



Saint Rose of Lima

Roman Catholic Church

November / December 2016



This year Youth Ministry at Saint Rose has transformed. Not only through a new Formation Team but also through a new motto "Dare to Be Saints." This motto coined by the late Saint Pope John Paul II shapes how youth ministry is structured and the overall spirit of the young church at Saint Rose of Lima. Youth group here in Murfreesboro goes beyond the walls of the church on Wednesday nights, and opens the door to service and catechesis locally and around the county.

Roughly each month Middle School and High School are offered different local service projects- ranging from the new rectory clean up with the Knights of Columbus to helping build a house for a family in need through serving Habitat for Humanity. These different types of service projects allow the young church to express their faith through service and care for others. Sometimes the faith is expressed without speaking or having a theological dialogue with others. Just the small gesture of a smile to a person whom we are serving or a full day of painting without complaining can show the world the Light of Christ.



These service projects have helped both our Middle School and High School, but the call to sainthood also requires a call to deepen and better understand the faith that is professed. Each Wednesday night High School and Middle School are engaged in a faith-based talk and discussion. These

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topics range from the gifts of the Holy Spirit to more controversial topics such as the right of all human life. These talks are geared toward helping the young church discuss their faith with friends, family, and even those they encounter for the first time. The young church is given the tools to know that who they are also encompasses what they believe at a church community- locally and universally. This summer High School youth group will have the opportunity to take their skill set used for service out into the world. They will have the opportunity to travel to Florida for Catholic Heart Work Camp (CHWC) to serve others, and grow in community and faith as a universal church community.

Retreats are offered through the year. The formation office leads a confirmation retreat each year, and also takes soon-to-be confirmands to Sealed, a Diocesan led confirmation retreat to deepen and awaken their faith. This summer, Middle School and High School will have the opportunity to be in Georgia for a week to revamp their faith and community among one another. Middle School will have the opportunity to attend Hidden Lake and High School will be offered Covecrest again this year. Both of these Life Teen Camps help provide the young church tools to awaken their prayer life, sacramental life, and also how to bring those tools back home to their local parish.



One new aspect of youth ministry this year is Peer Ministry. Open to Sophomores to Seniors in High School, this is a leadership role among peers in youth ministry. Each year teens apply, receive an interview with their youth ministers, and are selected to help serve. Some of their roles include assisting with the Middle School Confirmation retreat, giving a talk to Middle School youth group, and attending monthly peer ministry meetings. Within this role, the teens also are lifted up spiritually with a yearly peer ministry retreat, the ability to attend the Diocesan Retreat Youth Leadership Workshop, and the ability to see how important their role is, not only to their peers but also to the church.



“We dare the Young Church to strive for sainthood.”

-Jenny Morris, Director of Youth and Young Adult Ministry



Given all of these opportunities to serve and receive catechesis, Saint Rose Youth remain intact with the sacramental life of the church. Each Wednesday, before dinner, Saint Rose Youth have the opportunity to attend daily mass with one another and also with the larger church community. Throughout the year so far, the youth program has received the opportunity to pray as a family during Family Night of Adoration, and in months to come have the chance to receive graces during a reconciliation service. The sacramental life of the young church is the center and forefront of youth ministry's mission and call to Sainthood. Without the sacramental life of the church, this call to sainthood would be meaningless. Only, first through the reception of Christ in the Eucharist can service and catechesis have meaning.



This year youth ministry is not only for Middle School and High School Students. The Formation Team at Saint Rose have developed Young Adult Ministry- open to high school graduates to adult, who want to still be formed in their faith. This ministry strives to work with MTSU Catholic and also those at Saint Rose Parish to provide more social and theological events for young, Catholic adults. A greater sense of community has been created with monthly Theology on Tap meetings- mixing faith discussions and community in a public setting. Each month, Saint Rose Young Adult Ministry has a different speaker come to Murfreesboro to deliver faith centered topics.

So far this year, these topics have ranged from a Q & A session with Father Nick, to a talk given by Deepan Rajaratnam, a Theology Master's Graduate, on how to live your Catholic Faith despite secular society.

As we grow and complete our first full year of new and exciting changes we ask for continual prayers and know that the young church at Saint Rose is praying for you!

