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Catholic Newman Community at the University of Rochester



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In a world that often challenges faith, the Psalms offer solace and strength. They remind us that we are not alone in our struggles and that others before us have faced similar doubts and fears. The Benedictine nuns, whose voices fill the abbey during the Hours of the Office, introduced me to the treasure of the Psalter. Their chanting of the Psalms has become a part of my morning prayer, a practice that has brought me closer to understanding the profound wisdom contained within these ancient texts.

The Psalms invite us to move to the margins of our busy lives, to find solitude, and to listen. They remind us that in the stillness, we can hear the whispers of faith and find peace. As we walk the shorelines of our own journeys, let us carry the Psalms with us, returning to them as a source of comfort, guidance, and inspiration.

Peace, Fr. Cool

Ps...Please join us for the Brunch Meliora Weekend. Student tickets are only \$5 and can be purchased online at the UR Meliora Website or sign up an Venmo Newman at mass. Please note, tickets are no longer available to at the Common Market.

### Cool Thoughts

This weekend, our student e-board leadership, along with that of RIT's, traveled to the Abbey of the Genesee, a Trappist monastery just south of Rochester for a day of prayer, discernment on community leadership, and fellowship. These students actually got up Saturday morning to pray the 3:30am Vigil prayer with the monks! Vigils are one of seven prayer periods the Cistercian monks of the Abbey are called to every day (in addition to celebrating the Mass). To learn more about the Abbey of the Genesee (and easy drive for any student) and the Liturgy of the Hours (the official prayer of the Catholic Church) "google it". It would make for a great afternoon spiritual getaway. Much of the prayer of the monks comes from the psalms. The prayer power of the psalm is something we can easily overlook between our Sunday readings. Remember, these are prayers that Jesus would have prayed himself, and would have committed to memory at 150 of them! Praying the psalms is something we can and should do not just at Mass, but in our daily lives, just as Jesus did. Some Cool thoughts on this...

### Praying the Psalms: Timeless Wisdom for Every Stage of Life

The Psalms offer a timeless wellspring of wisdom, speaking to us in every stage of life—through moments of joy and suffering, success and failure. Rooted deeply in faith, they continue to play a central role in the Liturgy of the Hours, serving as a guide for prayer and reflection across generations.

The Book of Psalms, also known as the Psalter, is one of the most significant books in the Bible. It is a collection of 150 songs, prayers, and poems that have been used for centuries in both Jewish and Christian worship. Traditionally, many of the Psalms are attributed to King David, who is believed to have written them as personal prayers and hymns of praise to God. However, the Psalms were composed over several centuries, with contributions from various authors, including Solomon, Asaph, and the sons of Korah, among others.

These sacred texts have been a source of comfort and inspiration for millennia. They address the full spectrum of human emotions—joy, pain, fear, and hope. In the United Kingdom, there's a popular BBC radio program called Desert Island Discs. In it, notable figures are asked to select eight pieces of music to bring with them to a desert island. Along with these, they are allowed to choose one luxury item, in addition to the Bible and the works of Shakespeare.

For many, if not the whole Bible, the Psalter alone would be sufficient, as it encompasses the raw, honest prayers of those who have walked the path of faith before us. The Psalms remain at the heart of the Liturgy of the Hours, inviting us to pause and reconnect with our spiritual roots.

Psalms 41 resonates particularly with its poignant imagery: "Like the deer that yearns for running streams so my soul is thirsting for you my God." This verse captures the essence of a spiritual journey, reflecting a deep, unyielding thirst for divine connection. Whether we are navigating the triumphs or trials of life, the Psalms provide a grounding force, reminding us of the enduring presence of God.

In the Catholic tradition, the Psalms are integral to the Mass, being recited or sung after the first reading in every celebration. Despite their central role, they are often overlooked or treated as secondary elements in the liturgy. Yet, these ancient hymns are far from mere filler; they are a continuation of the sacred Word, offering reflections that resonate deeply with the preceding Scripture. Through the Psalms, the assembly is invited to respond to God's word with words that have echoed through the ages, joining their voices with those of countless generations.

Additionally, the Church places the psalms at the heart of the Liturgy of the Hours. For Catholics, the Liturgy of the Hours, also known as the Divine Office. Monks, nuns, priests, and laypeople alike participate in this practice, sanctifying the day through prayer and reflection (check them out online). They are said at specific times of the day, marking the rhythm of daily life with moments of worship. It is a practice that dates back to the early Church and is rooted in the Jewish tradition of praying at fixed hours. The Liturgy of the Hours is composed primarily of Psalms, along with readings from Scripture, hymns, and intercessions. It is structured around seven canonical hours: Lauds (Morning Prayer), Prime (First Hour), Terce (Third Hour), Sext (Sixth Hour), None (Ninth Hour), Vespers (Evening Prayer), and Compline (Night Prayer).

