

# Church of Saint Mel

2615 154th St., Flushing, NY 11354

(718) 886-0201 - Fax: (718) 886-0882

[www.stmels-queens.org](http://www.stmels-queens.org)



Sunday, July 5, 2026

## PASTORAL STAFF

Rev. Joseph G. Fonti, S.T.L., Pastor  
Rev. Italo Barozzi, In Residence  
Msgr. Kevin B. Noone, In Residence  
Deacon Joseph A. Freda

## SCHEDULE OF MASSES

Saturday - 9:00 A.M., 5:00 P.M. (Vigil)  
Sunday - 8:00 A.M. (Bilingual),  
10:00 A.M., 12:00 P.M.

## WEEKDAY MASSES

### September - June

Monday - Friday: 7:00 A.M., 9:00 A.M.

### July - Labor Day

Monday - Friday: 8:00 A.M.

## CONFESSION

Saturday 11:00 - 12:00 P.M.  
and by appointment at the Rectory.

## ST. MEL'S CATHOLIC ACADEMY

154-24 26th Ave., Flushing, NY 11354  
(718) 539-8211 Fax (718) 539-6563  
[www.stmelsacademy.org](http://www.stmelsacademy.org)

Board Chair: Stephen Somers

Principal: Lauren Giacalone, M.S. Childhood Ed., M.S.  
School Leadership

## DIRECTOR OF MUSIC

Kelsey Sheldon

## DIRECTOR OF FAITH FORMATION

Paula Migliore  
Faith Formation Office - (718) 461-9840

## BAPTISMS

Call the Rectory Office for information at least one month in advance.

## MARRIAGES

Call the Rectory Office for information and appointment with a priest at least six months prior to the date you wish.

## NEW PARISHIONERS

We are always happy to welcome new parishioners into the family of St. Mel. Stop in at the Rectory to register, ask questions and meet the priests who gladly serve you.

## PASTORAL CARE TO THE HOMEBOUND

We are concerned about parishioners who are homebound and would like to receive the Eucharist, the Sacrament of Reconciliation or the Anointing of the Sick. If you are homebound, or if you know someone who is unable to come to Mass - please do not hesitate to contact the Rectory -718-886-0201. Visits will be happily arranged for you.

## EUCCHARISTIC ADORATION & NOVENA

Each Monday after the 9:00 A.M. Mass.

Blessed Sacrament Devotions:

First Friday Adoration 9:30 A.M. to 12:00 P.M.

Daily Recitation of the Rosary: 8:30 A.M.

## EVANGELIZATION

If you know of any Catholic, who is not attending Church or receiving the Sacraments and desires help in returning, please call or refer them to one of the priests at 718-886-0201. All information is confidential.

## RECTORY OFFICE HOURS

Monday - Friday 9:00 A.M. to 3:00 P.M.

Weekends by Appointment Only

Emergencies any time.



I will be in Budapest for the 250th Birthday of our Nation.

Grateful to be on pilgrimage, this July 4th I would much rather be enjoying an American hot dog than Hungarian goulash!

You can be sure that on that day I will offer special prayers for you, for our parish family, and for our country.

The last time I was in Hungary was as a seminarian in 1989. It was that year that the Hungarian people broke free from the Communist control that had held them captive for more than forty years.

I have distinct memories of the lack of spirit among the people. While the country was steeped in historical richness and European beauty, it was evident in their movements and in my conversations that life had been drained from them. They seemed joyless, worn down by years of oppression and burden.

Yet amid that darkness, I witnessed signs of new life and hope. My fellow American seminarians and I were welcomed into a seminary whose doors and hearts were open to us. Though Communist rule had deprived them of many of the comforts that you and I often take for granted, they were extraordinarily generous. They made certain that we ate first from the little they had. Every Mass and prayer during our stay was offered in Latin so that we could be united in the worship and praise of God.

