

7TH SUNDAY of Easter

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
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 & Friday8:30 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

God Bless
OUR MOTHERS

A mother defends herself with a heart filled
with love before doing so with words.

- Pope Francis

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 2nd 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 OUR FATHER – Should we repeat prayers at Mass? The Our Father as a cheat code for Christian Meditation.

The Communion Rite is the name the Catholic Church has given to the last subsection of the entire 2nd half of the Mass, which we remember is called *The Liturgy of the Eucharist*. This is pretty basic because the name comes from what is about to happen; we are about to receive communion. Therefore, we have just finished the entire Eucharistic Prayer, we have just proclaimed the Great Amen, and now as we launch into the communion rite, we prepare our hearts and summarize all our prayers by praying together the prayer that Jesus taught us word by word, the Our Father. The Our Father is such a simple prayer, but it is loaded with depth and beauty in its content. There are seven different petitions or parts to the Our Father prayer, and the Catechism of the Catholic Church spends a substantial amount of time reflecting on each of these petitions to help us enter most fully into this prayer from Jesus (CCC 2759-2865...so I will not attempt to do that during this reflection!).

However, this does raise at least one important point about the Our Father prayer in general as it relates to the entire structure and approach to the Catholic Mass. One common question that Catholics might get from non-Catholic Christians normally goes as follows, "Why do Catholics repeat prayers; doesn't Jesus clearly say not to do that when he condemns the Gentiles who 'heap up empty phrases' (Matthew 6:7)?" After all, Catholics do repeat many prayers every single Catholic Mass, and they are the same ones all around the world every single weekend (and every day if you come to daily Mass). The answer is that Jesus was talking about repeating prayers MINDLESSLY and FOR THE PURPOSE of gaining the praise of other people or of God just by quantity or visibility of praying (for example, read all of Mt. 6:1-18 and following). In addition, Jesus not only prayed the same prayers over and over again at times (for example, see Mark 14:32-39), but He taught us a specific prayer that we can say in the Our Father prayer. Therefore, we can say with confidence that repeating prayers is not sinful or bad, but we should try to enter into the repeated prayer with the correct mindset and openness of heart to receive the grace God wants to give us in that moment.

Two quick tips for praying the Our Father like a Saint. First, we can just pause and remember that we are speaking to a real person, who in fact, we call this person a father to us. What would THE PERFECT FATHER say to you in your life right now? What words do we need to hear from our dad when times are tough or when we are celebrating a big milestone in our lives? Just making the prayer personal and directed towards a Father in heaven is a huge step that can bring the Our Father prayer to life during each and every Mass. By the way, if you pay close attention to *almost* every prayer during the Mass, most prayers are directed or said as if the priest is speaking to God the Father (rather than being directed towards God the Son or God the Holy Spirit). The entire Mass is one prayer to God the Father, and the priest is offering those prayers because He is representing Jesus, God the Son. Just like Jesus praying to God the Father while He was here on earth, now at every Mass, Jesus takes our prayers and offers them to God our Father in a new way every single time!

Finally, the last encouragement is simply to pay close attention to the words of the Our Father and reflect or meditate on each little petition. You don't have to do this at each Mass you attend, but once in a while, if you are praying the words of the Our Father during Mass, try to pause your mind and think about what you are actually saying and what that actually means in this moment. For example, "...thy will be done, on earth as it is in heaven...", I wonder what that means for me today to do God's will in my life? God, what do you want me to do in this situation for it to be YOUR will and not my will? We can do this for every single line of the Our Father, pausing and thinking and reflecting and talking to God about it. It is ok if everyone keeps praying the rest of the prayers during Mass and moves on without us. We can pause and meditate and talk to Our Father each and every Mass! Overall, this is a shortcut to Christian meditation in general. Pause, think, reflect, and talk. We can do this with all the prayers at Mass as well! Start small. Start simple with the Our Father. But realize God is speaking to you as a Father, and He wants you to know how much He loves you.



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 on the KOC please contact Travis Detwiler at 717-809-0672 or travisedetwiler@gmail.com

The next Ladies meeting will be Wednesday, September 4th at 2:00 pm in the social hall. For more information regarding the Ladies Auxiliary please contact Donna Bonitz at 717-860-4909 or ddbonitz@gmail.com.

The next potluck will be Sunday May 19th

CHURCH

Potluck

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

Water, juice & coffee will be provided.



All students in grades 6-12 are invited to our next Youth Group Meeting on Saturday May 11th from 6-8pm in the social hall.

Feel free to invite your friends!!



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

Every 1st & 3rd Saturday we will meet outside the social hall around 9:45am. Take a short run (walk or bike) on the Rails to Trails. Run with the Priest will NOT be on Saturday, May 18th due to the Deacon Ordination at 10am at Saint Patrick Cathedral in Harrisburg. All are invited to attend the Deacon Ordination.

Run with the Priest has been rescheduled to Saturday, May 25th.