The quote from Psalm 41 is a reflection of faith that resonates deeply. Each of us has moments when we yearn for the "running streams" that can quench our spiritual thirst. Later in the Psalm, we encounter the anguish of longing: "My tears have become my bread, by night, by day, as I hear it said all the day long: Where is your God?" This verse speaks to the universal experience of doubt and the struggle to hold onto faith when life's challenges seem overwhelming.

(continued on back page)

# MORE @ NEWMAN

**Do you wanna....**

- BECOME CATHOLIC
- GET BAPTIZED
- RECEIVE YOUR FIRST COMMUNION
- GET CONFIRMED
- LEARN MORE ABOUT YOUR FAITH!

**RCIA Program**  
CONTACT CAMPUS MINISTER JACK RUPPERT AT...  
JRUPPERT2@UR.ROCHESTER.EDU  
(OR JUST STOP BY THE CHAPEL TO TALK IN PERSON!)  
INFO SESSION COMING SOON... STAY TUNED!

Last call!  
**FOR FALL SIGN-UP**

**NEWMAN**  
Catholic Community at Rochester

SATURDAY, SEPTEMBER 28, 2024, 9:30AM

**CODING THE UNIVERSE: WHAT GOD HAS WRITTEN FOR SCIENTISTS TO READ**

INTERFAITH CHAPEL UNIVERSITY OF ROCHESTER 1045 WILSON BLVD., ROCHESTER NY 14627

Co-sponsored by the Catholic Newman Community and the Interfaith Chapel

**Dr. Michelle M. Franci**  
Dr. Franci is the Frank B. Mallory Professor of Chemistry at Bryn Mawr College, where she has taught since 1986. Appointed an Adjunct Scholar of the Vatican Observatory in 2016, she is a quantum chemist. She also writes spiritually, often exploring the balance of a contemplative life in a chaotic world and is a frequent speaker on the intersection of science and religion.

LIVE STREAM

**NEWMAN**  
LET'S GO ON A ROAD TRIP!

TO NIAGARA FALLS & MAID OF THE MIST BOAT RIDE

SAT, OCT 5  
TRANSPORTATION PROVIDED

**TUTORING SESSIONS**  
at The Boys & Girls Club of Rochester

YES PA  
Lessons in Character

Contact Jack at jrupper2@ur.rochester.edu

**FOUR SQUARE @ NEWMAN**

**Tonight! Join us for 3rd Sunday Supper after 7pm Mass**

**Starting Monday & Tuesday night Men's Bible Study Groups**

**Get your Fr. Cool "25" Brunch tickets now!**

**Monday Join us for Women's Bible Study**

**NEWMAN**  
Join us for 3rd SUNDAY SUPPER  
We love Luci and Ray!  
**Polizzi's**  
September 22nd  
after 7pm Mass | Interfaith Chapel  
River Level

**Social media**  
Join us on Campus Groups as well!

Presenter: Sr. Joan Sobala SSJ  
October 5, 2024, 9:30am to 3pm (Lunch Included)  
Women between 18 and 35 years old  
St. Boniface Convent, 314 Gregory Street

**Women Disciples of Christ in Christian History. Yesterday, Today and Tomorrow...**

In our age, what steps shall we women take, individually and together, to live out this discipleship?

**NEWMAN**  
ST. SEBASTIAN SOCIETY

OPEN TO VARIETY CLUB ATHLETES AND ROTOCROTIC MEMBERSHIP FOR MORAL LEADERSHIP SPIRITUALITY SERVICE TO THE VULNERABLE

FALL '24 PROGRAMS

- BISHOP AND PARKERS
- TUTORING
- PAPA PONT & KICK
- AGAPE LATTE

CHRISTMAS ON CAMPUS

OFFER FOR THE GIVING AND MORE!

IN HONOR OF THE PATRON SAINT OF ATHLETES AND MILITARY

MEETING SCHEDULE

SEPT. 22ND 7PM MASS 8PM MTD/DINNER

OCT. 6TH 7PM MASS 8PM MTD/DINNER

OCT. 20TH 7PM MASS 8PM MTD/DINNER

NOV. 3RD 7PM MASS 8PM MTD/DINNER

MEMBERSHIP NEED TO ATTENDED JUST ONE TEAM PRACTICE OR UNIT MEETING TO BECOME A MEMBER!

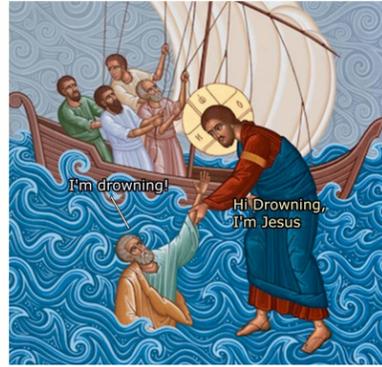
SAIC Presents: **RELIGION AND MUSIC**

Join us for a night of interfaith musical appreciation with performances from chapel groups and community members!