And so, while I will not be celebrating our Nation's 250th Birthday with you in person on soil enriched by the red, white, and blue, I remain united with you in a profound spirit of gratitude for the freedoms we enjoy and that are envied throughout much of the world. Seeing life once again from the "other side of the fence" makes me even more grateful that my grandparents left their homeland seeking a better future. Their courage afforded me—and countless others—the blessings of the American dream: freedom of speech, freedom of worship, the right to vote without fear or consequence, and the opportunity to pursue a life of dignity and hope.

We live at a time when many misunderstand the rights our forebears fought and died to secure. We live at a time when some take for granted freedoms that are both precious and fragile. I have always appreciated the words of Pope St. John Paul II: "Freedom consists not in doing what we like, but in having the right to do what we ought."

As we celebrate 250 years of our Nation's history, may we never forget that freedom is not merely a privilege to be enjoyed but a responsibility to be lived. May we be grateful stewards of the blessings entrusted to us, courageous defenders of truth and justice, and faithful citizens who recognize that our rights ultimately come from God.

On this Independence Day, I invite you to offer a prayer of thanksgiving for our Nation, for those who have sacrificed to preserve our freedoms, and for future generations who will inherit the America we leave behind.

May God continue to bless the United States of America, and may He guide us always in the paths of liberty, virtue, and peace.

Happy Birthday, My Fellow Americans!

Father Fonti

## Mass Intentions - July 5, 2026

### **Saturday, July 4**

5:00 Joseph John DeAnnuntis

### **Sunday, July 5**

8:00 James Fleming

James Farrell

Frank Tiseo (Happy Birthday in Heaven)

Vincenza Ventimiglia

10:00 Consiglio Vinciguerra

12:00 Maureen Bosnan

### **Monday, July 6**

8:00 Tony Mirkov (Happy Wedding Anniversary)

### **Tuesday, July 7**

8:00 Frank Tisio (Happy Birthday in Heaven)

### **Wednesday, July 8**

8:00 Bobby Sitler

### **Thursday, July 9**

8:00 Andrew Charles Giovanniello

### **Friday, July 10**

8:00 Antonina Heli

### **Saturday, July 11**

9:00 Chris Rucker

5:00 Joseph John DeAnnuntis

### **Sunday, July 12**

8:00 God Bless The Addeo Family on Gigio Sunday

Anna & Angelo Graci, Americo Chima, & Charles Giardina

Maria Scopa

Andrea Suero De Rodriguez

Vincenza Ventimiglia

Erlisa G. Barone

Giuseppe Brusca

10:00 Marijan, Veronica, & Kazimir Boncic

12:00 Lovorka Kuharic

## *Bread and Wine*

*This week the Bread and Wine are  
donated in Loving Memory of:*

*Bobby Sitler*

*Given by: Mom & Dad*

## *Altar Candles*

*This week the Altar Candles are  
donated in Loving Memory of:*

*James Fleming & James Farrell*

*"Forever in Our Hearts"*

## *Sanctuary Candles*

*This week the Sanctuary Candle  
donated in Loving Memory of:*

*Chris Rucker*

*"Forever in Our Hearts"*

## *Newly Enrolled in the Purgatorial Society*

*June, 2026*

*Ann Edman*

*Chris Rucker*

*John "Fish" Salmon*

*Maureen E. Mulvaney*





## *In your prayers...*

*Father of goodness and love, hear our prayers for the sick members of our community and for all who are in need. Amen*

