



SAINT HENRY

CATHOLIC CHURCH

PARISH NEWSLETTER
SPRING-2019

A STEWARDSHIP PARISH

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NEW BEGINNINGS

A Message from Fr. Beckman

Spring is here and with it an abundance of new life! Easter is here filled with the new life of the Risen Lord! Often we seem to find it easier to focus on our “spiritual lives” during Lent, but shouldn’t the great fifty days of Easter lead us to a still deeper insight and living in the faith. What are some of the defining characteristics of the season? And how can they help us to live it well?

First, after forty days of absence, we are now singing the “Alleluia” again (Hebrew for “Praise the Lord!”) There is a great delight in its return to the Liturgy. Our Easter journey should be marked by praise above all else, praise for God and all that God has done for us in his Son. When our hearts are focused on praise and thanks to God it is hard for harmful and destruction thoughts to take root in us.

Second, when the Risen Lord appeared to the disciples they were filled with joy (something C.S. Lewis spoke of as “an infallible sign of God’s presence.”) Perhaps in this time of year we can once more find greater delight in simple, small things... the tender green of new growth, bees and butterflies, the face of a child, hot coffee, bright sunlight, Spring rains. Are we able to set aside our worries and resentments to simply be present and enjoy each moment sent from God?

Third, the Lord gave his disciples the gift of peace. Do we cultivate and nourish a peaceful state of mind and heart? Do we surrender hostile and angry thoughts? Ask God to remove our critical state of being? If there is peace in our hearts, we communicate that to others. (An irritable, restless heart creates turmoil in all of our relationships.) This peace comes from finding our rest in the Lord and his will for us each day.

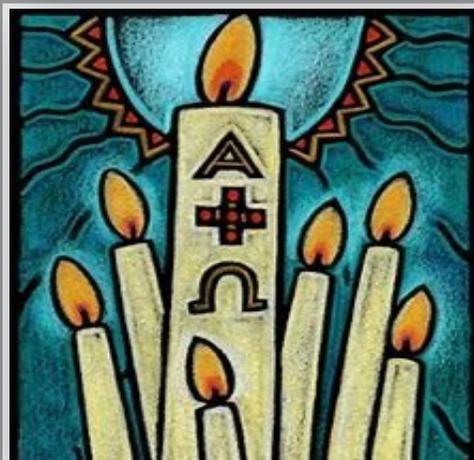
Fourth, forgiveness. The Risen Lord freely forgave the disciples for abandoning him in his hour of need. Are we willing to accept the forgiveness the Lord so freely offers us? Can we forgive ourselves? Are we able to graciously forgive others, to make any amends we need to make, and to receive their forgiveness? A Christian life is always one of reconciliation. All is forgiven. Are we ready to live this freedom? (cont.)

Fifth, communion (the early Christian community gathered and everyone took care of each other.) Relationships are the most important part of life. Appreciating and accepting the people God puts in our path each day is one beautiful way to live Easter. The musical *Le Miserable* expresses it beautifully: “To love another person is to see the face of God.” While all of us have faults and weaknesses, irritating and annoying characteristics, Easter is a time to accept persons lovingly as they are in spite of all of these.

Sixth, fruitfulness and mission. “As the Father sent me, so I send you!” Jesus announces to the disciples on Easter Sunday evening. We are sent into the world as witnesses to the Gospel way of life! Can others see the fire that burns in our hearts reflecting the goodness of God to all creation? If we remain in Christ, we will bear much fruit for the glory of God!

Seventh, the Lord promised that he would send another, a “Paraclete,” to be with us always, to remind us of what he said and to lead us to all truth. The season of Easter should be par excellence a time of reflecting on the indwelling presence of the Holy Spirit within us. We are moving toward the great feast of Pentecost. We seek the guidance of the Holy Spirit and allow our hearts to be supple channels of the presence of the Spirit wherever God sends us.

