



Saint Sharbel Maronite Catholic Church Las Vegas

5th Sunday of Pentecost

July 2025

Index

Page

5 th Sunday of Pentecost	1
Parish Council	2
News from the Vatican	3
Maronite-Lebanese News	4
A Call for Transformation	5
Spirit Daily	6
Priest Anniversary	7
Eucharistic Adoration & Hispanic Community	8
Why Devices Should be Banned	9
Three Massabki Brothers	10
Filipino News	11
Holy Mass Intentions & Announcements	12

Pastor: Fr. Nadim Abou Zeid

Our Services

DAILY: Monday–Friday 8:00 AM English

SATURDAY VIGIL: 4:30 PM English

SUNDAY: 9:30 AM English

& 11:30 AM Arabic/Aramaic/English

1st Sunday: 4:30 PM

Rosario y la Misa en Español

2nd Sunday: 4:30 PM

Tagalog Mass

Tuesday @ 6 pm Rosary

Anointing of the Sick every 1st Tuesday

Reflection:

Now Jesus needs followers, He prepares meetings to spread His doctrine and to gather more people into His fold. At the same time Jesus is planning His Church and wants to give it a leader. He chooses the apostles to head the Church. He teaches them a way of living and a common life that will serve as a pattern for the Church.

Twelve disciples, just as the twelve Jewish nations were integrated into twelve tribes. Jesus wants them to understand that they are the foundation of a new people of God. (Lk 22:30, Rev 20:4). He called those He wanted (Mk. 3:16). These in turn, will call others. In the Church everyone can do “apostolic work.” But nobody makes himself an apostle, one must be called as an official witness of Christ, one has to be called to this responsibility. Jesus chooses them. He asks them to be the co-builders of His Church. Twelve men who would become Jesus’ messengers, the foundation and teachers of the Church. He chose helpers who were sincere and had good faith.

Let us ponder:

Christ is calling and giving the disciples the power to be like eagles to go to all nations and proclaim the Good News and heal them from disease and call them to be together as one. He called them in spite of their limitations, their simplicity, sinfulness and entrusted the mission of salvation to all people. It is a great adventure with risk and the Holy Spirit will help them to fulfill the mission.



Let us pray: Lord Jesus, choose me and make me one of Your worthy disciples. Give me a sincere heart with which to follow You wherever You go. Teach me to be respectful of the apostolic teachings of the Church and give glory and power to Your kingdom. Amen

READINGS:

- **Exodus 1:1-7**
- **Philippians 3:7-14**

GOSPEL:

† **Matthew 10:1-7**



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LAS VEGAS NV 89183

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Good afternoon. Thank you Abouna Nadim and Abouna Nick. Thank you, Joseph, for your kind's words.

I humbly accept this recognition on behalf of the entire council and the members that served for the last 3 years. **Hanan Kabban, Marcelle Dagher, Dima Howard, Samih Alhwayek, George El Rahi, Joseph Dagher**

I congratulate Joseph on his new role as president and wish the current council all the best, and I ask the community to support them and give them the respect that they deserve. The council members will be leaving their families, their businesses, their careers and giving hours of their free time to serve the church and serve all of us, to make sure this church continues to grow and thrive. Please show them the support and the gratitude that they deserve.

I would like to thank my wife and children for putting up with me, leaving the house on many nights to attend meetings and to volunteer numerous hours in serving our beloved church.

I would like to wish my parents a happy 56th wedding anniversary today. I want to thank them for being role models in **love and faith**. When my parents decided to move back to the United States 37 years ago, they moved here with nothing in their pockets and with **5 children 18 years of age and younger**. Due to our youthful, impressionable ages, our family in Lebanon practically wrote us off that we will be lost in American society. With God's blessings, our parents' guidance and our hard work, a few decades later, those 5 children are all successful, productive members of society who are all married and blessed with beautiful children.

The main reason for that is because of the home our parents built for us- **a home filled with love of the lord and love for each other**, but the other very important reason is that we **stayed close to our church and grew up in our second home at the time- our Maronite Church in Orange County**- that is where I met my wife Carla 29 yrs ago and where my siblings Joanne and Jude met their spouses as well. Under the leadership of Msgr. Antoine Bakh and along with dozens of other families, we built that Maronite mission in Orange County to the beautiful thriving Church of St John Maron.

Around the same time, 40 or 50 years ago, there were a handful of families in Las Vegas- namely, the Abinader, Hanash, Kabban, Ziade, Dagher, Karam, Yaghi and Alhwayek families and others... those families started the St. Sharbel Mission here for the very same reason Maronite churches are established throughout this great country. To celebrate our faith, our traditions, our culture and our people.

The biggest difference between Middle Eastern Christians and most other immigrants to the United States, is that Christians from the Middle East whether they're from Lebanon, Syria, Iraq, Palestine, Egypt.. all come here due to some level of religious persecution and discrimination. We leave our beautiful countries that have failed to protect us, just as they failed to protect the 25 Christian martyrs last week at St. Elias orthodox church in Syria- we leave our countries and we come and transform deserts and barren lands into beautiful oases and we build ourselves a church- a second home- and we bring with us our centuries old traditions, prayers, and language that is unique to us and that we want to celebrate and pass on...

