

# Transformed!

The Good News at St. Hilary Parish

October/November 2018

## St. Hilary welcomes new Parish Ministries Coordinator

Maureen Capellas says she is always looking for God in her work life. That search eventually led her to St. Hilary, where she is the new Parish Stewardship/Ministries Coordinator. Her job involves welcoming and getting to know new parishioners and connecting them with ministries as well as supporting ministry leaders. She is also coordinating The Feast of St. Hilary 60th anniversary dinner.

"I like working in the Church and having meaningful work. It can't get any more meaningful if you are constantly thinking about how you are encountering Christ in a work setting," said Maureen. Her passion comes from her extensive background in service learning and non-profit management.

That passion is rooted in Catholic education, beginning with St. Luke Elementary School in Lakewood and continuing with Magnificat High School in Rocky River, where she became grounded in retreat experiences and direct service to the poor. As part of Magnificat's Genesis Project her senior year, Maureen went on a mission trip with two classmates to Appalachia where they lived with an order of nuns. "We worked directly with a lot of elderly people living in poverty cleaning their homes. It was life-changing—learning to live simply while you are

still in high school," she recalled.

The experience was so transformative that Maureen pursued an immersion experience in Chicago at the beginning of her freshman year at DePaul University. The immersion experience led to Maureen's making a Koinonia retreat. Over the next few years she continued to serve as a Koinonia retreat leader

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**Maureen Capellas**



**Maureen with husband Carl and children (left to right): Eleanor, age 3, Zacharias, age 9, and Clare, age 7.**

while working toward her Bachelor of Arts degree in Sociology.

"The year after college I did AmeriCorps Vista and worked at an urban high school in Milwaukee as a service learning coordinator. I connected students with experiences like I had in high school. Unlike my experience of serving in other marginalized communities, they served their own. They gained lifelong skills and a very needed sense of purpose. I gained hope and humility as I watched their selfless service," said Maureen.

She eventually returned to DePaul University where she earned a Master of Science degree in Public Services Management and published a thesis entitled "Mission and Values Oriented Leadership: A Case Study of DePaul University." Her love of service led her to the University of Chicago Laboratory School where she pioneered a program that connected students with opportunities similar to those she had at Magnificat.

Life eventually brought her back to Ohio and Maureen went to work for Catholic Charities Community Services of Summit County, then known as CYO and Community Services. "I wore many hats. I was the Director of Youth Ministry, and my job was to provide consultation, training and support for parish youth ministers. I also directed the Search Retreat Program," she said.

Over time, the agency went through a number of changes, and Maureen became Director of Youth and Family Services. "Some of those programs are ministries that St. Hilary supports," said Maureen, citing the hot meals program coordinated by the late Patrick Kennedy and St. Vincent de Paul Society with its connection to the agency's Emergency Assistance Program.

After working for Catholic Charities, Maureen became a nationally certified Olweus Bullying Prevention Program Trainer. With sponsorship of The Sisters of Charity Foundation of Canton, Maureen implemented the

program in 55 public and parochial schools in Stark County over five years.

The search for God in the workplace brought Maureen full circle when she found St. Hilary and a position that connects new parishioners with St. Hilary's ministries. "I have a real passion for service because of my own experiences. I like to open doors for others to have the experience of transformation that I had. Service is relational; it can transform the lives of everyone involved. It certainly transforms mine, and my journey at St. Hilary has only just begun."

**Would you like to get involved in one of St. Hilary's many ministries? Contact Maureen at [mcapellas@sthilarychurch.org](mailto:mcapellas@sthilarychurch.org) or call the parish office.**

# Save the Date!

## DIGITAL DAY OF SERVICE SATURDAY, NOVEMBER 3

Saturday, November 3, St. Hilary Parish is dedicating the day to serving others, whether that be in our local community or in your own homes.

### Here's how to get involved:

Choose an activity that will help those around you! Put a face on service and use your St. Hilary print to take pictures with, and send in your photos to share on our parish Facebook and Instagram pages! St. Hilary prints will be given out after Mass in the middle of October.