### **We pray for all those who are sick, especially:**

- |                       |                                |                        |                     |
|-----------------------|--------------------------------|------------------------|---------------------|
| • Matt Z.             | • Carmen A. Leites             | • Bryan Day            | • Angela Natale     |
| • Lisa Sperrazza      | • Anthony Marino               | • Theresa Bedell       | • Luisa Frustaci    |
| • Susan Trezioso      | • George Behringer             | • Angela Infantino     | • Gabriel Angulo    |
| • Nick Roberto        | • Avery Santiago               | • Giovanna Palmese     | • Thomas McNamara   |
| • Pasqualina Lucciola | • Susan Caraher                | • Olga Scopa           | • Joan Brennan      |
| • Julia Rollo         | • Brian Finnerty               | • Tom Hummel           | • Lorretta Iamielli |
| • Francesca Cecile    | • Lee Ragusa                   | • Kate Hummel          | • Susan Lang        |
| • Angelo Ragonese     | • Paul Adessa                  | • Bob Mistretta        | • John McDwer       |
| • Nick O'Donnell      | • Joanne Perricelli Drenckhahn | • Lester Kuczynski     | • Joey Ortiz        |
| • Patricia O'Donnell  | • Dottie Giordano              | • Beverly Ilchert      | • Patricia Lamagna  |
| • Kristian Mendez     | • Siena Rose Romagnuolo        | • Patricia Suarz       | • Paul Malichek     |
| • Jennifer Russo      | • David G.                     | • Lena Bae             | • Tom Everitt       |
| • Roseann Orlando     | • Rosa Annibale                | • Antoinette Ruotolo   | • Eileen Lennon     |
| • Tom Sammel          | • Mia Elizabeth Skaats         | • Giovanna Mazzoni     | • Francie Woods     |
| • Freda Cassini       | • Nicky O'Donnell              | • James Burns          | • Amber             |
| • Assunta Goldone     | • Jimmy Caraher                | • Giovanni Badalamente | • Joanne Fennell    |
| • Kruno Pandzic       | • John Holmes                  | • Kaylie Santana       | • Francesca Yelleco |
| • Carol Sturm         | • Venice Hernandez             | • Michelle Milano      | • Anna Somers       |
| • Martha Catul        | • Eileen McBride               | • Joseph Onorato       | • Donna Kozlowski   |
| • Dominick Fortino    | • Cami Yandoli                 | • Jean Cettina         | • Bettyann Wong     |
| • RoseAnn Dell Apenna | • Lynn Gallagher               | • Jean Felts           | • Peter Cettina     |
| • Alida Addeo         | • Niki Angelopoulos            | • Denise Breidenbach   |                     |
| • Yolanda Gatti       |                                | • Kathleen O'Connell   |                     |

### **We pray for those recently deceased from our parish:**

The generous giving of so many parishioners and friends has sustained our pastoral ministry and outreach. If you would like to make a donation simply scan the QR code.

Your gift will help us to continue celebrating the Sacraments, servicing those in need, deepening the faith, hope, and love of our parish community. Thank you for your support and prayers.

-Father Fonti



# Registration IS OPEN

K – 8<sup>th</sup> Grade

PLEASE VISIT OUR WEBSITE OR  
CALL TO SET UP A TOUR

- Strong Catholic Identity
- Dedicated Faculty
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- Small Class Sizes
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- Music
- STEM Lab
- Technology
- After School Clubs



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[www.stmelsacademy.org](http://www.stmelsacademy.org)