If the Catholic Church is likened to a beautiful mosaic made up of different cultures, ethnicities, languages and traditions, then the Maronite Church is one beautiful stone in that mosaic. A stone that **stands out** for its beauty and if we were to make it, the same stone as all the stones around it then that mosaic will be slightly less esthetic and slightly less unique..

I beg you, let's remember why we are here at St Sharbel church, let's remember the original intent of establishing this church in the desert...I thank Fr. Nadim Abou Zeid for his hard work and his leadership in transforming our church to what it is now. We all need to stand together- we need to support him and support the new council. We appreciate all the priests that preceded him and that served our community.. all the council presidents and members- those who passed on like Amo Joseph Abi-Nader and those still living - like Massoud Younes and Samih Alhwayek. I thank them for their hard work and remember the dreams they held for this church.

Lastly, I'd like to say that I am proud of my people- Lebanese, Syrian, Palestinian, Jordanian, Iraqi, every Middle Eastern nationality from every Christian denomination -Maronite, Orthodox, Latin, Melkite, Byzantine, Syriac, Chaldean, Coptic..my people that came to the United States with **nothing but faith and determination** and in the process have founded 86 Maronite churches and missions in this great country. **We are not a perfect people but let's not ever forget that we are a resilient people, we are hard working, we are determined, we refuse to fail, we are generous, we are dreamers, we are visionaries, we are builders, we have the faith of the mountain in us, and we will always bring goodness to every community we live in.**

Thank you.
Johnny Nassar



Johnny Nassar, Father Nadim & Joseph Dagher

We thank the previous Parish Council for their hard work and time:

Johnny Nassar (Chairperson)
Hanan Kabban (Vice Chairperson)
Marcelle Dagher (Secretary)
Samih Alhwayek
George El Rai
Dima Howard
Bet Zabelbet
Henricus Sandjaya
Raul Abejuela
Zenja Kutob.



We welcome the New Parish Council:

Joseph Dagher (Chairperson)
Elias Abboud (Vice Chairperson)
Angel Lagge (Secretary)
Samih Alhwayek
Rita Petti
David Navarette
Emily Quengua
Mike Rohlin
Ramon Hidalgo
Zenja Kutob

OUR HOLY FATHER POPE LEO XIV TO ROACO: MAY EASTERN CHURCHES BEAR WITNESS AMID PAIN OF CONFLICT

Pope Leo XIV meets with members of the Aid Agencies for the Oriental Churches and encourages Eastern-rite Catholics to bear witness to Christ's peace amid the destruction wrought by conflict.

As the Reunion of Aid Agencies for the Oriental Churches (ROACO) holds its annual meeting in Rome, Pope Leo XIV met with participants on Thursday, June 26, in the Vatican.

In his address, the Pope praised their efforts to provide material and spiritual support for the faithful of Eastern-rite Catholic Churches, calling the organization's mission "a proclamation of joy."

He thanked the charitable organizations and their benefactors for sowing "sowing seeds of hope in the lands of the Christian East," which he lamented have been devastated in recent years by wars and a "cloud of hatred."

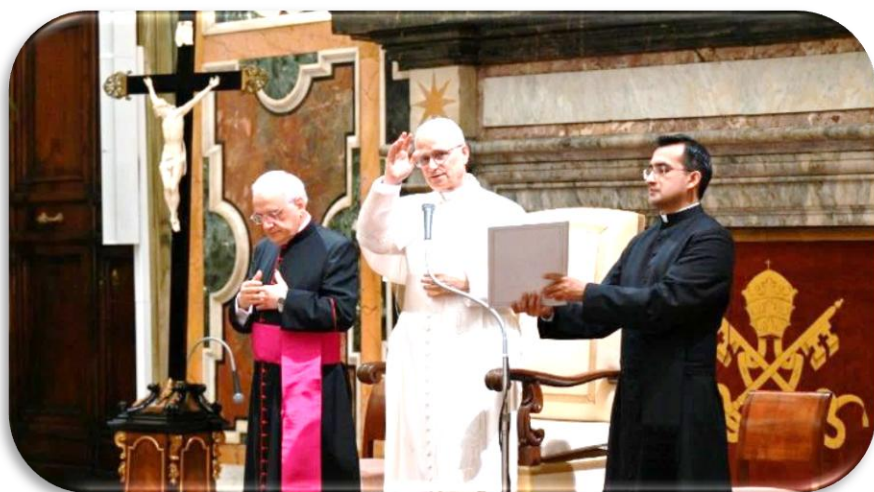
"For many people, poor in means but rich in faith, you are a light that shines amid the dark shadows of hatred," he said.

Pope Leo noted that oppression and misunderstanding have arisen historically even within the Catholic community, which at times has failed to appreciate the value of Eastern Christian traditions.

He expressed his desire for the Eastern rites to be better known within the Catholic Church, suggesting courses be held in seminaries and Catholic universities to inform Latin-rite Catholics about our Eastern brothers and sisters.

"There is also a need for encounter and the sharing of pastoral activity," he said, "since Eastern Catholics today are no longer our distant cousins who celebrate unfamiliar rites, but our brothers and sisters who, due to forced migration, are our next-door neighbours."

The Pope highlighted Eastern Christians' "sense of the sacred, their deep faith confirmed by suffering, and their spirituality, redolent of the divine mysteries".