Spirit, joy, peace, praise, forgiveness, love & communion, fruitfulness: these are the hallmarks of the Risen Lord and true ways to live the Easter Mystery. *The Lord is risen as he said, Alleluia, alleluia!*



“Let the risen Jesus enter your life,
Welcome Him as a friend, with trust: He is
Life! ... He will give you the peace you are
looking for and the strength to live as He
would have you do.”

Pope Francis' Easter Vigil Homily

We Welcome Our Candidates & Catechumens Into Our Community of Faith!

Victoria Buckner
Ashley Green
Lisa Johnson
Andrew Sloane
Michael Thurmon
Austin Ensign
Jaylyn Ashcraft

Brandon Cook
Justin Johns
Sarah Mallory
Stacy Stephens
Rick Wilson
Sophie Kramer
Aurelia Sloane

Molly Faulk
Andrew Johnson
Nick Rubadeau
Eric Stroud
George Elias
Alex Kohls
Charles Henry Sloane

Ashley Dawn Beckman

ENCOUNTERING GOD THROUGH OUR SENSES

St. Ignatius believed that in prayer we should use our senses in meditating on the events in Sacred Scripture. By placing ourselves in scenes from the Old and New Testaments and imagining what one saw, heard, smelled/tasted and felt, we use our God given gift of senses to help us in our prayer life with the Lord. The series Encountering God through the Senses provided the parishioners at St. Henry with an opportunity to immerse themselves in Ignatian spirituality by encountering God through creation with all five of our senses. The series included: wine tasting with Peter Zelek a wine educator; a hike in the park with Father Mark, a hiking enthusiast; painting icons with art teacher Mary Beth Green; playing kazoos and singing with Music Director, Mary Corby; cooking gumbo with Chefs Freddie and Steve Berk; and planting herbs with Master Gardener, Nancy Goodrich. At the beginning of each event, Deacon Mike made a short presentation on which senses were involved and how we can sense



Chef Freddie Berk teaches Fr. Bulso how to cut bread without cutting himself!

the presence of God's creation. Because each event was participatory, there was a limit on the number of people who could attend. Each event met its limit and offered a unique spiritual experience for everyone. The beauty of the events were that they were led by parishioners who have talents and passions in the particular activity.

Presenter, Mary Beth Green reflected, "I hope the participants enjoyed their time working with their "Saint Friend" on their Icon. Taking the time to really look at the image of their Saint and talking/praying with them as they worked. It was such a treat to be able to share something I love with others in my Faith community."

"What a Blessed opportunity to combine a Cajun "Fat Tuesday" Dinner with the "Encountering God Through the Senses" event., reflected Steve Berk. "The sense of "taste" was overwhelmingly enjoyed by all who watched and listened

to Chef Freddie as he combined cooking and serving Cajun food, providing entertainment with prayer, and made it a great evening for all. A heartfelt thanks to God and to all who made it possible."



Icon Painters

'One' Body in Christ International Mass and Dinner 5 P.M. Mass – June 8, 2019

- Pot Luck Dinner in the Fellowship Hall following Mass
- Space is limited – please make your reservations now
- Bring your favorite dish to serve 12 from your country of origin
- Children are welcome to join us

This year's celebration will take place at the Vigil of Pentecost, June 8 – a fitting convergence of our many races, languages, and customs afire with the Holy Spirit. Following, there will be a communal meal by our parishioners who so generously share their heritage and stories by preparing and serving their native cuisines. And, there will be music, dancing, and a special guest speaker!

In years past, more than 40 countries – six of the seven continents – have been represented. You, too, are wholeheartedly encouraged to celebrate and share your roots.

To reserve your seats or for more information, contact Janet Catalano, 615-352-2259 or jcatalano@sthenry.org.

