

April 25, 2022

Dear Sisters and Brothers in Christ:

The **Collection for International Needs** provides us with the opportunity to broaden our charitable horizons by reaching out to our brothers and sisters in need throughout the world.

This annual collection, to be taken up in the Diocese of Erie the weekend of May 14 and 15, is a combination of the Collection for the Church in Central and Eastern Europe, the Catholic Relief Services Collection and the collection for the Solidarity Fund for the Church in Africa. It offers a concrete way for us to help those forced to leave their homes because of war or famine, children who go to bed hungry and who cannot attend school, and immigrants and refugees seeking freedom and hope, as well as those who are persecuted for their faith and those who wish to study for the priesthood, but do not have the means to do so. The collection gives us the means to reach out to those who live in lands and cultures far from our own, from Africa to the Middle East to Eastern Europe.

I ask you to please give generously to the Collection for International Needs on May 14-15. Just as importantly, please pray for our brothers and sisters in need, especially those in war-torn areas. Be assured of my prayers for you, your families and your parishes.

Sincerely yours in Christ,

*+Lawrence T. Persico*

The Most Reverend Lawrence T. Persico, JCL  
Bishop of Erie



DIocese of Erie ☎ P.O. Box 10397 ☎ Erie, Pennsylvania 16514-0397

814.824.1120 ☎ FAX 814.824.1124

# Mother's Day Flower Memorials



**We acknowledge, with grateful appreciation, flower memorials in remembrance of loved ones from:**

**Veronica Panighetti and Sophia Yurcak**  
(Rich & Bonnie (Yurcak) Panighetti)

**Florence Bovee and Ethel Regal** (Fred & Joanne Regal)

**Agnes Kanonczyk, Isabelle Dombrowski and Marion Marecki -**  
**Godmother** (Ron & Cathy Dombrowski)

**Janet Kaveney** (Barb & Phil Sammons)

**Debbie Kennerknecht and Barbara Chapman**  
(Jimmy, Melanie, Alyssa and Allison Kennerknecht)

**Joan Baranowski and Ruth Richmond**  
(Paula Baranowski and Mike Baranowski)

**Ann Wolozanski and Eva Kowalski** (JoAnn Hlifka)

**Mary Mroz and Shirley Bayle** (Rick & Chris Bayle)

**Rita Kalivoda, Mary McCullough and Eleanor Heidecker**  
(Mike & Diane Kalivoda)

**Mary Mroz & Beatrice Devine- Mothers, Catherine Mroz, Stella Dylewski, Mary Bent and Anna Devine- Grandmothers, Eleanor Lozowski and Rosa Sorze- Godmothers** (David & Pat Devine)

**Geraldine Golombieski** (Dan Golombieski)

**Patti Massing** (Yaple Family)

**Jean Murosky, Cheryl (Murosky) Meyer, Marina (Petrone) Cockrell, Rena Petrone** (Barbara Petrone)

# Summer Festival Volunteer Sign-Up

Please put your name and phone number on the line indicating where and when you can help. *Thank you very, very much! PS: Pies gratefully accepted all morning Sunday.*

## Saturday, June 4th

Morning Setting up the Center \_\_\_\_\_  
(approximately 9 AM to 11)

Food Prep in the Kitchen \_\_\_\_\_  
(approximately 9 AM to Noon)

Evening – 6 PM to Closing:

Sell Food Tickets: \_\_\_\_\_

Bartend: St. Boniface Brew Club

Food Prep: Greg Joni, Molly plus ????

Booth Workers:

Bake Sale \_\_\_\_\_ Raffle Table \_\_\_\_\_

Basket Auction \_\_\_\_\_ Country Cupboard \_\_\_\_\_

Closing – 10PM Cleanup & Reset for Sunday

\_\_\_\_\_

## Sunday, June 5<sup>th</sup>

Set Tables + Roll Silverware \_\_\_\_\_

Food Prep (beginning at 8 AM) \_\_\_\_\_

\_\_\_\_\_

Dinner Service (11 AM-2:30 PM or as big a segment as you can)

