



## *Congratulations on Your First Holy Communion*

*Sunday, May 1, 2022*

Adam Bayhurst	Liam Brocious
Mia Drake	Eli Galkowski
Emily Heisler	Tanner Kosiorck
Ava O'Donnell	Lauren Resinger
Lucas Szymanski	Emmett Williams

*May you have a beautiful life as you accept Jesus into your heart.*

*We hope you feel the amazing love of God every single day.*

*~St. Boniface Parish*

A special thank you to our families for guiding their children through the preparation of celebrating the Sacrament of Holy Communion.  
Thank you for being present and coming to pray with us today, God Bless.

We would also like to thank...

Fr. Marc Stockton, Pastor

Cindy Srnka, Catechist

Mercia Hodapp, Music Director

Altar Servers: Michael Brocious, Noah Szymanski, and Wellie Yaple

Readers: Emily Heisler, Lucas Szymanski, and Anthony Galkowski

Melanie Kennekecht, Certificate / Program Production

Mike & Tara Schupp, Videography

Jeanne Yaple, Faith Formation Director

*"When you look at the Sacred Host you understand how much Jesus loves you now,"*

- Mother Teresa of Calcutta

# St Boniface

Summer Festival Days

JUNE 4 & 5

Hodapp Family Band Sat 6-10

Sandwiches, Craft Beer, Raffles

Delicious Chicken Dinner Sun 11:30-2:30

Raffles for Cash, Quilt, Gas Card, Wine Basket,  
Walking Food Tour of Erie

Country Cupboard & Basket Auction

St Boniface Coleman Center 9367 Wattsburg Rd Erie



Tithing to benefit Ukraine

# The Mental Health Spectrum

**"Why is my child so bad? The other kids aren't like that! He's so young, why is he so mean and disrespectful to everyone? Why so oppositional? He has the worst "potty" mouth I've ever heard at his age. What is wrong with him?"**

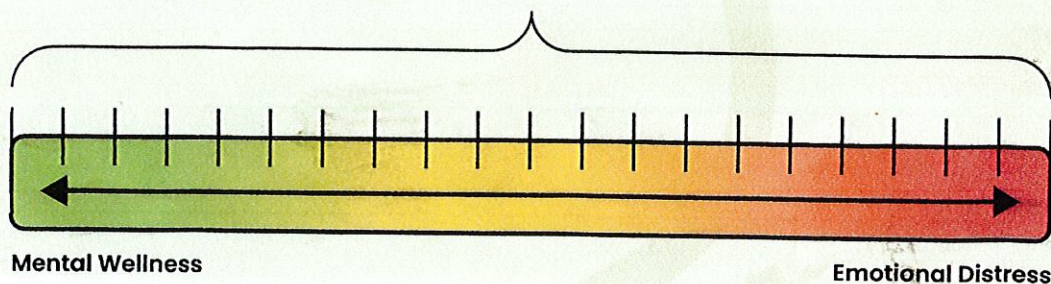
"I am a parishioner at St. Boniface and these are questions I have personally struggled with in our family. My grandson is smart and I couldn't believe he would act like this when the other children never did. Surely he should know better. His parents just didn't bring our children up in that manner. Well guess what, it has nothing to do with your upbringing. To put it plainly, his brain functions just don't work the same as the rest of us and **he didn't know better and he wasn't trying to be purposely bad.** After realization set in, his parents researched his symptoms and understood it was time to get him the help he needed. Not only did he need help, but the rest of the family needed the help to cope with this family living situation also.

It is 7 years later, and while he still has various struggles on the spectrum, numerous psychiatrists, counselors, and some medication trials have helped him to understand what is happening to him and that it is OK to have these feelings. But they have finally shown him how to work with what is available to him and our family to continue on a positive pathway. We know his struggles will change as he changes, i.e. "growth spurts", "adolescence", "social changes", etc. but now we have a way to work together on this".

**May is Mental Health Awareness Month.** Last fall, a group of parishioners were gathering to help create a list of ways in which our church could provide information within our Church community that would provide various resources in which to help everyone. Because of my family struggles with mental health that I described above, I was asked to provide some informational guidelines and resources during May's awareness month. While we can't cover everything within these papers during May, it is my desire that they will spark recognition and hope to families who need some reassurance that help is available to them and how to get it.

I will be providing information as it relates to children, adolescents, and, yes, adults also. It will include emergency, local, regional, and national resources for you to reference. Again, this is a starting point in hopes that we can provide you with some tools to move forward to a more positive life.

## Mental Health Continuum



**What is mental health?** The words "mental health" tend to spark some feelings in people, whether they be good feelings or unpleasant ones: emotional, psychological, and social well-being. It affects how we feel, how we see ourselves, how we handle stress, how we make choices, and how we relate to others. **It has a powerful influence on our quality of life.** It can be a frightening thing, especially since there is still much that needs to be learned about it. One of the most beautiful things about mental health, however, is that everyone has it! Every person has it but what varies is where everyone lies on the spectrum. **The mental health spectrum has mental wellness on one end and emotional distress on the other and we all fall somewhere in between.** The spectrum can be divided into four colors. However, it has a lot of grey areas and there might not be one specific color someone fits into.