JOIN US
AT
VBS—2019



June 10 – June 14

Children entering Kindergarten thru 7th grade are invited to attend. Younger children (K-5) enjoy our Kid VBS program and grade 6 & 7 participate in our Youth VBS program, which offers teen appropriate programming. Adult volunteers lead the classes and activities. Our nursery & preschool room is open for the children of parent volunteers. Rising 8th graders & high school students are invited to volunteer and may receive service hour credit.

Cost: \$25 for one participate and a maximum of \$50 per family. Full time volunteer's kids go free.

To Register as a participant, volunteer, or to pay: <https://vbspro.events/p/events/d10ee3>

“WHAT ELSE CAN WE DO...” - A Reflection on our Haiti Medical Mission

The St. Henry Medical Mission Team is happy to announce that the team recently returned home after a week of medical service to the people of Haiti, and all of us would like to say thank you to St. Henry Parish! It was your support, encouragement and prayers that made the trip a huge success.

For those of you who were not aware of the trip, St. Henry Parish, as a participant in the Parish Twinning Program, helped to financially support the eight team members to travel and stay in Thomassique, Haiti, home of one of our two sister parishes, St. Thomas Aquinas. The purpose of the travel was to provide medical care and education to the residents of Thomassique and surrounding villages. The team consisted of two physicians, Drs. Jamie Slandzicki and Paula Dunn, one dentist, Dr. Skeeters, one nurse practitioner, Joan King PhD, and three RN's: Bethany Burlison, Lindsey Gentry, and Hayle Ross, as well as our St. Henry team leader and chairman of the St. Henry Haiti Mission Committee, Paul Dougherty.



While in Haiti, the medical team treated over 560 patients. Dr. Skeeters led a dental sealant program and treated over 40 elementary children who attend the school that St. Henry supports. The medical team treated numerous patients in St. Joseph Clinic's emergency

department, including three school age children who were involved in motorcycle accidents, numerous wounds with the expertise of the nurses, as well as a toddler who sustained a skull fracture using the team's first unofficial telehealth consult with Vanderbilt.



In addition, Paul Dougherty and Dr. Jamie Slandzicki had ongoing discussions with the pastors of the two St. Henry supported parishes in Thomassique and Darlegrand in order to continue to strengthen our relationship with them and better understand their parishioner's needs.

So, from the bottom of our hearts, **thank you St. Henry parishioners!** Because of your support and prayers, the Medical Mission Team was able to succeed in helping our brothers and sisters in Haiti. The entire team wanted St. Henry to know that each one of you truly helped make the trip a huge success. Thank you again for your generosity, help, and support. We are eternally grateful for you and this opportunity.



The St. Henry Medical Mission Team

YOUTH & YOUNG ADULT MINISTRIES: CONNECTING WITH YOUNG PEOPLE

The goal of St. Henry Youth Office is to create opportunities and foster relationships that bring our young people closer to Christ and help them grow in their relationship with the Lord.

We strive to be a partner for families, a resource in the parish, to connect our young people and give them a voice, to offer opportunities to meaningfully practice and share their faith, and a community in which they can celebrate it.

St. Henry has groups for our Junior Youth (7/8th grades), Senior Youth (9-12th grades), College Students and Young Adults.

Each group engages in service, social and spiritual experiences. These include small faith sharing groups, dances for Jr. CYO, Vespers, Youth Mass and dinner, summer service opportunities and trips to exciting, fun places. The Young Adult

group is taking off, welcoming lots of new faces to the group and its varied activities.

Here is what participants are saying...

“CYO is a wonderful community that has helped me in my journey of faith. It is a group of love and support that joins each other on their walk with Christ.” - Caroline Long

“I enjoy CYO because of the lasting friendships I have made through all of our fun activities” - Aiden Scott

“YAM has given me a place to connect with other young adults who are going through many similar experiences. I enjoy that we have small groups for faith discussions, but also chances to meet up outside of church and have fellowship.” - Jessica Gregory

WITH YOUR HELP... ST. VINCENT DE PAUL ASSISTS THOSE IN NEED

In the last quarter of 2018 St. Henry St. Vincent De Paul helped **146** families, including parishioners, pay for expenses such as utilities and rent for a cost of almost \$36,000. There were also 90 cases of people getting food from the food closet during that same time period.