Sell Dinner Tickets \_\_\_\_\_

Ushers Ushers Society

Waiters \_\_\_\_\_

Beverage Servers \_\_\_\_\_

Dessert Table LeeAnn Campbell and Family

**See Reverse Side Please →**

Serve for Dining In \_\_\_\_\_

Takeout Meal Service *Molly, Beth and Joni* \_\_\_\_\_

Delivery to Homebound (Ed Maloney, Chair) \_\_\_\_\_

Table Clearing and Cleaning \_\_\_\_\_

**Booth Operations** (11-2:30 except where noted)

Bake Sale (Ashley Smith, Chair) \_\_\_\_\_

Country Cupboard (Penny Warmbrod, Chair) \_\_\_\_\_

Raffle Table \_\_\_\_\_

Basket Auction \_\_\_\_\_

Call Winners Later \_\_\_\_\_

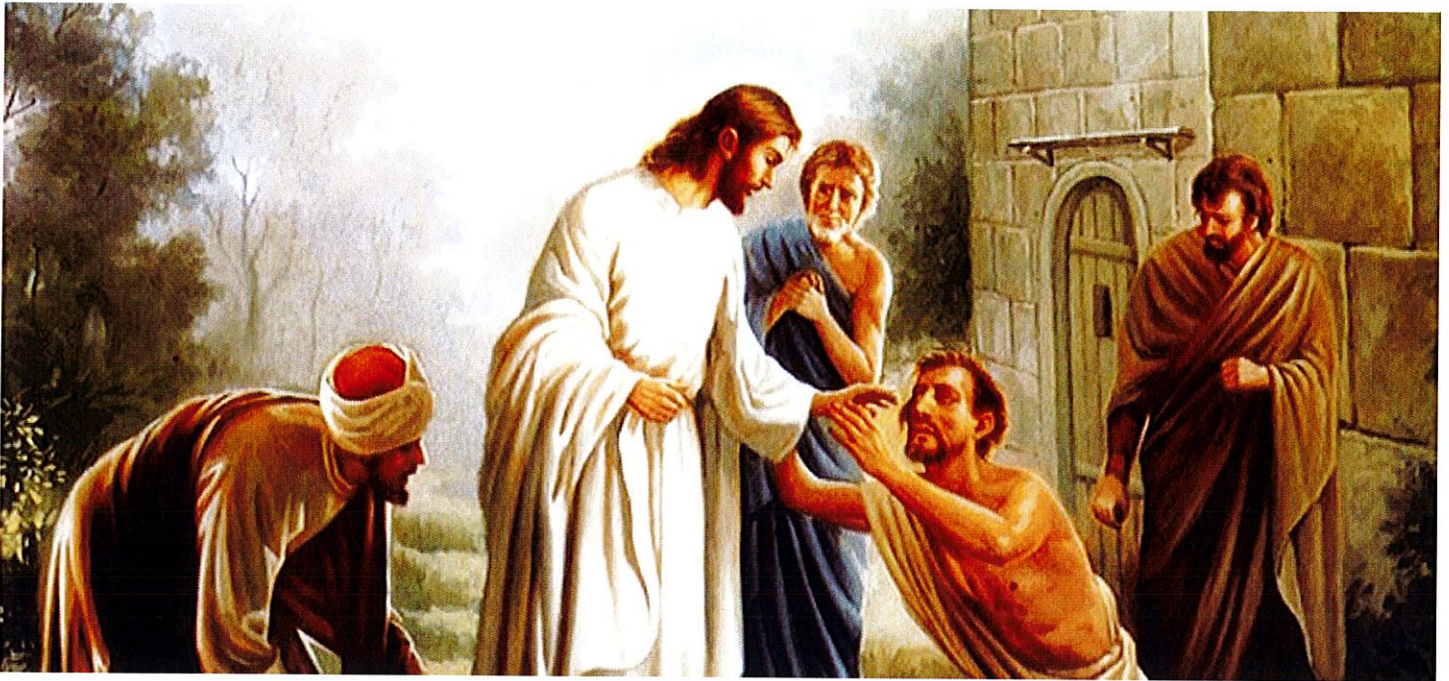
Office (Chuck Allgeier, Chair) \_\_\_\_\_

**Clean Up** (beginning at 2:35) \_\_\_\_\_

**Special Thanks to Cooks Greg Biletnikoff and Chris Fuhrman and Dining Room Coordinator Carrie Meeker as well as other chairs listed.**

**Come out and Enjoy!!**





## Healing of Body, Mind and Spirit

### St. Boniface Adult Formation

### Speaker Series on Healing

Our speaker series will focus on the post-pandemic process of healing. The isolation of the pandemic over the last two years has created various conditions associated with our isolation. Our speaker series will speak to these conditions and how we are able to heal after our experience. Our series will focus on each of the fundamental human characteristics of the physical body, the mind, and the spirit. Our speakers will allow us to identify these disorders and how we can heal from their effects.

