

Catholic Youth Today

SPRING 2016

CYFM

CAPUCHIN YOUTH & FAMILY MINISTRIES

MAKE FAITH
YOUR OWN



CAP CORPS PERSPECTIVE FALLING IN LOVE WITH GOD ALL OVER AGAIN

CATHOLIC YOUTH TODAY

is published by the Capuchin Youth & Family Ministries on behalf of the teenagers and adults who make up our ministry and our benefactors who support our ministry

IN THIS ISSUE

Executive Director's Column	2
Ask The Padre	3
Something Franciscan	3
Saints for Youth	4
Day by Day Agape 244	5
College Capuchin Outreach Program	5
Ambassador Program	6
College/Young Adult Retreat	7
Alumni Corner	8
Living Stations	9
Where Are They Now?	10
Upcoming Events	10
Donor Lists	11
Announcements	12

My year as a CCV has been filled with so many blessings; my every day is filled with the extraordinary. One of my biggest challenges has been striving not to become blind to all the amazing things I witness on a daily basis. I am blessed to be living in a supportive community where Christ

retreats where we invite young people to think about why they are getting confirmed and how they too can be disciples. As part of these retreats I get to share my story of how confirmation has impacted my life. In some form or another I talk about the encounter when I first realized that our faith is about a



is truly present; the goal of my every day is to lead young people to Christ, and every night I get to end my day sitting in Adoration before the Blessed Sacrament!

A large part of our ministry is preparing young people for their confirmation. Our week is often filled with day

personal relationship with God. That encounter changed my life. As I partake in all of our retreats I become an instrument of the Holy Spirit and I feel Him working in me and through me!

During the 7th and 8th grade overnight in January, I became aware that

continued on Page 2

CAPUCHIN YOUTH & FAMILY MINISTRIES

781 ROUTE 9D PO BOX 192 GARRISON, NY 10524 TEL: 845-424-3609 FAX: 845-424-4403
EMAIL: CYFM@CYFM.ORG WWW.CYFM.ORG

FALLING IN LOVE WITH GOD

continued from Page 1

the story of God pursuing my heart had gone from a beautiful love story to something mundane. I realized I spoke of God's love so much I began taking it for granted.

As I shared my story someone was brought to tears by it. After this moment I found myself falling in love with God all over again. This moment reenergized me and has

reminded me to look for God's love present in every person we encounter.

Every night I sit with Jesus and I bring to Him all the people I have encountered in the day. As I say goodnight to Him I always ask Him to help me not let the extraordinary become the ordinary.

~ Sam Pashel

EXECUTIVE DIRECTOR'S COLUMN

Our Cap Corps Volunteers and their ministry are gifts to CYFM. With this issue of our CYFM Newsletter, we want to highlight them. We have asked some of our writers to not just tell the story of their retreat, but to do it through the lens of our CCV's participation.

Our Cap Corps Volunteers reflect and incarnate CYFM's core values. ***Christ is the center of our ministry...*** There are lots of ancillary reasons why people volunteer to serve as Cap Corps Volunteers. But at the heart of our CCVs I consistently see people who have been captivated by Jesus and are motivated to generously share their gifts, talents, and vibrant faith. They want to help others to encounter the God who has captivated their lives.

CYFM is about ***empowering young people to become authentic and responsible leaders in the Church and in society.*** Our Cap Corps Volunteers come to us with some great leadership experience. We offer them formation in ministry and the Capuchin charisms. During their year of service they develop and grow as leaders, calling young people and their families to be salt and light, leading others to Christ. When our CCVs leave us, they continue to live out their call to be leaders in the Church, in formal ministry positions, paid and volunteer. More importantly, they choose to live their lives in a way that all see their good works and give glory to God the Father. (cf Mt 5:13 - 16)



If there is one thing that makes for an effective class of Cap Corps Volunteers, beyond their personal faith and commitment to Christ, it is their ***community life.*** This is hidden from most people. They commit to living an intentional Christian community life, praying, sharing

life and meals, supporting one another in their journey with Christ. Day after day our CCVs invite those with whom they minister into ***Grace-filled relationships*** and into Gospel communities within retreats and outreach programs. These become powerful ***opportunities to encounter*** Christ and develop and deepen a relationship with God.