St. Vincent de Paul is grateful for the donations from St. Henry parishioners, but the winter has been challenging! Requests for assistance with higher utility bills have been high, so St. Vincent De Paul still needs your help.

The amount of need in our community continued to exceed our ability to assist everyone as much as they need. With your



ongoing support, we have been able to make life a bit easier for those less fortunate.

However, our growing community need more of your support. We get an average of 30-60 calls each week from people with families, often parishioners, looking for help. The SVDP ministry is fulfilling and can be a true blessing to your life. Please consider how you might commit your time, talent or treasure to help SVDP **feed the hungry, give drink to the thirsty and clothe the naked.**

Contact Ann Smith annhaven@comcast.net if you would like to get involved. If you can't get involved, please remember to leave a donation in the SVDP box at Mass on the 2nd Sunday of the month!. Thank You!

"One of the Most Rewarding Things I Do..."



Loaves & Fishes feeds a full, nutritious and tasty meal once a month on the third Monday at the Community Hall of Holy Name Catholic Church, to approximately 125-200 homeless and economically deprived people—individuals and families.

For many years, St. Henry volunteers have prepared and served lunch each month, as well as baked brownies, which are delivered on the same day.

Volunteer, Steve Berk purchases and delivers the ingredients to make a hearty meal. A team of volunteers prep and cook, while others prepare to take tickets, man the serving line, and at the end of the lunch, wash the dishes. These are commitments on the part of volunteers who are passionate about serving those less fortunate. Those who work (especially in the kitchen) are weary at the end of the day, but according to Steve, "It is one of the most rewarding things I do."

One of the easiest volunteer jobs at Loaves & Fishes is to bake brownies and bring them to the parish center once a month. One of the coordinators picks them up and then takes them to the center to be served to the clients for dessert.

There is always a need for more help on that third Monday, whether you would like to help at Holy Name or bake brownies. The commitment is only 2-3 hours once a month. You would be asked to commit to 2-3 times per year.

"And the Team has a lot of Fun!!"

If you are interested in being part of the team or would like to have more information on how you can help, please contact Laurie Cian at lauriehcnian1973@gmail.com or 615-243-3876.

TIME & TALENT MINISTRY FAIR — Food, Fun, & Fellowship

The Time & Talent Ministry Fair, held in the Fellowship Hall after all Masses on March 9th–10th was a great success! Representatives of approximately 55 ministries displayed and were available to give information to those who stopped by. The Fellowship Hall was filled with parishioners after each Mass, enjoying the fellowship and food, along with perusing the different ministries that our parish supports either financially or with volunteers. Thank you to all who helped to *set up, serve, and clean up, and to the Women's Club & ladies of the parish who donated Ham Rolls!*

There is always an opportunity to get involved in ministry at St. Henry Church. If you were not able to attend the Time & Talent Ministry Fair, please go to our website, www.sthenry.org and look under ministries for a digital copy of our Ministries booklet.





SAINT HENRY SCHOOL IS "BOOMING WITH ACTIVITY"

Saint Henry School has been booming with activity since our students entered the building. The past few months have been no exception. We'd like to take this opportunity to share some of our more recent news.

17 of our 19 qualifiers competed at the **Regional History Bee Finals** which took place at the end of March. At this competition, 10 of our students qualified for the National History Bee which will be held in Chicago this June. Of those ten, 7 qualified for the International History Olympiad! To qualify for the International Olympiad, the student would have to score in the top 25% of Saturday's participants. Jack Armour placed 1st and Ben Schmits placed 2nd in their grade level and Jack was 8 points away from a perfect score.