Mr. Cole Mase

Mr. Andrew St. Denis

Mr. Clark Stiteler

ORDINATIONS TO THE DIACONATE

Saturday, May 18, 2024 | 10 a.m.

Saint Patrick Cathedral, Harrisburg

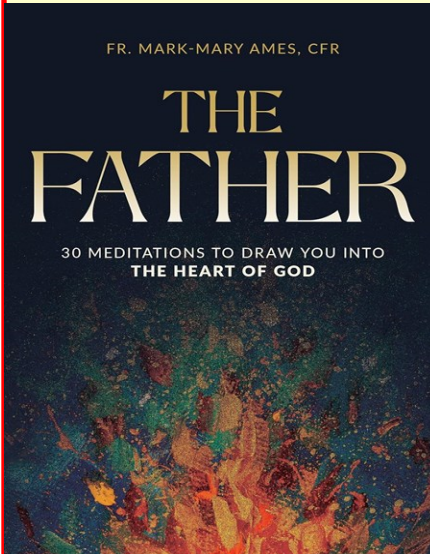
All are invited to attend the Ordination Mass in person or through the livestream at www.youtube.com/hbgdiocese



Book of the Month – May and June 2024

The Father: 30 Meditations to Draw You Into the Heart of God

by Fr. Mark Mary Ames



Saying the Our Father prayer that Jesus taught us from 2,000 years ago when He walked this earth is a fairly normal thing for most Christians.

Many of us as Catholic Christians, say the Our Father prayer many times every single day. However, how often do we take some time to reflect on God relating to us in personal way as a

true and real father. Fr. Mark Mary Ames is a young Capuchin Franciscan priest in New York City, and he does a remarkable job in his new book, *The Father*, to bring our belief and Scripture itself into a new light in this way. Fr. Mark Mary uses real stories and examples to easily bring the reader into a new understanding of Scripture and help us to pray through our relationship with God as a Father. These reflections and stories are split up into 30 different chapters or days, and they are only a few pages long, which make this book easily readable and digestible for the average person. If you want to grow in friendship with God, in love of God, and in a relationship with God, then please consider joining our parish in reading this book over the next two months of May and June. As usual, you will need to purchase this book to read it, but please also let me know if you don't have the money to purchase it and would really like to do that this time around. Once again, please consider reading through this book, and also consider joining us either way on Wednesday, June 26th from 7:30 – 8:30 pm in the social hall for our book discussion. Thank you all, and God Bless you!



PASTORAL COUNCIL

NOMINATIONS

The Parish Council of Our Lady of the Visitation parish is needing 3 more new members to fill vacant seats. The vacancies are open to all

baptized, practicing Catholics in good standing, at least 18 years old, registered members of Our Lady of the Visitation parish.

Nomination forms are available in the church lobby.

The completed forms may be placed in the nomination box on or before May 26th.

Parishioners whose names have been submitted will be contacted. Those who agree to continue with the process will have their names and a brief biographical information published in the bulletin from June 8th thru June 30th along with ballots for voting. The results will be published in July.

Retreats

There are 3 retreats coming up in the next few months. **ONE is for you!**

YOUNG ADULT RETREAT

The Diocesan Young Adult Retreat, May 24 – 26. The theme is "Never Alone". It is for both men and women, married or single, in their 20s and 30s. Your retreat leader will be

Zack Haney. How is Jesus present with you every day? As He promised he will be with you every step of the way; in many ways. These ways will be the focus of discussion. You can expect Mass, prayer time, Confession, teachings, small groups, fellowship, and FUN. Yes, retreats can be fun. The retreat will be at the Christian Retreat Center, 369 CRC Drive, East Waterford, PA. Cost is \$100 (cabins) and \$150 (Lodge). To register visit <https://www.hbgdiocese.org/neveralone>.



Men, This Weekend is Mother's Day!

Give the lady of your life the best possible gift. **A weekend with GOD!** June 14 – 16 is the 12th Annual Women's Weekend Retreat. Let her know how much you love her by promising you will do all the household duties that weekend while she spends

Friday evening, Saturday, and Sunday morning with God at beautiful St. Mary's University in Emmitsburg, MD. Remind her that with you doing the housework this will give her a weekend to unwind and refresh her faith life with the help of Bishop Emeritus Ronald W. Gainer. She will be joined by other members of OLV as well as like-minded women from throughout the diocese. Cost for your gift? \$215. Registration forms are in the back.



The 46th Corpus Christi Mens Retreat, "Answering the Call to Follow Jesus" at Mt. St. Mary's in Emmitsburg, MD, August 2 – 4. Your Retreat Leader is Fr. David A. Driess. More information will be forthcoming. With the majority of his years as a priest spent in education he will be able to provide us with a variety of ways to dig into

and more fully understand "Oh, that today you would hear His voice, do not harden your hearts." This year there will be a special handout for first timers and the Rosary and Stations of the Cross will be conducted in both English and Spanish.

Please contact John or Andrea Thornton (508) 868-5640, or email johnnie7746@gmail.com for more information regarding all 3 retreats.