CYFM is built on ***collaboration and partnership among friars and laity.*** This proves to be one of the more enriching and exciting parts of the CCV experience. At the same time our Cap Corps Volunteers are inviting young people into this ministry, collaborating with them, calling them to ***share their gifts*** at CYFM and beyond.

CYFM and our Cap Corps Volunteers are in a mutually fulfilling and life-giving relationship. Together we are leading all with whom we work, young and old, to make this wonderful Catholic faith their own and to help rebuild the Church. Thanks be to God for His indescribable gift! (2Cor 9:15)

~ Tom Brinkmann

ASK THE PADRE

"What is Perpetual Adoration?"

I remember when I was in the seminary taking my turn adoring the Eucharist after our Holy Thursday celebration when we would adore through the night. I had the 2 AM hour. I remember thinking what a gift. It is just Jesus and me and He is here just for me.

Today some churches do this not just during Holy Week but all year. Perpetual Adoration is a Eucharistic devotion whereby members of a given parish (or other community) unite in taking hours of adoration before the Most Blessed Sacrament (usually exposed in what is called a monstrance), both during the day and throughout the night, seven days a week. There normally should be at least two adorers present and out of reverence He must never be left alone.

The Eucharist is retained in our tabernacles for two reasons: first, to be able to bring the Eucharist to the sick when needed and second, that the community may gather to adore Jesus in the Eucharist. Most liturgists attribute the Exposition and Adoration of the Blessed Sacrament to the establishment of the Feast of Corpus



Christi. But the first recorded instance of Perpetual Adoration happened before Corpus Christi, and occurred at Avignon. On 11 September 1226, in compliance with the wish of Louis VII, who had just been victorious over the Albigensians, the Blessed Sacrament was exposed in the Chapel of the Holy Cross, as an act of thanksgiving. So great was the throng of adorers that the bishop, Pierre de Corbie, judged it expedient to continue the adoration by night, as well as by day, a proposal that met with the approval of the Holy See.

How blessed we are at CYFM to celebrate Benediction or Adoration of the Blessed Sacrament on so many of our retreats. Many of our teens have expressed that this was the high point and perhaps even a "conversion experience" for them on their retreat. Jesus we are grateful to you for expressing your love for us in the Eucharist.

In His Presence,

~ Fr. Fred

SOMETHING FRANCISCAN

Jack Rathschmidt, one of my Capuchin brothers, wrote an article a few years back on the five pillars of Capuchin Spirituality: Fraternity, minority, contemplation, ministry, and Justice-peace and the integration of creation. I'd like to relate those five pillars to the life of the Cap Corps Volunteer who serves for a year at CYFM.

Fraternity is the value that enables the volunteer to see the other people and indeed all of creation through the lens of brotherhood/sisterhood. Just as St. Francis of Assisi in his Testament invites us to "live according to the pattern of the Holy Gospel," our Cap Corps Volunteers leave their families and their career plans to explore a common life with other young adults as they serve in youth retreats.

Minority calls for a downward mobility. Those striving to live minority extend that fraternal relationship to those most in need of God's mercy. In this case it would be the young who grow up within a culture that often does not reverence life. A Cap Corps Volunteer learns to practice 'power with' and not 'power over' the young through engaging them in youth leadership training, prayer, and team building activities.



The poor one from Assisi gazes toward God in gratitude when he sings to brother sun and sister moon in his Canticle of Creatures. St. Francis was so filled with wonder and joy that he would dance as he served the leper inviting others to join him in rebuilding the

'ruined' Church. This insight can only come through prayer and genuine encounter with Christ through contemplation. Thus regular prayer, holy hours, masses, and spiritual direction form the third pillar for the Cap Corps Volunteer.

CYFM's forty years of retreat ministry to youth and families flow from our minority and our contemplation of the Lord. The fourth pillar of ministry seeks to build up the church through strong youth and families. Finally, the last pillar of Capuchin spirituality is justice, peace, and the integration of creation. Pope Paul VI reminded us that if you want peace, you have to work for justice. The commandment of Jesus to love one another and to forgive each other calls us to become peace makers, true children of our heavenly Father.

