



THE WAY

A NEWSLETTER PUBLICATION BY ST. MICHAEL'S CHURCH, UNION, NJ

Volume 2 | Issue 1 | FEBRUARY 2022

iWave

AIR PURIFIER

In our commitment to making parishioners feel safe coming to worship with us at St. Michael's Church, our church building has been equipped with iWave Air Sanitizing units in the upper and lower church. The units are powerful enough to sanitize the air in the church within 30 minutes. Lab tests have shown they neutralize 99.4% of the COVID-19 virus. The iWave units have been installed into each air conditioning handler. When air reaches them, it is sanitized of COVID-19, viruses, bacteria, odors, mold, smoke, allergens, and even static electricity in the air. The neutralized air is then rushed back into the church and our Phil Matrale Hall.

As people walk in, any infected air that may be brought in will be diluted into the clean air. The concept is if you drop a teaspoon of salt into a large bucket of already salted water, you'll taste the salinity. However, if you drop it into a bucket of fresh water, the salt gets completely diluted and the water remains tasteless. Although there is no guarantee you will never contract COVID-19, air sanitization is a great defense against transmitting the virus. We feel these units will be highly effective at keeping our church clean and safe of any new variants that may develop. We will continue to do anything within our abilities to keep our parish protected.

By *Tiago Rodrigues*



SAINTS & US TODAY — *St. Katharine*

In the season of Lent, we are called to examine our lives, turn away from sin, and renew our commitment to living as Christ taught us. One of the saints who served as a model for Christian life, by being charitable toward the poor (a Lenten practice), was St. Katharine Drexel. St. Katharine Drexel, whose feast day we celebrate on March 3rd, was the second American-born saint. She was born in 1858 to a family of wealth, but voluntarily stepped away from her privileged, upper-class life to encounter and heal the suffering people she saw in America. Katharine became a nun and founded a

By *Deacon Michael Alfano*

religious order of nuns that served people marginalized by American society. She devoted her life to serving poverty-stricken Native Americans and African Americans, opening schools for them across the country. A friend of mine at college hung a picture of St. Katharine above her bed to remind her to always be charitable toward the poor.

St. Katharine Drexel, pray for us. Teach us the lessons of sacrifice and charity during this Lenten season and throughout the year.



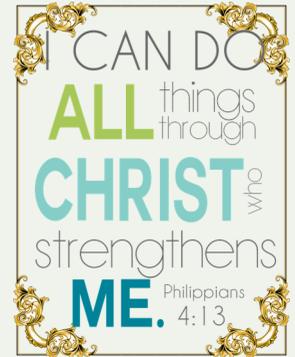
OUR MINISTERS & MINISTRIES

WELLNESS MINISTRY—*A Healthy Lifestyle*

Exercise is such a dreaded word. But we must exercise to be healthy. Even St. Paul exercised. (1 Corinthians 9:27). A healthy lifestyle has many long term effects, such as reduced resting blood pressure, decreased total cholesterol, more controlled glycemic indices, lower resting heart rate, decreased bad cholesterol and so on. Here are some suggestions for a healthy lifestyle:

1. Exercise at least 30 minutes a day for a total of 150 minutes a week at moderate intensity. Moderate intensity is around 64% to 76% of maximum heart rate, and the maximum heart rate is **220 minus your age**. So, if I am 50 years old, my target heart rate is between 109 and 129 beats per minute. A smart watch and fitness app may help you monitor your exercise and fitness level.
2. Eat a balanced and healthy diet based on your needs. I try to estimate how much calories I put in and burn.
3. Drink plenty of water. I suggest drinking at least 2.5 liters a day.
4. Take supplements, as they can help fulfil your daily nutritional needs.
5. Get enough sleep. Sleep will help our body recover, heal and replenish. 8 hours is suggested.

Before you start your healthy lifestyle, consult a physician.



By Nemesio Felix, Jr, PT

RELIGIOUS EDUCATION

In May 2021, calling for formal recognition of “those lay men and women who feel called by virtue of their baptism to cooperate in the work of catechesis,” Pope Francis established the **ministry of catechist** as an instituted, vocational service within the Catholic Church. We at St. Michael’s are blessed with an amazing group of men, women and teens who tirelessly give their time and talents to shape young minds and lead them to a deeper understanding and appreciation of our Catholic faith.

