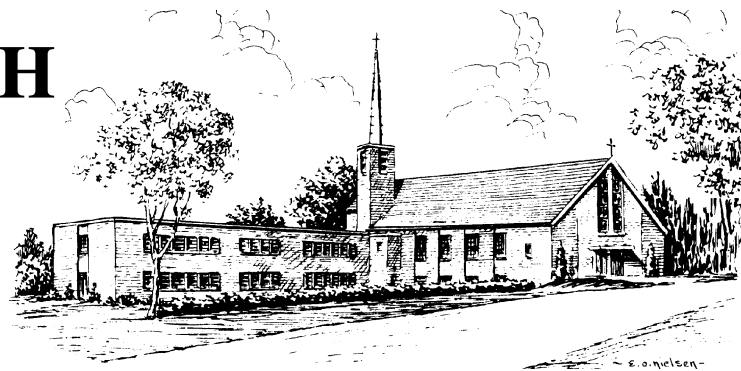


# ST. MARY'S PARISH NEWSletter



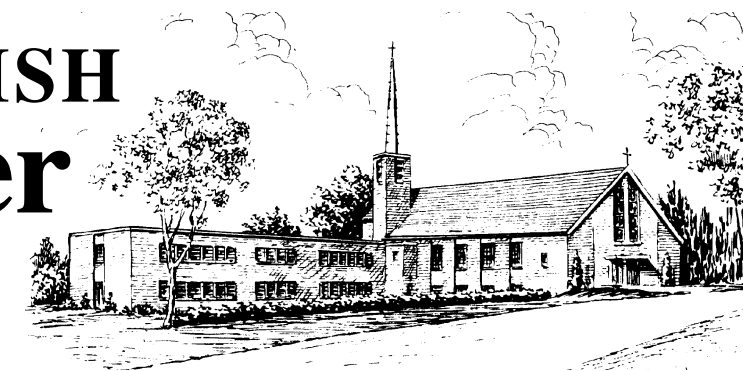
20 Summer St.  
Shrewsbury, Ma. 01545

RETURN SERVICES REQUESTED

Wonder-full Work Trip	Page 3
Challenge to Ministry	Page 3
Focus on God's Creation	Page 4
Christmas Mass Schedule	Page 7

Non-Profit Org.  
U.S. Postage  
**Paid**  
Worcester, MA  
Permit No. 77

# ST. MARY'S PARISH NEWSletter



*"All are welcome"*

ST. MARY PARISH • SHREWSBURY, MASSACHUSETTS

NOVEMBER 2009

## Running is a Celebration of Life

BY MARY DONOVAN

Paula Curran (get that Irish in there) Hayeck is a runner. Running is a big part of her life. She's been running for 32 years. She runs Ironman Triathlons. You might think that would take up all her time, but that's not the case.

Paula and her husband Michael have two boys, John, 11, and Michael, 8. She is co-chair of St. Mary's School Parents' Association, a school volunteer and this year, she coordinated the Family Festival 5K road race. To her, running is a celebration of life, and volunteering is giving back for the gifts she's been given...

Paula started running when she was 14, she said. She had three older brothers who ran races in high school. They inspired her to start.

"I took the first step, and never stopped," she said. "I get joy out of it."

Running is a greedy sport. It eats up time in training. It wants top priority, but in a life like Paula's it has to fit in.

"It's a balancing act," she said. "Just like everything. The family understands the family always comes first. But the boys know (how important running is to her). One will say, 'Mom, you better go out for your run.'"

Running has its rewards. There's the joy that it brings her. In addition, it helps her think, she said, it makes her appreciate life: the ability and strength to run, the will to do it, the air, the trees, the creation she sees around her. Running for her is joy in being alive: she hopes her example will instill a respect for life in her boys, she said.

"You think a lot." She said. "You see a correlation between spiritual life and running. It's a good healthy life; I'm so grateful to be able to have it."

Paula believes in setting goals, she said.

"Goals change, when you're single you



Paula running in the Lake Placid Ironman, July 2009

have goals, married people with children have goals. You should always have a goal," she said. "You have to do something for yourself before you can do for others."

She's a competitor, but basically she's competing against herself.