154-24 26TH AVENUE  
FLUSHING, NY 11354

# Honoring Those Who Served



William Alter - U.S. Air Force

Louis Amen - U.S. Army

Frank Ankner - U.S. Army

Michael Auleta - U.S. Air Force

John P. Avila - U.S. Army

Eric Avila - U.S. Army

Richard A. Becker - U.S. Navy

Michael Bedosky - U.S. Army

Thomas Benigno - U.S. Army

Kevin Blondel - U.S. Navy

Eugene F. Blondel Jr. - U.S. Navy

Eugene F. Blondel Sr. - U.S. Coast Guard

Albino Boneta - U. S. Army

Marco Bongiovanni - U.S. Army

Charles Borrero - U.S. Army

Raymond J. Buckley Jr. - U.S. Army

Raymond J. Buckley Sr - U.S. Army

Joseph Burns - U.S. Navy

Jaime Cabellon - U.S. Navy

Jima Jill Cabellon - U.S. Navy

Ernesto Cabellon - U.S. Navy

Oscar Cabellon - U.S. Navy

Bill Carrol - U.S. Army

Thomas Casey - U.S. Navy

Vito J. Cetta - U.S. Air Force

Armando S. Charvet - U.S. Army

Armando L. Charvet - U.S. Army

Lindsay E. Charvet - U.S. Army

Ryan L. Charvet - U.S. Army

Phillip W. Christy - U.S. Army

Richard Cimino - U.S. Army

Roul Colon - U.S. Army

Luis Colon - U.S. Army

Joseph P. Connors - U.S. Navy

Michael P. Conroy - U.S. Army

John P. Conroy - U.S. Navy

Daniel J. Conroy - U.S. Navy

Francis A. Corrao - U.S. Army

Eugene G. Corrao - U.S. Navy

Patrick Crowley - U.S. Navy

Phillip D. D'Allessio - U.S. Army

William Dan Holland - U.S. Navy

Linci De Bernardo - U.S. Army

Gerard D. De Rosa - U.S. Navy

Harry L. Desmond - U.S. Navy

William Desmond - U.S. Air Force

Franco Di Bernardo - U.S. Army

Gene DiFalco - U.S. Marines

Joe DiNubila - U.S. Army

Donto DiNubila - U.S. Navy

Charles DiTomaso - U.S. Army

Armand Dodici Jr. - U.S. Army

Armand Dodici Sr. - U.S. Army

Thomas Doherty - U.S. Army

Anthony Donatelli - U.S. Army

Silvio Donatelli - U.S. Marines

Anthony D. Donatelli - U.S. Army

John Donelan - U.S. Army

John Famoso - U.S. Air Force

Thomas J. Farrell - U.S. Marines

James P. Farrell - U.S. Army

Renato Fazzi - U.S. Army

George F. Finnerty - U.S. Air Force

James Fitzsimmons - U.S. Air Force

John Fitzsimmons - U.S. Navy

Patrick C. Fitzsimmons - U.S. Navy

Kevin Fitzsimmons - U.S. Air Force

James F. Fleming Jr. - U.S. Army

James F. Fleming Sr. - U.S. Army

Rogelio Flores - U.S. Army

Anthony R. Flores Sr. - U.S. Air Force

Peter W. Flynn - U.S. Army

Fr. Joseph Fonti - U.S. Navy

Louis Fonti Jr. - U.S. Army

George Gill - U.S. Marines

Frank Gilroy - U.S. Marines

Michael Gotay - U.S. Army

Ray Green - U.S. Navy

William Hannan - U.S. Air Force

Thomas Hannan - U.S. Air Force

Andrew Hannan - U.S. Army

James J. Hayes - U.S. Army

Frank Hohenstein - U.S. Army

Martin M. Hoos - U.S. Air Force

Thomas Hopkins - U.S. Army

Joseph M. Hopkins - U. S. Air Force

Thomas F. Hopkins - U. S. Navy

Edward H. Hubber - U.S. Navy

# *Honoring Those Who Served*



Robert Hutchingson - U.S. Air Force

Walter C. Ilchert - U.S. Army

Brian W. Ilchert - U.S. Air Force

Charles Ilchert - U.S. Army

Peter Kalus - U.S. Coast Guard

Joseph J. Langone Jr. - U.S. Navy

Joseph J. Langone Sr. - U.S. Army

Lori LaVelle-Jardin - U.S. Navy

Thomas Leigh - U.S. Army

Nicholas Lepore - U.S. Army

Patrick C. Longo - U.S. Army

Frederick Mare - U.S. Army