Email your photos to [adublikar@sthilarychurch.org](mailto:adublikar@sthilarychurch.org) for us to share your photos or post your own, and use our hashtag:

**#StHilaryServes**

Visit [sthilarychurch.org/digitaldayofservice](http://sthilarychurch.org/digitaldayofservice)



**Fr. Matt and Fr. Steve, along with St. Hilary, are ready for a day of serving others!**



# Our very own 'Dr. Phil' is in the kitchen!

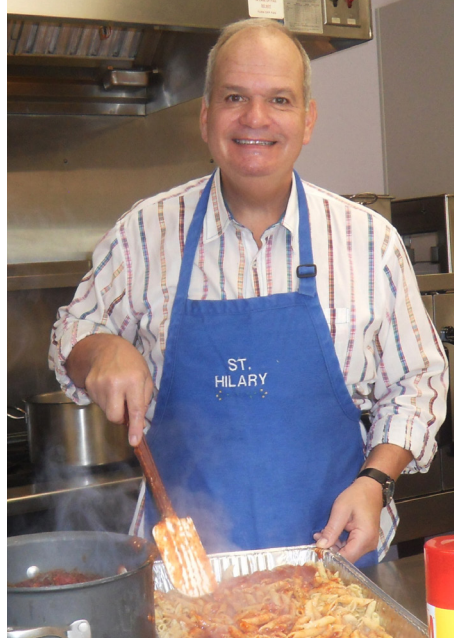
While Phil Martucci spent his professional life in a classroom, his heart has always been in the kitchen. "If I hadn't been an educator, I would have been a chef," said Dr. Phil, as he is affectionately known since he holds a doctorate degree in curriculum and instruction. Now retired, Phil serves as the chef for the funeral luncheon ministry and is in training to become its co-coordinator, along with Linda O'Neill. For many years, Betsy Clark has led that ministry. Both Phil and Linda see themselves as Betsy's protégés.

"When I first retired, my wife was also a school principal. We knew Betsy real well, and she convinced us to come. We really liked cooking, preparing lunches and brunches for funerals. And Betsy, having a background in culinary and dietary, taught us the tricks of the trade."

Sadly, Phil's wife died a year later, but he has continued to cook for others, not only serving at St. Hilary, but also at Open M Ministries and Good Neighbors Food Pantry in Goodyear Heights. And because he otherwise does not have anything to do on Wednesdays, he prepares a full dinner menu for interested residents at Tower 80, an apartment complex off Market Street in the Highland Square neighborhood.

The grandson of Italian immigrants on his father's side, Phil said he learned to cook from his mother. "We always had dinner as a family. My mom was a great cook, and I was the youngest and always around, so she let me help."

On the day of a recent funeral, 12 volunteers gathered in St. Hilary's newly-renovated kitchen. Each has his or her own job. One prepares salads, another organizes desserts, still another handles the dishwashing. And Phil cooks! For those families who opt for lunch, there's chicken,



**Dr. Phil Martucci**

rigatoni, ham, a salad bar, fresh vegetables, fruit, and desserts. For earlier funerals, the ministry prepares a brunch of scrambled eggs, danish, sausage, sausage gravy and biscuits, and fresh fruit. There's a lot of comfort food served at a time when families need comfort.

The ministry is an act of service that feeds the hungry, but is also food for Phil's soul. "A great deal of my spirituality is helping to feed people. With the funeral lunches, people are in need, in mourning. We are doing something to take the burden off of them. Not only that, it's nice seeing

families and friends gathering for a meal after something very sad," Phil said. "I just feel really connected to God and the Church doing something to help my faith community. After a funeral lunch, I'll leave dead tired, but I'm rejuvenated. It's a good tired. And it's a really great group of people. We are almost like a little family from those washing dishes to the cooks."

For Phil and the funeral luncheon ministry, the newly renovated kitchen is a joy to work in! With a donation from the Jean Hauser Fund at the St. Hilary Parish Foundation, the parish was able to renovate the kitchen this summer. The renovation includes new cabinets with soft-close drawers and granite counters, new stainless steel prep tables, a new ten-burner stove, and convection warming oven that holds up to eight trays. There's also a new ceiling and improved lighting which makes their job easier. The new commercial dishwasher is a dream, completing an entire load in two minutes, a real bonus when there's a large funeral or other large meal being served.

Anyone interested in helping with the funeral luncheon ministry can call the parish office and speak to Parish Ministries Coordinator Maureen Capellas. From cooks to dish washers—there is a job for everyone! And one extra benefit—a free lunch!



**From left to right: Pat Ashbrook, Earlene Szeles, Lorraine Williams, Linda O'Neill, Shirley Frater, Betsy Clark, Grace Smith, and Phil Martucci in back.**



## Fresh family finds solace in using funeral planning booklet

When a loved one dies, most people are unaware of how to go about planning a funeral or the options available to them. They rely on the funeral director and the Church for guidance—and sometimes on pop culture trends. “Catholics do funerals right,” said Matt Fresh, as he and his siblings and their spouses discussed their experiences planning funerals for loved ones who passed away over the last five years. In all but the most recent loss, they opted for traditional Catholic funeral Masses.

