WELCOME TO THE PARISH COMMUNITY OF

ST. MARY’S CHURCH, BALLSTON SPA,
& ST. MARY’S CHURCH, GALWAY

Fr. Thomas J. Kelly, Pastor ~ Fr. Francis Vivacqua, Assoc. Pastor ~ Deacon Ronald Hogan

Mrs. Lynn Fitzgerald, Principal
Sister Nancy Schmidt, RCIA Coordinator

Mr. Jake Stomieroski, Youth Minister
Mrs. Vicki Schuette, Dir. of Religious Ed.

St. Mary’s of Ballston Spa
Parish Office: 167 Milton Ave.
Ballston Spa, NY 12020

Hours: M-F, 8:30 am - 2:30 pm
Emergencies call anytime.

Phones: Parish Office 885-7411
School 885-7300
Religious Ed/Youth Ministry 884-8479

Website: parishes.rcda.org/stmarysballstonspa

Masses: Sat. night for Sunday obligation 4:00 pm,
Sunday 8:30 am, 10:30 am & 12 noon

Confessions: Saturday 3:00 pm - 3:45 pm.
Every Tuesday evening after Novena Devotions &
Mass 5:30 pm (except during Lent).

Baptisms: Call the Office for confirmation of time
(2nd & 3rd Sunday after 12 noon Mass), acceptance
of sponsors & instruction for new parents.

St. Mary’s of Galway
PO Box 536
2113 East St.
Galway, NY 12074

Email: stmarygal@nycap.rr.com

Religious Ed: Contact Bonnie Nicolosi @ 588-0304 or
bonnieznicolosi@gmail.com

Website: www.rcda.org/churches/stmarysballstonspa

Masses: Sat. night for Sunday obligation 6:00 pm (July
1st — Labor Day weekend),
Sunday 9:30 am (year-round)

Baptisms: Please call Joe Novak at 882-5412 at least 4
weeks in advance.

Marriage Policy: If you are planning on getting married at St. Mary’s, Ballston Spa, or St. Mary’s,
Galway, please call the parish office at 885-7411, before you make any commitment to a reception site. We
don’t want anyone to be disappointed because the date is no longer available. Weddings can be scheduled
for Fridays or Saturdays. No Sunday weddings are allowed.
MINISTERS

ALTAR SERVERS

SAT., June 2
4:00 PM
Liam Miller,
Eli Sutton

SUN., June 3
8:30 AM
Veronica Higgins,
Catherine Higgins
10:30 AM
Sean Walker,
Cole Walker
12 NOON

64th Annual Bishop Appeal: Spreading the Joy of the Gospel — It Starts with You!

Through this important Appeal, we follow the example of Christ to serve our brothers & sisters here in the Diocese of Albany. By joining together in stewardship, we proclaim our unity to all; thereby letting those who need us the most know that they are an important part of our Catholic family. Please be as generous as you possibly can in responding to the Bishop’s Appeal.

Eucharistic Adoration & Evening Prayer

You’re invited to spend a little extra time with Jesus by joining us for Eucharistic Adoration & evening prayer from 5-6 pm on Monday, June 18 & 25. There will be NO Adoration on Memorial Day, May 28 or Monday, June 4.

“Restore the Church — Build the Future” is this year’s theme for the Special Collection for the Catholic Church of Central & Eastern Europe. The Church in this region of the world continues to have great needs for its pastoral work. Your donations invest in future generations of Catholics: a gift of faith to the future. Proceeds from the Collection go directly to build churches and support scholarships for ministry formation, and they also support Catholic organizations that provide family support, food, shelter, medical care and religious education in the region.

Please help by giving to the collection this weekend, May 26/27.
The Most Holy Trinity — May 27, 2018

Our Lady of Peace Prayer Group
will meet on Tues., 5/29, at St. Mary's Church, 6:30 pm - 8:15 pm. All are welcome!

Do We Have a Future? Catholics who support abortion-minded political action lobby groups are adding to disorder. God, in biblical accounts, grants His blessings on those who live His values. Death is not one of His blessings. The majority of media folks have admitted a 92% pro-abortion bias, thus non-God news is common. Our discernment is best gained by education from the magisterium of the Church. Read the Catechism of the Catholic Church (CCC); copies are at the exits of St. Mary's. To be pro-life (pro-God) is to be a well informed and practicing Catholic.