### Schedule

Saturday, May 21: Sharon Wyskiel - Mental Healing Aspects

Saturday, July 23: Dr. James Cowles - Physical and Mental Experiences of the Pandemic.

Saturday, August 20: Sr. Nancy Fisher - Community as a Source of Healing

Saturday, September 10: Deacon Frank Pregler - Healing of the Spirit

All presentations will be from 11:00 AM to 12:00 PM in the St. Anthony Room.

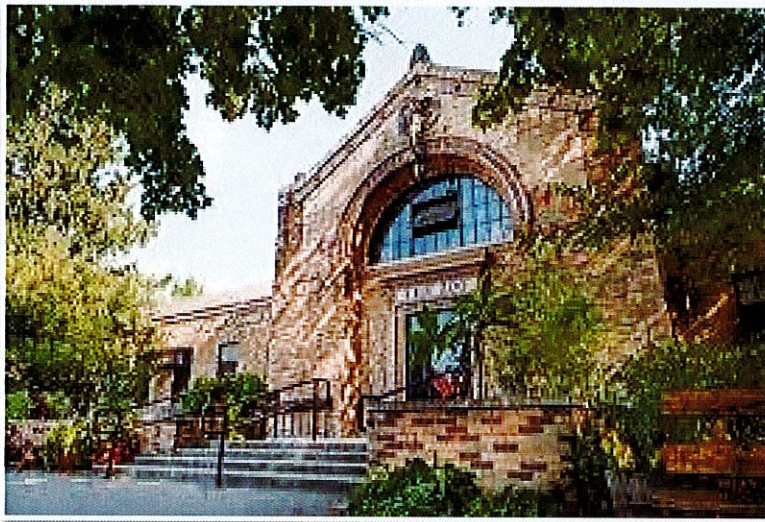




# Parish Family Zoo Trip

The St. Boniface Parish community is invited to the zoo!  
Join our Parish Family for a trip to the Zoo on Saturday, May 14.

Meet us by the Zoo ticket office at 10:30 and enjoy a leisurely visit followed by a picnic lunch at one of the Zoo pavilions. Come for just the Zoo visit, just the picnic, or both!



Please let us know you're coming and  
RSVP by 5/13. You may contact the Parish Office at 814.825.4439  
or email Jeanne Yaple at [faithformation@stbonifaceparisherie.org](mailto:faithformation@stbonifaceparisherie.org)



# Kuhl Hose Co.

## *“Big Money Giveaway”*

\$16,200 in cash and more  
will be given away!!



21 chances to win  
Only **500** tickets to be sold  
Get yours while you can!

*Last years event was a sellout!*

Virtual drawing on Facebook Live  
May 14, 2022 @ 6:00 pm

**\$50 per ticket**

Must be 21 to purchase a ticket.  
Need not be present to win.

Each ticket is good for a chance to win one prize only.



## **Common Mental Health Challenges for Adolescents (Ages 10 - 19 range according to the World Health Org)**

Adolescents develop dramatically during their life both physically and mentally and it can be difficult for them to adapt to these changes. Being in school, sometimes a job, extracurricular activities, social life, and adapting to our constantly changing bodies can be a difficult task and sometimes our minds cannot keep up. Children, teenagers, and young adults all experience different mental health challenges and, as children grow up, these challenges grow with them.

In children, being mentally healthy means reaching developmental and emotional milestones and being able to function well at home, school, and in the community. Children face mental health challenges such as changes in the way they learn, behave, or handle their emotions and this can bring them fear and worry. Common mental health disorders in children are attention disorders such as **ADHD, anxiety, and behavior disorders**. Typically, children who are experiencing a mental health challenge display disruptive behaviors as sharing thoughts and emotions might be too difficult. However, every child is different and mental health challenges can present themselves in numerous ways. Symptoms of these disorders often start in childhood but they can develop during teenage years as well.