In Christ,
Jenny Morris
Director of Youth and Young Adult Ministry





Litany of Humility

O Jesus! meek and humble of heart, *Hear me.*

From the desire of being esteemed, *Deliver me, Jesus.*

From the desire of being loved, *Deliver me, Jesus.*

From the desire of being extolled, *Deliver me, Jesus.*

From the desire of being honored, *Deliver me, Jesus.*

From the desire of being praised, *Deliver me, Jesus.*

From the desire of being preferred to others, *Deliver me, Jesus.*

From the desire of being consulted, *Deliver me, Jesus.*

From the desire of being approved, *Deliver me, Jesus.*

From the fear of being humiliated, *Deliver me, Jesus.*

From the fear of being despised, *Deliver me, Jesus.*

From the fear of suffering rebukes, *Deliver me, Jesus.*

From the fear of being calumniated, *Deliver me, Jesus.*

From the fear of being forgotten, *Deliver me, Jesus.*

From the fear of being ridiculed, *Deliver me, Jesus.*

From the fear of being wronged, *Deliver me, Jesus.*

From the fear of being suspected, *Deliver me, Jesus.*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*

That others may be esteemed more than I, *Jesus, grant me the grace to desire it.*

That, in the opinion of the world, others may increase and I may decrease,
Jesus, grant me the grace to desire it.

That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*

That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*

That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*

That others may become holier than I, provided that I may become as holy as I should,
Jesus, grant me the grace to desire it.

Amen.

As we approach the Advent season and we head towards Christmas, the stresses of the season can take their toll on us. However, we must remember the reason we celebrate Christmas. "Whoever exalts himself will be humbled; but whoever humbles himself will be exalted." (Mt 23:12) With this idea of humility, it is a great opportunity to learn the generosity of God. Through his example of humility let us pray the Litany of Humility so we don't lose sight of the great gift of the incarnation. May you all have a blessed Advent and a wonderful Christmas.

God Bless -

Rev. Nicholas M. Allen



Science, Tacos and Friendship

Building catapults and making your own tacos aren't your everyday agenda for school. But for the Saint Rose homeschool group, that's exactly what they did on Friday, September 23 at Science Lab day. Each month, the Saint Rose homeschool group meets up for a day of science instruction, DIY projects, lunch, and fellowship. Participating students range from first grade through high school. They gather together for an hour-long instructional period. Topics cover several scientific disciplines, including physics, chemistry, and biology. The instruction weaves several smaller topics together, providing a picture of the complexity of the created world. After instruction, they break into groups to work on a project that highlights one or more of the concepts they learned.

The 35 participating students gathered together to learn about kinetic and potential energy, gravity, and Isaac Newton's laws of projectile motion. Using 2x4's, nails, and bungee cords, the students then applied what they learned to construct functional catapults. The catapults used bungee cords to stretch the catapult arm, highlighting the principles of potential and kinetic energy. The frames were constructed to maximize distance, and students were taught to have the balls release at 45-degree angles. Working in teams of two to three, they built (and in a few cases, rebuilt) a total of twelve catapults, and competed against one another in a friendly competition to see whose tennis ball traveled the farthest. The winning team received a small prize of candy bars!

This is the second year that Science Lab has been held. Last year, projects included mushroom dissection, leaf classification, fruit-powered batteries, matchstick rockets, and the always-popular egg drop competition. But the science instruction is only part of what makes Science Lab such an enriching event. After the activities are concluded, the entire group gathers for prayer, fellowship, and a potluck lunch. It is a time for the homeschooled students to build relationships with each other, and experience learning events that are otherwise hard to come by, whether in school or at home. Another benefit of the Lab format is the opportunity to work in groups with students of all ages. For example, one team had a second grader, a fifth grader, and high school freshman all working side by side on the same project.



The parents, too, get a lot out of monthly labs. With a few parent volunteers leading the instruction and labs, other parents can enjoy some much-needed support from each other.

Homeschooling has its challenges, but meeting periodically with other families in similar situations helps everyone feel more connected. This is especially true of new homeschoolers and those who have recently moved to the area. This year, several new families joined the group and participated, many meeting each other for the first time. For the parents, it provides an irreplaceable opportunity to see each other once a month while their children receive a unique learning opportunity.

Science, tacos, friendship, and catapults – what more could you ask for on a school Friday?

