

We all know that the pressures on our teenagers personally, socially, and culturally are beyond anything we have experienced in previous generations. Often they feel isolated and alone as they try to grapple with feelings they don't understand and for which they lack the coping skills. Although our Catholic faith offers them a place of solace and belonging, we adults don't always know how to lead them there.

So, St. Paul's is hosting a special evening for Youth Group and Confirmation students and their parents on Sunday, October 20th in an attempt to address these concerns and open up the conversation. It will begin with a pot luck dinner at 5:00 PM, followed by a presentation by Deacon Brian McNulty at 6:00 PM.

Deacon Brian has worked in the mental health field for 44 years as a teacher and chaplain and has recently been asked by Bishop Matano to act as a resource for Rochester parishes in the many areas of mental health. His presentation on October 20th is geared for teenagers (and their parents) and is entitled, "Do Holy People Feel This Too?" The content will focus on our inner feelings—their presence in our lives, their usefulness for us, and the rightness of our feelings. He will use examples from the Gospels and lives of the saints to demonstrate points of God's love and concern for us. He will also allow time for questions and discussion.

Please join us—parents and students in Youth Group and Confirmation Preparation—for this event. Bring a dish to pass, and let's see what we can learn together about how to love and minister to our young people during these challenging times!