Arianna Thacker and Claire Maxwell took 2nd place at the **Catholic Campaign for Human Development, Creating on the Margins Contest** (theme-A Time to Heal Racism). Additionally, our own Fiona Mikhail's "The Resilience of the Human Spirit" will be on display at the Memphis Jewish Federation for the Holocaust Art Contest, Sustaining Culture and Community: The Many Faces of the Warsaw Ghetto. This contest was open to middle school students in Tennessee and surrounding states.

This fall and winter we introduced our **Zero Hour Program**. This enrichment program takes place during the hour prior to the beginning of the official school day. The program offers Latin, Robotics, Drones and Debate for optional student instruction.

We welcomed the addition of the **Tiger Tank**, a 160 gallon saltwater fish tank. This underwater classroom will open our students minds and books to learning about fish species, plants and reefs (yes, we are growing coral), writing reports about our aquatic



observations, critical thinking and problem solving while learning more about marine biology, chemistry, ecology, physics and more.

If you missed this year's school **production of Disney's Beauty and The Beast, Jr.**, then you missed quite the show. Be sure to be on the lookout for our production next spring because our Saint Henry Players rival any Broadway production!

Congratulations to our **Battle of the Books** winning team; Brady Bauer, Ford Zook and Ellie Maxwell.

There were some big awards for us at this year's **Invention Convention at MTSU**. Out of all of the participants, Lucy Trailov and Molly Kate Dixon received Best Presentation while Ellie Maxwell and Analise Tuesing received The Judges Award. Our other participants were Emilia Trailov, Bailey Emerson, Alex Faulkner, Margaret Jordan, Eleanor Brackman and Sophie Dela Merced.



Another first for our Tigers this year was competing in the **MTVA Choral Festival**. Our first-timers did extremely well receiving a rating of "EXCELLENT" and brought home some hardware! From performance to sight reading, this was a great experience for our singers.

Our **Boys Varsity Basketball Team** went undefeated, winning both the league and Diocesan Championship. Our Girls Varsity Basketball Team fought a good fight and took 2nd place in the Diocesan Tournament!

Hard to believe the 2018-2019 school year is coming to an end. We look forward to reporting more news in the next newsletter. To keep abreast of our latest and greatest happenings be sure to follow us on Facebook ([sainthenryschool](https://www.facebook.com/sainthenryschool)) and Instagram ([sthenryschool](https://www.instagram.com/sthenryschool)).



PARISHIONER TO LEAD FOCUS MISSIONARIES

We are excited to share with you that long-time parishioner Quinn Cowan, his wife, and two sons are returning to Nashville to work as Catholic missionaries at Belmont University with the Fellowship of Catholic University Students (Focus). After three years on mission elsewhere, Quinn will be leading a team of missionaries in order to begin this new campus ministry in cooperation with the Diocese of Nashville. Please keep Quinn and his family in your prayers. For questions or information about his **FOCUS** ministry, contact Quinn at quinn.cowan@focus.org.



THE WALK OF FAITH — PRESERVING CHURCH & FAMILY HISTORY



The idea for the Walk of Faith began in the fall of 2004 when St. Henry Church was in the design phase of a major building project to include a new church, chapel and fellowship Hall. Parishioner, Mary Beth Hargrove, then Home and School president at SHS, conceived of the project as a joint effort between church and school. She approached, then principal, Sr. Mary Jordan with the idea, who enthusiastically encouraged her to present her thoughts to Fr. Mike Johnston.

Fr. Mike embraced the concept, not only as a significant addition to the new church plans, but also as a project that would memorialize meaningful events in the church history, as well as a means to commemorate family histories at St. Henry. Thus, a joint fundraising project between the church and school was begun.

Brick sales began in April 2005 and The walkway was installed in the summer of 2006. Two benches were donated to provide a place for rest and reflection. Trees, shrubs and sod were generously donated, as well as the work of planting the courtyard. The Walk of Faith was dedicated on November 18, 2006.