TUESDAY, OCT 1ST, 6:30PM  
SANCTUARY, INTERFAITH CHAPEL  
DINNER HELD IN RIVER LEVEL

FREE FOOD PROVIDED

**Newman Laughs**



Newman relies on the generous support of Alumni, Parents, Local Residents, and Students for 90% of our budget. Your support of our Sunday collection is deeply appreciated!

Give to our Collection Via Venmo

Collection Report		
09/15/24		
Weekly Actual	Weekly Goal	Variance
\$637.00	\$378.00	\$259.00
Y-T-D Actual	Y-T-D Goal	Variance
\$4,372.71	\$4,536.00	-\$163.29

*Y-T-D is Financial Year July 1-June 30*



Mass Intention: Fr. John Crowley and Elizabeth Fenton

*Insta Mass*  
EVERY WEDNESDAY AT 9 PM  
FOLLOWED BY PIZZA

JOIN US FOR  
*Daily Mass*  
IN THE SANCTUARY

MONDAY, TUESDAY & THURSDAY

Sign up to receive text messages with our schedule

**Sunday Mass**

Join us every Sunday at  
10:30AM & 7PM  
@ The Interfaith Chapel

**Sacrament of Reconciliation**

Send an email to [bcool@admin.rochester.edu](mailto:bcool@admin.rochester.edu) to make a personal appointment or come 30 minutes before mass!  
Sunday Mass - 10:30am  
At the Interfaith Chapel

**NEWMAN**  
Catholic Community at Rochester

God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I have my mission.

John Henry Newman

**Eucharistic Adoration**

BRENNAN ROOM 11:45am-12:50pm  
AFTER MASS BEGINNING THIS WEEK  
Enter the classroom of silence with our Lord!

**GET INVOLVED**  
**NEWMAN**

**D.O.R. 2024 CENSUS Campaign**

ALL IN ONE QR! 5 MINUTES CENSUS

GET YOUR FREE NEWMAN T-SHIRT!

ENTER TO WIN AMAZON GIFTCARD DRAWING 5 WINNERS!

SNEAK PEEK

**ROSARY GROUP**

Mondays 8:15PM  
Interfaith Chapel Sanctuary  
Contact: [alaws10@u.rochester.edu](mailto:alaws10@u.rochester.edu)

COME JOIN US!

**WOMEN'S BIBLE STUDY**

Monday Evenings  
MONDAY 7:00PM  
INTERFAITH CHAPEL

For questions & interest contact Alicia Lawson at [alaws10@u.rochester.edu](mailto:alaws10@u.rochester.edu) or (607)542-5708

**NEWMAN**

**MEN'S BIBLE STUDY**  
STARTS WEEK OF 9/23  
Conference Room  
Interfaith Chapel 2nd level

Monday Night Group 1 6:30-8:00pm  
Tuesday Night Group 2 6:00-7:30pm

Interested? Contact  
Tim Cal (Group 1) [tc19@u.rochester.edu](mailto:tc19@u.rochester.edu)  
David Leder (Group 2) [dleder@u.rochester.edu](mailto:dleder@u.rochester.edu)

Open to all college men

**NEWS FLASH**

Starting this week!  
Men's Bible Study Groups

**MELIORA WEEKEND**  
September 26th-September 29th

Lecture by Dr. Michelle Francl  
Coding the Universe:  
What God Has Written for Scientists to Read  
Saturday, September 28th at 9:30 AM

Mass Schedule  
Saturday, September 28th  
4:30 PM

Sunday, September 29th  
9:30 AM and 7:00 PM

Fr. Cool 25th Anniversary Celebration Brunch  
After 9:30 Sunday Mass  
Welcome Alumni, Parents, and Friends!

Register for the Celebration Brunch!

**25 YEARS AT ROCHESTER**

**Meliora Weekend**  
MASS 9:30 AM Sunday  
Brunch Follows  
Student Tickets \$5

Please join the Catholic Newman Community Advisory Board as we Celebrate Fr. Brian Cool's 25 Years of Service at the Catholic Newman Community and University of Rochester

September 29, 2024  
Mass at 9:30am with Brunch following  
Sanctuary Level, Interfaith Chapel  
Brunch registration is required:  
[www.rochester.edu/melioraweekend](http://www.rochester.edu/melioraweekend)  
or Email: [catholicnewmancommunity@rochester.edu](mailto:catholicnewmancommunity@rochester.edu)

**Fr. Cool "25" Brunch**  
after Sun 9:30am Mass  
Tickets at Meliora Weekend  
Registraton page  
or Venmo us @URNewman