Pope Leo blesses representatives of the Reunion of Aid Agencies for the Oriental Churches (ROACO) on June 26, 2025

Pope Leo went on to recall the violence ravaging the Christian East with "diabolical intensity previously unknown," noting that some ROACO members were unable to come to Rome for the annual meeting due to the conflict in the Middle East.

"Our hearts bleed when we think of Ukraine, the tragic and inhumane situation in Gaza, and the Middle East, ravaged by the spread of war," he said.

Every individual, added the Pope, must examine the causes of these conflicts and seek to resolve them, while rejecting explanations that are manipulative or false.

"It is truly distressing to see the principle of 'might makes right' prevailing in so many situations today, all for the sake of legitimizing the pursuit of self-interest," he said.

The Pope mourned the deaths and suffering caused by war and terrorism, and mentioned the recent suicide bombing on the Mar Elias Orthodox Church in Damascus, Syria.

Pope Leo XIV said humanity cannot hope to lay a solid foundation for the future on the basis of acts of war.

Only through cooperation and a global vision inspired by the common good, he said, can nations set out on a path to lasting peace.

"People are beginning to realize the amount of money that ends up in the pockets of merchants of death," he said. "Money that could be used to build new hospitals and schools is instead being used to destroy those that already exist!"

Finally, Pope Leo praised the witness of the Christian East, saying our call is to "remain faithful to Jesus, without allowing ourselves to end up in the clutches of power."

"Let us follow Christ, who freed hearts from hatred, and show by our example how to break free of the mindset of division and revenge."

“

A great flame of faith and love must once again spread across the world, lighting the way for all people of good will.

HIS HOLINESS, POPE LEO XIV

SAINTS & TODAY
REGGIO



OUR MARONITE BISHOP ELIAS ZAIDAN URGES PRAYERS FOR SYRIA AMID SECTARIAN VIOLENCE

As chairman of the USCCB's Committee on International Justice and Peace, he called for prayers and urged peace, security and national reconciliation in Syria.

"Sectarian violence, of whatever religious or ideological type, if not stopped, will derail Syria's full integration into the community of nations," said Bishop A. Elias Zaidan, in response to the suicide bombing on the Antiochian Church of St. Elias in Damascus on Sunday that killed at least 22 and injured dozens more. As chairman of the U.S. Conference of Catholic Bishops' Committee on International Justice and Peace, he called for prayers and urged peace, security and national reconciliation in Syria:

"As we learn more about the deadly suicide bombing attack in Damascus over the weekend, we are reminded of a sobering fact: international vigilance for the safeguarding of Christians, Alawites, and other religious minorities must remain strong, working with all men and women of good will in Syria for the consolidation of a political transition that promotes the common good of all Syrians. We stand in solidarity with the Antiochian Church in Syria during this difficult time.



OUR
MARONITE
BISHOP ELIAS
ZAIDAN

"We urge the United States—who lifted Syria's sanctions to allow for the country's economic development—to continue working with Syria's authorities in support of religious liberty, peace, security, and national reconciliation in the country. Sectarian violence, of whatever religious or ideological type, if not stopped, will derail Syria's full integration into the community of nations.

"I call for ardent prayers for the safety of our Christian brothers and sisters in Syria, as well as for the country's development into a society that fosters security, development, and prosperity for all its citizens."

LEBANESE AMERICAN FESTIVAL 2025

WHAT: 17th Annual Lebanese American Festival

WHERE: 10325 Rancho Destino Rd., Las Vegas, NV 89183

WHEN: October 10th, 11th & 12th, 2025.

Friday, October 10, 2025 - 4:00 P.M. - 11:00 P.M.

Saturday, October 11, 2025 - 4:00 P.M. - 11:00 P.M.

Sunday, October 12, 2025 - 1:00 P.M. - 9:00 P.M.



The Lebanese American Festival is a fun, low-cost event unlike any other festival in the area. Church tours and displays will showcase the rich history and tradition of the Maronite Catholic faith during the three days event.

Additional planned activities include traditional dancing, live Arabic bands, dance performances, kids' activities and lots of homemade Middle Eastern food. Some of the delicacies that will be offered during the festival includes, Shawarma sandwiches, kibbee, hummus, tabouleh and much more! For dessert, the community can enjoy a variety of Arabic sweets including baklava.

All donated funds and proceeds will benefit St. Sharbel Church programs and community outreach program.

The church invites all media outlets to visit and see first-hand the preparations that go into a festival and the festival itself on October 10, 11 & 12 Father Nadim Abou Zeid, MLM and Juliette Hanache, spokesperson for the festival, will also be available for media interviews. For more information, visit www.lebaneseamericanfestival.com.