~ Fr. Tom McNamara

SAINTS FOR YOUTH

Saints for Youth was an amazing retreat that I believe every high schooler should attend. It consisted of reliving the lives of St. Peter, St. Padre Pio, St. Leopoldo, St. Maria Goretti and St. Thérèse of Lisieux. When the Cap Corps presented each of these Saints lives, there was always an activity at the end to show a major proponent in that Saint's life. For example for St. Peter we made origami boats, which represented us accepting Jesus into our boat, or into our lives. For St. Thérèse of Lisieux, every group had to go on a scavenger hunt to find out how to live the little way. The best thing about the retreat was learning about the Saints and their message, which brought them to holiness.

This gave me many examples of how to live my life as a Saint. I learned that no matter how difficult life might seem or how much I sin, Jesus will always be there to help me and will always forgive me



because He loves me. I also learned how to have courage when living a life for God in a world that does not want to accept God.



One thing that influenced my experience the most was when Val (a CCV) presented on Thérèse of Lisieux and dressed up as her. She explained Thérèse's life, how simple it was, and how much she loved Jesus. As Val was explaining her life, I thought of all the suffering I face and how many times I complain about it. However, when I heard her explain Thérèse's simplicity, it hit me that I should deal with the difficulty not by complaining, but by praying about it and trusting that with God, it will be overcome.

~ Drane Perpepaj



A special note for families who work for IBM:

You can now find CYFM on the official list for the IBM Employee Charitable Campaign. If you give to that campaign, please consider designating your contribution for CYFM and help support our ministry with young people and their families.

When I was about nine or ten years old, my sister would go away for the weekend every few months and seemingly came back as a whole new person. But, I never really knew where she went to on those three days, all I knew was that she had a great time and got a cool little name tag with a crucifix necklace. Fast forward five years, I am fifteen, and God has become one of the biggest influences in my life. My love and admiration for God has been formed so deeply throughout this year, and it started with my first DDA retreat. I'd like to say that this retreat has changed my life, but to be completely honest with you, it changed my way of thinking and helped me to push open my heart to God. As my mom dropped me off to go to the retreat, I was a bit reluctant to leave her and my family for a weekend and be surrounded by a bunch of strangers who seem to be obsessed with God.

At the time, I didn't understand who He was, and why so many people love Him so much that they would die for Him. I was nervous and wondering why I even decided to



go. At first, everything seemed a bit awkward, not knowing many people. However we all got to know each other throughout the week, going to mass, adoration, morning and night prayer together, sharing many laughs and best of all, reading and learning about how much we are loved by our amazing and wonderful God. After the adventure of a weekend, sharing in so many emotional experiences with all of the beautiful people that I met, it seemed as if our bond was unbreakable. We learned about God's unconditional love, or Agape, that He has for us, and that no matter what we do, He is always, always waiting with open arms and a forgiving heart. The

DDA retreat is not only there for you to make friends, but to get to know Jesus and realize that He is the friend that never EVER leaves you, and loves YOU more than you will ever know.

~ Chloe Shea



COLLEGE CAPUCHIN OUTREACH PROGRAM

My name is Francisco Serrano and I am a postulant with the Saint Mary Capuchin Friars. The College Capuchin Outreach Program is a part of our postulancy program. It was a very interesting and fun experience for me. I enjoyed serving the people who are in need in our community. There were many ministries to help different people. I was able to serve in the Mid-Hudson food pantry selecting food. There was a lot of manual labor and everything is done behind the scene. I did not have a direct contact with the people whom I was helping, but despite that I knew that I was doing a good act to help others. The people who I was working with were college students full of energy and faith who are trying to change the world little by little. The Cap Corps are very dedicated to helping everyone and making us all feel at home and like a family. CYFM is not only a place to volunteer and help those who are less fortunate but a place to grow in your faith and make friends who can be like family, and walk with you in life.



The retreat itself was very nice. An important piece of the retreat was that we prayed before going to ministry and after coming back from ministry. I feel that prayer helps us to better serve with dignity and helps us to respect our fellow brothers and sisters. I realized how blessed I am by the simple fact of having food on

my table and a place to sleep, something that I might take for granted at times. Daily Mass and faith sharing groups were also very helpful because I was able to share my faith and be nourished by others as well. We also played games, shared our talents, and even had a talent night full of laughter and fun. If God allows me to attend the College Capuchin Outreach Program again, I would do it without hesitation. It is an experience that I will never forget.

