

The Sixteenth Sunday in Ordinary Time

Masses this Week

Tuesday, July 24

5:00 p.m. + Jacinto & Luiza Lima - *Maria Branco*
Ints. of Michael Fairhart & Family - Joe, Charlotte & Family

Wednesday, July 25 - St. James the Apostle

8:00 a.m. + Agostinho Furtado - *Emilia Moura*

Thursday, July 26 - Sts. Anne & Joachim

5:00 p.m. + The Brown & Mauser Families - *Frank & Sheila*

Friday, July 27

8:00 a.m. + Luis Medeiros - *Armind Galvao*

Saturday, July 28

5:00 p.m. - Sung Mass

+ Vicente Moniz - *Goretti Moniz*

+ Gloria Raposo & Family - *The Family*

+ Brian Dwyer - *Mary Howard & Family*

+ Eduino Francisco - *Rosa Francisco & Family*

+ William Bangawan - *Mila*

Sunday, July 29 - 17th SUNDAY IN ORDINARY TIME

8:00 a.m. - Said Mass at the Altar of Our Lady

9:00 a.m. - Sung Mass + Sandra Simpson - *Armind Galvao*

11:00 a.m. - Sung Mass - *Pro populo*

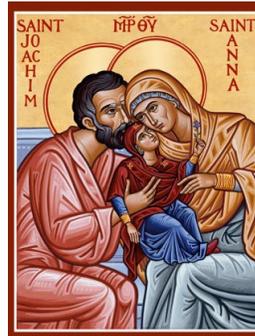


If you are visiting today,

St. Patrick's Parish welcomes you.

*Please observe a reverent silence -
 talk to God before Mass and to each other after Mass -
 and please ensure that all mobile devices are switched off or silenced
 to avoid distracting others in prayer.*

Feast Day of Saints Anne and Joachim Thursday, July 26



How wonderful that Jesus had grandparents. St. Joachim and St. Anne remind us of the mystery of the Incarnation: God truly became man and entered into a human family that included not only his mother Mary and father Joseph but their parents, and their parents, and their parents, all the way back to Adam (and Eve) at the dawn of creation, according to St. Luke's chronology (Luke 3:23-38). Like all of us, Jesus was born into a web of relationships, the "cradle of life and love" that is the family (John Paul II, *Christifideles Laici*, no. 40).

This Week In Our Parish

Tuesday, July 24

7:00 p.m. - SVDP Refugee Meeting (Parish Hall)

Wednesday, July 25

8:30 a.m. - Confessions, *immed. following mass until finished* (Church)

Saturday, July 28

3:45 - 4:30 p.m. - Confessions (Church)



Changes to Note...

There will be no adoration or Benediction on Friday's from June 15 - August 31 inclusive.

Preparing For Next Week

2 Kings 4: 42 - 44; Psalm 145;
 Ephesians 4: 1 - 6; John 6: 1 - 15

Offertory

Envelope Contributions Last Week	\$3665.50
Loose Collection	\$ 512.05
Total Collection - Thank you	\$4177.55

Liturgical Ministers - July 28 & 29

	5:00 p.m.	9:00 a.m.	11:00 a.m.
Greeters	<i>Vol. Needed</i> <i>Vol. Needed</i>	<i>Vol. Needed</i> <i>Vol. Needed</i>	H. France R. France
Lectors L1	J. Kelly	B. Sousa	B. O'Brien
L2	A. Kelly	B. Koopmans	J. Kelly
Communion	P. Cooper J. Madruga	J. Streppel A. Sousa	H. France R. France

Parish Barbeque

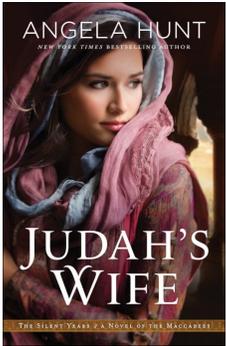


Please plan now on attending the parish barbeque that is scheduled for **Sunday, September 9** following the 11 a.m. Mass. Whether you choose to attend Mass on Saturday evening or Sunday morning, the BBQ begins serving at 12 noon on the front patio and lawn of the church. Some tables and chairs will be available, but please feel free to bring a lawn chair. All food and beverages will be provided without charge, together with prizes for the children. All are welcome.

Diocesan Prayer Calendar

Mon., July 23	Rev. Edward Hampson
Tues., July 24	Rev. David Lewis
Wed., July 25	Sisters of Social Services (S.S.S.)
Thurs., July 26	Rev. Donald Sanvido
Fri., July 27	Rev. Ken Miskiewicz
Sat., July 28	Rev. Terence Sehl

For information about diocesan workshops and events, please visit: <https://hamiltondiocese.com>



**Judah's Wife:
A Good Summer Read**

Novelist Angela Hunt succeeds in bringing history to life with her novel, *Judah's Wife*. Taking place during the Maccabean Revolt (167 - 160 BC), this speculative work retells the story of Leah and Judah Maccabee in a time of fear and unrest under constant Seleucid threat.

