

ST. PATRICK CHURCH
86 COOPER ST.
WOODBURY, NJ
08096

HOLY ANGELS PARISH

Parish Office: 81 Cooper Street • Woodbury, NJ 08096
856-845-0123

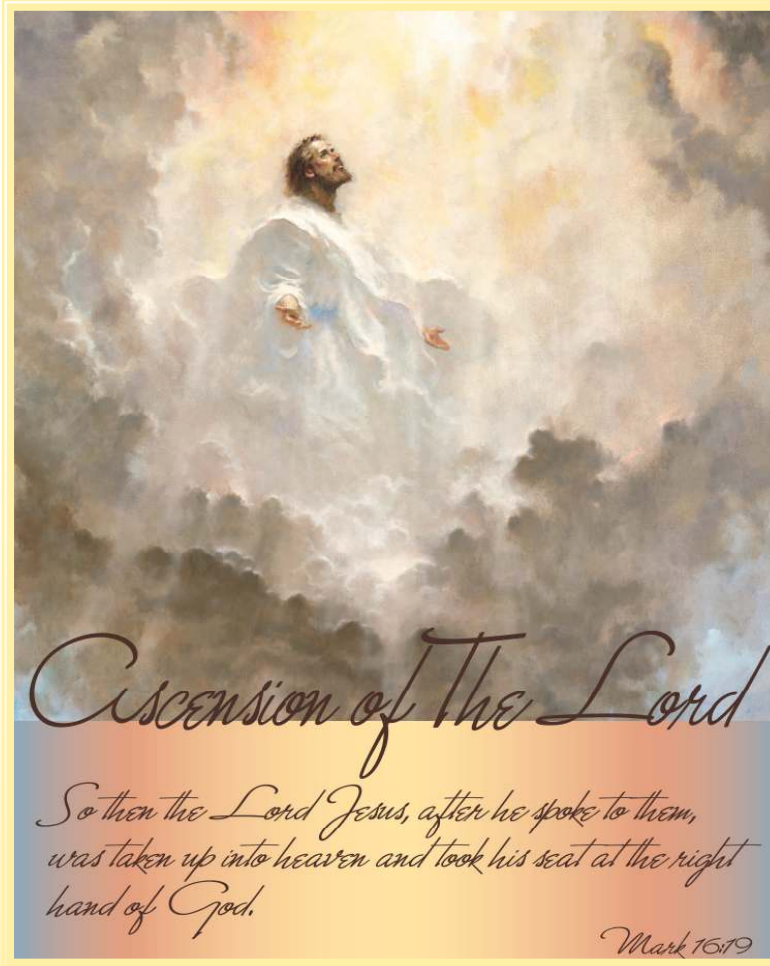
ST. MATTHEW CHURCH
307 WESLEY AVE.
4TH & MONUMENT AVE.
NATIONAL PARK, NJ
08063

mail@holyangelsnj.org • www.holyangelsnj.org

Parish Office Summer Hours: Monday thru Friday 9:00AM—3:00PM

Reverend E. Joseph Byerley, Pastor

Reverend Peter Gallagher, Parochial Vicar • Reverend Nicholas Dudo, Vicar for Clergy
Deacon Michael D'Ariano • Deacon Vincent Latini • Deacon David Murnane • Deacon Samuel Spoto
Mrs. Patricia Paulsen, Principal • Ms. Karen Caso, Director of Religious Education



THE ASCENSION OF THE LORD — SEVENTH SUNDAY IN ORDINARY TIME — JUNE 1, 2025

ST. PATRICK CHURCH MASS SCHEDULES

Saturday: 9:00AM Saturday: 4:00PM

Sunday: 7:30AM, *9:30AM, 11:30AM, 6:00PM
(*9:30AM Sunday Mass live-streamed on our website:
www.holyangelsnj.org and Facebook page)

Monday—Friday: *6:45AM
(*NO 6:45AM Mass on civic holidays)