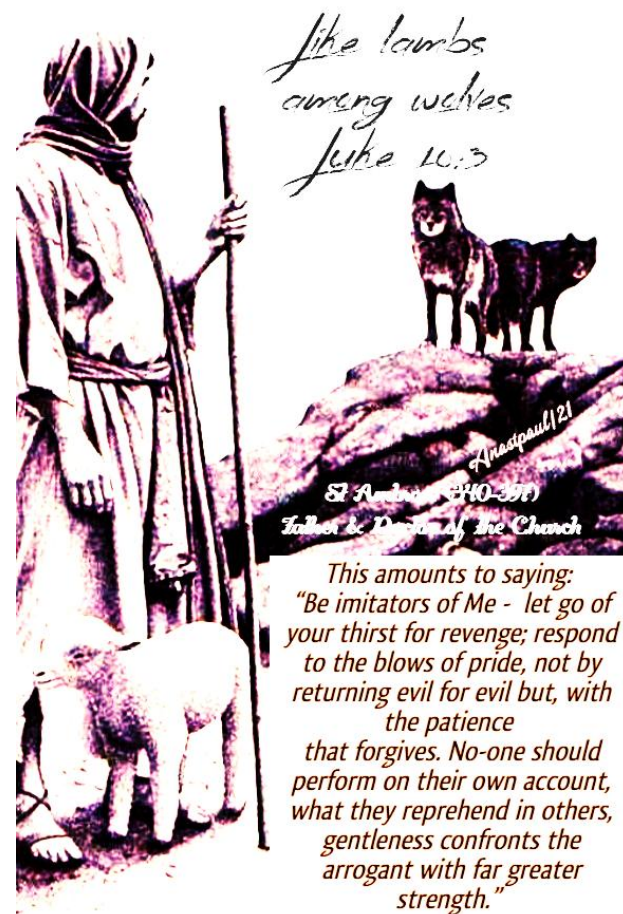
The Lebanese American Festival is a fun, low-cost event unlike any other festival in the area.

Church tours and displays will showcase the rich history and tradition of the Maronite Catholic faith, which originated in Lebanon, during the three days event. Additional planned activities include traditional dancing, live Middle Eastern band, kids' activities and of course, lots of homemade Middle Eastern food. Some of the delicacies that will be offered during the festival includes shawarma sandwiches, kibbee, hummus, tabouleh and more. For dessert, the community can enjoy a variety of Middle Eastern sweets including baklava. All donated funds and proceeds will benefit St. Sharbel Church programs including the school and community outreach program. St. Sharbel Maronite Catholic Church is located at 10325 Rancho Destino Road, Las Vegas, NV. For more information on this and other events at the Church, please call (702) 616-6902 or visit the festival website at www.lebaneseamericanfestival.com

A Call to Social Transformation

Long before any human being dreamed of creating a "New Society" or a "New Order," God had already planned to fashion humankind into a community characterized by love, solidarity, justice, and peace. It was Jesus Christ who revealed that "Grand Plan," called it "the KINGDOM OF GOD on earth," and laid its foundation in the group of disciples he had chosen. Before he ascended into heaven, he also commissioned them to proclaim and establish the Kingdom in every nation and human heart.

Today we are reminded that the proclamation and the building of the Kingdom is the call and responsibility not just of the leaders and a few enthusiasts, but of all those who believe in Christ. Together, we are called to work for social transformation onwards to building God's Kingdom on earth. That Kingdom is God's vision and dream for us, but its realization must begin with all of us here and now!



ST. CHARBEL MAKHLUF: THE WONDERWORKER, JULY 24

On July 24, the Church celebrates the life of St. Charbel Makhlouf, a Maronite Catholic priest, monk and hermit who is known for working miracles both during his life and after his death.

On the occasion of his beatification in 1965, the Eastern Catholic hermit was described by Pope Paul VI as "a new, eminent member of monastic sanctity" who "through his example and his intercession is enriching the entire Christian people."

Born into humble circumstances in Lebanon during 1828, Yussef Antoun Makhlouf was the youngest of Antoun Zaarour Makhlouf and Brigitta Elias al-Shediyah's five children. Antoun, who had been taken away from the family and forced into hard labor, died when his youngest son was only 3.

Yussef studied at the parish school and tended to his family's cow. Engaged in prayer and solitude from an early age, he spent a great deal of time outdoors in the fields and pastures near his village, contemplating God amid the inspiring views of Lebanon's valleys and mountains.

His uncle and guardian Tanious wanted the boy to continue working with him, while his mother wanted him to marry a young woman. Yussef had other plans, however, and left home in 1851 without informing anyone.

Yussef would become "Brother Charbel," after making a pilgrimage on foot to his new monastic home. In this, he followed the example of his maternal uncles, who were already living as solitary monks at the Hermitage of St. Paul in the Qadisha Valley.

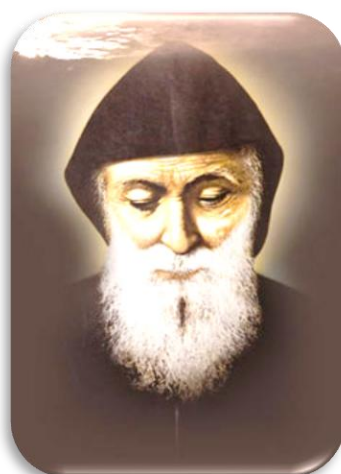
Charbel took his monastic vows in November of 1853, during a solemn ceremony which was closed to the public and off-limits even to his family. He subsequently studied for the priesthood and was ordained, returning to the Monastery of St. Maron.

The priest-monk lived and served in the monastery for 19 years, showing great devotion to the life of prayer, manual work and contemplative silence.

Charbel's superiors observed God's "supernatural power" at work in his life, and he became known as a wonder-worker even among some Muslims. In 1875, he was granted permission to live as a solitary monk in a nearby hermitage dedicated to Sts. Peter and Paul.