If you would like to honor Our Lady of Fatima's request to fulfill the Five First Saturday devotion, please join us Saturday, June 2, at 3:00 pm. We will be meditating on the Sorrowful Mysteries of the Holy Rosary. On December 10, 1925, Our Lady stated Lucia: "Look, my daughter, at My Heart, surrounded with thorns with which ungrateful men pierce Me at every moment by their blasphemies and ingratitude. You at least try to console Me and say that I promise to assist at the hour of death, with the graces necessary for salvation, all those who, on the first Saturday of five consecutive months, shall confess, receive Holy Communion, recite five decades of the Rosary, and keep me company for fifteen minutes while meditating on the fifteen mysteries of the Rosary, with the intention of making reparation to Me."

The Priory Retreat House, Chestertown, NY
2018 Summer Calendar

Registration & info at PrioryRetreatHouse.org
RSVP to secure your spot! 518.949.3733 or office@prioryretreathouse.org

- UNPLUG Weekend Retreats: A Young Adult Guided Weekend Retreat Full of Spiritual Treasures Jun 1-3 / No July or August
- Family Weekend Retreat: Aug 17-19 / Friday, 7PM – Sunday, 2PM
- Adirondack High School Youth Retreat: Aug 6-9 | Monday, 4 PM – Thursday, 11 AM
- Vespers at The Priory (Evening Prayer): Wednesdays, 5:30 PM – Open to the public
- The Priory Concert – Bluegrass & Barbecue: Saturday, July 14th, 5 PM – 8 PM Open to the public
- Divine Mystery in the Heart of Creation: Aug. 2-3 - Thurs, Check in 7PM - Friday, 2PM
- Adirondack Adventure – A Guides Journey with Paul Gibaldi: Friday, August 3rd – Saturday, August 4th
  "Canoe/Kayak Trip on Saturday from 9 AM – AFTERNOON"

St. Mary’s 14th Annual Golf Tournament
Join Fr. Kelly in a final round of golf before he retires! Monday, June 11th at the Ballston Spa Country Club!
- 10:30 am - Registration
- 12:00pm shotgun start, contests, prizes, lunch & dinner!
- Registration forms are available in the back of church & on-line at smbsspa.org.
- Call the school office for more info at (518) 885-7300

ST. MARY’S BEREAVEMENT SUPPORT GROUP will meet on Wed., June 20, at 6:00 p.m. in the school sitting area outside of the auditorium. Please use the Thompson St. entrance as this is the door that will be open for our meeting. Our meetings are open to anyone who is struggling with their grief after the loss of a loved one. Please feel free to join us. For info, call Josephine Perniciaro at 518-596-6886.

A Memorial Mass for Father William Tracy, C.Ss.R., 88, a native of Ballston Spa and a member of the Redemptorist order for 68 years, will be celebrated at 10am Saturday, June 9, 2018 in St. Clement’s Church, Saratoga Springs.

Birthright extends a sincere “Thank You” to all parishioners who helped make our Mother’s Day Carnation Sale a great success. Your generous outpouring of love and support enables us to continue assisting pregnant women and families who desperately need help. If you know someone who is pregnant and needs assistance, please have her call Birthright at 518-885-4117. All services, including self-administered pregnancy tests, are free and confidential.

The Feast of Corpus Christi - June 3rd
Join us for this joyful witness after the 8:30 AM Mass.

The Feast of Corpus Christi is a time when Our Lord in the Blessed Sacrament is exposed not just for faithful Catholics but for the entire world. On this special day, take part in showing your love for Christ in the Real Presence by honoring Him in a very public way, in a Eucharistic Procession around the church which will take place after the 8:30 Mass.

TRINITY SUNDAY

GOD IS THREE, BUT GOD IS ONE.

Kind of Like Me – I’m Dazed, I’m Confused, I’m Mystified, and I’m One Mixed-up Person Trying to Figure All That Out.
Today’s Sunday is for European Catholic Relief. The Church in Central and Eastern Europe fund projects to rebuild and restore communications projects.

There will be a second collection next Sunday for Parish Improvements. Your contributions continue to maintain our building and grounds. Thank you for your support.

Parish News

Congratulations to Father Shanley celebrating his 65th Anniversary of Ordination on May 30th. May the Lord bless you and keep you, fill your life with His joy and sustain you by His grace. We thank you for your years of service to our Parish Family.

