

# 13TH SUNDAY IN ORDINARY TIME

He took the child by the hand and said to her, "Talitha kum,"  
which means, "Little girl, I say to you, arise!"

Mk 5:41

## Our Lady of the Visitation Catholic Church

305 N. Prince St. Shippensburg, PA 17257-1321

Pastor and Campus Minister—Rev. Ben Dunkelberger—  
frbdunkelberger@hbgdiocese.org

Website-www.olvshippensburg.org You Tube-Shippensburg Catholic  
Church...(717) 532-2912 Campus...(717) 477-1244 Emergency...(717) 323-2679

### Weekend Masses

Saturday.....5:00 pm  
Sunday.....8:00 am and 11:00 am

### Daily Mass

Tuesday, Thursday & Friday .....8:30 am  
Wednesday.....6:30 pm  
First Saturday of the Month.....9:00 am

### Rosary

Tuesday—Friday.....8:00 am

### Reconciliation

Saturdays.....3:30 pm – 4:30 pm  
Wednesdays.....5:30 pm - 6:20 pm  
1st Fri. of the Month....7:30 am – 8:20 am  
1st Sat. of the Month...8:00 am – 8:45 am

### Adoration of the Most Blessed Sacrament

1st Fri. of the Month....7:30 am – 8:20 am  
Fridays.....9:00 am-- 7:00 pm

### Office Hours

Monday-Thursday.....9:00 am—4:00 pm  
*Closed Holy Days & Holidays*

I WILL PRAISE YOU,  
LORD,  
FOR YOU HAVE  
RESCUED ME.



### PARISH CONTACT INFORMATION

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# Eucharistic Revival in the Catholic Church:

## **Weekly Bulletin Articles**

The Catholic Church in the United States has been on a 3-year process of Eucharistic Revival, and we are now in the 2<sup>nd</sup> year and focusing on revival at the parish level (see this website for more, <https://www.eucharisticrevival.org>). In addition to trying our best to celebrate every single Mass reverently, attentively, and prayerfully, one effort we will be making is **to write a small bulletin article every week for a year** in order to help all people understand the Catholic Mass more fully. Not only can this help us understand how each prayer and symbol and movement has deep meaning and symbolism, but all the prayers, symbols, and movements should also lead us into the reality of Christ's love on the Cross and His grace poured out from the Resurrection and how we can encounter Him present to us today throughout the entirety of the Mass! Please consider reading along each week with these bulletin articles to help you better understand the history, meaning, beauty, and reality of what we celebrate every weekend as Catholics. This can help us to have a Eucharistic Revival at our parish, and to know, love, and serve Christ more fully every time we attend the Holy Sacrifice of the Mass here at OLV.

### **The Reception of Holy Communion – “AMEN” = *The one-word profession of faith, hope, & love!***

#### **Bulletin Article #43**

The distribution and reception of Holy Communion during the Mass is certainly one of the most important moments for everyone. Jesus is fully present under the form of bread (and wine if it is distributed), which has now become the body, blood, soul, and divinity of Jesus for our sake. As someone approaches either the priest, deacon, or extraordinary minister of holy communion, the Catholic Church does have a specific rubric or guide for how to receive Jesus in this most sacred manner.

- First, as each person approaches in line to receive, they are asked to bow during this approach and right before they get to the minister who is distributing holy communion to them (*a good time might be as the person in front of you is receiving*).
  - o This bow is simply encouraged to be a bowing of the head, which is distinguished between a bowing at the waist (*more a solemn bow in that sense*).\*\*\* (*see below*)
  - o People are also allowed to kneel as well to receive if they would like!
- Second, they are asked to present their hands in the form of a throne, which traditionally has meant a non-dominant hand resting on top of a dominant hand as carefully and steadily as possible.
  - o If the person chooses to receive on the tongue, which is certainly a beautiful and devotional way of receiving holy communion, then they should keep their hands down and open their mouth with their tongue down and out a bit to help the person distributing to do this as prayerfully and respectfully as possible.
- Third, when the minister says the words “The Body of Christ,” the person about to receive is supposed to respond clearly with the word “Amen.”\*\*\* (*see below for explanation*)
- Finally, if the person is receiving in the hand, then they should receive the host immediately and return to their pew to pray and/or sing the hymn being sung at this time (*you are not supposed to delay in receiving for private prayers while the host is in your hand*).
  - o By the way, doing the sign of the cross after receiving has become a very common practice. This is not in the rubric/guide provided by the church, but if it helps you to pray, this is certainly fine to do this right after receiving if you'd like.

