

The **BREAD OF LIFE** CATHOLIC COMMUNITY NEWSLETTER



Scavenger Hunt: Can you identify in which of our parishes these Blessed Mother Mary statues are located? Visit our churches to find them all! Answers on Pg. 8

Dear Friends of Bread of Life Community,

Happy Belated Mother's Day to all you wonderful ladies!

As I approach my second anniversary as pastor of this wonderful family of parishes, I am filled with gratitude and a sense of peace. I am extremely grateful for everyone who is surrounding me with prayers. It is because of these prayers, that I am able to deal with the challenges our parishes are facing. I am also grateful for meeting so many faith filled individuals and to be ministering with dedicated parishioners who are working hard to strengthen faith communities. It is amazing what we have accomplished in this short amount of time. Let us remember some of them, such as: Last Carol & Last cookie gathering, our Bread and Soup suppers, the Shared Holy Thursday Supper, exceptional Holy Week Services, 19 Adults who were fully initiated into the Catholic Faith at the Easter Vigils, parishioners who are willing to help other parishes succeed, Family Confirmations for more than one hundred young men and women, Holy Spirit Ecumenical Service, hosting the Interfaith Gathering, many retreats and other ways to nourish spirituality. I am sure you can add many more to this list with other events. As the Bread of Life Catholic Community, we thank God for all that we have accomplished and we ask God for His continued assistance and blessings.

There is still more we need to accomplish! Therefore, I am inviting you to attend a gathering on June 2nd, at 6:30 pm at Saint Benedict Church to pray together and share our thoughts (yours and mine) along with ideas on our next steps.

May Almighty God bless you in special ways during this Easter Season.

In Christ's peace,
Fr. David Bellittiere

SIX PARISHES ONE MISSION

**Christ the King, Infant of Prague, St. Aloysius Gonzaga, St. Benedict,
St. Leo the Great, Ss. Peter and Paul**

THE BREAD OF LIFE CATHOLIC COMMUNITY NEWSLETTER

MISSION STATEMENT

The mission of our family newsletter is to celebrate the life of our parish community by sharing stories, milestones, and events that foster connection and joy. We aim to encourage participation through open communication and invitations to gather, while nurturing faith and gratitude in every issue. By reflecting who we are and where we're going, we hope to extend a warm welcome and deeper connection, not just to our church family, but to the neighbors and friends beyond our walls.



Thank you to our wonderful sponsors. Please consider reviewing the ads on pages 13-15, and visiting their places of business. We want to celebrate our community and build relationships together!

If you or someone you know has a small business and would like to advertise with us, please reach out to Melinda at Communications@saintbenedicts.com

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To sign up for an email copy of our Family Newsletter and add us on social media, scan the QR Code to the right or go to linktr.ee/BreadofLifeCatholicCommunity



The Legion of Mary is a global Catholic organization of men and women who serve their parishes through spiritual and corporal works of mercy. Its mission is the personal sanctification of members by imitating Mary's virtues of faith, charity, and humility. The Legion helps us live out our Baptismal and Confirmation vows and share the Good News through organized, purposeful evangelization. Personal outreach is both rewarding and meaningful. Our parish family is blessed to have two active praesidia (Legion groups). We invite you to join us for a meeting and prayer. If you already pray the Rosary daily, consider becoming an auxiliary member—a prayer warrior. Is the Blessed Mother calling you? Think of how often we've asked for her help—now she may be asking for yours. Everyone can play a part in this beautiful mission.

Meeting times and locations:

- Queenship of Mary Praesidia meets Thursdays at 9:15 a.m. in the Founders' Room (below the church) at SS. Peter and Paul, Williamsville. Contact Sister Irene at 716-908-3741.
- Mother of Christ Praesidia meets Saturdays at 10 a.m. in the school's lower room at Infant of Prague, Cheektowaga. Contact Brother Tom at 716-834-9872.

God's Providential Care Found in Motherhood: A May Reflection

BY DEACON JOHN COUGHLIN

St. Pope John Paul II would often say there are no coincidences, only God incidences. So when I think of May as the month we celebrate Mother's Day and celebrate Mary as the Queen of Heaven and our mother, it does not strike me as a coincidence, but rather a God incidence, another sign of God's providential care.