~ Francisco Serrano



AMBASSADOR PROGRAM

The Ambassador Program is a new initiative by Capuchin Youth & Family Ministries to promote retreats and reach out to teenagers in your parish, school, and local community. The goal of this program is to share the Good News of the Gospel by inviting teens, adults, Pastors, Parish Priests, Youth Ministers, Directors of Religious Education, teachers, and/or parents to Day by Day Agape as well as other CYFM retreats.

Being a CYFM Ambassador has been a joyful and stressful experience. Although, it has been a phenomenal joy to work with my parish and CYFM to merge them into one greater community, it has presented several challenges. One of those challenges has been successfully inviting peers to retreats at CYFM. Many CYFM teens have had this experience: no matter how hard they try to convince people that CYFM is a fun place filled with fantastic friendships and faith, peers instantly picture it as a scary place; not unlike how I first imagined it would be. Toppling this notion that Jesus isn't fun and that church is simply a chore, is the biggest challenge that I've run into.

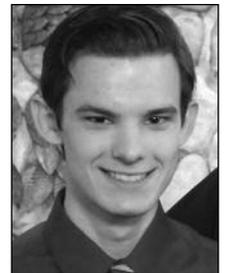


Right now my youth group leaders, pastor, and I are attempting to have “CYFM” and “DDA” enter the wider parishioner vocabulary. We are trying to spread the word and foster any interests expressed. Although my church

has very few teens active in CYFM, within my parish youth group CYFM has become a recognized name. And with that, there is a growing interest in its programs. As more teens at my parish become involved I expect being an ambassador will be easier. I look forward to

continuing to be an ambassador for CYFM and spreading the good news.

~ Timothy Fenton



Staying Up-To-Date with CYFM

We want to continue to keep you up-to-date on all that is happening here at CYFM, and appreciate your support and love of our mission. To help us save money on printing/ mailing costs, and to stay in keeping with our Patron Saint's love of all creation, we would like to invite more of you to move from our print newsletter list to the electronic format list.

We are reaching out to you as our friends for input; will you read the newsletter if it is sent via e-mail?

Will you consider making a donation if you prefer the print version?

Please take just a minute & send your preferences to:
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Another way in which you can be sure not to miss any updates about our community, events and retreats is to sign up on **Sign up for Email Newsletters and Announcements** on the right hand side of our website and notices will come right to your e-mail inbox! You can also friend us on Facebook and find us on YouTube and Flickr.

COLLEGE/YOUNG ADULT RETREAT: WERE NOT OUR HEARTS BURNING WITHIN US?

I have experienced the College/Young Adult Retreat three times: as a college sophomore participant in 2012, as a leader being a Cap Corps Volunteer (CCV) in 2015, and fortunately, as a young adult participant in February 2016. This year's retreat, "On the Way," was an opportunity for me to step back from my daily routine and take a step forward in my relationship with Christ. Together, we examined the Gospel story of the Road to Emmaus (Luke 24:13-35). The witness talks presented by the five Spirit-filled CCVs

unpacked encounters and conversions of heart through the pillars of pilgrimage and accompaniment, encountering Christ in the Scriptures, discernment of Spirits, encountering Christ in the Eucharist, and evangelization.

The two men on the road to Emmaus didn't recognize Jesus among them for some time. They were distracted. As I walked the Labyrinth Saturday afternoon, I repeated the verse "Be still and know that I am God" (Psalm 46:10). This teaching grounded me for Lent and is the perfect reflection for the Easter season as the men finally see Him, go, and share the news of Jesus' appearance. I imagine them sprinting into Jerusalem, arriving out of breath yet screaming the news for all to hear. Christ is risen! He is alive and with us!

For me, the highlight of the retreat was Eucharistic Adoration. An outsider peering through the chapel's stained glass windows would have seen a group of 18-25 year olds (and our ageless friars) staring at a gold statue-like thing on a table. What was felt inside that chapel was the profound beauty of our "hearts burning within us while He was speaking to us."



Throughout the weekend, I also had the great pleasure of getting to know the current CCVs: Amanda, Paul, Val, Mary, and Sam. Their hearts are aflame with and for the love of Christ. While they journey through the immense joys and challenges of this ministry, they accompany me through my reflection on my year of service. This exchange has allowed me to encounter Christ in my past, present, and future ever more fully. Like the men traveling to Emmaus and as all Catholics are called to do, the Cap Corps Volunteers, give witness to God at work in their lives so that others might see God in their own lives.



