



## **Anyone Wishing Information on Becoming a Catholic:**

The Rite of Christian Initiation for Adults\* (RCIA) is a process where you can explore the Catholic faith with the opportunity to address any questions you may have or simply to receive an orientation to the teachings and traditions of the Catholic Church. Meetings are informal and there are no tests or examinations on the presentations or discussions. The program begins in October and ends at Easter with reception into the Catholic Faith community.

### **WE WELCOME**.....

.....A person who has not been baptized and would like to learn more about the Catholic faith, with the possibility of becoming Catholic.

.....A Baptized Christian of another denomination who would like to learn about and possibly join the Catholic tradition.

.....A Baptized Roman Catholic who has not received Eucharist or Confirmation and would like to become a full participant in the life of the Church.

The RCIA offers an environment of support and guidance as you discover God working in your life.

For further information email Fr. Raymond at  
[frraymond@stpaulkensington.org](mailto:frraymond@stpaulkensington.org).





# PARISH NURSE MINISTRY NOTES



## Meditation

Through the art of meditation, we awaken our wholeness and full potential. We consciously connect to God. Jesus went off into the desert to pray to the Father, and to hear the father's will for Him. We, too, can have similar experiences as Jesus did.

In each of our lives there have been times when we have experienced a deeper sense of connectedness, wholeness and belonging than we ordinarily find. Most likely, those extraordinary moments of deeper wisdom, love and aliveness come unexpectedly. Pause for a moment to recall those special moments when you were most fully and joyfully alive. Recall those quintessential moments in your life and work that stand out and sparkle. If we examine the qualities of our aliveness during these special times, we will probably find that our attention was wholly focused on what was happening, and that our mind and body were operating as one.

Through the discipline of meditation, we intentionally nurture and cultivate sublime qualities of vivid aliveness that are otherwise only glimpses in moments of grace and peak experience. The foundation of meditation practice is rooted in developing harmonious relationships with the world around us. Through this practice of relaxation and meditation we increase our mastery as well as our capacity to sustain the intensity of God's grace. This ancient practice allows us to experience the deep love of God and to have the ability and capability to give this love freely.

The benefits of meditation are countless: calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and so much more. Meditation has two other very important benefits: prevention of stress from getting into the system and releasing accumulated stress. Coupled with that there are many physical benefits such as lowering of blood pressure, blood lactate, blood cholesterol, reducing anxiety attacks, decrease of tension-related headaches, ulcers, insomnia, muscle and joint problems, improvement of the immune system and increase energy level. When you meditate you experience emotional steadiness and harmony, consciousness evolves and you become very aware of your connectedness to God. When you perceive God in your life and as a part of you, love flows strongly between the world and you. This love empowers and sustains you.

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. Anxiety is decreased, emotional stability improves, creativity increases, happiness increases and intuition develops. Meditation makes you aware that your inner attitude determines your happiness.

We, as parish nurses, want to share the benefits with the entire parish community by presenting an evening of meditation. The format is experimental. We will not just talk about meditation but help you enter into the experience of meditation through music and guided imagery.

**The parish nurses invite you to the church hall from 7—8:30 pm this Thursday, September 25th. All parishioners are welcome.**

- de-stress
- healthy mind-body
- improve sleep quality
- relax

- increase attention span
- get well faster
- deep rest
- be happy & age healthily

# St. Paul Church      September 21, 2014

## NEWS IN THE NEIGHBORHOOD

### NORTHWEST CATHOLIC H.S. OPEN HOUSE

NWCHS invites prospective students and parents to attend one of a series of Admissions Information Sessions at 3 locations during October. NWC will host an Open House on Sunday, Nov. 9th from 1-4pm. For information or to register for a session online, go to [NorthwestCatholic.Org/InfoSessions](http://NorthwestCatholic.Org/InfoSessions) or contact Andrew Selig at [aselig@nwcath.org](mailto:aselig@nwcath.org).

**OPEN HOUSE ST. PAUL CATHOLIC H.S. Wednesday, October 8      Tour: 7 pm**  
**Saturday, November 8      Tour s: 10 & 11:30 am**

The St. Paul Catholic High School **Placement Exam** will be given at 8:00 AM on **Saturday, November 22**, at St. Paul Catholic H.S. for prospective grade 9 & 10 students. Visit [www.spchs.net](http://www.spchs.net).

### THE RYAN T. LEE FOUNDATION GRATEFUL TO SUPPORTERS

For those who supported Foundation Week 2014, thank you for your contribution, which helped make this year's events such a success. Your generosity will enable the Ryan T. Lee Foundation to continue its effort to actively seek out opportunities to make a difference in the lives of others. As a result, more people throughout our community will be given the chance to pursue their goals and realize their dreams. We truly are grateful for the time, effort, and kindness you have devoted to the charitable work of the Foundation that continues to keep Ryan's memory alive.

Fit this Gospel message into the empty squares:

**Go and work today in the vineyard.**