Ronald Mare - U.S. Army

Fred Mazzaello - U.S. Army

Joseph F. McAuley - U.S. Army

John J. McCambridge - U.S. Air Force

James McCarthy - U.S. Air Force

James A. McCormack Jr. - U.S. Army

Joseph McDonnell - U.S. Army

Francis V. McGurren - U.S. Navy

William McLaughlin - U.S. Navy

Vic Mercieca - U.S. Army

Victor Mercieca - U.S. Army

Andrew Minigutti - U.S. Army

Walter P. Minigutti - U.S. Army

Ageo Minigutti - U.S. Air Force

Dr. Andrew Minigutti - U.S. Air Force

Luis Miranda - U.S. Air Force

Alfred Monteleone - U.S. Army

Joseph Montelle - U.S. Army

Xavier Nunez - U.S. Marines

Severino Nunez - U.S. Navy

Edward Nunez - U.S. Navy

Joseph M. Onorato - U.S. Army

Phillip Orlando - U.S. Army

Joseph P. Panicello - U.S. Navy

Sebastian Parisi - U.S. Army

Joseph Patrissi - U.S. Army

Antonio Pellarin - U.S. Army

Pio Polla - U.S. Air Force

Tony Punzi - U.S. Marines

Pete Punzi - U.S. Marines

Joseph Quatela - U.S. Army

Frank P. Renze - U.S. Navy

John J. Ribarich - U.S. Army

Frank Rizzi - U.S. Army

Bernard J. Schwartz - U.S. Army

Arthur W. Scullin - U.S. Navy

Robert M. Sittler - U.S. Army

Emory B. Smith - U.S. Army

Livio Smolizza - U.S. Army

Thomas J. Snee - U.S. Marines

William P. Somers - U.S. Navy

William F. Somers - U.S. Army

Larry Sullivan - U.S. Navy

John J. Tarpey - U.S. Coast Guard

John M. Tarpey - U.S. Navy

Thomas H. Tockarshewsky - U.S. Army

Benvenuto Trocca - U.S. Navy

John Trufelli - U.S. Army

Arthur W. Trufelli - U.S. Navy

Rocco Varlese - U.S. Coast Guard

Robert Vedral - U.S. Army

Adam Viscovich - U.S. Navy

George Vrotsos - U.S. Army

William C. Wiese - U.S. Army

William C. Wiese Jr. - U.S. Army

Dominick Yezzo - U.S. Army

Wayne "Skip" Yohe - U.S. Air Force

Robert J. Yorrio - U.S. Army

James J. Zaput - U.S. Air Force

Peter Zaput - U.S. Army

**"Greater love has no one than this, that one lay down one's life for one's friends." (John 15:13)**

**With grateful hearts, we honor all who served our nation in times of war and peace.**

*Volunteers don't get paid, not because they're worthless, but because they're priceless." – Sherry Anderson*

**VOLUNTEERS NEEDED**

PLEASE CONSIDER SHARING YOUR TIME FOR

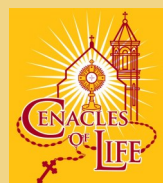
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www.thebridgetolife.org

**THE BRIDGE TO LIFE**

## Cenacles of Life St. Mel's Church

Sacrifice one hour every Thursday at 11:00 AM. We pray the Rosary and specific prayers that promote the culture of life. Please join us in the church (chapel if a funeral.)

The First Step is always the hardest. It's made easier when it is not taken alone.

St. Mel's hosts 3 Weekly Meetings:

**Mondays – 6:00 PM (Big Book)**

**Mondays – 7:30 PM (Beginners)**

**Thursdays – 8:00 PM (Open Meeting)**



Meetings are held in Serenity Hall.

Entrance on 26<sup>th</sup> Ave / School Yard

## Bundle Saturday – St. Vincent dePaul

The next bundle Saturday will be **July 11th**. St. Vincent de Paul will have a truck in the St. Mel's parking lot from 9:00am – 12:00pm.

Lightly used clothing is needed. They also accept shoes, handbags, towels, and linens. Thank you for your generosity.