When Claudia (Fresh) La Mancusa’s husband Albert died of cancer five years ago, she met with funeral director Nick Ciriello who in turn referred her to Fr. Steve Brunovski to plan the funeral Mass. “When Matt and his wife Denise went with me to Fr. Steve’s office, he handed us this booklet, and we went through it. And because we attend church and are familiar with the parts of the Mass and Scripture, I think it was easier.”

Put together by parishioner and former Liturgy Director Mary Lou Grossmann,

the booklet serves as a guideline for families with appropriate choices of readings, songs, and prayers.

Claudia recalled, “His family later said to me how beautiful Albert’s Mass was, and that they had never attended a Mass that was so uplifting. They didn’t realize it had been so personalized. It touched them so much, I think, because the choices reflected the individual.”

### Using the book as a guide

The Fresh siblings have since used that same booklet to guide them through the funerals of each of their loved ones who have passed away in the intervening years. “Our sister Lisa died next, January 5, 2015. Dad died six months later, July 12 of 2015. Then Mom died September 14, 2017,” said Claudia. And each funeral was different.

“The book takes some of the edge off of the planning process and helps the family decide what they want the funeral to be about,” added Matt. “It’s the message that you are trying to

deliver to the people who attend. Just as a wedding brings different people together, funerals do the same thing. Not everyone who shows up at a funeral are family or are Catholic. A lot of them are fallen away or whatever. It’s a really good time to bring people together to reflect on their own lives when they would rather come to pay their respect at someone’s funeral, but not come to daily or weekly Mass,” he said.

The Church is also there for support when a non-Catholic member of the family dies. “Fr. Steve gave a memorial service for my mom who was not Catholic,” said Denise, “but we wanted to have a proper burial for her. Even though she was not part of the Church, because of our ties, he gave a service for her at the funeral home, went to the grave site, and then came back to the church for the lunch. It surely brought my dad relief during that time.”

Matt recalled, “When Ruth passed away, Frank (Denise’s father) wanted to move quickly through the process because he wasn’t accustomed to what was required. Having a wake was very important because he saw others’ love and support, something he had no expectation of.”

Denise added, “He said, ‘I thought



**Pictured at left: From left: Matt and Denise Fresh, Quinn Marks held by his mother Mary Beth, her parents Diane and Mike, with Rosemary, Cindi, and Claudia in front.**

20 people would show up to your mom's calling hours.' There were literally hundreds of people at the wake, many were from our church family that supported us." Matt continued, "And people Frank knew and those who took care of Ruth for those eight years were also here. Fr. Steve included Kevin in the service. He was the chaplain from hospice."

By the time their mother Rosemary passed away, the Fresh siblings had quite a bit of experience planning family funerals using St. Hilary's booklet. The timing wasn't good for Fr. Steve, however, as he was on vacation overseas at the time. Seeing the humor in the situation, Mike said, "It seemed like we ganged up on Fr. Matt Jordan. It was his first funeral Mass, and when we came in, the book was filled out and Claudia already knew some of the readings she wanted. We may have been a bit overwhelming. I think it helped lighten his load, because we had that book and an idea of what we wanted." It ended up being a positive experience for the family and for Fr. Matt.

### Plan your own funeral

Fr. Steve encourages parishioners to stop in and obtain a copy of the funeral booklet at any time, whether planning at the time of death or pre-planning your own funeral. Making choices for readings and music and discussing those choices with loved ones can be a very helpful thing for families.



**Denise and Matt celebrate Frank's birthday.**



## Planning a Funeral

Catholics are often unaware of the many choices for funerals, explained our pastor, Fr. Steve. For example, a funeral can be a service with a Liturgy of the Word instead of Mass, and it can take place in a funeral home instead of a church, especially if there are very few survivors. Likewise, families can choose to have their loved one cremated instead of buried in a casket.

Families may choose to share memories about a loved one as part of the homily along with the reflection on the uplifting readings.

Regardless of the options that families choose, the Funeral Liturgy actually has three parts: the Wake, the Funeral Mass, and the Burial. There are specific prayers and rites for each of these parts.