The Word of God Alive:

Discussing the Readings with your children

The Seventh Sunday of Easter "Witnesses"



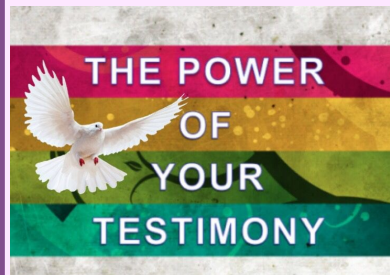
What does it mean to be a witness?

Sometimes we use the word *eyewitness* to describe someone who saw something and could describe the event.

The first listeners of the first letter of John were also people who could testify. They could speak about what they had witnessed with their own eyes. In this letter, we hear that "No one has ever seen God. Yet if we love one another, God remains in us, and his love is brought to perfection in us." What the first listeners had seen was the love of God, who sent his Son as Savior of the world.

We know that the testimony of the eyewitnesses had been passed on from person to person until one day it reached our own ears.

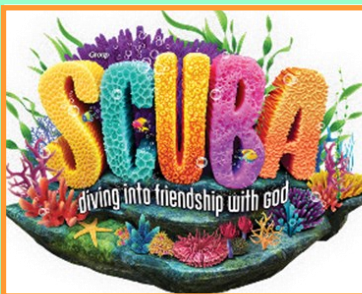
Jesus has sent all of his disciples to give witness, to testify. We, who are disciples by our baptism, are among those who are sent. We can speak the truth of what we have seen and heard. We can tell people about the love that God



has for us. When we act out of love for others, and the love of God, we testify with our actions.

Living our Faith: Go out and testify to God's love by your loving actions.

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 5th 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



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.

Hound Packs: We will continue to collect only soup. **Please place the soup only in the food bank container outside of the confessional.**

Shippensburg Produce Outreach (SPO): SPO is in need of helpers on Tuesdays. **We are no longer collecting egg cartons.** SPO is located on South Penn St in building next to the Lutheran Church.

Thanks for your support in these missions for the community.

Any questions call or text Bobbi Staver 717-816-5309

CHURCH CALENDAR

Saturday, May 11th — Youth Group:

All students in grades 6-12 from 6-8pm in the social hall.

Wednesday, May 15th — Morning Prayer 8:30am

Wednesday, May 15th—Choir Practice 7:15pm-8:30pm

Thursday, May 16th—Knitting Group

Join us for coffee, snacks, and good conversation in the social hall after morning Mass.

Sunday, May 19th —Parish Potluck Following the 11am Mass (so around noon or 12:15pm). Please bring a dish to share. The parish will supply water, juice & coffee.



The flowers at the tabernacle are placed in honor and in memory of all mothers of our parish, and in honor of our Blessed Mother Mary.



Mass Intentions

Saturday, 5:00pm	May 11 People of the Parish
Sunday, 8:00am 11:00am	May 12 In Memory of the Stewart-Gelas Family In Memory of Tara Porter
Tuesday, 8:30am	May 14 For special intentions
Wednesday, 6:30pm	May 15 Intentions of the Hrad Family
Thursday, 8:30am	May 16 In Memory of Debra DeFrancesco
Friday, 8:30am	May 17 In Memory of James Forbes
Saturday, 5:00pm	May 18 Intentions of Ed Kutlik
Sunday, 8:00am 11:00am	May 19 People of the Parish Intentions of Dot Chronister



8 Days of Eucharistic Joy

Bishop Senior invites all Catholics in the Diocese to join him for 8 Days of Eucharistic Joy, June 1-8, 2024. This week is dedicated to worship surrounding the Holy Eucharist with special events throughout the Diocese. Highlights include – Priesthood Ordination on June 1; National Eucharistic Pilgrimage and food fest,

Hanover area, on June 4; Consecration of the Diocese to the Most Sacred Heart of Jesus by Bishop Senior, 12 p.m. at St. Patrick Cathedral on June 7; and a Solemn Mass at 9:30 a.m. on the steps of the Capitol, followed by a Eucharistic Procession and food festival, on June 8 in Harrisburg. See the full schedule at www.hbgdiocese.org/event/8days.

Save the Date

Parish PICNIC

The Parish Picnic will be on Wednesday, June 5 at 6 pm at the large pavilion in the Memorial Park.

More information to come!!



ALL YOUNG ADULTS ARE INVITED TO JOIN US FOR A COOKOUT ON FRIDAY, JUNE 7 FROM 6-9PM AT THE PARISH! For more info contact Megan Reinsfelder megreins@gmail.com



Knights of Columbus & Ladies Auxiliary

2024 College Scholarship

Applications for the Our Lady of the Visitation Knights of Columbus and Ladies Auxiliary Scholarship are now available in the back of the church. Any high school senior who is an active member of OLV parish and will be attending an institution of higher learning this fall is eligible to apply. **Completed applications must be dropped off at the parish by 4pm on Wednesday, May 29th.**