Monday—Thursday: 9:00AM
Friday: 9:00AM at St. Matthew Church

HOLY DAY MASS SCHEDULE

Vigil: 7:00PM
Holy Day: 6:45AM, 9:00AM, 12:10PM, 7:00PM

BLESSED SACRAMENT ADORATION

Monday: 7:00PM—8:00PM — St. Patrick Church

Friday: 9:30AM—7:00PM — St. Matthew Church

CONFESSIONS

Saturday: 9:30AM, 2:45—3:45PM St. Patrick Church

Monday—Thursday: 9:30AM St. Patrick Church

Friday: 9:30AM St. Matthew Church

COMMUNION CALLS

For sick or homebound, call the parish office

ANOINTING OF THE SICK

Upon request

The Cardinal Virtues: Prudence

Last week I wrote about the idea of virtue. If you recall, the simple definition of a virtue is: *a habitual and firm disposition to do the good*. A bit more complete definition is this: human (moral) virtues are firm attitudes, stable dispositions, habitual perfections of intellect and will that govern our actions, order our passions, and guide our conduct according to reason and faith. There are four more central virtues called the “Cardinal Virtues” which all of the other virtues are grouped around (“cardinal” comes not from the bird but from the Latin word “cardines” which means “hinges” thus the Cardinal Virtues are the “hinges” of the other virtues). The Cardinal Virtues are Prudence, Justice, Temperance, and Fortitude.

This week we will look at the first Cardinal Virtue, Prudence. For many of us, when we think of someone being “prudent” we may be tempted to think that he or she has refrained from doing something. For example, it is “prudent” not to drive 100 miles per hour because it is both dangerous and is breaking legitimate laws designed to promote public order and possibly subjecting the driver to hefty penalties. But that’s only half of the story. Prudence also disposes us to choose to act, not just to choose not to act. A simple way of looking at this virtue is that prudence disposes us to choose the morally good action. In other words, prudence disposes our intellect to discern our true good and to choose the right means of achieving it. Going all the way back to Aristotle and adapted by the great theologian and Doctor of the Church, St. Thomas Aquinas, we can simply say that prudence is “right reason in action.” Thus it is prudence that guides the judgment of conscience and the prudent person determines and directs his or her conduct in accordance with this judgment. With the help of prudence we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid. (CCC n. 1806)

So, would it ever be “prudent” to drive 100 miles per hour? I suppose if there was a life threatening situation in which someone needed immediate medical attention, a prudent course of action would be to drive as fast as one safely could after using one’s intellect to consider a number of factors, such as the immediate status of the person, the experience of the driver, the condition of the vehicle, road conditions, amount of traffic, etc. After considering these factors, a person, guided by prudence, might indeed decide to drive 100 miles per hour in this situation and would be doing so virtuously and prudently.

Given the scope of the virtue of prudence, we can see why it is called the “mother” of the other human virtues, for one could not be just, patient, temperate, humble, chaste, or any other virtue without also being prudent at the same time. Thus it is important for us to seek to develop this virtue with the goal of assisting us to strengthen all virtues. In the end, the more virtuous we are, the more rightly we think and act, the closer we will be to God.

As with all virtues, we build them up through practice. Practicing the virtue of prudence requires us to form our consciences according to truth, to learn and be aware of universal moral principles, and to exercise firm judgment and decisions based on these principles. We can start small and with each success build up within ourselves the virtue of prudence.

God bless you,
Father Joseph Byerley

SPRING FLING FUN MAY 17, 2025





**PARISH OFFICE
SUMMER HOURS
9:00AM—3:00PM
Monday thru Friday
Effective
May 27 thru August 29**

CASSEROLES AND PRODUCT

Delivery to *Joseph House*

Monday, June 2nd.



For more information or any questions, call Jerry Campbell: 856-579-7004 or email him: jerbotemple@comcast.net.

Thank you for your continued support!

CONTEMPLATIVE PRAYER AND THE HOLY INDWELLING OF THE TRINITY

On April 4, 2025, an article was printed In the Catholic Star Herald entitled Contemplative Prayer and the Meaning of Lent. It was written by Scott Reichert a staff member of Our Sunday Visitor news.

The article spoke about contemplative prayer, the Cloud of Unknowing, and the paths of Christian prayer for lay persons in our Catholic tradition. Some of these topics we have discussed in our Scripture group.

I would like to offer an hour a month dedicated to contemplative prayer for those interested. **First meeting will be Saturday, June 14 at 11AM in the Parish Center.**

I would like to dedicate this hour to Father Patrick OP from County Cork, Ireland. Father Patrick was one of three Dominican priests who gave our 2024 Parish Mission. He gave a marvelous talk on the **Holy Indwelling** that he called the Greatest Secret in Catholic Theology. The Holy Indwelling of the Trinity in the Christian that begins at Baptism is the basis for contemplative prayer.

