All the mysteries focus on the life of Jesus Christ and His Blessed Mother, Mary. The Holy Spirit Rosary Prayer Group uses the *Pray the Rosary* booklet that is ideal for rosary novenas. Rosary continues to be held at 11 am every Monday morning in the Eucharistic Chapel at St. Benedict the Moor Catholic Church. All are invited.

By Mary Johnson

How Much Do I Really Give to God?

Stewardship is all about using the gifts God has given us for the betterment of all His people. Yet, the problem for most of us is to determine just "how much" we are to give of our time and money. So how did I resolve this question of how much? Let me tell you.

Years ago, I used to live the "letter" of the Bible and Church tradition. By that, I mean I would meet all the requirements on attending Mass and tithing. If I was supposed to go to Mass every week and on special holy days, I did. I honored my financial obligations using the tithing examples from the Bible. But that changed some years ago when I heard the following story.

A widow went to her priest shortly after her husband died and said she wanted to make a donation to the church of \$300 in honor of her late husband. Wanting to make sure what she was about to do was good, she asked the priest what he thought. He answered, "If that is what God has placed on your

heart, you should do it." At which point she put her checkbook back into her purse saying she had to think about his response. She came back two more times, each time increasing the amount she intended to give. And each time the priest said the same thing. Finally, she entered his office with a check for \$1,500 and said, "This is the amount my heart and conscience leads me to believe God wants of me." She did not ask the priest what he thought nor did he have to respond since they both knew she was living the spirit of God's love.

As I heard that story, I realized that my honoring God through giving of myself was limited by the *letter* and not the *spirit* of God's Word. In turn, I started looking at how much time I volunteered at church versus how much time I spent on sports and watching TV. It became apparent that my heart was convicting me to give more to God through my church. Now I spend time helping clean and maintain our church building and grounds

in addition to regularly attending Mass.

The same thing occurred as I looked at my financial support. What I finally decided was "right" for me was to make sure that the amount of financial support I gave the church was at least as much as I spent regularly on entertainment, sports, and vacations. By monitoring how much I spent on these activities, which were focused on self gratification, I found my heart guiding me to give more to the church through my weekly contributions.

Today, I believe I live the Spirit of God's Word in my life ... and I have never felt so connected to my spiritual family and to honoring God as I do now. Maybe you would benefit from searching for your answer to the priest's question, "If that is what God has placed on your heart, you should do it."

By David Block

Parish Council Update

Last Fall 2007 Archbishop Pilarczyk appointed me to the Archdiocesan Pastoral Council (APC) for a two (2) year term. The APC is comprised of lay-Catholic men and women, priests, religious brothers and sisters from the various deaneries across the archdiocese. Council members do not have a specific constituent group that they are accountable to, but rather they serve as an advisory or sounding board to the Archbishop. We also become more informed about diocesan issues, procedures and processes. Council members are invited to give feedback and make suggestions to the Archbishop as appropriate or desired. I was appointed as a member from the African-American Catholic community within the archdiocese.

The APC meets three (3) or four (4) times a year. Each meeting is typically planned around a theme based upon topics, items or issues of interest identified by the council membership and the archbishop. My first meeting with the APC was in December 2007; the theme or focus of that meeting was "Stewardship." The presentations and discussions were interesting and informative. As good Christians and Catholics we have an obligation to support our Church (give back

to God) by sharing our resources of talents and finances.

The next quarterly meeting was held in March 2008. The focus of that meeting included a detailed report and discussion lead by the Financial Review Committee which provided insight regarding the growing demands and pressures on archdiocesan financial resources. The second focus of that meeting included a short film and lively discussion on "Global Warming" by the director of the Office of Social Action and the executive director of the Marianist Environmental Education Center. They addressed the social justice and moral aspects of "preservation of the environment." We were all encouraged to review the US Bishops document on "Global Climate Change: A Plan for Dialogue, Prudence and the Common Good."

The most recent APC meeting was held on September 6, 2008 at the Athenaeum. The major theme or focus was a report, by the director of the Office of Youth Ministry, on the "2004 Study of Youth and Religion." Some interesting research on American youth that provided some good insights about how they view and what they think about faith and religion. The study also provides some interesting information about how to engage

and/or keep youth involved with the church into adulthood.

The next meeting of the APC will be held on Dec 6, 2008 at the University of Dayton. Please let me know if you have questions or want additional information.

By Emmett C. Orr,

Congratulations!

June 2nd, 2008, was one of the highlights of my life. I thoroughly enjoyed the Cardinal Bernardin Community Service Award Program. Several months have flown by but the precious memories of that event are still with me. Thank you to Fr. Francis Tandoh, C.S.Sp. to Jerome & Mary Johnson, Karen Davis, Mary O'Basuyi, Ginette Ninon and all of the wonderful Parishioners of St. Benedict the Moor!