Rigorous asceticism, and a profound union with God, continued to characterize the monk's life for the next 23 years. Deeply devoted to God's Eucharistic Presence, he suffered a stroke while celebrating the Divine Liturgy on Dec. 16, 1898. He died on Christmas Eve of that year. St. Charbel's tomb has been a site for pilgrimages since his death. Hundreds of miracles are believed to have occurred through his intercession with God, both in Lebanon and around the world.

He was canonized in 1977 by Pope Paul VI, who had earlier hailed the Lebanese Maronite saint as an "admirable flower of sanctity blooming on the stem of the ancient monastic traditions of the East."



SPIRIT DAILY

From 'The Best of the Spirit of Medjugorje':

I felt prompted to send you the following story since tomorrow is St. Charbel's feast day. This story is from The Best of "The Spirit of Medjugorje" Volume II.

I'm Here Waiting For You Every Day
By Jane Monica Spurrier.

In 1987, on my third trip to Medjugorje, I purchased a book about Modern Saints by Ann Ball, and therein was a story about St. Charbel. I loved him instantly and discovered, lo and behold, he was canonized on my birthday, October 9th. I lived in New York City at the time and my church was Notre Dame on the upper west side by Columbia University. Daily Mass was said in the grotto of Our Lady of Lourdes each day at 8 A.M. One particular Saturday I woke up late, and was so hungry I ate my oatmeal.....but didn't leave myself enough time to fast before Communion. I kept praying, "Oh Jesus, what miracle could allow me to receive You" since I knew I needed one hour of fast time. This kept on, and when the Consecration occurred I did not have the required one hour to receive. During this time a rather odd looking old man entered the side door. He was dressed like a monk but didn't look like our Franciscans, and I was rather annoyed by his appearance since I thought he was some psychotic New Yorker. After Mass ended, I stayed in the grotto to pray. I noticed to my right I could see into the Sacristy and there was the priest who just said Mass changing out of his vestments and the "odd" looking monk changing into vestments. The little monk was coming out to say Mass! We never have a second daily Mass, but this visitor was going to say one and this would give me the chance to receiving Our Lord! I was overjoyed. During the Mass the monk was praying in a language I didn't understand. It wasn't Latin, because I know Latin, but I couldn't decipher what language it was. After Mass I stayed in the grotto to praise Our Lord and thank Him some more for sending the stranger to say Mass. I was the only one there and during the Consecration the monk looked at me and his eyes said, "Do you want to receive?" I eagerly nodded back "Yes!" We both could understand each other without saying a word.

If You have received graces & miracles from God through St. Sharbel, write or contact us so we can share the graces you have received,

St. Sharbel Prayers, Novena Booklet,
& Healing oil
are available at
the St. Sharbel Grotto & Church Office.



St. Sharbel spent his last hours in his celebrating Mass until his death on Christmas Eve

When Mass was over, I went in to thank the pastor (the first priest who said Mass and functioned as the altar server for the monk). I said, "Father, you don't know what a great miracle this was, that I got to receive Communion!" The monk smiled with a look of abundant joy, happiness and humor - the look of someone who laughs a lot and is very happy. The pastor didn't seem to get my point. The next day I went back again. I saw the pastor and couldn't stop telling him what a great miracle it was for me. Then I said to him, "Father, by the way, who was that priest?" "I don't know," he replied, "I never saw him before." I couldn't believe my ears! What priest would allow another one to say Mass without knowing who he was? Several months went by. I opened my book of Modern Saints again. I turned to St. Charbel and honestly, almost had a heart attack when I saw his picture. HE WAS THE MONK!!! He had appeared to say the Mass for me. Can you imagine? I later found out he has appeared numerous times since his death. I was glad I didn't know at the time who he was or I would have had a stroke. St. Charbel had a great devotion to Mass and the Blessed Sacrament. Anyway, I haven't seen him since, but I know there is a picture of him in Charlie's store in Medjugorje. I've asked those brothers to sell me the picture, but they declined because it was a gift given to them. I thought the miracle of St. Charbel was so awesome and then today a voice inside of me said, "But I'm there waiting for you in the Eucharist everyday, to show you how much I love you. I sent Charbel so he could carry Me to you.....that's how much I wanted to receive you too." Jesus waits for us every day in the Mass. He performed the greatest miracle on earth when He created the Eucharist. A small piece of bread, blessed, transformed into HIS presence, waiting for us. The graces we receive at Mass are incalculable. Don't miss this opportunity to meet Jesus in person... "The Lord bless you, and keep you! The Lord let His Face shine upon you, and be gracious to you! The Lord look upon you kindly and give you peace!" (Numbers 6:24-26)

June Klins
www.spiritofmedjugorje.org_



Happy
Priestly
Ordination
Anniversary
(June 26)
Abouna
Father
Nadim!



When You Visit A Priest, Please Remember...

That a priest isn't married, nor will he have a family of his own. No wife, no children. His family is his parishioners. He is a spiritual father in faith to the community he serves. His future is in celebrating the Eucharist at Mass every day, listening to confessions, anointing the sick, serving those who come to him for help. A priest may serve a parish only for a minimum of five to seven years. After that he may be transferred to another parish or assigned a different role in the Church. He relies on his team of volunteers, staff and the lay faithful. Don't expect him to be there all the time for you.

