



THE WAY

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SUMMER AT ST. MICHAELS



May 13, 2024 : Hands of Grace Ministry (HUGS) was honored this year the **Unity Achievement Award** by the Union County Relations Commission.



June 02, 2024 : Corpus Christi Procession



July 04, 2024 : Hang out & Fireworks Family night!



July 28, 2024 : Feast of St. Alphonsa



MINISTERS & MINISTRIES

WELLNESS MINISTRY

FREE Dance and Defense Classes

Give your body and being the gift of movement and wellness by joining us **every Saturday morning at 9:30 am** for a **FREE hour of Dance and Defense!**

This class is family-friendly, so bring the whole family along to pick up some essential, life-saving defense skills while enjoying quality time together!

Don't miss out! Start your weekend with a burst of energy and empowerment!

**Start your journey to
Wellness and Confidence!**



By Lucy & Rey

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RELIGIOUS EDUCATION

In May, the First Communicants helped to celebrate the May Crowning of Mary. Participants dressed up in their First Communion outfits and presented Mary with a crown and flowers.

This event was the last for our beloved former Religious Education director, Clare Andriola, who has officially retired. Clare became the Religious Education director in 2020. She was a parishioner of St. Michael's for over 30 years and a catechist for 25 years. Clare's contributions and warm smile will not be forgotten! Clare, we wish you the best in your retirement!

Welcome to our new Religious Education director, Stephanie Marulanda! We look forward to working with you!

UPCOMING EVENTS

**Join us as we celebrate the Feast of
St. Michael's September 27th to 29th!**

September 27th - Cruise around NYC

September 28th - Fair with fun activities
for all ages

September 29th - Concert featuring all of
our choirs

October 11th - Rosary Congress - Spend
time with the Blessed Sacrament from
8:30 am to midnight.

ADULT FORMATION

The 9 Great Spiritual Trades

When I was a boy, I used to follow Major League baseball where there were trades between players of different teams. On a deeper note, we need to apply nine spiritual trades in our Catholic spiritual life:

9 negative actions for 9 fruits of the Holy Spirit.

So, what are these great spiritual trades?

1. **Anger** for Love
2. **Fear** for Joy
3. **Worry** for Peace
4. **Doubt** for Patience
5. **Guilt** for Kindness
6. **Complaining** for Generosity
7. **Self-Condernation** for Faithfulness
8. **Criticism** for Gentleness
9. **Gossip** for Self-Control

Sometimes, people tell us "Get a life" meaning we are focused on unimportant things. We should move away from these negative actions, and obtain a life filled with fruit of the Spirit: Love, Joy, Peace, Patience, Kindness, Generosity, Faithfulness, Gentleness, and Self-Control.

Such a life, as Saint Francis de Sales says, is "nothing else than the Gospel presented in action."

By Chuck Cababe

YOUNG ADULTS

Introducing Millennials with Christ



With two gatherings under our belt since starting **Millennials with Christ** (MWC) and reviving our Young Adult Ministry at St. Michael's, we're off to a running start.

So far, we've had the opportunity to engage in praise and worship and participate in fruitful discussions that explore what it looks like to love like Christ and how to begin and sustain our spiritual walk, especially as young adults.

As the old adage says, "if you want to go fast, go alone. If you want to go far, go together."

We're so excited for the future and grateful to God for blessing us with the desire to create such a safe space, allowing us to cultivate community and support as we grow closer to Him together!

If you've been craving this exact space, it's right here at MWC, the Young Adult Ministry at St. Michael Church.

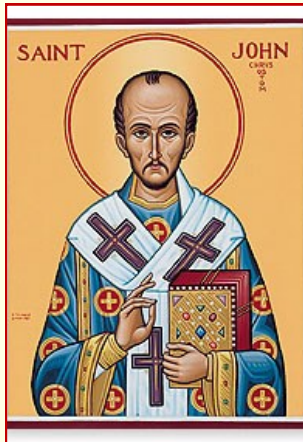
We want to invite new members aged 25-40 and remind our current members to join our next gathering on Thursday, August 22nd from 7:15 - 9:15 PM.

We can't wait to see you!

By Jenn Eluwa

SAINTS & US TODAY

St. John Chrysostom



As students prepare to return to school to study and advance in their education, we are reminded as part of our journey of faith, the importance of our

knowledge and understanding of the Catholic faith and theology. St. John Chrysostom contributed greatly to the Early Church's education and understanding of the Sacred Scriptures and the Christian faith through his

brilliant preaching and catechesis. St. John Chrysostom was born in Antioch around the year 347 AD. In 381, he became a deacon and was later ordained as a priest and served in his native city of Antioch. It was there that his powerful and convincing speeches on the Gospels and immorality earned him the nick-name "Golden-mouthed" or Chrysostom. One of his famous quotes was, *"Prayer should be the means by which I, at all times, receive all that I need, and, for this reason, be my source of rich and inexhaustible joy in life."*

Fittingly, St. John Chrysostom is the patron saint of preachers, speakers, orators, and lecturers.

St. John Chrysostom, pray for us, that we may continue to grow in the knowledge and understanding of our Catholic Faith.

By Deacon Michael Alfano



Appearance	Light
Blessed Trinity	Luminous Mystery
Divine Glory	Moses
Elijah	Mount Tabor
Father's Voice	Mysterious Event
Fulfil Law and Prophets	Peter
Glorified	Preview of Future
James	Spirit Shining Cloud
Jesus the Son	Transfiguration
John	Transformed

W G K Y T M H P D Q O S E A C Y R F D E
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