## Flocknotes

### Stay Connected to St. Mel's Church

Go to: <http://stmelsrcchurch.flocknote.com> or you can find the app, Flocknote

This will bring you to the sign up page to enter your name, email address, and mobile phone number. You will be asked to verify your email or mobile number or both if given.

Once you have your information verified you will be asked to create a password.

Then you will just follow the directions on the site.

Once all is complete you will be set up to receive updates from Fr. Fonti.

## Connect with St Mel using the Free Social App Tabella

Tabella is a fully Catholic app where you can enjoy Catholic content to grow in the faith. The Tabella app is available in English/ Spanish and has the biggest library of Catholic audio devotional content.

If you currently receive parish communications through Flocknote, be sure to download this app to your phone as it will eventually replace Flocknote for parish communications. This app is very easy to use and when there is a post from us you will get a push notification on your phone.

In the meantime, use all the resources available on this app to nurture your faith.

**Step 1:** Just scan the QR code to the left.

**Step 2:** Find and Follow St Mel Church. Use the Communities tab and search for "11354" Then click the "follow" Button on our church profile. You are now all set.

**ST. MEL'S**

# REGISTER NOW

## Religious Education

*Faith begins. Love grows. Lives are transformed.*

**WHO CAN ENROLL?**

For children in Grades 1-8 attending public school.

Children will grow in their Catholic faith through Scripture, prayer, and preparation for the Sacraments of Reconciliation, Communion, and Confirmation.



**CLASS SCHEDULE**

**WEDNESDAYS**

Grades 1-5  
3:30 PM - 5:00 PM

Grades 6-8  
6:30 PM - 8:00 PM

FAITH • SACRAMENTS • COMMUNITY

**REGISTRATION FEE**

\$150 - One Child  
\$200 - Two Children  
\$225 - Three or More Children

**REGISTER TODAY!**

All **new** and **transfer families** please send all sacramental documents to:  
[stmelfaithformation@stmels-queens.org](mailto:stmelfaithformation@stmels-queens.org)



Nurturing Faith  
Through Scripture,  
Prayer & Sacraments

Scan to register!  
Classes begin  
September 23rd!



**QUESTIONS?**

CONTACT - EMILY BAKER  
[EBAKER@STMELS-QUEENS.ORG](mailto:EBAKER@STMELS-QUEENS.ORG) | (718) 461-9840



## Naranon Open Meeting

Looking for support?  
A loved one struggling with addiction?

### YOU ARE NOT ALONE

Join us on Tuesdays from 7-8pm  
Lower level - St. Mel Catholic Academy  
Contact: Ann Acquaviva 201.400.7760

🌻 **START HER ADVENTURE TODAY!** 🌻



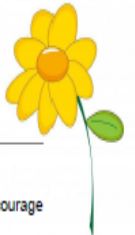
**Calling all Kindergarten & 1st Grade Girls**

### 🌻 What is a Girl Scout Daisy?

Daisies are explorers, creators, and friends! In our troop, your daughter will build confidence through hands-on activities while learning to make the world a better place.

### 🌻 Incredible Experiences Await

- Arts & Crafts
- Outdoor Adventures
- Community Service
- Games & Team Building
- Leadership Fun



### 💖 Why Your Daughter Will Love It

The Girl Scout leadership experience helps girls develop a strong sense of self and the courage to try new things in a safe, supportive environment.

- Build confidence
- Develop leadership skills
- Make lasting friendships
- Try new experiences
- Have FUN in a safe and supportive environment

### 🌸 Join Us: Dates & Details

#### 📅 Meeting Schedule

Every other Thursday from 4:00 PM - 5:30 PM at St. Mel's.