For me Mother's Day is meant to remind us of our mothers and their best characteristics, their patience, gentleness, resilience, their care and dedication to us, the wisdom they shared, or all the sacrifices they made for our benefit. It is meant to remind us of all that a loving person exhibits towards those they love and make us grateful for all and any love we receive. I imagine some of us had perfect

mothers who seeing their love would say: "I want to be just like that." However, from experience we know most mothers have their flaws like any of us. In fact, I feel one of my greatest insights as an adult was to realize that my parents struggled with their parenting just as I have, and there are some characteristics we witness that would lead one to say: "I don't want to be anything like that."

I believe this is the reason Christ and the Church in its wisdom taught us to call Mary our mother. So each of us, whether we had the perfect mother or not, can contemplate and honor the essence of motherhood and nurturing, the beauty and challenges of being a mother, a nurturing person, or just someone who fills that maternal role for another. It seems to me in May we are invited to broaden our definition of nurturing and realize that every act of kindness and care, whether towards family, friends, our community or simply those God brings into our lives briefly, reflects the maternal spirit. So, during this May and Easter season, let each of us, female or male, reflect on the best characteristics of motherhood and work at becoming a more nurturing person. Let us strive to become people who are patient, gentle, share our wisdom and talents generously and make sacrifices for the benefit of others.



OCIA Welcomes 11 Members into the Catholic Faith

The Order of Christian Initiation of Adults (OCIA) is the process through which the Catholic Church throughout the world welcomes adults who: have not been baptized, have been baptized in a different Christian tradition, and Catholics who were previously baptized but were never confirmed. The culmination of this age old process – originating in the early Church – leads to the reception or completion of all the sacraments of initiation: Baptism, Confirmation and the Eucharist.

During the past year, and especially during the season of Lent, you may have witnessed 11 adults from our Bread of Life Catholic Community parishes, being present at some of our six parishes; preparing to receive these Sacraments of Initiation at the Easter Vigil. On Saturday April 19, 2025, the candidates listed below all became fully part of the Catholic Church. Each of these candidates comes from different backgrounds and life stories. All were unknowingly, silently and mysteriously touched by the Holy Spirit and felt that “internal call,” drawing them to the beauty of our Catholic faith. This sacred OCIA journey began in September and continues now with the final period Mystagogy; or the “leading into the mysteries” that will further culminate on Pentecost Sunday. Here are those who have been on that sacred journey:

- Michael Beaver
- Kathy Ervin
- Adam Grieco
- Ryan McCarthy
- Angelina Pugliese
- Zachariah Rhodes
- Erin Sinnott
- Shaye Smith
- Matthew J. Weeg
- Matthew C. Weeg
- Madeline Weeg



As these weeks of the Easter season continue, we hear in the sacred scriptures how the early Church was born after Jesus' Resurrection, His ascension and the coming of the Holy Spirit at Pentecost. The journey that these newly and fully initiated Catholic Christians is a reminder for all us. A reminder that the “Easter event” we celebrate each year, continues to burst forth in our world, as more disciples are sent forth to both witness Jesus' Resurrection and live that mystery in our lives. It is also a reminder for us to continue on that same journey; as we witness Jesus' Resurrection in our daily lives. Please keep these now fully initiated Catholic members of our Bread of Life Catholic Community in your prayers.

SAINT'S CORNER

SAINT CATHERINE OF SIENA 1347-1380



Saint Catherine of Siena was born in Siena, Italy. As a young girl she had a vision of Christ seated in glory with Saints Peter, Paul and John. It was at that moment she dedicated her life to God. While she was expected to enter an arranged marriage, she refused to get married, as she felt called to dedicate her life to Jesus. Her parents saw her holiness and made a private cell (similar to a convent room) for her. She never entered a religious order to become a nun. She lived her life as a pious laywoman who fasted daily. She did eventually become a Third Order Dominican.

She engaged in papal and Italian politics through letter writing and advocacy. Her influence on Pope Gregory XI persuaded him to leave Avignon and return to Rome. The Great Schism of

the West led her to Rome to defend Pope Urban VI by sending numerous letters to princes and cardinals to promote obedience to the pope. She died in 1380 exhausted by her rigorous ministry to the ill and poor, while also navigating political strife and tensions. Her writings include countless spiritual letters and *The Dialogue of the Seraphic Virgin*. Her Feast Day is celebrated on April 29.