When you give money to the Church, you may be surprised to know that the money isn't for him. They receive a stipend to meet their basic expenses of food, clothing and travel. They save every penny to go for a vacation and much of the money is gifted by friends, relatives and well wishers as they don't get paid leave like the rest of us who work.

While we work for a fixed amount of hours with two days off a week, priests are expected to be on standby 24/7. So don't be angry if they don't respond to you when you need them. They are humans as well with the same frailty as us.

If you hear anyone speaking badly about a particular priest, please correct that person and don't engage in idle gossip without knowing the facts. Remember that they are alone and at times would need company. Pay attention to their emotional, physical and mental needs. Accompany them if needed or offer a helping hand or even a lift. It's not easy to go out alone at 2 or 3 in the morning especially in dangerous neighborhoods for counseling or even anointing someone on their death bed. If someone comes to them at such an hour for help, they have to get up from their deep sleep and still be expected to celebrate Mass in the morning. Who is there for them when they are ill or have emergencies in the middle of the night? Yet they are required to perform their duties because if not them, who?

Remember their birthdays, ordination anniversaries and important events in their lives. Celebrate with them, cry with them. Offer a shoulder to lean on. If they fall, don't judge or criticize. Lift them up and help them on their journey in life. Don't be offended if they don't live up to your expectations. No priest is perfect.

So, take care of your priests, remember the ones who baptized, confirmed, married and anointed you. The ones who offer masses for your intentions and pray for you. May God bless our priests in Jesus' name, our eternal High Priest. Amen.

Catholic Doctrine

Eucharistic Adoration

- Do you want peace & quiet?
- Do you want to have a date?
- Do you want to be loved?
- Sign up for a date with Jesus!

Then Eucharistic Adoration is for You!

Eucharistic Adoration is a privilege and gift to us here at St. Sharbel from **7 AM – 6 PM DAILY**

- Sign up forms are available on the table in the Adoration Chapel
- Check the hours that are available on the picture frame on the table or in the white binder
- If you have already sign up, it is your responsibility to make sure you show up or call someone to cover your hour. Names and telephone numbers are in the white binder.

Questions: Contact the Parish Office or Mylynn Lim at 702 769-2382



NUESTRO NOTICIAS DE LA COMUNIDAD ESPAÑOLA

El Grupo Guadalupano de la Iglesia de San Charbel
Te invita a que asistas a la Misa y El Rosario que se
celebran el primer domingo cada mes comenzado,

DIA: Domingo 6 de Julio del 2025

HORA: Rosario 4:30 pm Misa 5 pm

**DONDE: Iglesia Catolica de San Charbel
10325 Rancho Destino Rd,
Las Vegas, NV 89183**

Despues de la Misa te invitamos a que nos
acompañes a una pequeña recepcion donde
compartiremos: café, postres, y bocadillos con
todos los asistentes.

Si tienes alguna duda communicate con:
Oficina de la Iglesia 702-616-6902



Ruega por nosotros

10 Reasons Why Handheld Devices Should Be Banned for Children Under the Age of 12

The American Academy of Pediatrics and the Canadian Society of Pediatrics state infants aged 0-2 years should not have any exposure to technology, 3-5 years be restricted to one hour per day, and 6-18 years restricted to 2 hours per day (AAP 2001/13, CPS 2010). Children and youth use 4-5 times the recommended amount of technology, with serious and often life-threatening consequences (Kaiser Foundation 2010, Active Healthy Kids Canada 2012). Handheld devices (cell phones, tablets, electronic games) have dramatically increased the accessibility and usage of technology, especially by very young children (Common Sense Media, 2013). As a pediatric occupational therapist, I'm calling on parents, teachers and governments to ban the use of all handheld devices for children under the age of 12 years. Following are 10 research-based reasons for this ban. Please visit zonein.ca to view the Zone 'in Fact Sheet for referenced research.

1. Rapid brain growth

Between 0 and 2 years, infant's brains triple in size and continue in a state of rapid development to 21 years of age (Christakis 2011). Early brain development is determined by environmental stimuli, or lack thereof. Stimulation to a developing brain caused by overexposure to technologies (cell phones, internet, iPad, TV), has been shown to be associated with executive functioning and attention deficit, cognitive delays, impaired learning, increased impulsivity and decreased ability to self-regulate, e.g. tantrums (Small 2008, Pagini 2010).

2. Delayed Development

Technology use restricts movement, which can result in delayed development. One in three children now enter school developmentally delayed, negatively impacting literacy and academic achievement (HELP EDI Maps 2013). Movement enhances attention and learning ability (Ratey 2008). Use of technology under the age of 12 years is detrimental to child development and learning (Rowan 2010).

3. Epidemic Obesity

TV and video game use correlates with increased obesity (Tremblay 2005). Children who are allowed a device in their bedrooms have 30% increased incidence of obesity (Feng 2011). One in four Canadian, and one in three U.S. children are obese (Tremblay 2011). 30% of children with obesity will develop diabetes, and obese individuals are at higher risk for early stroke and heart attack, gravely shortening life expectancy (Center for Disease Control and Prevention 2010). Largely due to obesity, 21st century children may be the first generation many of whom will not outlive their parents (Professor Andrew Prentice, BBC News 2002).

4. Sleep Deprivation

60% of parents do not supervise their child's technology usage, and 75% of children are allowed technology in their bedrooms (Kaiser Foundation 2010). 75% of children aged 9 and 10 years are sleep deprived to the extent that their grades are detrimentally impacted (Boston College 2012).