#### 📄 Registration Information

\* Sign up for the 2026-2027 year at [www.girlscoutsnyc.org](http://www.girlscoutsnyc.org), Troop 4033

\* If you are interested in being a volunteer or co-leader, please contact us. We are always in need of help. 😊

#### 💰 Fees & Dues

- GSUSA Registration: \$65/year
- Troop Dues: \$220/year (covers meeting supplies and all badges)

\* The deadline is September 3rd.

#### 📞 Questions?

Contact Angela at 718-450-8409 or Alexandra 347-784-4704. We can't wait to meet you!

First meeting: September 17th.



139TH ANNUAL

# OLMC FEAST

2026

IN HONOR OF  
OUR LADY OF MOUNT CARMEL  
& SAN PAOLINO DI NOLA

## JULY 8 - 19





SCAN FOR MORE INFO



**ENTERTAINMENT, GAMES, RIDES, CAFE, & MORE EVERY NIGHT**

WED, 7/8 @ 7PM

**OPENING NIGHT MASS & PROCESSION**

SUN, 7/12

**GIGLIO SUNDAY**  
MASS 11:30AM  
FIRST LIFT @ 1:30 PM

THUR, 7/16 @ 3PM

**OUR LADY OF MT CARMEL MASS FOLLOWED BY PROCESSION**

THUR, 7/9 & TUES 7/14 @ 6:30PM

**CHILDREN'S GIGLIO FAMILY NIGHT**

WED, 7/15 @ 7:00 PM

**NIGHT LIFT OF THE GIGLIO**

SUN, 7/19

**OLD TIMER'S DAY FIRST LIFT @ 2:00 PM**

**AN ITALIAN AMERICAN TRADITION IN BROOKLYN SINCE 1887!**

The World's Oldest

**DANCING OF THE GIGLIO & THE BOAT**

# Matthew 11:28-30

J L P G Z E X B W J X H E A V Y K  
J B N R X U C V O R V L C X B V K  
R J L R J U N I A N I G E I K Z L  
I Y E M Z S M E L E J Z S A I P L  
P M L J Q Y O K E D M P Y E R Y F  
W H E M O L B O T A J U U H Z N Z  
R E S T A T H G I L E T A K E Q A  
S G D L W H B Z J E G W P B G G T  
Q A L U S L U O S A I F E Q I F L  
H V X D F E H C R Z V N S S I K R  
J A T R A E H B L G E T Z N M L M  
R S L E T M B Q V D I R D G S P W  
L O W L Y P E R R Y U T P U P B F  
Z Q G S Q A E U E O N F T B D S K  
F P G M S M B T B K V T I X Y E H  
I J L Y O C Y A F W B E Z U E T Z  
G X A C O C L L Q B C F L M C Z I

Burden Labour Light Souls Heart Lowly  
Learn Laden Heavy Easy Find Meek  
Yoke Take Rest Give Come All



## The Spirituality of Vacations

While Pope Francis never really took a proper vacation during his time as pope, Pope Leo has returned to the practice that modern popes have enjoyed for well over a century. Each pope's rest was a little different, as were their interests.

Pope Benedict XVI mused about the spirituality of vacation at one Sunday Angelus in July of 2007: "Before this view of meadows, woods and peaks soaring to the sky, the desire to praise God for the marvels of his works spontaneously wells up in one's heart and our admiration for these beauties of nature is easily transformed into prayer. Every good Christian knows that vacations are an appropriate time for relaxation and also the nourishment of the spirit through more extended periods of prayer and meditation, in order to grow in one's personal relationship with Christ and to conform increasingly to his teachings."

Are you fortunate enough to be able to take some form of vacation this year? What will it look like? Will any of your time be devoted to "extended periods of prayer and meditation?" You might be surprised that some parishioners include daily Mass as part of their holiday time as the break from work gives them the opportunity to do so. A change in routine, a change of scenery, and opportunity for quality time with family and friends can all lead to growth in Christ if we let them!

*Egeria Inserts are an endeavor of [egeriathepilgrim.com](http://egeriathepilgrim.com)*



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