All of these guidelines/rubrics for receiving holy communion are truly meant to help us approach this with the proper disposition of heart. There are definitely practical benefits to having a certain uniformity of practice/ritual when Catholics are receiving the Eucharist (for example, it just helps everyone be on the same page, which can help relax people knowing what to expect). However, the most important thing is the disposition of our hearts as we approach Jesus in Holy Communion. My favorite way to encourage this, is to think about the word “Amen.” Amen is a word that simply means “so be it” or “I believe,” and we say this right before receiving Holy Communion. We are technically saying Amen in at least two ways. First, we are saying it intellectually to say, I agree with what the Catholic Church teaches on the Eucharist and on all doctrines of the faith. On the other hand, we are also saying it about inviting a real Person into our bodies and souls in this moment! I'll reflect more on this next week, but as we receive Jesus in the Eucharist, we receive God become man into our souls; in a sense, He receives us into His very life as well. May we approach holy communion with great reverence, faith, hope, and love, and may we say “Amen” from our hearts at every Mass to partake of Jesus' very life given to us.



**This weekend please welcome Fr. Gary Wiesmann, for our annual mission appeal on behalf of the DIOCESE OF MANDEVILLE, Jamaica.**

Checks and donations can be made out to our parish with Mission Co-op written in the memo line. Online contributions to this mission may also be made through the Mission Office

home page at [www.hbgdiocese.org/missions](http://www.hbgdiocese.org/missions), which has a "Donation" button; Gift Direction-Missionary Cooperative Appeal. When you identify your parish, the contributions will go to the correct mission group.



You may sign up for a weekend to have flowers placed at the tabernacle in honor or in memory of someone. The flowers cost 40.00. The flowers will be ordered and delivered

from Fishers Florist. The sign up sheet is in the lobby of the church. Envelopes are provided near the sign up sheet for payment that you may put in the collection bin or drop off at the office. Please contact Sue German at 717-816-0552 with any questions.



We are excited to announce that our parish is enrolled in a recycle program. We have 2 recycle bins, one is placed in the social hall and the other bin is placed in the lobby of the church closest to the social hall entrance. On front of the bins are guidelines as well as copies of the guidelines that you may take with you. Our goal is to collect 1,000lbs in a years time.

**We currently have collected 78lbs!!** Please contact Heather Kauffman for more information, 223-220-6913.



### Our Church's History

In 1967 the current church was built. This modern structure included many imaginative features. The sacrifice is the central action

of our Christian life. The altar stands in the focal center of the church. Supported by concrete arches, the roof rises to a fifty foot summit, giving it a sweeping movement. The pews are positioned to focus attention on the altar. The second level and the ramps provide a flexible seating arrangement to accommodate the whole church congregation, which includes the university student population. The large stained glass windows provide light and help create an atmosphere of devotion and piety. Pennsylvania and Vermont slate are used in the sanctuary and altars. The laminated roof beams support a ceiling of red cedar.

**Our Lady of Visitation Parish grew and on July 2, 1967, the new church and rectory were formally dedicated.** The church now provides services to 460 families and also provides space for some of the activities of the Catholic Campus Ministry at Shippensburg University. The social hall and education building was built in 1999.



## Mass Intentions

<b>Saturday,</b> 5:00pm	<b>June 29</b> People of the Parish
<b>Sunday,</b> 8:00am	<b>June 30</b> In Memory of James Ryan
11:00am	In Memory of Charles & Margaret Howe
<b>Tuesday,</b> 8:30am	<b>July 2</b> For Our Lady of the Visitation Parish
<b>Wednesday,</b> 6:30pm	<b>July 3</b> In Memory of Martin & Theresa Thornton
<b>Thursday,</b> 8:30am	<b>July 4</b> In Memory of Patricia (PJ) McGuigan
<b>Friday,</b> 8:30am	<b>July 5</b> Intentions of Louise Bonnie
<b>Saturday,</b> 9:00am	<b>July 6</b> In Memory of Nancy Redington
5:00pm	People of the Parish
<b>Sunday,</b> 8:00am	<b>July 7</b> In Memory of Thomas Sutch Sr.
11:00am	In Memory of Blanche Baron

*The flowers at the tabernacle are placed in memory of Paul Haas*



### June 22-23, 2024 (in pew)

Weekend Collection:	\$2,998.00
Building Improvements:	\$81.00
Parish Youth:	\$177.00
Social Outreach:	\$51.00
Catholic Communications:	\$102.00
Mission Co-op:	\$31.00
Votives:	\$34.00
<b>TOTAL INCOME:</b>	<b>\$3,474.00</b>



Please visit [olvshippensburg.weshareonline.org](http://olvshippensburg.weshareonline.org) for more information regarding online giving.