## Funeral Misconceptions

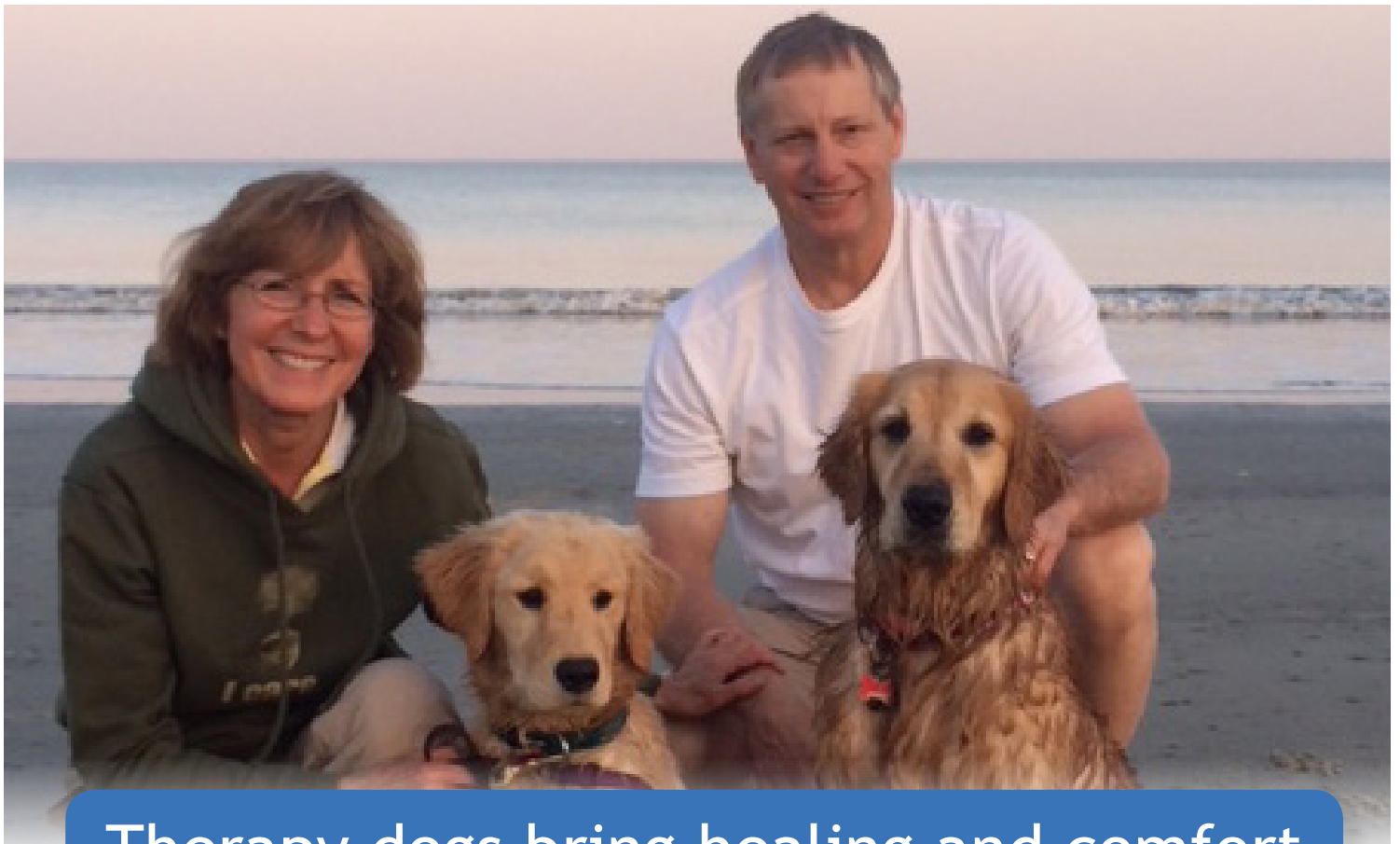
According to Fr. Steve, there are many misconceptions regarding funerals practices.

Catholics, for example, are encouraged to bury remains as a sign of the dignity of the physical body and our hope in the resurrection

Cremains should not be stored and displayed on a mantle, or divided among family members. Ashes are also not meant to be spread outdoors at the favorite location of the deceased or into the ocean, no matter how much that person may have enjoyed such places. Instead, ashes or the body itself are intended to be laid to rest in a consecrated or specially dedicated place such as a cemetery, so as to allow for prayer and visitation at a later time.

### Mass of Remembrance — November 3 at 9 a.m.

Join us for our Mass of Remembrance, a time to commemorate those parishioners who have died within the past year. During this celebration of life, those who have gone before us are called by name, signifying their Catholic Christian identity as when they were baptized.



## Therapy dogs bring healing and comfort

At the end of Mass, the priest says, “Go in peace, glorifying the Lord by your life.” “Thanks be to God,” the congregation replies. Ellen Kannen responds not just with words, but with action. “We are meant to be the hands and feet of Christ,” she said recently, describing her service work in the community and her parish involvement.

