

# THE SEVENTEENTH SUNDAY IN ORDINARY TIME

## MASS INTENTIONS THIS WEEK

**TUESDAY, JULY 26**

**(STS. ANNE & JOACHIM)**

*(followed by Novena to St. Anthony)*

**5:00 pm**

+ Manuel Chaves & James Perinho

+ Beverly Dalzilio

**WEDNESDAY, JULY 27**

**8:00 am**

+ Maria do Carmo Tavares

**THURSDAY, JULY 28**

**5:00 pm**

*(followed by Miraculous Medal Novena)*

+ Luis Medeiros Costa

+ Antonina Komar

**FRIDAY, JULY 29**

**(STS. MARTHA, MARY & LAZARUS)**

**8:00 am** (8:30 - 9:30 am adoration & recitation of Divine Mercy Novena)

In honour of the Immaculate Heart of Mary

## EIGHTEENTH SUNDAY IN ORDINARY TIME

**SATURDAY, JULY 30**

**5:00 pm**

+ Mario Resendes

+ Josepe & Pasquale Monterosso

+ Helen Gosine

+ Joan Amodeo

**SUNDAY, JULY 31**

**9:00 am**

+ Lucy DaRosa

**11:00 am** - for the People - *pro populo*

*“On the day I called, O Lord,  
you answered me.”*

Psalm 138



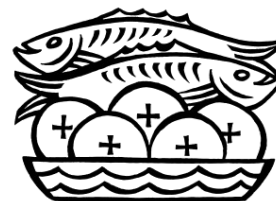
*If you are visiting today,*

**St. Patrick's Parish welcomes you.**

## SVDP PANTRY IN NEED OF FOOD FOR THE SUMMER MONTHS

During the summer months food donations to the SVDP pantry decline, but the need for food support does not. Food donations may be placed in the SVDP box located in the narthex of the church or may be dropped off at the parish office during weekday office hours. There is a continuing to need for: *cereal, canned fruit and vegetables, canned meats and fish, peanut butter, pancake mix and syrup, pasta sauce and “dinner” sides.*

In addition, as SVDP experience requests for help over the summer months, your donations are always welcome in the Poor Box at the back of the church or via EFT at [svdpstpatrick.t@gmail.com](mailto:svdpstpatrick.t@gmail.com). As always, the SVDP Society is grateful for your continued and generous support.



## FEAST DAY OF

**STS. ANNE AND JOACHIM - 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).

## SUMMER OFFICE HOURS

Please note that the parish office is now on summer office hours and that the parish office will be **closed from July 27 - August 9 (inclusive).**

**Summer Hours: Tuesday - Friday 9 am - 12 noon**



## OFFERTORY

JULY 17, 2022

Envelope Contributions	\$2,154.75
Loose Collection	\$ 493.45
EFT Donations	\$1,149.75
Total Collection – Thank you	\$3,797.95

## LITURGICAL MINISTERS

JULY 30 & 31

	5:00 p.m.	9:00 a.m.	11:00 a.m.
<b>Lectors</b>	C. McArthur	A. Jamieson	J. Frias
<b>Communion</b>	L. Henry B. Raghubar	J. Bui A. Sousa	H. France R. France



**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 thinking 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](http://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)

**GRACE**

Grace is a *participation in the life of God*. It introduces us into the intimacy of Trinitarian life: by Baptism the Christian participates in the grace of Christ, the Head of his Body. As an "adopted son" he can henceforth call God "Father," in union with the only Son.

This vocation to eternal life is *supernatural*. It depends entirely on God's gratuitous initiative, for he alone can reveal and give himself. The grace of Christ is the gratuitous gift that God makes to us of his own life, infused by the Holy Spirit into our soul to heal it from sin and to sanctify it. It is the *sanctifying* or *deifying* grace received in Baptism.

Sanctifying grace is an *habitual* grace [distinguished from actual graces which refer to God's interventions] that perfects the soul itself to enable it to live with God, to act by his love. God's free initiative demands *man's free response*, for God has created man in his image by conferring on him, along with freedom, the power to know him and love him. The soul only enters freely into the communion of love.

Since grace belongs to the supernatural order, it *escapes our experience* and cannot be known except by faith. We cannot therefore rely on our feelings or our works to conclude that we are justified and saved. However, reflection on God's blessings in our life and in the lives of the saints offers us a guarantee that grace is at work in us and spurs us on to an ever greater faith and an attitude of trustful poverty (*Catechism of the Catholic Church* 1996 - 2005).

<b>DIOCESAN PRAYER CALENDAR</b>	
Monday	Rev. Gabriel Morais Catarino
Tuesday	Rev. Paul Edmondstone
Wednesday	Inst. of Kkottongnae Sisters of Jesus
Thursday	Rev. Edward J. Mahony
Friday	Very Rev. David Walter
Saturday	Rev. Fulbert Jonas Ahouansou

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