Pray for our Nation’s heroes for their generous and selfless service to our nation and to our liberty. Our humble gratitude to all of our military, their families, and to all the veterans that have served our nation.

St. Mary’s Community Service: Keep in mind that making baby Afghans for Birthright is an ongoing parish project. Any completed Afghans may be placed in the Food Pantry boxes at each entrance.

Faith Formation: What does “Fiat” Mean?

In Latin, “fiat” means “Let it be”. In the Church, it refers to Mary’s response to God’s request through the Angel Gabriel. And the Angel said to her in reply, “The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. 36 "Mary responded, “Behold, I am the handmaid of the Lord. Let it be done to me according to your word.”

Each of us should be discerning God’s will in our own lives as well and responding to His will with the same Fiat.

Have you ever wondered...

What does God want of me?
How can I know where God wants me to serve Him?
How do I know if God is calling me to religious life?
What is the life of a consecrated religious?

What are the steps towards becoming a religious sister?
The Vocations Awareness Council hosts monthly meetings for women who have these questions. In these meetings women have the opportunity to meet other like-minded women, meet sisters from various Religious communities, and receive guidance in their discernment process. For more information, please contact Sister Laurie-Marie, C.R. at LaurieMarie.Parisi@rcda.org or visit Albanyvocations.org

Health Ministry: D VITAMIN

Vitamin D is critical for many functions in the body. You probably already know that having adequate levels is crucial for healthy bones, but it may surprise you to learn that the active form of vitamin D interacts with more than 30 different tissues in the body and affects more than 1,000 genes. In other words, it’s important for a whole lot of things other than bones. Here are some of the roles vitamin D plays in the body:

- Necessary for maintaining muscle strength.
- Has a significant impact on the immune system.
- Increases our resistance to bacterial and viral infections, especially in the respiratory tract.
- May help protect against colorectal cancer.
- Important for maintaining healthy heart function and blood pressure.

Checking Your Levels: Vitamin D deficiency/insufficiency is a problem in this country, particularly for those who are dark-skinned, spend most of their time indoors, regularly use sunscreen, live in northern latitudes, and/or are overweight or obese. Vitamin D comes from sunlight. During winter, in the northern areas, it can be especially difficult for our bodies to synthesize enough vitamin D from the sun—as the days grow shorter and darker and we spend less time outside. It is advisable to consider having your levels checked. Ask your healthcare provider, or you can order your own vitamin D test at RequestATest.com for $59.

What is a healthy level? The CDC reports 66 million Americans have 25(OH)D levels in the 12 to 20 ng/mL range, while 23 million have levels less than 12 ng/mL. You should aim for 30 ng/mL, which is the threshold set by the Endocrine Society. If your levels come back under 20 ng/mL, talk to your practitioner about creating a protocol for elevating them.

Two thousand (2000) IU per day of vitamin D3 is recommended for adults, particularly during the winter months. The upper limit is 4,000 IU per day.

Food sources of Vitamin D: While exposure of our skin to sunlight is the optimal way to get vitamin D, many people are concerned about the risk of skin cancer and sun damaged skin. You can get it in food but it’s not naturally present in large amounts. The majority of dietary vitamin D in the United States comes from the artificial fortification of milk or nondairy milk products; breakfast cereals, and orange juice. Herring, wild salmon, sardines, and fish liver oils are good natural sources of vitamin D, and you can also get small amounts in eggs, beef, and butter. However, while it is ideal to get your nutrients from food whenever possible, it’s hard to get adequate amounts of D from dietary sources alone.

Vitamin D is a fat-soluble vitamin that needs to be taken with some fat. Since dinner tends to be richer in fat than other meals, it is preferable to take it then. One study found taking vitamin D with dinner increased blood levels of vitamin D by 50 percent more than when it was taken with breakfast.

Church Support

We thank you for your sacrificial offering of $0.019 for Sunday, May 20. To cover our weekly expenses, we need $1,000.

Please Join Us After Our 9:30 am Mass in the Social Hall for Coffee, Donuts, & Fellowship.
Wednesday Chicken or eggplant parm with pasta & bread
For $7.99 plus tax. Call for daily specials.
518-885-3300 • www.getprimopizza.com
15 Trieble Ave. (next to Hannaford), Ballston Spa, NY

BSNB Ballston Spa National Bank
Ballston Spa 87 Front St.  518-363-8150
Galway 5081 Sacandaga Rd.  518-882-1225

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