Because of her abusive father, Leah is emotionally scarred. Judah, a strong warrior, though gentle and caring, counters Leah's constant uncertainty and wounded character. Judah's family is encouraging and accepting as they bring Leah into the family. Leah slowly comes to understand what it means to trust and be truly loved by her new family, her husband and God.

In the midst of this thickening plot, the city of Jerusalem is under attack from surrounding peoples. Judah and his four brothers must fight to keep their land free.

Leah must learn to trust God and His calling for Judah. Feeling alone, Leah faces the battles of abuse, her marriage and a difficult childbirth while her husband faces the challenges of leadership in a time where war put the safety and freedom of his people and land at risk. This book is perfect for anyone interested in the Old Testament and a good summer read. *(Catholic Register)*

**Mourning Is An
Essential Part Of Our Health**



Our culture doesn't give us easy permission to mourn. Its underlying ethos is that we move on quickly from loss and hurt, keep our griefs quiet, remain strong always and get on

with life.

But mourning is something that's vital to our health, something we owe ourselves. Without mourning our only choice is to grow hard and bitter in the face of disappointment, rejection and loss. And these will always make themselves felt.

We have many things to mourn in life. We are forever losing people and things. Loved ones die, relationships die, friends move away, a marriage falls apart, etc. Beyond these many losses that ask for our grief, there's the need to grieve the simple inadequacy of our lives. So how do we mourn so that our mourning is not an unhealthy self-indulgence but a process that restores us to health?

First, there's the need to accept and acknowledge both our loss and the pain which with we're left. Denial of either, loss or pain, is never a friend. Next, we must acknowledge that mourning is a process that takes time - we cannot simply will our emotions back to health. Finally, not least, we need patience to stay the course.

Henri Nouwen was a man very familiar with mourning and loss. On one such occasion, while working through a major depression, he wrote his deeply insightful book, *The Inner Voice of Love*. There he gives us this advice: "The great challenge is living your wounds through instead of thin-

-king them through. It is better to cry than to worry, better to feel your wounds deeply than to understand them, better to let them enter into your silence than to talk about them. The choice you face constantly is whether you are taking your hurts to your head or to your heart. In your head you can analyze them, find their causes and consequences, and coin words to speak and write about them. But no final healing is likely to come from that source. You need to let your wounds go down into your heart. Then you can live them through and discover that they will not destroy you. Your heart is greater than your wounds."

We are great than our wounds. Life is greater than death. God's goodness is greater than all loss. But mourning our losses is the path to appropriating those truths. *(Fr. Ron Rolheiser, www.ronrolheiser.com)*



**What Is The Proper Way To
"Offer" A Sign Of Peace?**

In GIRM #82, the Sign of Peace and the way that it is offered between individuals is said to be decided by conferences of bishops, who are to be mindful of "culture and customs of the peoples." Accordingly, the US and Canadian Council of Bishops have designated the "handshake" as the fitting way to offer the Sign of Peace. Furthermore, the same paragraph tells us that the Sign of Peace is appropriately given by each "only to those who are nearest and in a sober manner." While some give hugs, or sometimes you see spouses give a kiss to one another, the significance of the gesture is to be as a pledge of "self-sacrificing love;" that by expressing this sign, you are saying "I would willingly die for you than have you sin." Admitting that most people are not aware of this meaning of the Sign of Peace, this question serves all of us as a good reminder of the deeper meaning behind this part of the Mass - that we express self-sacrificing love for one-another as we prepare to receive Jesus' self-sacrifice in the Eucharist. Hence, our goal with the Sign of Peace is never for the sake of pleasantries; it is an expression and participation in the self-sacrificing love of Jesus Christ. *(Reprinted by permission of the author, Fr. Joel Hastings, Diocese of Duluth)*

**Hearing The Call To A Vocation
To Serve The Church?**

When the apostles were trying to reflect on their ministry, Jesus asked them to "Come away to a deserted place all by yourselves and rest a while." Listening to God in quiet prayer is very important in vocation discernment. Listen to God's voice in an out-of-the-way place. If you feel the call is genuine, contact Fr. Michael King, Vocation Director, Diocese of Hamilton at 905-528-7988 x2246 or email: vocations@hamiltondiocese.com

God's Commandments are not obstacles to freedom and to a beautiful life, but signposts on the road on which to travel to find life.
~ Benedict XVI