“You are rewarded not according to your work or your time, but according to the measure of your love.”

“A soul cannot live without loving. It must have something to love for it was created to love.”
- St. Catherine of Siena

DOCTORS OF THE CHURCH

As we celebrate mothers and significant women during the month of May, we would like to highlight a few of the saints who have been named Doctors of the Church. This is a title given by the Catholic Church to saints who are recognized as having made a significant contribution to theology or doctrine through their research, study or writing. Popes have conferred the title of Doctor of the Church to 37 saints, with only four of them being women. Most of these women had only grade-school levels of formal education, and yet went on to write profound theological books and documents for their Orders.

1. St. Teresa of Avila, born in 1515. A Carmelite nun, she reformed the Carmelite Order. She is most renowned for her spiritual writing of *The Interior Castle*.
2. St. Catherine of Siena, born in 1347. A laywoman who did not become a nun but eventually a Third Order Dominican. She greatly influenced popes. She is our featured Saint Spotlight this month, so you can read more of her story.
3. St. Therese of Lisieux, born in 1873. God called her to the religious order at age of fifteen but the local Carmelite order said she was too young. While on a pilgrimage to Rome she persuaded Pope Leo XIII for permission to enter the order and became a nun at the age of fifteen. After her death at age 25, her spiritual autobiography, *The Story of a Soul*, became a bestseller.
4. St. Hildegard of Bingen. Born 1098 in Germany, had mystical visions at an early age. She joined a Benedictine convent. Through her evangelization she called people back to their faith and the Church. Her life expressed the values of womanhood and she supported the presence of women in the church.

Directions: Once you find all the words in grid, there will be some letters remaining. Starting at the uppermost top left of the grid, place the remaining letters on the lines provided, working horizontally from left to right, and proceeding in order, from top to bottom. The final solution will spell out a bible verse that's related to the theme of this puzzle.

MARY: OUR MOTHER, VIRGIN AND QUEEN

ADMIRABLE	E Y V A T D Y N O D E H H D F S I M S
AMIALE	M L O E O O T O H F E L E T P O O R M
BLEST	K O B G S E W T J P M N B I I S R I T
CAUSE OF OUR JOY	A H F A D S S E E R W A R A T A R U F
FAIR	T O U N I I E L R O U I R C R R F A S
FOR US	S O I M R M B L N O T O H T O E I F S
GATE OF HEAVEN	E K W H B A A E O U F A F R Y R N E O
GRACE	L L C E R L R S A F S D O O E R L E L
HEALTH OF THE SICK	B F T I R H E L E T H F A F E T S E V
HOLY	O O M M S O V S E A J O U V S S G S S
HOPE	R D F Y Y E F E N U T G N O I A U H T
HUMBLE	A A D C S S H I S U E O P O T D C A Y
KIND	H A T S O O T T V O O A F E R R I G C
LADY	L M E S P N I I F O F C O W A N G R R
MILD	U L O E G C F S C O R F D I I E S A E
MIRROR OF JUSTICE	F E I S E N I E F A H Y R O V S N C M
MORNING STAR	R H U S T N I P S E L T H O O T D E F
MOST CHASTE	E M R T N P E N A S A R L T O G R O O
MOST PURE	W U I E R A U V R P O F O A R P F U M
MYSTICAL ROSE	O E R L C I E R F O O R R S E O E O E
OF APOSTLES	P S H E D N V O E E M A S R E H W N T
OF CHRIST	
OF CONFESSORS	
OF FAITH	REFUGE OF SINNERS
OF GOD	RENOWNED
OF GOOD COUNSEL	SEAT OF WISDOM
OF LOVE	SPIRITUAL VESSEL
OF MARTYRS	TOWER OF DAVID
OF MERCY	TOWER OF IVORY
OF PATRIARCHS	TRUE
OF PEACE	VENERABLE
OPEN	VESSEL OF HONOR
OURS	VIRTUE
POWERFUL	WORTHY

ANSWER: LUKE 2:51 NAB
Submitted by Mary Siedlikowski

Mother's Day: Traditional Holiday Evolves

By Michelle Blackley Glynn

Mother's Day originated in the United States in the 19th century. Anna Reeves Jarvis organized "Mother's Day Work Clubs" in Appalachia to combat unsanitary living conditions and the high infant mortality rate. After the Civil War, she promoted "Mother's Friendship Day" to encourage peace between former Union and Confederate families. Around the same time, Julia Ward Howe (best known for writing The Battle Hymn of the Republic), authored a "Mother's Day Proclamation" in 1870, urging mothers to unite against the cruelty of war. In 1907, Anna M. Jarvis took up her mother's cause, wishing to both commemorate her achievements and honor the invaluable role of mothers in society. A 1914 proclamation of President Woodrow Wilson established the holiday on the second Sunday of May.