As individuals reach their teens, the mental health challenges become more prevalent and, sometimes, more noticeable. In addition to puberty and the common stress of being in high school, the number of teenagers with poor mental health is increasing. According to research conducted by the CDC in 2019, more than one in three high schoolers has experienced persistent feelings of sadness or hopelessness (and this was pre-COVID). During teenage years, individuals begin to explore sexuality, emotions, relationships, etc. and it can begin to affect their grades in school, their decision making, and their overall health. As a teen, the most common mental health challenges an individual will face are generalized anxiety, social phobias, and depression but these are only three among the many mental health disorders out there. **Teenagers take on a lot of responsibility and the mental health challenges they face can be detrimental to their future if not seen and taken care of.**

Late adolescence, such as young adults, can be a stressful time as many people in this stage are choosing their paths in life. Decisions about college, about career paths, potentially moving away from home for the first time, and so much more are handed at an individual at the age of eighteen and it can be a lot for someone to take on. The most common mental health challenges in young adults are depression, anxiety, eating disorders, and mood disorders such as bipolar disorder. This is an important time where people are transitioning from adolescent to adulthood and, having a mental health challenge, can disrupt this transition and an individual's future.



Mental health challenges are important and should be prioritized at all ages. As children grow and develop, so do the struggles and hardship they will face. Mental health challenges can affect an adolescent's entire future and it is important to be able to recognize warning signs and know the resources available if these challenges come up.

- **Emotional disorders** are common among adolescents. Anxiety disorders are the most prevalent in this age group. Anxiety and depressive disorders can profoundly affect school attendance and schoolwork. Social withdrawal can exacerbate isolation and loneliness. Depression can lead to suicide. It is recognized that "**bullying**" greatly affects emotional disorders. Any adolescent that displays an emotional or behavioral disorder is at greater risk to be bullied within their social groups or schools. PLEASE, bring this to the attention of administrators/teachers so it can be dealt with before it is a serious problem. Communication is critical.
- **Behavioral disorders** are more common among the younger adolescents. Attention Deficit Hyperactivity Disorder (ADHD), is characterized by difficulty paying attention, excessive activity and acting without regard to consequences. Conduct disorder involves symptoms of destructive or challenging behavior which parents and siblings have a more difficult time dealing with.
- **Eating disorders**, such as anorexia and bulimia nervosa, commonly emerge during adolescence and young adulthood. These involve abnormal eating behavior and preoccupation with food, accompanied in most instances by concerns about body weight and shape. Anorexia can lead to premature death, often due to medical complications and has higher mortality than any other mental disorder.
- **Suicide** is the "fourth" leading cause of death in older adolescents (15 to 19 yrs.). Risk factors for suicide are multifaceted, and include harmful use of alcohol, abuse in childhood, stigma against help-seeking, barriers to accessing care and access to means of suicide. (Crisis Line 814-456-2014)

Mental Health promotion and prevention interventions aim to strengthen the capacity to regulate emotions, enhance alternatives to risk-taking behaviors, build resilience for managing difficult situations and adversity, and promote supportive social environments and social networks. It is crucial to address the needs of adolescents with mental health conditions. This avoids institutionalization and over-medicalization, prioritizing non-pharmacological approaches. Talk to your Pediatrician or Behavioral Health Counselor if anything of this nature manifests in your child.

"In our family, getting the right help was key to individual and family recovery. It didn't happen right away and took much trial and error. And of course, COVID really added a lot of stress to everyone involved. But now with the correct approach, we are moving in a positive direction".

**Next week, we will cover "Family Dynamics".**

[View online](#)



The newsletter of NAMI of Erie County May 2022

## Peer-to-Peer program kicks off in May

Start living your best life, take part in our Peer-to-Peer program.

To apply, visit [namierie.org/application](https://namierie.org/application) and choose peer-to-peer from the dropdown menu.

This 8-week program every Monday from 5 to 7 pm is for adults with mental health challenges who are looking to better understand mental wellness and their journey to recovery. No formal diagnosis is required.

A staff member will contact you to follow up. For more information, call us at (814) 456-1773



JOIN NAMI OF ERIE COUNTY FOR OUR NEXT

# PEER-TO-PEER PROGRAM