If you are looking to possibly enhance your prayer experience, come and join us. If you have questions, call me. If you are interested but this time is not good for you, give me a call as well.

Jerry Washko (cell: 856-304-0381)



IT'S TIME FOR THE SPRING SCRIPTURE STUDY

This spring we will look at the **Book of Exodus**, the second book of the Hebrew Torah.

Classes are on Thursdays, 7:00PM in the Parish Center

May 15, 22, 29, and final class June 26

****NO CLASSES ON JUNE 5 OR 12****

We will be using, as usual, the study aids given by the Diocese of Little Rock Arkansas, Scripture studies. Cost for the book is \$15, but if you need help financially, give me a call.

To register or for questions call me at 856-304-0381.

OUR JOURNEY United IN HOPE



SOUTH JERSEY CATHOLIC MINISTRIES APPEAL.

UPDATE

Gifts to Date: \$ 119,142

Our Goal: \$ 158,000

% of Goal: 75.4%

Please consider donating to this year's campaign as it is important that we come together to support our ministries. They need the resources necessary to continue serving those in need.

**Care and Education of Seminarians
Care of Elderly Priests; Social & Community Services
Compassion Outreach; Catholic Education
Youth and Campus Ministry
Vitality Catholic Healthcare Services**

*
* **FATHER'S DAY** *
* **SPIRITUAL BOUQUET REMEMBRANCE CARDS** *
* Available at the main door of the church *
* and at the Parish Office. *
* **PLEASE RETURN ALL ENVELOPES** *
* **WITH NAMES TO THE PARISH OFFICE.** *
* *Envelopes will be placed on the side altar to be* *
* *remembered at all Masses for the month of June.* *
* A donation of \$5 per card is greatly appreciated. *
* *Happy Father's Day!* **JUNE 15** *
*

BAPTISM PREPARATION CLASS

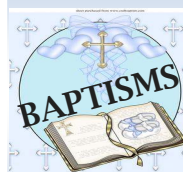
Sunday, June 1st

11:30AM ~ Parish Center

[SIDE ENTRANCE]

Call the parish office to register for an upcoming class:

856-845-0123



ST. VINCENT de PAUL SOCIETY

Thank you for your generous support throughout the year!

If you or someone you know needs assistance, please call our help line: 856-848-7744.

We invite you to our next meeting:

Tuesday, June 10th · 7:00PM

Ministry Center—8 Green Ave.

NEWCOMERS WELCOME!

Come and explore how we help our brothers and sisters in the community and how you can be a part of this mission!

† **Mass Intentions** †

**ASCENSION OF THE LORD
SATURDAY, MAY 31**

4:00PM Margaret Pessano r/b Geri Pessano
7:30AM Mike & Betty Dandrow r/b their daughters
9:30AM Matthew Kaplan r/b Family
11:30AM Multiple Intentions
Anthony Cocco r/b Antoinette
Pasquale Cocco r/b Antoinette
Dec'd members of the Di Mauro Family
Joanne Brenner r/b Diane Brenner & Family
Barbara Lourdes Mercier r/b The Valente Family
Megan Saldino r/b Jacob Simila
Theresa Howard r/b John Carlucci
Rev Paul Hart r/b Frank & Eileen Turco
Richard J. Wileczek r/b The Carducci Family



6:00PM Richard Davis r/b The Savage Family
MONDAY, JUNE 2

6:45AM Michael Delaney, Jr. r/b Christine Delaney
9:00AM Rose & Sarah Musumeci r/b The Keuler Family

TUESDAY, JUNE 3
6:45AM Kathleen Staub r/b Bern & Nancy Rodgers
9:00AM Rafael and Juan Perez r/b a friend

WEDNESDAY, JUNE 4
6:45AM **People of the Parish**
9:00AM Dorothy Curran r/b Dolores Bowers

THURSDAY, JUNE 5
6:45AM Intentions of Msgr. Michael Mannion r/b Pam Tingley
9:00AM Kyle & Kody Dean r/b Family