Over time, Mother's Day was a celebration honoring mothers, motherhood, maternal bonds, and the influence of mothers in society. As it grew in popularity, it became a more commercialized "Hallmark Holiday." Anna M. Jarvis believed the shift from handwritten letters and personal gestures to pre-made cards undermined the holiday's true meaning. She even initiated lawsuits against organizations who used the name of Mother's Day for profit.

Now in the 21st century, so many moms in the thick of parenting are the ones planning, cooking, and coordinating gatherings. Mother's Day is meant to give them a little rest and relaxation, yet many still end up doing the heavy lifting. Moms with school-aged kids say the day should honor those actively parenting—from toddlers to teens. A 2023 Today.com poll found 62% of moms prefer "alone time" on Mother's Day, while 38% want "family time." Some options for celebrating Mother's Day, can include an intimate brunch, gardening at home, a tea party or making art together as a family.

Mother's Day falls in May which is also the month during which the Church honors our Blessed Mother in significant ways, including May Crowning celebrations. The Church reminds us that mothers can model themselves after Mary by embodying her virtues of faith, obedience, humility, and unwavering love, even in the face of adversity. Mary's example encourages mothers to provide for their children's well-being, remain steadfast in their faith, and contribute their gifts and talents within their faith communities.

In 2020, referring to Mary and all mothers, Pope Francis voiced that "The human family is built upon mothers." Maybe that's the heart of the holiday: not flowers or brunch reservations, but a pause to honor the quiet labor and powerful love that motherhood represents—whatever form that takes in each season of life.

REV MSGR. PAUL A. LITWIN

By Patricia Herweg

"I like to view my life as a 3-legged stool. Priesthood, music, and golf, to keep my life in balance; they are all necessary." Msgr. Litwin was the youngest of four children, growing up in Lackawanna. He attended Our Lady of Victory Grammar School, went on to the Diocesan Preparatory Seminary for High School. He was an altar server at OLV. The prospect of priesthood started to grow on him during high school. It was a gradual calling - he discerned more during four years at Wadhams Hall Seminary-College, then 4 years at Christ the King Seminary in East Aurora. He was ordained to the Priesthood by Bishop Head in 1979. This October he is celebrating 46 years as a priest.

Msgr. Litwin has had many assignments in the area, including Blessed Sacrament in Kenmore and Nativity of Our Lord in Orchard Park. After obtaining a Canon Law Degree at Catholic University in Washington, he was assigned to the Diocesan Tribunal and then the Chancery for 22 years. He also taught Canon Law at Christ the King Seminary for over 20 years. In 2008 Bishop Kmiec presented Fr. Litwin's name to the Holy Father Pope Benedict XVI, asking that he be given the honor of Monsignor.

Music is the second leg of his life. He is an accomplished musician as well as a singer. He was the organist for Wadhams Hall and Christ the King Seminary during his studies to become a priest. He has also spent over 32 years as a member of the Buffalo Philharmonic Chorus.

Msgr. Litwin likes to take afternoons, not whole days off. "It is hard when you are a priest to take whole days off... Someone always needs you". He enjoys golfing. He is a homebody, rather than a traveler. He doesn't really have a favorite restaurant. The people he is with are always more important than the dining spot. He cooks mostly for himself and he especially likes coffee-flavored ice cream. He enjoys going on frequent walks with his 4-legged partner, Boookie, keeping both of them healthy and fit.

Whether it is celebrating Mass, praying, practicing a piece of music, or hitting a golf ball, one foundational principle is common: "I like to live in the moment, living in the present moment is important to me".

Thank you so much Msgr. Litwin for letting me to get to know you and Boookie



Boookie is the greeter at the rectory at Christ the King Parish and School. She is the sidekick of Msgr. Paul Litwin. Where Msgr. goes, most of the time Boookie goes. She will be 11 years old in September. This black lab is the mother of 19, grandmother of 17, and great-grandmother of 9. Msgr. and Boookie found each other in 2019 through Warner Hill Labradors in Lancaster. She loves her treats, her walks around the neighborhood with Msgr. Litwin and spending time with the school children at CTK School.