Christy Webb, one of the coordinators of the project, reported that there are currently approximately 618 bricks and 69 pavers still available. We continue to receive new orders, some of which will be installed this spring.

Christy, speaking for both she and co-coordinator, Cindy Davis said that, "Working on the Walk of Faith has been incredibly rewarding for us. We have gotten to know so many people through this project. It has been a privilege to hear the stories of families as they celebrate births, experience sacraments, and honor lost loved ones. The Walk of Faith is a beautiful history of our Church."

Walk of Faith order forms can be located on the information centers at Church, in the Church Office or downloaded from our website, www.sthenry.org. The walkway is located outside the side door of the Narthex leading to the Church Offices.

FAITH & JUSTICE

The Faith & Justice Ministry needs your participation and voice as we strive to present issues, foster dialogue, and inspire action on Catholic social teachings for our parish and the greater Nashville community.

Our mission statement: "This ministry educates, advocates, prays and discerns opportunities to address, inform, and raise awareness about systems which affect the human dignity of all persons on a local, state, national, and international level. The **Life and Teachings of Christ Jesus** and the **Social Teaching of the Catholic Church** provide the guidelines of this ministry."

This fall, we will host our third annual forum on a topic of charity and justice, and we would love your input. Last year, we focused on care for the Earth, our common home, to meet the call of Pope Francis for "ecological conversion" in his encyclical, *Laudato Si'*. Our inaugural forum in 2017 helped define and focus the group's activities. Participants took a deeper look at Catholic social teaching and the role of faith in working for the common good. Areas of interest included the scarcity of affordable housing, ecological deterioration and environmental stewardship, and poverty. These continue to help guide us.

More recently, Faith & Justice teamed up with the Faith at Home Ministry at St. Henry to encourage parishioners to take a "plastics pledge" for Lent and abstain from single-use plastics. At the same time, about 100 parishioners took part in a six-week in-depth study of *Laudato Si'*.

Ministry members also participate regularly in interfaith and advocacy opportunities in the region particularly the Tennessee Interfaith Power & Light (TIPL), of which St. Henry is an active member.

We meet on the second Thursday of each month in the parish library from 5:30p.m. - 7 p.m. and welcome you to join us and learn more!

For more information about the Faith & Justice Ministry's activities, please contact coordinator Aimee Shelide Mayer, aimee.shelide@gmail.com, 615-426-6047.



Something not often discussed within families is that of estate planning. It can be a delicate subject, but one that is crucial in mapping out how you want to leave a legacy.

When you include St. Henry Church in that conversation, we will work with you to ensure your gift is clearly articulated and thoughtfully implemented.

Please contact Linda Large at 615-352-2259 x 121 or email llarge@sthenry.org for assistance or information.



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CATHOLIC CHURCH

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Join our mailing list and "like" us on Facebook
([sthenrycatholicchurchtn](https://www.facebook.com/sthenrycatholicchurchtn)).

Emails are sent once a week, letting you know about things that are happening at St. Henry. Occasionally, you would be notified of a parishioner's funeral arrangements. Email llarge@sthenry.org to be put on the email list.

DON'T FORGET US... when you are on Vacation!



Remember you can use our Online Giving platform to fulfill your pledge or make regular donations. Just go to our website, www.sthenry.org, click on Give, then the Online Giving icon!

FELLOWSHIP SUNDAY NEEDS YOU...

In order to keep Fellowship Sunday going, especially during the summer months, we need those who enjoy the fellowship, coffee, and donuts to take turn hosting. Let's not rely on someone else...we have a number of individuals and families who are already faithful volunteers... **MAY WE ADD YOU TO OUR VOLUNTEER LIST?**



Go to our website, www.sthenry.org, parish ministries, click on the link under Fellowship Sunday to see where you are needed or contact Kristy at kcarlton@sthenry.org.