Ellen, her husband Ted, and Gracie, their four-year-old golden retriever, are members of Pet Pals, an animal-assisted therapy group that visits patients in the University Hospitals network. The Kannens often take Gracie to Rainbow Babies and Children’s Hospital, seeing patients in oncology first. “Gracie is there to be loved and petted,” said Ellen.

### Therapy dogs ease anxiety

“We bring Gracie into the patient rooms at Rainbow Babies and Children’s to help ease the anxiety and stress of the hospital

environment. Ted and I want to share our dog with others. Spending time with Gracie brings comfort and smiles to the patients, as well as their parents and staff. Everyone gets excited when they visit with the dogs. It is a win-win situation all around. Many of these children are truly missing their pets back home. We hope that at some level this brings healing to the patients as well. The joy comes right back to us!” she said.

*‘We are meant to be the hands and feet of Christ.’*

Ellen first started volunteering with Pet Pals in 2011 with Aimee, also a golden retriever. “I used to work at University Hospitals in Cleveland in the Special Hematology/Oncology Department, so I felt comfortable there in that environment. Barb,

who runs the volunteer department is extremely friendly, kind, and welcoming. Also, my dog is certified through The Bright and Beautiful Therapy Dogs,” said Ellen. Aimee accompanied Ellen until the dog’s death last February.

### Reaching out in different ways

In 2015, Ted joined her after Gracie became a certified therapy dog. Ellen is a team leader for Pet Pals, working with five other handlers including Ted. In addition to providing canine comfort to patients, Ellen and Gracie visit with students at Case Western Reserve University at exam time and other schools within the University Circle area.

Service through Pet Pals is limited to two hours a day, so the Kannens have found other ways of reaching out to the community with Gracie. They promote literacy through Paws for Reading, taking Gracie to the Bath Library where children read to



their dog. They also participate in North Central Ohio K9 Search and Rescue out of Medina County, where they help authorities locate missing individuals with their dogs.

Ellen and Ted are parents to Mark, Colleen, and Jeff, all adults now. Although she could have gone back to work after her children were grown, Ellen said that she chose to volunteer instead so she could have the flexibility to travel to see them. She recently spent a week in Minnesota with her daughter and son-in-law, and plans to travel to Oregon soon to see her son, Mark and his family.

### Service in healthcare ministries

When she is not out with Gracie, Ellen serves at Open M's free clinic where she is a medical technologist. "I am trying to serve through healthcare ministries. The skills I have learned through being a med tech I use in the Open M lab. All the volunteers and staff work together to treat each patient compassionately. It is a unique ministry in that we make the choice as a volunteer to be

there to serve, and the atmosphere in the clinic reflects this." She also explained that she values being able to interact with patients and share faith with them.

### Expanding ministry

Four years ago, Ellen approached the Prayer Shawl Ministry to see if they would make blankets for area nursing homes. They said yes and soon Ellen was delivering prayer shawls at Christmas time to several nursing homes, taking Aimee and Gracie to visit residents with Santa and the therapy dog group.

Feeding her spirituality is also important to Ellen, who is active in several ministries within the parish. "There is always this desire to go deeper in my relationship with Christ," she said. Ellen is a Eucharistic minister, attends bible studies with Ted, and participates in the Rosary Makers ministry. All of these activities, together with the dear friends she has met at St. Hilary, strengthen her relationship with Christ so she can be His hands and feet through service.



Ellen and grandson Nicholas in front. In the back, from left are Colleen, Ted, Jeff, daughter-in-law Ali with husband Mark, and son-in-law Tony.



Ellen, Ted, and Gracie take a break while volunteering at University Hospitals.



Aimee working as a therapy dog at the United Airlines gates at Cleveland Hopkins International Airport.



## Join us at these parish events

For more information on these events, visit [sthilarychurch.org/60thanniversary](http://sthilarychurch.org/60thanniversary).



### November

#### **November 3**

##### Digital Day of Service

All day, wherever you can make a difference!

#### **November 22**

##### Ecumenical Thanksgiving Day Service

9:00 a.m., Church

### December

#### **December 8**

##### Guest Speaker: Scott Hahn

9 a.m.-12:15 p.m., Church

#### **December 16**

##### Gaudete Sunday Concert

7-9 p.m., Church

### January

#### **January 12**

##### 60th Anniversary Mass with Bishop Perez

4 p.m., Church

##### Feast of St. Hilary Celebration and Night of the Arts

5 p.m.; Check in at Gathering Area