Adoration at our Parishes



Imagine! 24 Hour adoration is available to you!
Three Family Parishes offer places to adore,
with 24 hour adoration option at Christ the King!

Infant of Prague - First Friday after 8:30 AM Mass until 6PM
St Aloysius Gonzaga - Tue & Wed 1-7 PM, Thurs 3-8 PM
Christ the King - 7 AM - 7 PM with 24 hours to
scheduled adorers.

Christ The King needs an Adorer on Wed 10 - 11 AM & adoration partner Sun 6-7 PM

Christ the King Rectory: 716-839-1430
or Kathy: 716-860-5478 or 716-602-4096

Try visiting your Heavenly Father for a scheduled hour each week
and see how this will change your life.

Scavenger Hunt: Blessed Mother Mary statue location Answers Visit our churches to see these and more!



St. Aloysius
Gonzaga



St. Leo
the Great



Infant
of Prague



St. Benedict



Ss. Peter
and Paul



Christ
the King

IDEAS TO SUPPORT WOMEN IN THEIR MOM ERA:

- AN INTIMATE BRUNCH
- GARDENING AT HOME
- TEA PARTY
- MAKE ART TOGETHER





WOMEN'S MINISTRIES AT SS. PETER AND PAUL

St. Ann's Sodality

The purpose of St. Ann's Sodality is to advance the spiritual growth of its members, to care for the liturgical and repository altars and the sacristy, to provide members with the opportunities to meet socially and to raise funds to support their endeavors.

The fruits of St. Ann's Sodality fundraising was evident as early as 1905 with the purchase of a stained glass window for Saints Peter & Paul Williamsville, at a cost of \$35. In 1992 they celebrated their 100th year, and said window was restored for \$1,250, according to longtime member Mary McIntyre.

"We donate the majority of our profits to the church updates as well as support for our school," she said. "Our yearly luncheon raises approximately \$10,000 to \$12,000."

St. Ann's Sodality meets the first Sunday of the month, occasionally with guest speakers. Their annual luncheon for 2025 is Saturday, Sept. 14. All are welcome to join us, especially women from our Bread of Life Family of Parishes.



Come Celebrate the
"Beauty of Fall"
with our
Bread of Life Catholic Community!

Sunday, September 14th
Salvatore's Italian Gardens
Doors open at 10:30am
Enjoy a sit-down luncheon with choice of entrée, a chance to win one or more of 150+ gift baskets & gift cards and the fellowship of our Faith Community!

Tickets are just \$40.00 for adults & \$20.00 for children 12 & under

Please call Ss. Peter & Paul Church
at 716-632-2559
to reserve your table and join in the fun!

Sponsored by St. Ann's Sodality

Cause of Joy Mother and Munchkins Group

There's a new mother's group at SS Peter & Paul Williamsville, with a mission to celebrate motherhood, bring moms back to Jesus, support moms in the parish and community, and to fill-moms-up with the spiritual nourishment they so dearly need; according to Beth Morales, co-founder, mother, and parishioner.

Childcare is available for pre-school aged children. Homeschooling families are also welcome.

"Our group is important to the parish and the community because being a mom is one of God's most precious gifts," Morales said. "With the days getting busier and the needs of our family multiplying, our spiritual needs are often last on our to-do list."

Mothers and Munchkins meet every Tuesday (in leggings) at 9:30 am, in the Neumann Rooms. All are welcome to join us, this is a great ministry to invite young moms to, who may be looking to connect with other faith-filled moms.

Read more about the group, and its founders, Morales and Nicole Fenze, at <https://causeofjoy.my.canva.site/> or on Facebook at Cause of Joy Mothers Munchkins group.