Fr. George Clements



You Are an Author

Over the years, I've been inspired by many well known and respected authors. I guess what I admire most about these people is how they present an encouraging message through their words. For example, Alex Haley's Roots is the monumental two-century drama of Kunta Kinte and the six generations who came after him. By tracing back his own roots, Haley tells the story of 39 million Americans of African descent. He rediscovered for an entire people a rich cultural heritage that ultimately speaks to all races everywhere, for the story it tells is one of the most eloquent testimonials ever written to the indomitability of the human spirit.

If only I could write like they do – what would the message my writings reveal about my values and priorities? Could I inspire others to rise above the challenges of life and stay strong in their faith? Does the way I live my faith really reflect how important my faith is? I guess these questions will go unanswered since I will never write a book.

However, a friend recently gave me a different perspective. He said I've already written a book and am still writing it. "What," I asked "is the book I'm writing?" After a pause he reached into his pocket and pulled out his checkbook. "Here," he said, "this is the book I've been writing for years. It tells me a lot about myself and how much value I place on different parts of my life." When I asked him what he meant, he said "all I have to do is see how much money I've spent on different items to see what I value most."

When I got home that night I started looking through my "book" to see what story it portrayed. Actually, I went through "two books", the second one being my monthly credit card statements. It was remarkable what I learned from these books. It was no surprise that the biggest expenses were for food and mortgage. However, I had no idea that the visits to McDonalds, Wendy's, and Speedways for a cup of coffee or a quick snack added up to so much over the course of a year.

For the last year it meant I'd spent over \$600. When I started looking at how much I'd spent on clothing I was overwhelmed by the dollar amount.

The saddest discovery was the amount I gave to my church or other charitable agencies. Too often, I used cash for my church donations – which meant \$10 or less each week. That's only \$500 a year while I spent more than that on coffee and snacks. And I don't want to say how much more I spent on clothes than all the contributions I made to church or charities.

The bottom line for me was – I am not satisfied with the "book" I've been writing. It obviously doesn't reflect my "stated" desire of writing a book that could inspire others to rise above the challenges of life and stay strong in their faith. Nor does the way I spend my money seem to reflect that my faith is really that important to me. Fortunately, I can start a new chapter that will be consistent with my love of God, family, and community. You can too.

By David Block

Voting—Something You Should Know.....

It has been noted by observers that this presidential campaign is one of the most important elections of modern times. Never before has our economy teetered on the brink of disaster since the Great Depression of 1929. Never before has our infrastructure of roads and bridges been in such disrepair. Our education system is in dire need of upgrading to keep science, innovation, and invention on the cutting edge for America to maintain leadership in the world arena. Yet our children can not afford a college education. We need new businesses that are committed to providing jobs and hiring workers here in the US. We need health insurance coverage for everyone particularly for our children and people with pre-existing conditions. The years ahead for the incoming presidential cabinet will give opportunities to appoint new judges to the Supreme Court. These decisions are far-reaching into the future impacting our lives for years to come.

For our next president, decisions will not come easy. This is the time for us to focus on character. Know first who we are and what we value then find out who our candidates are. Know how they have lived their lives. If you are seeking someone to represent you as a person of integrity, honesty, and authenticity, those characteristics will show up in their actions. Therefore, know how the words of their mouths match the steps of their feet. As Thomas Paine wrote, at the birthing of our nation, "These

are the times that try men's soul." These times now are too trying to tarry or to vote in ignorance.

Vote your conscience. Too many before us have sacrificed their lives for this right to vote. Understand that voting is an obligation to get it right the first try. It may be necessary to talk with friends, families, neighbors and the candidates themselves to determine who is better qualified and deserving of your vote. It is your responsibility to research (read) about these individuals to know what their track records are. It is important to restrain from having a one-issue focus. Take into account all circumstances that help bring about a moral and a just life for everyone. Above all pray for guidance because Jesus was about love and justice. And that is what we should be about when we elect the one to represent us.

The Catholic Social Action Commission of the Archdiocese of Cincinnati has provided information for you to prepare for conscientious citizenship. Literature can be found in our Gathering Space in the Church. Know that it takes courage to do the right thing. Come November 4, 2008, "Go vote!"

