

REFLECTION for the Nineteenth Sunday in Ordinary Time

Fr. Don

I would hazard to guess that at some point in our lives, each of us has felt at our wit's end- dejected, defeated, or depressed.. At these times life seems to be overwhelming us.

In today's first reading Elijah has been running for his life from the wicked queen Jezebel. He was so exhausted that he prays that God would take his life.

Sometimes, like him, we can be completely overwhelmed not knowing where to turn. There is the great temptation to give up. That is why it's so important to be open to the signs of God's care and presence. We are not alone in life's struggles. Yes, in faith let us ever remember, there is a divine force that works ceaselessly on our behalf. God will sustain us according to our own needs and situations.

When we are tempted to give up, we are called to listen to our guardian angel (the voice of God) by 'getting up to eat and drink.' With trust and with faith, we have to continue living. We have to run the race and finish well. God has work for us to accomplish; God wants us to have life and to have love.

The Jews in today's Gospel had heard Elijah's story, they had heard that God would be with them, and they believed in the saving power of God. But they had great difficulty believing that Jesus was the fulfilment of the Old Testament scriptures.

They knew Him, they knew where He came from, and Lord, they even knew His family. Yes, because of the signs, they were ready to accept Him as a prophet but not as 'the Bread come down from heaven.'

They did not believe that He was God. So, how could they accept that He was 'the Bread of Life?'

Fast forward two thousand years and there are still many who do not accept Jesus as 'the Bread of Life' come down from heaven. In trials and strife, they do not know from where comes their help. But, thanks be to God, we do. Our help comes from the Lord Jesus.

Jesus, as our *Bread of Life*, offers sustenance (nourishment) that is permanent, life-giving, fulfilling and eternal. If we allow our soul to be filled and nourished with Jesus (*the Bread of Life*) and everything that He is and He stands for, we will become a new creation, live in the image and likeness of Jesus in the here and now, and then one day live eternally in God's presence.

Here is the essence of believing- though our being nourished by *the Bread of Life* will not prevent us from dying in a biological sense, for all humanity must die, we will never be separated from God.

Our source of nourishment is the flesh of Jesus, given once on the cross out of love for the sake of the world and now available at all of our Eucharistic celebrations.

As in the story of Elijah, Jesus will give us strength and nourishment when we most need it. Count on it.

Sacred Heart Parish

Parish Information

Parish Administrator: Fr. Don Leonard
Office Hours: Tuesday to Friday 9:00 a.m. to 1:00 p.m.

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Liturgical Celebrations

Weekend Masses:
Saturday - 4:30 pm
Sunday - 11:00 a.m.

Masses in Week Days:
Wed 7 pm
Thurs, 10 am, Fri 7pm

Holy Hour of Adoration:
Third Sunday of the Month,
at 2 pm

Reconciliation
Wed after Mass,
or by request

Marriages:
Six month notice is required.
A year's notice is recommended.

Baptisms:
Celebrated at Weekend Mass
after preparation session.

August 9, 2015
19th Sunday in Ordinary Time

RECEIVED WITH THANKS

Aug 1, 2

Collection	\$1516.00
Building Fund	90.00
Cemetery	25.00
Votive Candles	64.00
Mass requests	120.00
Garden Party	50.00
Certificates	10.00

MASS INTENTIONS

Aug 10	No Mass
Aug 11	No Mass
Aug 12	Jack & Joan Hearn
Aug 13	Deceased in Carroll, Baker, Wilcott Family
also Aug 13	Brian Canning
Aug 14	John Cashin
Aug 15	Special Intention
Aug 16	Parish Community

PARISH REGISTRATION

Now 99 have returned their completed registration forms. Please fill yours out and return it. Fill in enough so that we can register your family. It will help us enumerate our parish community.

THANK YOU.

The Parish expresses a grateful thanks to the men (Bill, Jim, Tony, Pat, John, Joe) who volunteered to do some important maintenance work around the church.

WELCOME VISITORS

This is the time of year when many people come home or come to visit friends and/or

relatives. So, we extend a sincere hello to anyone visiting us and joining in our Eucharistic celebrations. Good to see you and God bless you.

A SUGGESTION- COME and SEE.

In September, we are planning a COME and SEE Campaign. We will be inviting those who have stopped coming to come and see. We miss them and want them to be part of our Parish family. We want them to join us for worship and for social functions. Perhaps you could mention this to persons you know and invite them to come with you during our Campaign. Start now.

PARISH COUNCIL ELECTIONS

Nomination forms will be available in a few weeks. Three (3) new members will be elected to Parish Council in September. Please consider either nominating yourself or someone else to fill this vital role in the life of the Parish.

MASS INTENTIONS

All Mass intentions requested for the month of August are posted at the back of the church. Again we encourage you to put Mass requests in with your Sunday offering. We will schedule the Mass either ASAP or on the date you request.

CATECHIST WORKSHOP

The Diocese is offering training for catechists. On **Saturday Sept 12**, facilitators will come to the Pepsi Center in Corner

Brook to train those interested. Our Parish really needs a few more catechists to help out the ones we already have volunteering. Please consider taking on this vital ministry. All you need to do is express interest in attending and you are heartily welcomed.

VOLUNTEER APPRECIATION.

This month Pope Francis has asked for prayers of gratitude and thanksgiving for parish volunteers. We are blessed to have many here at Sacred Heart Parish. They are the backbone of our parish life and we would be seriously strapped to provide all the various ministries needed without them. It is fitting that we do take time to acknowledge them. God bless those who are volunteers and may God move others to join them in building up the Kingdom here at Sacred Heart. *'Many hands make light work.'*

FEAST OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY, AUG 15

This feast is celebrated every year on August 15 to commemorate the death of Mary and her bodily assumption into Heaven, before her body could begin to decay--a foretaste of our own bodily resurrection at the end of time. Because it signifies the Blessed Virgin's passing into eternal life, it is the most important of all Marian feasts.

On November 1, 1950, Pope Pius XII, exercising papal infallibility, declared that it is a dogma of the Church *"that the*

Immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul into heavenly glory."

To allow more people to attend to honor of Our Lady on this Feast, Mass on Friday this week will be at 7pm.

MINISTRIES

In the next month or so we will be updating our schedule of Lectors and Eucharistic ministers for the fall season. If you would like to volunteer for either of these ministries, let us know. If you were doing these in the past and have stopped, we would heartily welcome you back. If you have never done these ministries, we would love to add your name to our lists. We can provide training if needed. And it will be spiritually enriching for you.

PRAYER FOR FEAST OF THE ASSUMPTION

Holy Mother Mary, we all rejoice with you today on the feast of your glorious Assumption into heaven. There, with your Divine Son, you await our coming, and prepare a place for us. O most pure Virgin Mary, help us to realize this as we go about our work from day to day. Help us to have great respect for these bodies of ours, and for those of others because we recognize in them the temple of the Holy Spirit, and because we look forward to seeing each other, body and soul, with you and your Son Jesus Christ forever in heaven. AMEN.