

**April 24, 2016**  
**Fifth Sunday of**  
**Easter**



**Mass Schedule:**

Sunday 10:00 a.m.  
and 5 p.m.

**At Masses today  
we remember:**

**10 am:**

**Nancy Uhrmacher**

**5 pm:**

**Paula Kilduff**

April 17th collection:  
\$208.

Thank you for  
your support.

**Center for Religious Life  
Newman Catholic Community**

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- *After Mass today we will pack our personal care bags for the homeless of Rochester. Collection of personal items for our outreach evening to the homeless of Rochester will be distributed on Tuesday evening. It is not too late to make a donation. Bring to the CRL.*
- *Tuesday, we will make bag lunches for our evening reaching the homeless of Rochester. Able to help? We will meet in the Skalny Room at 4 pm to put together bag lunches to be distributed that evening. All are welcome to help.*
- *Newman Movie Night—Friday, April 29th 7 pm in Ellingson TV Lounge (Ellingson Hall 1058) Bring a friend for free popcorn. All are welcome.*

# RIT Nation

As we enjoyed the absolutely wonderful weather this week, it became obvious that the semester is winding down and many feel burdened by all that has to be completed in the next few weeks. If you are feeling overwhelmed, try to remember all the stress reduction tricks you have learned over the years: **1. Plan your day so you have a few breaks built in throughout the day** **2. Walk more...**being out in the fresh air and sunshine (when we have it!) really does improve one's mood and attitude **3. Eat well.** Think about what you eat throughout the day—as I used to say to my kids when they were little, “garbage in, garbage out” Try to eat some foods throughout the day that your grandmother would recognize and consider healthy!!! **4. Breathe. And breathe again.** Take a few deep breaths and remember that you can do this! **5. Look for your support.** We are here in the Center for Religious Life for a smile, a DumDum in the bowl outside the office or for a quick chat!

**Are you passionate about service and caring for others?** The Newman Catholic Community received a grant to increase student participation in serving others through ministries of the Sisters of St. Joseph in Rochester. The Newman staff can not do this alone. If you are interested in developing leadership skills, interested in serving the poor and marginalized in the Rochester area, you might be just the person to work part time for the Newman Community as a community coordinator for our new ministry, **TIGER STRIPES**, which will unveil in the fall. Interested? Have questions? Reach out to Alice Miller Nation,  
amncpm@rit.edu

**Student Athletes**—Newman at RIT is creating a St. Sebastian's Society —St. Sebastian's Society reaches out to the most vulnerable of our society while helping the student athlete grow spiritually and further develop leadership skills. **All student athletes are invited to an informational dinner on Sunday, May 1 @ 6:30 pm in Fireside Lounge.** Have a great week.