The green area is the one end of the spectrum and it is when a person is in a state of mental wellness. If someone is feeling mentally well, it does not mean the individual is in a state of mental wellness. If someone is feeling mentally well, it does not mean the individual is free from all stress or worry but there are strong coping skills in place for when these stressful events do arise. The red zone, however, is the other end of the spectrum and means someone is in a mental health crisis. In a mental health crisis, a mental illness is so severe that an individual finds it difficult to get through the day. The yellow and orange colors are in between and are more of a middle area in which a person is not mentally well but not in crisis either.

Since we all have mental health, it is important that we recognize the importance of keeping our minds in tip-top shape. Finding things that work for you to support your well-being is the first step in reaching the "green" category. Remember, "one small crack doesn't mean you are broken, it means that you were put to the test and you didn't fall apart". And most importantly, "you don't have to control your thoughts, you just have to stop letting them control you". And finally, "self-care is how you take your power back".

Did you know:

- An estimated 26% of Americans ages 18 and older, about 1 in 4 adults, suffers from a diagnosable mental disorder in a given year. Many suffer from more than one mental disorder at a given time.
- Anxiety disorders are the most common mental illness, affecting 40 million adults in the US age 18 and older, or 18.1% of the population every year. Anxiety disorders are highly treatable yet only 36.9% of those suffering receive treatment.
- 10.6% of youth (over 2.5 million) cope with severe major depression. This has increased by 197,000 over 2021. (Could this be a result of the Covid pandemic and the affect it has had on our youth's socialization?)
- 17.4% or 1 in 6 children aged 2 - 8 years had a diagnosed mental, behavioral, or developmental disorder reported.

**If you or someone you know struggles with Mental Health, please follow along with us in May as we continue to recognize these struggles with you.**

# **ST. BONIFACE ADULT FAITH FORMATION PRESENTS**

## Renewing Our Catholic Culture

As we continue to emerge from the Coronavirus pandemic, the Church needs to heal by recovering not only what we did before the pandemic, but also to recover our past culture that has been present for thousands of years. A fresh look at our past culture will allow us to walk confidently into a new future. Come and join our book study on the Catholic culture of brewing beer and how we can recover our own history and parish culture to expand our ministries and Catholic presence to others.

### Sessions:

Sunday, May 22nd - Introduction, History, and Video of Author Interview.

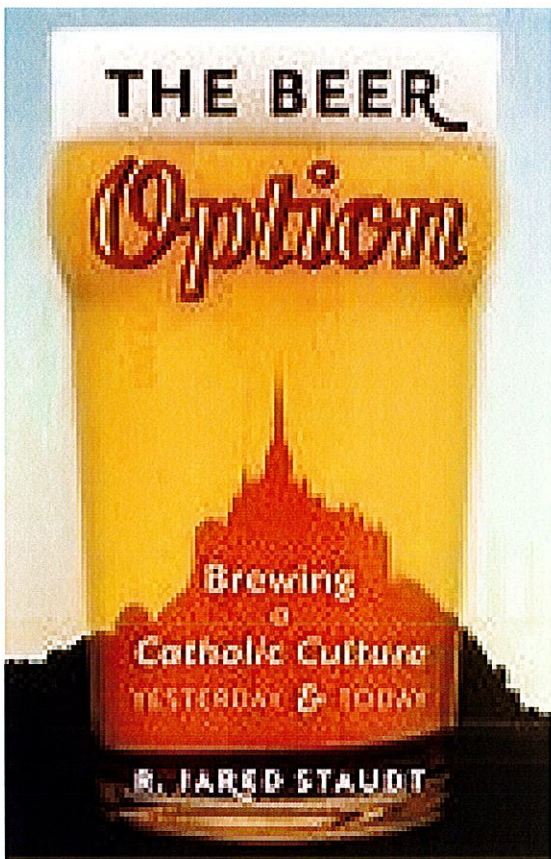
Sunday, May 29th - Beer and Culture.

Sunday, June 12th - Experiencing Beer with Beer Tasting.

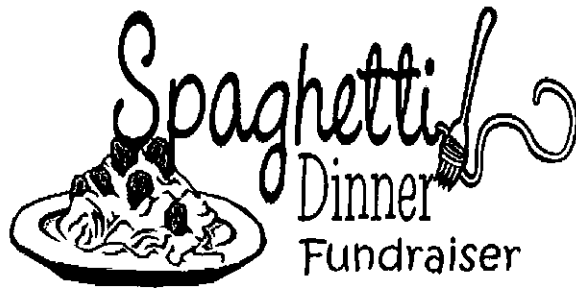
Sunday, June 26th - A Proper Perspective on Beer, Culture, and Temperance.

All sessions begin at Noon and are in the St. Anthony Room.

We will also serve our own parish brewed beer for refreshment and conversation!



All adults over 21 are welcome.



# Support Scout Troop 133

Sunday May 1, 2022

**Where:** St. Boniface Church - Coleman Center

9367 Wattsburg Road, Erie PA

**Time:** 11 AM—2PM

**Cost:** Donation accepted at the door

**MEAL INCLUDES:** Pasta, meatballs, salad, water or coffee

There will also be a bake sale.

Funds raised will be used to pay for summer activities including  
summer camp.

**TO GO MEALS AVAILABLE UPON REQUEST**