Gr. 1 - Mrs. Suzette Cavadas (Samantha Bongat),
Mrs. Edna Dossantos (Ana Ruiz),
Ms. Lisa Perez (Kelly Pham)

Gr. 2 - Ms. Aida Mendez-Boud, Mrs. Dina Connelly,
Ms. Kayla Silverio (Nichole Silverio)

Gr. 3 - Mrs. Tania Massicot, Ms. Maria Edmond,
Mrs. Margaret Sasieta, Mrs. Adaeze Ihuoma

Gr. 4 - Mr. Reuben Vibar (Janet Gawel)

Gr. 5 - Mrs. Fernanda Manochio, Mr. David Vargas

Gr. 6 - Mrs. Kim Herbert, Mrs. Lolita Maksom

Gr. 7 - Mrs. Danielle Laube, Mr. Okezie Ukaegbu

Gr. 8 - Mrs. Yonette Gawel, Mrs. Lea Sheridan

Sacrament Prep - Ms. Marie Crespo (Ryu Javate),
Mrs. Jovel Golingan

Home-Based - Mrs. Lois Scanio

Coordinators - Leon & Marivic Enriquez

In subsequent issues, we will continue to highlight these individuals one by one.

By Clare Andriola

YOUNG ADULT

Remaining Catholic in College



Hello to all my fellow students and young adults of St. Michael's Parish! My name is Leticia Sefia, and I am a first-year student at Harvard College planning to concentrate (major) in Psychology on the pre-medical track. As somebody who is a cradle Catholic and has attended Catholic schools for most of my life, I feared the transition into a secular environment, and how secularism could impact my faith. Fortunately, my fears were quelled when I discovered Harvard's strong undergraduate Catholic community, which encouraged me to pursue a deeper relationship with God. Nowadays, I am a member of Harvard's CSA (Catholic Students Association) and I participate in St. Paul's choir for 5 p.m. student Masses on Sundays.

I won't lie and say that it is easy to be Catholic in college, especially in environments that actively condemn our religion in lectures and through informal discussions. However, in my pursuit of evangelization through my actions and words, I find solace in the

Beatitudes of Christ, specifically, the promise that **"Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of Heaven."**

In addition, despite the prominence of secularism in my community, I am continuously strengthened by the foundational aspect of Mass that is **Transubstantiation**.

Having this unique gift to receive Jesus's Body and Blood at every Mass has been so rewarding to me because I am able to increase my spiritual hunger to unite myself with Jesus and counter the popular belief to detach oneself from the Creator.

Through vicarious experiences of those who attended college before me, I've come to realize that there are two distinct paths a Catholic young adult takes when entering the real world or when going to college: either their faith is shaken or their faith is strengthened. Luckily, through the Catholic community that I've encountered, the friends I've made at Harvard, and the grace of God intensifying my desire to learn more about Him and to pursue Him wholeheartedly, I am happy to say that, through the guidance of the Holy Spirit, I am embarking on the latter path, which, despite its seeming downsides of persecution and mockery, is more rewarding than any other experience I've had in my first semester of college.

I advise any young adults embarking on a new chapter of their lives to fervently cling to and develop in the faith, strengthening their trust in God. After all, there is nothing more amazing than being a child of God!

By Leticia Sefia

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GRAPHIC DESIGN & PUBLISHING

Sefia Designs . <https://www.sefiadesigns.com/>

GENERAL EDITOR Msgr. Anselm Nwaorgu, Ph.D.

WORD

SEARCH

Body and Blood

Covenant

Cross

Crucifixion

Easter

Forgiveness

Garden of Gethsemane

INRI

Jerusalem

King Herod

Laetare Sunday

Last Supper

Lent

Paschal Lamb

Peter

Pontius Pilate

Risen Lord

Simon

Triduum

Veronica

B S S I M O N R P G R X S J W J F Z
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 T P O N T I U S P I L A T E I N P R

HOLY DAY REFLECTIONS

Ash Wednesday - The beginning of Lent for those of us who will begin a journey. Many will abstain from doing things they may enjoy, foods they eat or beverages they drink. It is especially a good time to reflect and perhaps renew ourselves to basic tenets - to love one another, to treat others with respect, courtesy and dignity and to simplify the complexities in our life that sometimes goes too fast. Time is limited with each passing year, so we can try to be more understanding and patient with whatever comes our way. Let us all move towards improving our health, being more patient, paying good deeds forward and making things a bit better and easier for those we encounter in our daily life. It is in our daily life that we are given the opportunity, a gift, from our Lord Jesus Christ, to move towards a more enriching and fulfilling life as a disciple of His words, His actions and His deeds. For it doesn't hurt to be nice to people and it can only improve your state of grace to be nice to yourself.

By Kermit Thompson

Easter Sunday - This glorious day is a chance to become one in totality with Jesus Christ. We all look forward to dressing in our best clothes, a brand new suit or dress, a clean shave and haircut for the gentlemen; a new hairstyle for the ladies. To most of us, it is going to church which always feels special to us! It is the renewal of the body, mind and soul in honor of the Man who gave His life for us and rose from the dead three days later. The hymn, "Jesus Christ Is Risen Today" is a favorite of ours and it will be a bit more special as it will also bring to my mind the family and friends who are no longer here, but that is alright, for we know we will see them all again someday. May we all rise above, overcome and deal with the physical, emotional and financial burdens that often weigh us down in our daily lives and give Jesus Christ the love, the prayer and the faithful spirit that He so deserves. Amen!