~ Katie Cavazzini



ALUMNI CORNER

Stephanie Licata

If there were any experience that shaped the course of my life it was my involvement at CYFM. In 1991 I attended my first DDA weekend. Once the girl who faked stomach aches to get out of Mass, I truly had a transformation that continues today.

A year later, I lost my mother to cancer. My involvement in CYFM and DDA single handedly carried me through that time. Three weeks after my mother died I had a note on my bedroom door from my dad: "Regina Toolan called, call her back." That was my first call for team, and the rest is (somewhat) history. I served on team for 3 weekends, on several leadership weekends, and attended several Appalachian Missions throughout my 20's. I served on adult team twice and most recently in 2013.

At 22 I became a parish youth minister, bringing God's TYM to St. Patrick's in Yorktown Heights. I did parish youth ministry for several years, started an independent retreat ministry in 2001, and served as the Director of Service & Mission Advancement at Immaculate Heart Academy HS in Washington TWP, NJ for a decade. Most of my initial career came from the Franciscan spirituality I embraced at CYFM. It was and still is my goal to live the gospel message through conscious action.

In 2013 I moved into the business sector and completed a Masters Degree in Organizational Psychology at



Columbia University in 2014. I am currently an Organizational Development professional working for a global pharmaceutical consulting company. I design and deliver training, leadership, and management programs and also freelance with a company that does leadership training with Native Americans.

In 2013 I started a non-profit called Get Smart Mentoring. We host an international virtual mentoring program for young women to develop personally and professionally.

Over 60 women have gone through our program from the US, Canada, Europe, and Asia. We also mentor 6th and 7th grade girls at a Catholic School in Jersey City during the school day each fall.

The most precious gift I received through CYFM was lifelong friendships. My truest and best friends from my DDA days are still in my everyday life. A few of them recently joined me to share in my 40th birthday celebration. They are truly my sisters for life and one of my greatest gifts.

I can't really say enough about the influence of CYFM on my life, faith, and relationships. I am forever grateful and hope the ministry continues for decades to come!



~ Stephanie Licata

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LIVING STATIONS

Being a part of CYFM for over six years has been a major blessing in my life. I've always found such joy in working with the CCV's, the VBS campers on Capuchin Outreach Program, or the teens. With CYFM, I'm also involved with my school's drama club which has led me to have a love for acting. This love for acting pushed me to want to volunteer for Living Stations of the Cross this past March. During Living Stations, teens were given roles and we acted out the Stations of the Cross on Palm Sunday. I was placed as Mary and I was ecstatic to be mirroring Mother Mary but also scared that I wouldn't live up to her true emotions.

One thing we learned during our prayerful formation for stations was that we were not only acting for the community, but we were leading them in prayer. We were to bring them in the footsteps of Jesus' passion at the beginning of Holy Week. During the whole formation experience I was walking through the motions but I didn't truly comprehend what I was doing. I didn't

understand that this was a prayer for the community and me. My "lightbulb moment" was when Sam and Valerie, two amazing CCV's, told us in the back conference room to stop talking since we were about to start our silent prayer. I remained quiet throughout, entering into a prayerful mindset.

Sam and Val helped me to understand who I was portraying. I was allowing the Holy Spirit to work through me and show the community the suffering that Mary, the

Mother of God endured during her son's passion. At the station where Mary met Jesus on his road to Calvary, I felt empathetic. It may sound strange, but I felt the Holy Spirit inside of me and it was phenomenal. Without the help of Sam and Val encouraging us to do our best and to be dedicated, I wouldn't have had such a positive stations experience.

~ Isabel Quinones



Be In "Constant Contact" with Us

If you would like to receive E-mail announcements and reminders about upcoming events here at the center, go to our website (www.cyfm.org); click on 'E-mail Sign-up' at the top right of our homepage; fill out the form and click "Submit".

That's all you have to do to be in constant contact with CYFM!!!!!!

WHERE ARE THEY NOW?

Brian Romer Niemiec

I came to Capuchin Youth & Family Ministries after completing my undergraduate degree at The Catholic University of America in 2009. My time at Catholic University turned my life upside-down and instead of heading off to law school, I signed up for a year of service in what I saw as a particularly Catholic ministry program at CYFM. At this point, I really cannot remember what my expectations were, but I know that they were met and exceeded.