FRIDAY, JUNE 6
6:45AM Deceased members of the Di Mauro Family
9:00AM-STM Rose Musumeci r/b Janet Izzo

SATURDAY, JUNE 7
9:00AM **PURGATORIAL MASS INTENTIONS**

Mary Joan Coppolino, George C. Rennles, Alice and Anthony Valente, Mary Carlin Smith, Kacy and Fred Valente, Rebecca and Woodrow Valente, Deacon Paul Parchinski, Leo and Jean Parchinski, Joseph and Concetta North, Frank and Pauline Parchinski, Herbert and Mary Lodge, Anna and Jason Lodge, David E. Richardson, Donna Zanone, Kenneth S. Carluccio, Joseph D. Segrest, Josephine G. Major, Ann J. Misero, Dominic and Giulia Misero, Antonio & Mary Colanero, Judy and John Wood, Joseph Bridgeman, Rosemarie Watts, Michael A. Decker, Herbert Lodge, Jr., Darren S. Zanes, James L. Bangers, Eugene Gould, Jerome & Eileen Allen, Francis and Gloria Galligan, Ann Taylor, Dec'd members of the Lawson Family, Dec'd members of the Gould Family, Perla Gould, Anne and Bob Mawhinney, Kathleen and Thomas O'Connor, Kathleen Rickens, Jeannie Lutz, Richard A. Bonczak, Carmine and Mary Penza, Paul LaBarca, Joseph W. Wilson, Timothy McNasby, Rev. Kenneth Johnson, James J. Delaney, Fr. Ron Stone, Terry McCarthy, Dec'd members of the Ambrose and Magee Families, John and Anna Sepanic, Mike and Jennie Bottino, Lotta Elaine Menah, Dec'd members of the Green and Vereneault Families, Barbara Lourdes Mercier, Kitty Ann Segrest, Dec'd members of the Daily and Honrychs Families, Ellis Ratcliffe, Rose Musumeci, Rafael Perez, Juan Perez



SANCTUARY CANDLE
burns in in loving memory of
CATHERINE IANNITTI
r/b her sons

† **Mass Intentions** †

**PENTCOST SUNDAY
SATURDAY, JUNE 7**

4:00PM Mary McLean r/b Jacqueline Senior
7:30AM Linda Walker r/b The Walker Family
9:30AM Matthew Kaplan r/b Family
11:30AM Joanne Klevence r/b The Kogel Family
6:00PM Irma Aurora Rosario-Torres r/b The Helder Family



Parish Calendar

SUNDAY, JUNE 1

11:30AM Baptism Class—Parish Ctr.
12:30PM Baptisms—St. Patrick Church
2:00PM **B I N G O**—Parish Ctr. **DOORS OPEN AT 12PM**

MONDAY, JUNE 2

9:30AM Confessions — St. Patrick Church
7:00PM K of C #11713 Mtg.—Parish Ctr.
7:00PM Adoration—St. Patrick Church

TUESDAY, JUNE 3

9:30AM Confessions — St. Patrick Church
9:00AM Pray the Rosary — St. Matthew Church
6:30PM Choir Practice—St. Patrick Church
7:00PM Men's Bible Study—Parish Ctr.

WEDNESDAY, JUNE 4

9:30AM Confessions — St. Patrick Church
9:30PM Holy Angels Learning Co-Op—Church basement
3:00PM Stephen Ministry — Parish Ctr. Lower Level
7:00PM Rosary in Spanish—Church basement

THURSDAY, JUNE 5

9:30AM Confessions — St. Patrick Church
9:30AM Coffee Klatch — Church basement
6:00PM PTO Mtg.—Parish Ctr.
7:00PM **NO** Spring Scripture Study—Parish Ctr.

FRIDAY, JUNE 6

9:30AM Confessions — St. Matthew Church
9:30AM Eucharistic Adoration — St. Matthew Church
10:00AM First Friday Mass

12:30PM School Dismissal

6:45PM Benediction — St. Matthew Church

SATURDAY, JUNE 7

9:30AM Confessions — St. Patrick Church
2:45PM Confessions — St. Patrick Church
5:00PM **PARISH PICNIC—Parish Ctr.**



BANN I

TAHJE THOMAS
&
JAYCEE BUCHER



ROBERT WETHMAN
&
GRACE VANZOEREN



ZAIRA LILY PEDANO-KISER

HOLY ANGELS PARISH PICNIC



SATURDAY, JUNE 7TH

5:00-9:00PM

following 4:00PM Mass

Parish Center · 96 Green Ave

ENJOY A MEAL TOGETHER!