By Mary Johnson

OHIO – To Register to Vote:

You must:

- Be a citizen of the United States
- Be a resident of Ohio for at least 30 days before an election
- Be 18 years old on or before Election Day. If you will be 18 on or before the day of the general election, you may vote in the primary election for candidates only.
- Not be convicted of a felony and currently incarcerated
- Not be found incompetent by a court for purposes of voting
- Not been permanently disenfranchised for violations of the election laws

Registration Deadline: 30 days before the election

State Election Website:

www.sos.state.oh.us/sos/

PublicAffairs/voterInfoGuide.aspx

SOS Website: www.sos.state.oh.us/



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St. Benedict the Moor parish is a community of FAITH, GRACE, and SERVICE within the Roman Catholic Church and is part of the Archdiocese of Cincinnati actively building a Catholic presence in the Southwest area of Dayton, Ohio. The unique charisma of parishioners of St. James, Resurrection, St. John the Baptist, the Sisters of Notre Dame de Namur, Sisters of the Precious Blood, The Holy Ghost Fathers and Brothers, and African-American culture have created this community of hospitality witnessing to the gospel of Jesus Christ.

We acknowledge our dependence on and our indebtedness to God for the redemptive grace in the death and resurrection of Christ. We spread our faith through action by sharing our God given gifts of caring, teaching, and serving in every aspect of our lives.

Health Corner—Power Vegetables

We have all been told to eat our vegetables, but what vegetables really give you the most nutrients? If you have not heard about the "power vegetables," here is an introduction.

Sweet Potatoes

Sweet potatoes are loaded with beta carotene (one cup has more than six times the Department of Agriculture's recommended daily allowance), vitamins A, C and E.

Here are some cooking tips to help you get the most out of your sweet potatoes.

- a.. If appropriate, keep the skin on to retain the vitamins when cooking.
- b.. Try mashing them with cooked apples.
- c.. Add 1-2 cups of cubed sweet potatoes to your favorite stew or soup recipe.
- d.. Add slices of sweet potatoes to your favorite scalloped potato dish.
- e.. Use it in place of pumpkin in your next pumpkin pie.
- f.. Stir-fry matchstick-sized pieces in oil with ginger, garlic and onion, sprinkle with a touch of lemon and honey.
- g.. Use instead of potatoes in a potato salad. Dress with olive oil, lime juice and chopped cilantro for a fabulous new taste treat.

Spinach

Spinach is delicious eaten raw or cooked and has abundant in beta carotene, vitamin A, C and potassium.

- a.. It needs very little time to cook fresh; if overcooked you will lose most of the vitamin C.
- b.. Use in place of, or in combination with, lettuce in most salads.

c.. Add chopped spinach to your favorite mashed potato recipe.

d.. Add low-fat or nonfat cream cheese, a bit of green onion and blend with cooked spinach for a quick creamed spinach dish.

e.. Place a thin layer of raw leaves in your favorite wrap sandwich.

f.. Quickly sauté with olive oil and garlic for a simple side dish.

g.. Sauté mushrooms add spinach and feta cheese and continue cooking briefly until spinach wilts.

h.. Add chopped spinach at the very end, to your favorite stew or soup.

i.. Rinse spinach, place in sauté pan and cook till just wilted, season with a splash of lemon juice or balsamic vinegar, salt and pepper.

j.. Add chopped spinach to the ricotta mixture and use in your favorite lasagna recipe.

Carrots

Carrots are little powerhouses of beta carotene. They are also loaded with vitamin A. Make sure to remove the green tops before storing your carrots; the greens absorb moisture.

a.. Cooked carrots have more nutritional value than raw (the nutrients are more usable by the body when cooked).

b.. Sauté sliced carrots in butter or oil and season with dark brown sugar, salt, pepper and orange zest.

c.. Blanch sliced carrots and toss with sliced peapods, dress with rice vinegar, honey, mustard and garnish with strips of red pepper.

d.. Cook and puree with cumin, cilantro

and shallots.

e.. Cook with chicken stock, ginger, potatoes, onion and puree, adding additional liquid to make a yummy soup; garnish with shredded cheddar.

Broccoli

Believed to block carcinogens and boost the body's immune system, broccoli is considered to be the power vegetable. It contains sulforaphane and indoles in addition to vitamins A and C, folic acid and fiber.

a.. The florets have more vitamin C than the stalks. The darker the better.

b.. One cup has 1-1/2 times the daily amount of vitamin C, or the equivalent of 6 ounces of orange juice.

c.. Use prepackaged broccoli flowerets or packages of broccoli slaw if you are short of time.

d.. Toss cut up broccoli in your favorite stir-fry.

Simmer one head of broccoli, onion, garlic and one potato in some chicken stock until tender. Puree for an easy cream of broccoli soup. Add grated Swiss or cheddar cheese for a garnish.

Place blanched broccoli, slices of Kalamata olives, and roasted red pepper strips in a casserole dish, top with buttered, seasoned bread crumbs, and bake for 15-20 minutes for a delicious side-dish.

The more you cook with these powerful and colorful veggies, you will be hooked for a good life.

From

By The Recipe Center