5. Mental Illness

Technology overuse is implicated as a causal factor in rising rates of child depression, anxiety, attachment disorder, attention deficit, autism, bipolar disorder, psychosis and problematic child behavior (Bristol University 2010, Mentzoni 2011, Shin 2011, Liberatore 2011, Robinson 2008). One in six Canadian children have a diagnosed mental illness, many of whom are on dangerous psychotropic medication (Waddell 2007).

6. Aggression

Violent media content can cause child aggression (Anderson, 2007). Young children are increasingly exposed to rising incidence of physical and sexual violence in today's media. "Grand Theft Auto V" portrays explicit sex, murder, rape, torture and mutilation, as do many movies and TV shows. The U.S. has categorized media violence as a Public Health Risk due to causal impact on child aggression (Huesmann 2007). Media reports increased use of restraints and seclusion rooms with children who exhibit uncontrolled aggression.



**Download
"Laudate" &
"Eparchy of our
Lady of
Lebanon" Apps
for free**



7. Digital dementia

High speed media content can contribute to attention deficit, as well as decreased concentration and memory, due to the brain pruning neuronal tracks to the frontal cortex (Christakis 2004, Small 2008). Children who can't pay attention can't learn.

8. Addictions

As parents attach more and more to technology, they are detaching from their children. In the absence of parental attachment, detached children can attach to devices, which can result in addiction (Rowan 2010). One in 11 children aged 8-18 years are addicted to technology (Gentile 2009).

9. Radiation emission

In May of 2011, the World Health Organization classified cell phones (and other wireless devices) as a category 2B risk (possible carcinogen) due to radiation emission (WHO 2011). James McNamee with Health Canada in October of 2011 issued a cautionary warning stating "Children are more sensitive to a variety of agents than adults as their brains and immune systems are still developing, so you can't say the risk would be equal for a small adult as for a child." (*Globe and Mail* 2011). In December 2013 Dr. Anthony Miller from the University of Toronto's School of Public Health recommend that based on new research, radio frequency exposure should be reclassified as a 2A (probable carcinogen), not a 2B (possible carcinogen). American Academy of Pediatrics requested review of EMF radiation emissions from technology devices, citing three reasons regarding impact on children (AAP 2013).

10. Unsustainable

The ways in which children are raised and educated with technology are no longer sustainable (Rowan 2010). Children are our future, but there is no future for children who overuse technology. A team-based approach is necessary and urgent in order to reduce the use of technology by children. Please reference below slide shows on www.zonein.ca under "videos" to share with others who are concerned about technology overuse by children.

Problems - Suffer the Children - 4 minutes

Solutions - Balanced Technology Management - 7 minutes

The following Technology Use Guidelines for children and youth were developed by Cris Rowan, pediatric occupational therapist and author of *Virtual Child*; Dr. Andrew Doan, neuroscientist and author of *Hooked on Games*; and Dr. Hilarie Cash, Director of RESTART Internet Addiction Recovery Program and author of *Video Games and Your Kids*, with contribution from the American Academy of Pediatrics and the Canadian Pediatric Society in an effort to ensure sustainable futures for all children.

Technology Use Guidelines for Children and Youth

Developmental Age	How Much?	Non-violent TV	Handheld devices	Non-violent video games	Violent video games	Online violent video games and or pornography
0-2 years	none	never	never	never	never	never
3-5 years	1 hour/day	✓	never	never	never	never
6-12 years	2 hours/day	✓	never	never	never	never
13-18 years	2 hours/day	✓	✓	limit to 30 minutes/day		never

**The Three
Maronite
Massabki Brothers
Martyrs at
Damascus**

**Feast day
8th of July**



Francis, Abd el Moati and Rafael were brothers, who lived in Damascus, Syria, in a devout Maronite family, known for its piety, wealth, nobility, and compassion towards the poor and the needy.

In the year 1860, when the Muslims in Damascus and the Druze in Mount and South Lebanon attacked and massacred the Christians, our martyrs, along with a large crowd of Christians, took refuge in the Franciscan monastery in Damascus, after the Muslims had set the fire in the Christian neighborhood. In the monastery they were praying and celebrating the mysteries of forgiveness (confession) and Eucharist for the last time.

**“We do not fear
the one who kills the body...
a crown is prepared
for us in heaven.**

**We have our souls...
and we do not wish
to lose them.**

**We are Christians and
we wish to die as Christians.”
Massabki Brothers**

While Francis stayed alone in the Church, kneeling down before the statue of Our Lady of Sorrow and praying, he was filled with hope. After midnight a band of armed Muslim rioters broke into the monastery. Christians were terrified and confused, some managed to run away, and others hid themselves. The rioters shouted: “where is Francis Massabki? We are after him”. At that Francis approached them audaciously, saying: “I am Francis Massabki, how can I help you?” They told him, that we have come to save you and your family, under one condition, that you become Muslims, or we will kill you all. He answered them: “We are Christians and faithful to Christ we live and die. We do not fear those who can kill the body, as the Lord Jesus said.”