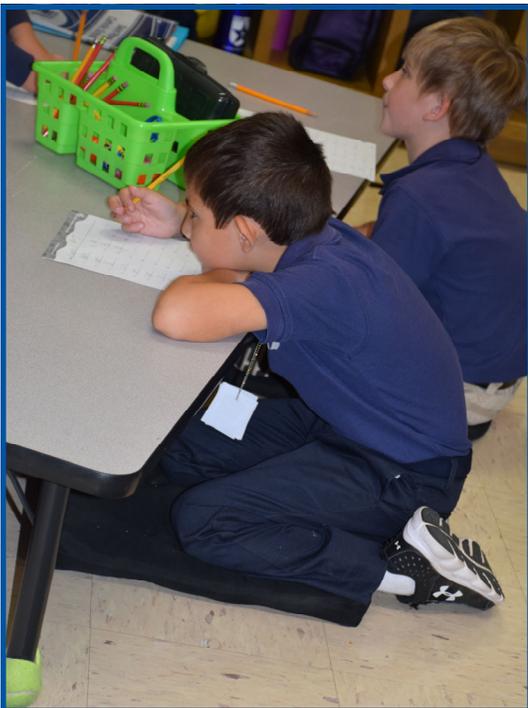




Classroom Flexible Seating



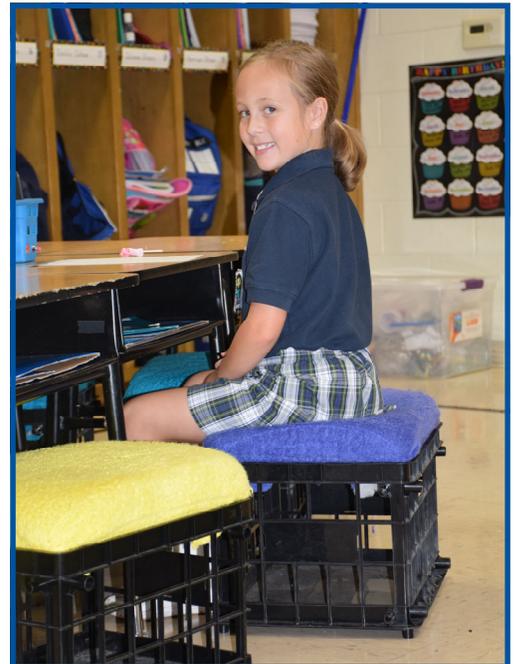
Over the summer I noticed a friend of mine in Nashville posted on facebook that she would be using “flexible seating” in her 1st grade classroom this school year and my interest was piqued. I began doing research on the topic and found several teachers who had had much success using this in their classrooms. I read teacher blogs, articles, and watched videos regarding the concept.



Occupational therapists love the idea as it increases movement in the classroom. The instances of diagnosis of ADD in our country have risen drastically in the last 10 years and Tennessee is one of the highest states in the country. Many of these children NEED to be able to move during the school day. Flexible seating gives them this opportunity.

In addition, flexible seating gives the student the ability to discern how he/she works best. Do I work best standing up? Or sitting somewhere where I can bounce? Or on the floor? Or in a traditional chair? By the end of the school year, it is my hope that all of my 20 students will take ownership of how they work best. There is one little boy in the class

who has already done this. He chooses the same seat every day, regardless of who else is sitting there. Many days he sits by himself but he doesn't mind because he knows this is where he does his best work.



There are rules with flexible seating and after we went over the rules on the first day, I had each child sign a “contract” stating they would follow these rules. The rules are: 1) Choose a seat where you can do your 2nd grade best; 2) Use the seats properly; 3) Take care of the community supplies; 4) If you are having difficulty, move to a seat where you can have success; and 5) Mrs. Carney has the right to move anyone at any time. The children do not want me to move them so they are making good choices.

I do all group lessons with the children on the carpet and then when it is time for them to work independently, they get to choose where to sit (or lay).



There are 6 options:

- 1) the standing table (with stools to rest a knee);
- 2) the traditional chair table;
- 3) the crate seat table;
- 4) the cushion on the floor table;
- 5) the yoga ball table; and
- 6) choose a clipboard and sit or lay wherever you want in the classroom.



The 2 most popular choices are the clipboard anywhere in the room and the yoga ball table. If a child is not comfortable where he/she is sitting, he/she can move at any time without asking.

So far, flexible seating has been very successful in my classroom. The children are happy and moving and successful. The parents have also been very supportive and seem to be happy as well. I would love to have additional choices donated to the room. Some chair style beanbag chairs would be wonderful. However, even if I don't get anything else, I feel very good about my decision to change to flexible seating this year.

~Mrs. Katie Carney



Saint Rose School Mission Statement

Saint Rose Catholic School unites with the family to provide a quality Catholic education in a Christ-centered environment, promoting learning, love and service, which prepares students for the future.



Saint Rose of Lima Roman Catholic Church and School

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Weekend Masses

Saturday, 5:30 pm Vigil

Sunday, 8:30 am, 11:00 am, 5:00 pm

Daily Mass (school in session)

Monday-Thursday, 7:00 am

Wednesday, 6:00 pm

Friday and Saturday, 8:15 am

Daily Mass (school not in session)

Monday-Saturday, 8:15 am

Wednesday, 6:00 pm

Spanish Mass

Tuesdays and Saturdays, 7:30 pm

Reconciliation

Wednesdays, 5:00-5:45 pm

Saturdays, 4:00-5:15 pm

Or by appointment

Office Hours

Monday-Friday 8:30 am-4:30 pm

Closed 12:00 pm-1:00 pm for lunch

Exceptions noted in the bulletin



Advent Penance Service
December 13, 2016
7:00 pm

The Parish Office will be closed Nov. 23-25
and Dec. 26-27, 29-30

Christmas Mass Schedule
Saturday, December 24, 2016
4:00 pm, 8:00 pm and 12:00 am
Sunday, December 25, 2016
10:00 am