**Burgers, Dogs, Salads, Dessert,
Ice Cream and Fresh Berries!**

**If you'd like to contribute a side dish,
please contact**

Margie Doyle @ 856-625-9457

CORNHOLE TOURNAMENT!

\$15 to enter

**CASH Prizes!!!—100% CASH OUT to
1st, 2nd, and 3rd place WINNERS!!**

Sign up at the event!

GET YOUR TICKETS!

**Tickets are \$10 a person or
\$25 a family. Tickets are available
after every weekend Mass,
weekdays in the Parish office,
and at the door.**



CAN YOU SPEND ONE HOUR WITH OUR LORD IN THE EUCHARIST?

**We need more people who are willing to commit
to spending time with Our Lord on Fridays at
St. Matthew's Church.**

**Maybe you and a friend want to share an hour (alternate
weeks or split it and both do a half hour?)**

**More coverage especially needed between
9:30-11AM, 11AM -12NOON, 2-3PM, and 5-6PM**

**If you can commit or are willing to be a substitute,
please call/text Linda at 856-313-4199 or
email: evangel@holyangelsnj.org**



STEPHEN MINISTRY

Stephen Ministers Are There to Care

**Are you going through a difficult time—
emotionally, spiritually, or relationally?
Are you lonely, experiencing a crisis, or
simply stressed by everyday life?**

**You don't have to suffer alone. Our Stephen Ministers
are trained caregivers, ready to listen, care for and
encourage you, pray with and for you, and provide
confidential one-to-one Christian care to help you
through whatever it is that you are facing.**

**To find out more, talk with Karen Partridge,
609-970-7550.**

**... MISSED YOUR CHANCE TO GO TO
IRELAND WITH FATHER BYERLEY?
HAVE NO FEAR ANOTHER TRIP IS NEAR. ...**

**PILGRIMAGE TO POLAND
The Land of Saints**

***In the Footsteps of St. John Paul, St. Faustina
and St. Maximilian Kolbe***

SEPTEMBER 29—OCTOBER 7, 2025

Join Father Robert Hughes and Father Joseph Byerley for a nine-day tour of Poland and see the sites that tell the stories of St. John Paul II, St. Faustina, St. Maximilian Kolbe and more.

Visit the cities of Warsaw, Niepokalanow (Franciscan Monastery of St. Maximilian), Swinice Warckie (St. Faustina), Czestochowa, Wadowice (Birthplace of John Paul II), Krakow (Poland's Royal Capital), Zakopane (John Paul's mountain retreat), Auschwitz, Lagiewniki (Shrine of Divine Mercy) and Wieliczka (UNESCO Site – Europe's oldest salt mine).

The cost of this round-trip pilgrimage departing from Philadelphia is \$5,178 per person, double occupancy.
(\$999 supplement for a limited number of single rooms).

For more information contact Fr. Hughes at:
Robert.Hughes@camdendiocese.org

WORLDWIDE MARRIAGE ENCOUNTER

Live your best life in love. For over 50 years World Wide Marriage Encounter has helped millions of couples throughout the world unlock the power of their relationships with new ways to do the "I do".



The next weekend dates are:
October 3—5 and December 5-7, 2025

Questions? Need more information?

Call 609-741-8012

Or email:

applications@wwme-southjersey.org

Visit our website:

wwme-southjersey.org

Use our QR Code



CATHOLIC ENGAGED ENCOUNTER

is a weekend away with other engaged couples which allows plenty of time alone as a couple to dialogue honestly and intensively about your prospective life together.

Engaged Encounter Weekends are held at Blessed Carlo Acutis Center in Cherry Hill, NJ. All weekends begin promptly at 8:00PM, Friday evening, and close by 3:00 PM Sunday afternoon.