Then, he looked at his brothers and said to them: “have courage and stand firm in your faith, because the crown of victory is already ready in heaven for those who persevere till the end.” At that his two brothers confessed publicly their faith in the Lord Jesus saying: “We are Christians, and we want to live and die as Christians.” Thus, their persecutors attacked them, beating them with their sticks, knives and axes. In this manner they were killed, preferring death over denying their faith in Christ, who crowned them as martyrs. That happened in July 10th in the year 1860. His holiness Pope Pius XI had declared them blessed in October 10th, 1926, thanks to the efforts of bishop Bechara Al'Shemali, the Maronite Archbishop of Damascus. May their prayers be with us. Amen.

CATHOLIC BISHOPS CONFERENCE OF THE PHILIPPINES PRESIDENT'S STATEMENT ON THE SENATE'S RESPONSIBILITY IN THE IMPEACHMENT PROCESS

As President of the Catholic Bishops' Conference of the Philippines, I speak not in the name of any political group or interest, but from the perspective of the Church's social teaching, which calls for moral responsibility, accountability, and the primacy of the common good in public life.

The Senate of the Republic of the Philippines has a constitutional duty to act on impeachment cases brought before it. This duty is not optional. It is a solemn mandate arising from the principle of checks and balances enshrined in our democratic system.

While impeachment is by nature a political and quasi-judicial process, it is not exempt from the moral demands of truth, justice, and accountability. In a constitutional democracy, political authority must be exercised within the bounds of law and with respect for the truth. When politics serves only partisan interest, it degenerates into manipulation; but when it is guided by conscience and the common good, it becomes a noble service.

To delay, dismiss, or ignore such a process for reasons of political convenience is to betray the Constitution and the people's trust. As stewards of public office, senators are not only answerable to the law but are also bound in conscience to act with integrity and impartiality.

The Church teaches that political authority exists to serve the common good (cf. Compendium of the Social Doctrine of the Church, 393–406). Public officials must transcend partisan interests and act in a spirit of justice and truth. The search for truth is not a political agenda; it is a moral imperative.

We appeal to all senators, especially to those in leadership, to allow the constitutional process to proceed without obstruction. If there is nothing to hide, there is nothing to fear.

Let conscience guide your actions. Let the truth take its course.

✠ **Pablo Virgilio S. Cardinal David**

Bishop of Kalookan

President, Catholic Bishops' Conference of the Philippines

June 10, 2025



St. Sharbel Church *Black Nazarene Statue*

We are bringing back the grace and blessing of our Black Nazarene“ Poon Jesus Nazareno”, a House-to-House visit to be with you and your family for seven (7) days, Sunday to Sunday. A Novena prayer for your family's petition is available when you pick up the Black Nazarene Statue at St. Sharbel Church, after our Holy Mass on Sunday at 9:30 am. And, for courtesy, please return our Black Nazarene Statue the next Sunday before the 9:30 am Holy Mass, so it will be available for the next family on schedule. Your kind donation (Love Offering) to our Poon Jesus Nazareno intention will be greatly appreciated.

For registration and scheduling, please call the following members of the Black Nazarene Group to assist you:

Teresa Lacape 702-524-1086



WEEKEND


Sat. 4:30 pm July 5
+*Rose Dennerlein
+Felizardo Trimidal

Sun. 9:30 am July 6
+Benjamin & +Filomena
Eugenio

Sun. 11:30 am
Ghassan Dagher
+Preston Beaudette – 1 yr

Sun. Spanish Mass
4:30pm
Paz en Oriente Medio

HOLY MASS INTENTIONS



DAILY 8AM

MONDAY July 7
+Gloria Brennah

TUESDAY July 8
*Marcel Giron

WEDNESDAY July 9
Health - Ziah Siobal

THURSDAY July 10
Faithful Departed

FRIDAY July 11
Unborn Babies

SAINT SHARBEL COMMUNITY LIFE ANNOUNCEMENTS

1. **TUESDAY:** 5:30 P.M. Rosary in the Chapel.

2. **GOD OUR FATHER DEVOTION:** Sunday, July 6th after the 9:30 Mass in the Chapel

3. **MONTHLY SPANISH MASS:** Sunday, July 6th at 4:30 PM. Rosary & Mass at 5:00 PM.

4. **MONTHLY TAGALOG MASS:** Next Sunday, July 13th at 5:00 PM and Rosary at 4.30 PM.

5. **SPONSOR A FOOD ITEM FOR THE FESTIVAL –**
Please pick up a copy of the list of food items in the main church. This will help reduce our expenses.

6. **FESTIVAL RAFFLE TICKETS** are available at the Gift Shop - \$100 each and only 300 printed. Total prizes \$10,000.

7. **FESTIVAL BOOTH RENTAL –** Please contact the Office if you want to rent a booth for your business at our 17th Annual Lebanese-American Festival which will be held on October 10, 11, and 12th.

8. **REGISTRATION FOR RELIGIOUS EDUCATION**
will be held during the months of July and August on Wednesday & Friday from 9 AM to noon. Class will begin Sunday, September 7, 2025. You must purchase our First Holy Communion Maronite Catechism for Pre-K and First Grade level so that the students are prepared for Catechism class to receive the Sacrament of the Eucharist. Book price - \$25.

WEEKLY COLLECTIONS

June 28 & 29



*Weekend Masses Collection

\$3,240

*General

\$3,083

*Building Fund

\$635

*Helping Hand

\$270

Weekly Church

Estimate Expenses \$ 10,558

*Second Collection

\$1,344