"It's not for the winning," she said. "It's just the challenge - to challenge yourself. The reason you start a race is to finish. Whatever the day brings, good or bad, the challenge is the same - to do your best and finish."

She's had her share of wins. She won a trophy in 1979 at a particular race, she said, and, in a very satisfying achievement, went back this year and won the race again. And there have been others.

But she's had her rough times as well. Racing can be humbling, she said. She

see MORE FAMILY Page 3

## PASTOR'S LETTER

### Reaching Out to Build Up the Kingdom

*BUILDING UP - REACHING OUT*, the theme of last month's Stewardship Ministry Fair, captures so well the essence of our life and activity here at St. Mary's. While the visible and impressive building now under construction in the back of the church and hall reflects the growth and expansion of this parish throughout the past 20 years, it is the number of people involved in the many ministries of our parish and school who truly tell the story of St. Mary's. Visitors to St. Mary's throughout the summer months and early fall were often noticeably shocked to see and hear of our parish needing to expand in a time when many other churches are merging and consolidating.



Fr. Michael Rose

It is indeed exciting to experience the present construction project day by day and to see the progress that is being made each week. Our own eyes now see the fulfillment of dreams and plans which have been developed over many years. But the visible construction site also points to the growth of our parish mission and ministries as well. The parish staff and many volunteers are committed to seeing our parish community grow and expand as well as our physical space.

*Reaching Out* to parishioners, residents of our local community and beyond has been a trademark of St.

Pastor's Letter continued on Page 2

## Mission Statement

We, the people of St. Mary's, strive to be a community united with God, dedicated to continuing growth in faith, giving witness to Christ through love, worship, education and service ... so that we may fulfill this mission and integrate spirituality with life, we shall reach out to all peoples within and beyond our faith community.

### St. Mary's Pastoral Center

20 Summer Street, Shrewsbury, Massachusetts 01545

Visit our Website at: <http://www.stmarysparish.org>

Priests' Residence 845-0161 \* Pastoral Office 845-6341 \* Fax 842-9132

School Office 842-1601 \* Religious Education Office 845-1154 \* Youth Ministry Office 842-0899

### PASTORAL COUNCIL

#### Chairperson:

Robert Doiron, 20 Deer Path 978-568-3696

#### Respect Life:

Dr. John Harding, 15 Spring St. 845-9237

#### Finance:

Maria Lemieux, 5 Country Way 845-8732

#### Parents' Association

Michael Lovelace, 6 Bonnie Dell Lane, 845-1935

#### Liturgy:

Richard Vacca, 7 Jamesbury Dr., 753-0230

#### St. Mary's JET SET

Evelyn Baroni, 13 Harrington Farms Way, 845-3511

#### Social Services:

Mary Daly, 14 Knowlton Ave., 845-6819

#### Stewardship:

Kelly Paulina, 20 Saunders Dr. 845-4557

#### Elected members:

Matthew Beaton, 21 Surrey Lane, 508-736-7910

Robert Doiron, 20 Deer Path, Hudson, 978-568-3696

Mary Pat Calderwood, 508-845-1667

Louise Garone, 696 Main St. 508-845-7463

Dawn Guarino, 508-842-0962

Suzanne Tierney Johnson, 27 Trowbridge Lane, 845-9882

Steve Keating, 67 Westwood Rd, 842-2279

Jennifer Kiel, 28 Stonybrook Lane, 842-6184

Susan Leahy, 41 Cypress Ave., 842-8811

Carol McWilliams, 28 Cotton Lane, 842-3142

George Nahm, 4213 Arbor Dr., 598-842-0759

Robert Terry, 38 Hawthorne Rd., 798-8734

### St. Mary's Newsletter

Editor: ..... Mary Donovan  
Graphic Artist: ..... Stacey Arsenault

### PASTORAL STAFF

#### Pastor:

Father Michael Rose

#### Associate pastor:

Father Adam R. Reid

#### Deacon:

Frank Myska

#### Education Staff

##### School Principal:

Joan T. Barry

##### Religious Education Director:

Susan Landry, Laura Osborne and Gina Kuruvilla

##### Director of Liturgical Music:

Richard Vacca

##### Coordinator of Youth Ministry:

Gina Kuruvilla

##### Parish Health Ministry:

Viola Jefferson

##### Parish Secretary:

Kerry Martineau