Corpus Christi: I am the Bread of Life

On June 22nd we celebrate the Feast of Corpus Christi which embodies one of the core tenets of our Catholic faith, the great Solemnity of the Most Holy Body and Blood of the Lord. This is especially poignant for our Parish Family, given our new name **Bread of Life Catholic Community**. The Gospel for that weekend presents us with the "Bread of Life discourse" (John 6:35) which comes shortly after the miracle of the multiplication of the loaves and fishes, linking the Exodus story and God's saving action toward the Israelites. Jesus tells them that He is the "Bread of Life". Just as God gave the Israelites manna to sustain them in the desert, so God sent new manna that offers us eternal life. Jesus emphasizes that He is the living bread that came down from Heaven, signifying His role as spiritual nourishment for believers. As Catholics we are blessed to partake in this Sacrament of Holy Communion, as we seek to fully comprehend the transformative power of the Eucharist, where bread and wine truly become the Body and Blood of Christ. This is such a significant Feast Day that traditionally, it is marked by Eucharistic processions, where the consecrated Host is carried in a monstrance through the streets, symbolizing Christ's presence among His people. May we continue to carry reverence and awe for this incredible gift of the Bread of Life.

Deliberation of a Dad

It was on June 19, 2021, that Pope Francis spoke to deacons from around the world. It was there that he told us that his first expectation of us was that we would be good husbands, good fathers good grandfathers and good uncles. Not a suggestion or recommendation. His expectation! A role in our day that has been so diminished. But as people of faith we

know is so critical. A message that hit home for me. I was ordained on Father's Day 1996! I spent 25 years as a prison chaplain. We would receive donations of greeting cards to distribute to the inmates. I still had the same cards in my office as when I started. It's very telling the importance of fatherhood. Rick Sarkisian wrote a book entitled "Not Your Average Joe."

It speaks of the example St. Joseph gives to all fathers today. Joseph was not credited with saying even one word in Scripture. Yet his example speaks volumes. Joseph listened to Gods will in his life even when he didn't understand. He was known as a hard worker, a carpenter. The word Scripture uses to describe it tells us he was a stone cutter. A master craftsman. If you needed something built he was the man! Yet he put his family first leaving his work behind to protect Mary and Jesus. He was a loving father and husband who kept his priorities straight. At the end of the day as I pray my night prayers I spend time reflecting on the day. What I did well. What I could do better. Sometimes it's hard to get started. So I simply ask myself if I'd like my son to be as I was today. At work, at home, when I was alone or when I did my ministry. There's a lot of room for meditation on that question! Because our children will do as we do, not as we say. Have a happy Father's Day! And may God who has begun this work in you bring it to its fulfillment.

-Deacon Brian Walkowiak.



THE HISTORY OF ST ALOYSIUS GONZAGA PARISH

BY PATRICIA HERWEG

St. Aloysius Gonzaga came to be a parish on March 28, 1940, when Bishop Most Rev. John Duffy asked Rev. Walter Gonter to establish a new parish serving the northeast portion of the City of Buffalo and the northwest portion of the Town of Cheektowaga. St. Aloysius' parish boundaries were carved out of those of St. James, St. Benedict, and Christ the King. Rev Gonter was the first pastor from 1940 to 1953.

The original Church was made of wood, holding 29 people. The land was donated by the Hoffeld Estates through the kindness of Mr. Lynn Bame. The cornerstone for the permanent church was laid on September 1940. The church held 750 people and was finished in March, 1941. The architectural style is described as Late Gothic Revival with Tudor Revival elements, designed by local architect Mortimer Murphy. Key features include narrow lancet windows, stone-capped buttresses, low parapets, and a large Gothic-arched window with Dalle-de-verre and traditional stained glass. The Rectory followed and was completed in November of 1941.

St. Al's served the community well and by 1944, the parish had 950 families registered. The growing families needed a school, so the parish school was constructed. The first class graduated June of 1951. Now the church needed more room, as well as more room for the school building with the parish register reaching 1800 families, so additions were added to both buildings.

A convent was added to house the Sisters of St. Joseph who taught at the school. In 1962, the sisters were able to stop traveling to teach, as they had their own house right on campus. The Felician Order took up teaching in 1977. In 2007, the school was closed due to declining enrollment.

In 2009, St. Aloysius Gonzaga Parish merged with the neighboring parish of Immaculate Heart of Mary. St. Aloysius Gonzaga now remains as an active and vibrant Catholic parish in Cheektowaga, serving the spiritual needs of residents in northwest Cheektowaga and northeast Buffalo. In December of 2024, St. Al's parish celebrated its 82nd Christmas Fair. This past April, the church participated as a location for the Buffalo Mass Mob, where many gathered for prayer, connection, and to enjoy the beautiful church. St. Aloysius Gonzaga is a proud parish and member of the Bread of Life Catholic Community. Bishop Pius A Benincasa, the Auxiliary Bishop of Buffalo and the longest working pastor of St. Al's (21 years) is buried on the property. His burial site is located on Cleveland Drive under a tree between the Church and School Building.