2025 Upcoming Weekend: November 14, 15, 16

Registration for Engaged Encounter

The registration fee of \$410 for Catholic Engaged Encounter includes lodging, meals, and program resources for the weekend for two people. To register, go to:

<https://www.camdendiocese.org/marriage-preparation-home/marriage-preparation-programs/>

Questions: Please contact the Office of Family Life by phone at (856) 583-2904 or email at marriagePrep@camdendiocese.org

SUMMER NURSE NEEDED

Merion Mercy Academy, in Merion Station, PA is looking for a nurse for its summer programs to support the health and safety of students ages 12–18 participating in the Merion Mercy Academy summer programs.

This is a part-time, temporary position from
June 30 - July 25

Requirements include:

Current and valid RN, LPN,
or equivalent nursing license;
CPR and First Aid certification.

Contact

Gina Briscella, Summer Programs Director
gbriscella@merion-mercy.com

YOUNG ADULT EXPERIENCE

PRAYER, PREACH & PUB

TUESDAY, JUNE 10

Adoration from 6:30—7:00PM

ST MARIA GORETTI CHURCH

321 ORCHARD AVE • RUNNEMEDE, NJ 08078

HOSTED BY HOLY FAMILY PARISH

**We are welcoming ALL Young Adults
to join us for a night of prayer, adoration, fellowship
and pub experience!**

Main talk begins at 7pm

What a great way to gather with other young adults in our area, sharing fellowship through a prayer and pub experience.

All Young Adults and their friends are welcome!

For more information, please call Joanna Schmidt in the Faith Formation Office at 856-939-0592.

RELIGIOUS EDUCATION

OFFICE: 81 COOPER ST. • WOODBURY

Classes are held on

Mondays from 6:00 to 7:15PM

at Holy Angels Catholic School

• 211 COOPER STREET • WOODBURY • 08096

Please contact the Religious Education office if you are interested in Religious Education and are not already on our mailing list, OR if you have any other questions.



Support the South Jersey Scholarship Fund's Spring Sprint for Scholarships appeal running now through June 30.

Last year, the fund provided scholarship assistance for 165 Catholic school students in the Diocese of Camden.

For many of these families, this support enabled them to continue sending their children to Catholic school.

For more information or to contribute, visit: southjerseycatholicschools.org/springsprint

To donate offline, please send payment to:
South Jersey Scholarship Fund
631 Market Street • Camden, NJ 08102



HOLY ANGELS CATHOLIC SCHOOL



We offer small class sizes and a strong academic and spiritual education.

Visit our website at:
www.holyangelswoodbury.org
or contact the school: 856-848-6826

The small school, with a big heart!



Thank You to all of our families and parishioners who support us throughout the year! We could not do it alone!



JOIN US ON SUNDAYS

for

BINGO!



HOLY ANGELS PARISH CENTER

96 Green Ave • Woodbury, NJ 08096

- Doors Open at 12:00PM
- Games Begin at 2:00PM

PULL TABS *Progressive* **50-50**

Come Have Fun!!



GLOUCESTER CATHOLIC RAMS BASKETBALL CAMP



Two sessions

For players entering Grades 4 to 9
Monday July 14— Friday July 18 [for boys]
and

Monday July 21—Friday July 25 [for boys & girls]

\$150 per week or \$265 if attending both weeks.

Please register early before space fills up!

Check or money order payable to Gloucester Catholic or via Venmo @GCRamsGiving with "Basketball Camp" in the description

Contact coach Brandon Dougherty
brandondougherty5@yahoo.com
for registration information.

Registration forms should be received by 7/1/25.

WELCOME TO HOLY ANGELS PARISH!

We are blessed to have you share in this Eucharist Celebration. You are invited to become part of our parish family and become fully involved in our life of prayer, education, service and community.

BAPTISM PREPARATION PROGRAM for new and expectant parents held on the **1st Sunday of the month, at 11:30AM in the Parish Center.** It is mandatory for both parents. **Parents, please call the Parish Office on Wednesdays or Thursdays** to register for class and to schedule a Baptism.—**856-845-0123 ext. 103 or ext.115**

BAPTISMS are held each Sunday in St. Patrick Church following the 11:30AM Mass. When choosing your Godparents, please keep in mind that according to Canon Law, both Godparents must be Christian, and at least one must be a practicing Catholic.