It was during my time at CYFM that I realized ministry, not law and politics, was what really set my heart on fire. After completing my year of service I enrolled at the Boston College School of Theology and Ministry where I earned a graduate degree, and ended up working for the school recruiting future scholars, ministers, and leaders of the church to study at Boston College. While my time at BC was incredibly life-giving, the call in my heart toward ministry that I discovered at CYFM moved me again, and I now minister as

My time at CYFM was truly life-changing. I fell in love with ministry: helping students (and some adults) walk with Christ and deepen their relationship with God. Some of my most vivid memories are conversations around discernment, about what the next steps were in people's lives. I was constantly blown away by the passion and depth of faith that I saw and experienced during my time in Garrison, NY. CYFM also gave me the opportunity to sink my roots deeper into my Catholic faith within an incredibly supportive community of fellow volunteers.

a Pastoral Associate for Adult Faith Formation at two Catholic churches in Newton, MA. Here, I work to help others deepen their relationship with Christ, and rekindle the flame of faith in an area that has faced many challenges and setbacks in the last few decades.

I am incredibly thankful for my time at CYFM. It truly changed my life for the better, and helped me find where I can best serve God and the world.

~ Brian Romer Niemiec

What's Happening

June 2016 – November 2016

JUNE

Jun 26-Jul 1Capuchin Outreach Program (COP)

JULY

Jul 9-17Capuchin Appalachian Mission (CAM)

Jul 22Cap Corps Volunteer (CCV) Send-off

AUGUST

Aug 26-28Capuchin Youth Leadership Retreat

SEPTEMBER

Sept 2-4Renew & Refresh (R&R)

Sept 4Cap Corps Volunteer (CCV) Commissioning

OCTOBER

Oct 20-23Girls' DDA Retreat Weekend

Oct 28-297th & 8th Grade Overnight Retreat
(Let's talk about Love – Growing in Relationships)

Oct 29-307th & 8th Grade Overnight Retreat
(Let's talk about Love – Growing in Relationships)

NOVEMBER

Nov 10-13Boys' DDA Retreat Weekend

Nov 18-20Family Service Retreat

THANK YOU DONORS FOR YOUR GENEROSITY!

We thank our benefactors for their generous support of CYFM.

We are proud to recognize your gifts, which were made between November 20, 2015 and May 9, 2016.

General Donations (\$28,287.00)

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Mary Kay Diacovo	Warren & Lina Keogh	David & Dawn Rotterman	

Jeffrey Smith CAM Scholarship (\$1,700.00)

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Mr. & Mrs. Jess Mead	Mary Wichawski
	Teresa Wichawski

Scholarship (\$335.00)

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Barbara Lee	Jospheine Sousa

DDA Collections (\$686.00)

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Kelly Ann Krug	Ralph & Hope Travaglini
Robert & Theresa Moore	Mark & Paula Van Ells

Christian Scholarship Fund (\$1,150.00)

The Oratory Church of St. Boniface <i>IHO Mark Amatrucola</i>	John, Annmarie & Charlie O'Brien
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Mark & Theresa Bonney	Heather Sayers
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"Capuchin Youth & Family Ministries," a ministry of the Capuchin Franciscans of the Province of St. Mary of the Capuchin Order, a not-for-profit religious institution having its principal office at St. Conrad Friary, 30 Gedney Park Drive, White Plains, New York 10605.

For more information, please call our development office at (212) 564-0759 ext 252

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ANNOUNCEMENTS

ENGAGEMENTS

7-7-15 – Teresa Nadareski (DDA 198, 202, 205 & 210, COP 2006 & 2007, CAM 2008, 2009 and 2010, CCOP 2011 & 2013) and Stuart Nygard.

11-28-15 – Katie Weber (DDA 194, 198) & Steve Traditi (DDA 185, 197, 199, 204, 203 and 245)

12-22-15 – Jessica Robinson (LA 2001/2001, DDA 138, 184, 191, 198, 202, 203, 213, 230, 237, 244) and Michael Favorito

DEATHS

1-24-15 – Barbara McCormack – mother of Dennis McCormack, mother-in-law of Allison, and grandmother of Kelly, Erin, Heather and Kyle.

BIRTHS

2-18-16 – A son, Jacob William Murphy born to Diana Caporoso Murphy (LA 2006/2007) and Patrick Murphy