ST. ALOYSIUS GONZAGA BY PATRICIA HERWEG

St. Aloysius was born in Castiglione, Italy. The first words St. Aloysius spoke were the Holy Names of Jesus and Mary. He was destined for the military by his father (who was in service to Philip II), but by the age of nine Aloysius had decided on a religious life, and made a vow of perpetual virginity. St. Charles Borromeo gave him his first Holy Communion. A kidney disease prevented St. Aloysius from a full social life for a while, so he spent his time in prayer and reading the lives of the saints. Although he was appointed a page in Spain, St. Aloysius kept up his many devotions and austerities, and was quite resolved to become a Jesuit. His family eventually moved back to Italy, where he taught catechism to the poor. When he was 18, he joined the Jesuits, after finally changing his father's mind, who had refused his entrance into the order. He served in a hospital during the plague of 1587 in Milan, and died from it at the age of 23, after receiving the last rites from St. Robert Bellarmine. The last word he spoke was the Holy Name of Jesus. He is the patron saint of youth.

Health and Wellness Corner

by Carol Mathner, Parish Nurse

Summer sun is here, and our Bread of Life Catholic Community (BLCC) summer picnics and feast day celebrations are coming up! To stay healthy and enjoy yourself this summer, be sure to pull out the sunscreen and water bottles. Check the expiration date on last year's sunscreen. Yes, sunscreens do expire!

There are two types of ultraviolet rays from the sun. Ultraviolet A (UVA) rays are the most common and cause lines, wrinkles, and premature aging of the skin. Ultraviolet B (UVB) rays cause sunburn. Over time, exposure to both A and B can cause skin cancers. You want to buy a "broad spectrum" sunscreen to protect you from both types of rays. Also be sure that the SPF factor is SPF 30 to SPF 50. Anything lower than 30 does not provide adequate protection. There is no difference between the 50 and 70 to 100 SPF other than cost.

Apply a half teaspoon amount to your face, neck and ears. Apply a golf ball sized amount to the rest of the body. Re-apply every two hours and more frequently when in water. A "water resistant" sunscreen is good for only 40 minutes in the water.

Let's talk about hydration. You lose water by perspiring. People should have six to eight glasses, eight ounces each, of water daily. If you are exercising, or just out in the hot sun, you need more. Drink water before heading outside in the sun or to exercise. Avoid fruit juices and sugary drinks like soda. Avoid drinks with caffeine as they act like a diuretic, pulling water out of your body. If you feel thirsty – DRINK!

Enjoy the summer!



End of May Events

May 18th

- May Crowning with 1st Holy Communion
9 AM at St Leo the Great
- Book fair with Grandparents
9 AM at Christ the King

May 20th

- Musical Evening of Reflection
7 PM at Christ the King

May 22nd

- Four Faces of Jesus
6:30 PM at Saints Peter & Paul

June Events

June 2nd

- Gathering of Ideas
6:30 PM at St Benedict

June 7th

- 24th Annual Memorial Golf Tournament
Hosted by St Leo the Great
9:15 AM at Dande Farm Golf Club
- Inaugural Golf Tournament
Hosted by Christ the King
10 AM at Diamond Hawk Golf Course

June 13th

- Family Fun Night
6 PM at Christ the King

July Events

July 12th

- Knights of Columbus Chiavetta's Dinner
3:00 PM - 7:00 PM at St Leo the Great

July 13th

- St Benedict Feast Day Celebration
after 10 AM Mass

July 14th - 18th

- Bread of Life Vacation Bible School
8:00 AM - 12:30 PM at St Benedict School

August Events

Aug 2nd

- St Benedict Outdoor Mass & Picnic
5 PM

Aug 9th

- St Leo the Great Outdoor Picnic
after 4 PM Mass

Aug 15th & 16th

- Summer Fest at Infant of Prague
Friday, Aug 15: 5 PM - 11 PM
Saturday, Aug 16: Noon - 11 PM



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The Augello Family
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