*****If you have been asked to be a Godparent or Confirmation Sponsor, please call the office to set up a short meeting with one of our priests to obtain your Letter of Eligibility/Sponsorship Letter.**

BULLETIN ANNOUNCEMENTS Deadline for receiving information is Monday by noon. Email: mail@holyangelsnj.org

FLOWERS and SANCTUARY CANDLE If you are interested in having the **Sanctuary Candle** burn in memory of your loved one, or if you would like to purchase **flowers** for the Altar in his/her memory, please call the Parish Office at 856-845-0123. Arrangements should be made in advance to make sure that the week is available.

MARRIAGES **Must be arranged at least 1 year in advance.** Engaged couples should reserve the Church prior to scheduling the reception. Please call the Parish Office on **Wednesdays or Thursdays** to register: **856-845-0123 ext. 5106.**

ORDER OF CHRISTIAN INITIATION OF ADULTS

The Order of Christian Initiation of Adults is a sacramental process that prepares adults to be received into the Catholic Church. Persons who complete the process receive the sacraments of Baptism (if not yet baptized), First Eucharist, and Confirmation.

OCIA begins after each Easter season with a rolling open enrollment and continues to the following Easter season. The process is also available for Catholics who have never received the sacraments of First Eucharist and/or Confirmation.

For more information, please contact Deacon Vince at dvladini@outlook.com or 609-932-6170.

TO ADVERTISE IN THE BULLETIN
Contact: Chad Breidinger, Sr. Advertising Executive-East Coast
cell: 610-393-5329 • www.jppc.net

**BE SURE TO PATRONIZE OUR ADVERTISERS
AND THANK THEM FOR SUPPORTING US!**

PARISH MEMBERSHIP RECORD



Are you registered at Holy Angels Parish? Have you changed your phone number? Have you moved? Are you preparing to move soon? Are all of your children still at home and are they all included in your membership record? Are older children, age 25+, living home and registered separately? Are you receiving envelopes or signing up for electronic giving?

Please call the Parish office to update registration information. Registration forms are also available at the Parish Office, in the vestibules of Church, or can be downloaded from our website: www.holyangelsnj.org.

****All sacramental records for St. Patrick, St. Matthew and Most Holy Redeemer are kept at Holy Angels Parish office.**



VITALity

Catholic Healthcare Services

A HEALTHCARE MINISTRY OF THE DIOCESE OF CAMDEN
MAY IS MENTAL HEALTH AWARENESS MONTH

What is mental health? Mental health refers to our overall well-being and affects how a person feels, thinks or behaves. It can change as we age and go through life stages. Our mental health can impact our physical health, ability to navigate stress and our interactions with others.

Some signs to be aware for mental health include:

- ◆ Changes in mood – this can be affected by weather, people, activities or other circumstances.
- ◆ Changes in sleep patterns - sleeping too much, not getting enough sleep or waking frequently from sleep can affect mental health.
- ◆ Changes in eating patterns - eating more or less than usual or choosing foods higher in salt, sugar and carbohydrate content with little or no nutrients can have an impact.
- ◆ Unusual difficulty concentrating - having to think hard to recall things such as dates, names and what you were doing that is not normal for you.
- ◆ Being fearful and constantly worrying about health, finances or other aspects of life.
- ◆ Decline in chronic health or mental health issues can be due to stress.

Tips to Support Mental Health:

- ◆ Be mindful - Mindfulness of your thoughts, words and behavior is a good indicator of your mental health.
- ◆ Track your mood – Make notes on how you feel and when you feel them to help identify patterns of negative emotions and feelings.
- ◆ Identify coping strategies – We all cope with emotions differently. Do you stress-eat, smoke, or drink alcohol when you're upset? Do you call a friend, pray or go for a walk when you feel down? Think about how your coping strategies work for you.
- ◆ Maintain regular exercise, eat healthy, balanced meals and get adequate sleep.
- ◆ Make one small change at a time – taking on too much can be overwhelming.

Please contact us with any questions or if you need assistance at 888-268-4825 or visit www.vitality.camdendiocese.org. Seniors are invited to join our Life to the Fullest Membership Program which informs and connects seniors to the resources they need to stay safe and healthy. Membership is free! Email Christine Willard at christine.willard@camdendiocese.org for more information.

Parish Office: 856-845-0123

Summer Office Hours: 9:00AM–3:00PM Monday thru Friday

Email: mail@holyangelsnj.org **Web:** www.holyangelsnj.org

Facebook: www.facebook.com/HolyAngelsParish

School Office: 856-848-6826 • 211 Cooper St.

