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*St. Joseph The Worker Parish, Russell, MB      St. Theresa's Parish Rossburn, MB*

**Responsorial Psalm 15 :** O Lord, who may abide in your tent?.

St. Theresa's Parish News & St. Joseph The Worker Parish News: We also welcome Sacred Heart Parish Roblin & St Claire's Parish San Clara for the next few weeks as Fr Tony is away.

The Archdiocese has issued new Protocols as of Saturday, July 17. The Provincial Government now allows a group of 50% presently in churches. **Please remember Please remember Wearing a mask is still mandatory in Russell & Rossburn. •Everyone has to Hand Sanitize entering the Church and leaving the Church. •Social distancing is mandatory (stay 6 feet apart)**  
**\*\*\*We have kept these rules to try and keep us all safe. \*\*\***

**Zoom Along with Us** you can use it on your computers, tablets, i-pads & smart-phones  
 We still have **Thursday**, zoom adoration at 10:30 a.m. followed by **Mass at 11:00 a.m. & Sunday zoom Mass is at 9:00 a.m. \*\*Daylight savings Time\*\***

## **Staying Spiritually Resilient during this pandemic**

**Anxious about returning to regular life? 6 Jesuit discernment tips for the post-Covid world:**

All the options (literally) re-opening before us may cause choice overload and cognitive exhaustion. Noises will be louder, colors brighter, touch more tactile. We will experience traffic on Sunday as weekday rush hour; shopping at the mall in May will feel like Black Friday after Thanksgiving. Returning to normal social spacing and large group interactions will lead to social fatigue. All the options re-opening before us (literally) will cause [choice overload](#) and cognitive exhaustion.

What can be done to ease the transition back to regular life? The answer may lie in the guidance offered to Ignatian retreatants: Continue following an Ignatian way of proceeding. **Within this framework, here are six suggestions for an effective transition to post-pandemic wellness: (continuing next week also)**

**1. Identify the positives during the pandemic.** In video conversations, I have noticed people talking about the extreme stresses they have been coping with during the pandemic. But when asked about moments of gratitude amid lockdown, people offer many profound responses, such as appreciating dinners with the entire family, enjoying lunchtime walks with their partner, improving their homes and making them more comfortable, and visiting local parks for the first time. I have also heard about "mini-joys" or daily uplifts, including the ability to wear slippers all day, bake a favorite treat from scratch or binge-watch a worthy television series.

**\*\*\*Anyone can use the tool of an Ignatian examen to prayerfully find healing graces and beauty in this past year\*\*\***

Gratitude has been found to have a range of benefits—emotionally, socially and physically. People who focus on gratitude and God's blessings are more optimistic, happy, helpful, compassionate, empathic and forgiving; they are also more likely to stick to an exercise plan, sleep well and choose healthy foods. Beginning with St. Ignatius Loyola, the Jesuits have shared a way of praying, called an examen, to notice God's presence and goodness in our life. We are invited to pause and review meaningful moments and recognize the Spirit in the experiences. Anyone can use the tool of an [Ignatian annual examen](#) to prayerfully find healing graces and beauty in the past year.

\*\*\*\*\***See next week's bulletin how to do an Ignatian examen**\*\*\*\*\*

## **Mass Intentions For The Week:** **Twenty-second Sunday in Ordinary Time**

Saturday Aug 28 11:00 a.m. **San Clara** Funeral for Annette Lechance  
 7:30 p.m. Russell +Albina Kozak req. family

Sunday Aug 29 9:00 a.m. Russell Mass & **Zoom on-line Mass 9:00 a.m. Check our Website for it on Youtube**  
 For All Parishioners req. Father Paul **After 10:15 a.m.**  
 11:00 a.m. Rossburn +Suffering Souls in Purgatory req. Rose & family

**Deacon Conrad Plante** will be celebrating:

**Aug 29 9:30 a.m. Roblin Liturgy of the Word – Rosery:** Dwayne Pastuck

– readers: Darlene Lichkowski and Dwayne Pastuck

Our sincere condolences to the +Annette Lechance family

**11:30 a.m. San Clara Liturgy of the Word**

Monday Aug 30 Health of family & friends req. Jean Goba

Tuesday Aug 31 +Albina Kozak req. family

Wed. Sept 1 11:00 a.m. Russell PCHome +Emilienne Mangin req. George Mangin & family