### Parish Council Elections



### LAST WEEKEND TO VOTE!

The Parish Council ballots should be returned by **June 30th**. All registered parishioners are asked to vote for 3 candidates to fill the upcoming 3 vacant seats. The ballot box is the lobby of the church. Thank you!



## Weekly Announcements

**Wednesday, July 3rd – Morning Prayer 8:30am**

**Wednesday, July 3rd—No Choir Practice**

**Thursday, July 4th —Knitting Group-** Join us for coffee, snacks, and good conversation in the social hall after morning Mass.

**Friday, July 5th — Confession 7:30am-8:20am**  
**Adoration 9:00am-7:00pm**

**Saturday, July 6th — Run with a Priest** (or bike, or walk). Meet at the social hall entrance at 10am.

### The next potluck will be Sunday July 21st

CHURCH

*Potluck*

Immediately following the 11am Mass. Please bring a dish to share.

Water, juice & coffee will be provided

**YOUTH GROUP**  
*News*

All students in grades 6-12 are invited to our next **Youth Group Meeting on Saturday July 13 from 6-8pm** in the social hall.

**Feel free to invite your friends!!**



### **Run with a Priest! (...or walk or bike!)**

Every 1<sup>st</sup> & 3<sup>rd</sup> Saturday we will meet outside the social hall around 9:45am. Take a short run (walk or bike) on the Rails to Trails.

**The next run will be Sat. July 6th**



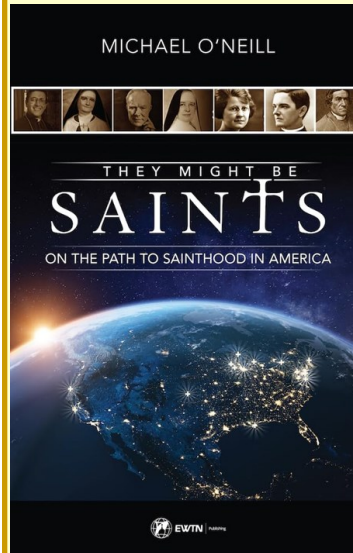
### Knights of Columbus & The Ladies Auxiliary



**The next Knights meeting will be Thursday, August 1st at 7:00 pm in the social hall.** For more info. please contact Travis Detwiler at 717-809-0672 or [travisedetwiler@gmail.com](mailto:travisedetwiler@gmail.com)

**The next Ladies meeting will be Wednesday, September 4th at 2:00 pm in the social hall.** For more info. please contact Donna Bonitz at 717-860-4909 or [ddbonitz@gmail.com](mailto:ddbonitz@gmail.com).

## Book of the Month July and August 2024



The Book of the Month for both July and August will be ***They Might Be Saints: On the Path To Sainthood in America*** written by Michael O'Neil and published by EWTN. This might be our biggest book we have ever had at just under 300 pages, however, it also might be my favorite book so far in this series! This book is written based off of research for a TV series on EWTN that tried to study and compile the stories of dozens of potential Catholic Saints that lived in America (both before it

was the U.S.A. and since then in our very modern world as well!). The chapters are only about 7-10 pages each, and it covers the stories of at least 24 different holy individuals who are currently in the process of potentially becoming a future Saint in the Catholic Church. Also, this book begins with an incredibly detailed explanation of how the official process currently works (and some past history of the process of becoming a Saint as well), which I guarantee will surprise you in beautiful ways! There are so many miracle stories and stories of authentic holiness, heroic virtue, and determined faith that if you give this book a chance, you will be inspired and consoled at God's activity within human souls as well as His great plan for your life.

We will get together to discuss this book on **Wednesday, September 4<sup>th</sup> from 7:30 – 8:30 pm**, which gives you a solid two months to get this book and read it in that time! Even if you don't have time to read this book, please consider coming to meeting in the social hall on Sept. 4<sup>th</sup>, and I will do my best to summarize my favorite stories and bring some good discussion into the room as well. Thank you again, and God Bless you.

Save the date! The annual Pennsylvania March for Life is Monday, September 23 in Harrisburg.