Fax: 856-251-0344

Web: www.holyangelswoodbury.org

Religious Education Office: 856-845-6826 • 81 Cooper St.

CLERGY

Rev. E. Joseph Byerley, Pastor	856-845-0123 ext. 5126	frijbyerley@holyangelsnj.org
Rev. Peter Gallagher, Parochial Vicar	856-845-0123 ext. 5128	frpgallagher@holyangelsnj.org
Rev. Nicholas Dudo, Vicar for Clergy, In-residence	856-845-0123 ext. 5106	nicholas.dudo@camdendiocese.org
Deacon Michael D'Ariano		michael@darcomllc.org
Deacon Vince Latini	609-932-6170	dvladini@outlook.com
Deacon David Murnane	856-853-5980	deacon2367@aol.com
Deacon Samuel Spoto		sjspoto@hotmail.com

PARISH OFFICE

Parish Secretary	Kathi Roswell	856-845-0123 ext. 5106	kroswell@holyangelsnj.org
Bookkeeper	Rose Marie Martinelli	856-845-0123 ext. 5101	rmmartinelli@holyangelsnj.org
Office Assistants	Denise Flynn MINISTRY COORDINATOR	856-845-0123 ext. 5115	dflynn@holyangelsnj.org
	Mary Lampone	856-845-0123 ext. 5103	mlampone@holyangelsnj.org
Facilities	Al Rickens	856-845-0123	
	Jim Wilezcek	856-845-0123	
	Mark Chapman	856-845-0123	

SCHOOL OFFICE

Principal	Patti Paulsen	856-848-6826	principal@holyangelswoodbury.org
Administrative Assistant	Morgan Servis	856-848-6826	office@holyangelswoodbury.org

RELIGIOUS EDUCATION OFFICE

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PARISH MINISTRIES LITURGICAL MINISTRIES

Altar Flowers/Sanctuary Candles	Parish Office	856-845-0123	mail@holyangelsnj.org
Altar Servers	Fr. Gallagher	856-845-0123	frpgallagher@holyangelsnj.org
Arts & Environment	Rich Iannitti	609-221-0448	catro8@comcast.net
	Barbara Worrell	856-848-7205	
Evangelization Ministry	Brenda Quinn	856-534-0400	havolunteer@holyangelsnj.org
Eucharistic Adoration	Linda Nowak	856-313-4199	
Lectors	Angelo Minuttillo	609-471-1587	drangelo4@icloud.com
Music Ministry	Beth Pirolli	856-470-7794	bpirolli@holyangelsnj.org
Sacristan	Mark Chapman	856-845-0123	
Ushers	Fr. Peter Gallagher	856-845-0123	mail@holyangelsnj.org

LIFELONG FAITH FORMATION

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Adult Scripture Study	Jerry Washko	856-845-6944	jerry.washko@verizon.net
Men's Bible Study	John Griffiths	856-296-3033	
OCIA	Deacon Vince Latini	609-932-6170	dvladini@outlook.com
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PASTORAL CARE/COMMUNITY SERVICE

Art Club	Rose Corl	856-840-5009	rcorl96@comcast.net
Coffee Klatch	Sharon James & Collette Grasso	856-931-1979	
Extraordinary Ministers to the sick	Susan VanZoeren	609-980-2025	vanzoeren3@gmail.com
Gathering of Women	Phyllis Misilewich	856-251-9086	
GWCM	Charlie Hughes	856-848-1869	cghughes@comcast.net
Hispanic Ministry Prayer Group	Claudia Trani		hispanicministry@holyangelsnj.org
Holy Angels Learning Cooperative	Alexandria McCormick	302-290-1897	alexandriammccormick@gmail.com
Parish Photographer	Janet Butler	856-625-8786	janaphotography@gmail.com
Prayer Line	Parish Office	856-845-0123	mail@holyangelsnj.org
Stephen Ministry	Karen Partridge	609-970-7550	stephenministry@holyangelsnj.org
St. Vincent de Paul Society	Sue Sherrer	856-848-7744	
Vocations	Parish Office	856-845-0123	mail@holyangelsnj.org

YOUNG ADULT MINISTRY

Young Adult Coordinator	Fr. Peter Gallagher	856-845-0123	mail@holyangelsnj.org
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