11:00 AM - RALLY 501 N 3rd St      12:00 PM - MARCH FOR LIFE

FOR MORE INFORMATION, VISIT: [PA.MARCHFORLIFE.ORG](http://PA.MARCHFORLIFE.ORG)



**PENNSYLVANIA MARCH FOR LIFE**



### Answering the Call to Follow Jesus”

“Oh, that today you would hear His voice, do not harden your hearts”

Fr. David A. Driesch will lead us in refining this connection so we can “Follow Jesus” every day by being attuned to hearing His voice. When will this happen? During the 46<sup>th</sup> Annual Men’s Retreat, **August 2 – 4** at Mt. St. Mary’s University in Emmitsburg, MD. John Thornton will be available at all the masses to assist you with registration and answer any questions you may have or you may contact him at (508) 868-5640 text or call. Email [johnnie7746@gmail.com](mailto:johnnie7746@gmail.com). You can register on-line at [cburgcatholic.org/mensretreat](http://cburgcatholic.org/mensretreat). Costs vary based on accommodations. Deposit is \$60.00. A \$5.00 processing fee will be added to all on-line reservations. **Last date to register July 10!**



### The Word of God Alive:

Discussing the Readings with your children



If death has no place in the kingdom of God, where did it come from?

A few weeks ago, we heard the answer. When the first humans lived in the Garden of Eden, they were tempted by the serpent, the devil. They sinned and that sin led to a big change in how humans experience life. Sin caused the fullness of life to be out of reach for humans. Death was not made by God, but it could be destroyed by God. We know that when Jesus, who had died and rose again, he brought with him a life that is stronger than death.

When Jesus arrived at Jarius' home, he showed the people what death really meant. He said that the girl was sleeping. He wanted the people to understand that in the kingdom of God, death is temporary. He told the girl to rise, and she did. The power of Jesus is stronger than death and could restore someone to life once again.

Jesus wants to share the fullness of life with us. In baptism, we are given the gift of life to the fullest in a most particular way. We know we are moving toward the moment when death will be no more. While we await this time, we remember what we were made for. We remember that we were made for life. We can enjoy together and share with one another those things that are truly life-giving. We can act in love. We can share with one another and make sure that everyone has what they need to live. We can be signs of the kingdom of God.

**Living our Faith:** This week, show that you are a sign of God's kingdom, be kind, share with others, listen and obey your parents.

### Shippensburg Community Resource Coalition

**Christ Among Neighbors (CAN):** CAN has been helping Shippensburg residents with emergency financial needs for over 20 years. Volunteers are needed on Wednesday afternoon or Saturday morning. Visit our website or call us to learn more. Suzanne Hildabrand 717-377-8316; [www.christamongneighbors.com](http://www.christamongneighbors.com).

**Hound Packs:** We will be collecting soup all summer so that we are ready for the fall. At the end of the school year, we were packing 200 bags of food for children who don't have enough food for the weekend, they try to give 2 cans of soup each week.

They are also looking for someone to deliver the bags to the schools for next year. The bags are delivered on Thursday mornings. In the past there was one person who delivered to all the schools, and it took about an hour. More than one person can deliver to the schools, making the job easier and quicker.

**SPO:** Shippensburg Produce Outreach is in immediate deed of volunteers to help distribute food on Tuesdays from 3:30-6:30. This takes place on South Penn ST., in the building next to the Lutheran Church. It would be nice if you could make it each week, but if you can volunteer a couple times a month, that would be greatly appreciated.

Any questions, contact Bobbi Staver 717-816-5309

WE ARE

### Meals On Wheels

*So no senior goes hungry.*

### Meals On Wheels NEEDS DRIVERS!

Meals On Wheels is a life-line for many in the Shippensburg area. We deliver approximately 250 meals weekly to those in need. This invaluable service extends beyond providing nourishment; it offers companionship, care, and support to individuals who may face challenges in accessing nutritious meals. Please contact Diana Nazario if you need any information to start volunteering with Meals on Wheels at 717-300-3563 or by email to [diana.nazario@mennohaven.org](mailto:diana.nazario@mennohaven.org)



### Register Now for Vacation Bible School!!!!

There is NO COST, but spaces are limited— so don't wait! VBS is for students in pre-k (4 & 5 years old) through 5<sup>th</sup> grade.

VBS is August 5-9 this year from 6-8pm in the social hall with some outside activities, as weather permits. Registration forms can be found on the bulletin board outside of the Religious Education office. You may email, mail, or slide completed forms under my door! Let me know if you have any questions! Jolene Cramm [jcramm@hbgdiocese.org](mailto:jcramm@hbgdiocese.org)