Thurs. Sept 2 **Zoom on-line Adoration 10:30 a.m. & Mass 11:00 a.m.**  
 +Albina Kozak req. family

Friday Sept 3 8:30 a.m. Russell Adoration  
 9:00 a.m. Mass  
 10:30 a.m. Rossburn Adoration  
 11:00 a.m. Mass  
 +Joe Zegalski req. Gord Lyshyshyn

## **Twenty-third Sunday in Ordinary Time**

Saturday Sept 4 7:30 p.m. Russell +Emilienne Mangin req. George Mangin & family

**Deacon Conrad Plante** will be celebrating:

Sunday Sept 5 9:00 a.m. Russell **Liturgy of the Word & Zoom on-line 9:00 a.m.**

**Check our Website for it on Youtube after 10:15 a.m.**

11:00 a.m. Rossburn **Liturgy of the Word**

**Father Paul** will be celebrating:

Sept 5 **9:30 a.m. Roblin Mass – Rosery:** Stan Radwanski

– readers: Anna Lungal and Ewa Baranowski

+ Kimberly Ludwig req. Florence Friesen

**11:30 a.m. San Clara Mass**

**Please remember in your prayers** those who are sick in hospitals, care homes, or in their homes & those who care for them. If you wish to receive the Sacraments of Anointing, Confession, or Holy Communion – please call the parish office & leave a message: 204-773-2924.

## **Join the Journey - Body, Mind and Spirit**

Is an 8-week virtual volunteer training course beginning the week of September 26th, 2021. It is designed to help develop a deeper understanding of how to accompany older adults in every aspect of their journey, whether they are living at home, in Supportive Housing or are in Long-Term Care. \$125 registration fee. For more information contact Julie Turenne-Maynard at 204-771-5585, visit: [eventcreate.com/e/join...](https://eventcreate.com/e/join...)  
 Register today.

## **Joke of the Week!**

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray, "Take only one. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. One child whispered to another, "Take all you want. God is watching the apples."

**\*\*Time Out in  
 The Park\*\*  
 Wednesday  
 September 1<sup>st</sup> at  
 10 a.m.  
 at Millennium Park  
 Russell  
 Bring your own  
 lawn chair & coffee  
 Weather Permitting!!!**



# Dear Padre,

I recently had a spirited discussion with a Protestant friend regarding Romans 8:26. He believes his “perfected prayer of being filled with the Holy Spirit and speaking in tongues” is addressed in that verse. What does the Church say about this verse?

**Romans 8:26** says, “In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings.”

I’d be careful not to interpret this passage too narrowly and limit its application only to the gift of speaking in tongues. In fact, its application is much broader and actually can be applied to all Christian prayer.

When it comes to praying effectively, all of us can use some extra help. We get that help from the Holy Spirit. Scripture scholar Joseph A. Fitzmayer, SJ, maintains that the Holy Spirit actually plays an active and dynamic role in helping Christians pray effectively by interceding on his or her behalf. In effect, the Holy Spirit expresses for us the inaudible prayers and groaning of our hearts, for which we have no words. So, when we pray, the Holy Spirit is actually present to us and makes up for what we are lacking in our prayer due to our own human weakness.

Fr. Scott Katzenberger, CSsR | [Sundaybulletin@Liguori.org](mailto:Sundaybulletin@Liguori.org)

**Do you have a question for the Padre?**

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.



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## Calendar

**Monday**  
AUGUST 30  
Weekday  
1 Thes 4:13–18  
Lk 4:16–30

**Tuesday**  
AUGUST 31  
Weekday  
1 Thes 5:1–6, 9–11  
Lk 4:31–37

**Wednesday**  
SEPTEMBER 1  
Weekday  
Col 1:1–8  
Lk 4:38–44

**Thursday**  
SEPTEMBER 2  
Weekday  
Col 1:9–14  
Lk 5:1–11

**Friday**  
SEPTEMBER 3  
St. Gregory the Great,  
Pope and Doctor  
of the Church  
Col 1:15–20  
Lk 5:33–39

**Saturday**  
SEPTEMBER 4  
Weekday  
Col 1:21–23  
Lk 6:1–5

**Sunday**  
SEPTEMBER 5  
Twenty-third Sunday in  
Ordinary Time  
Is 35:4–7a  
Jas 2:1–5  
Mk 7:31–37

### Helping Catholics apply gospel messages today!

The award-winning *Liguorian* magazine is on sale to new U.S. subscribers for the low introductory rate of \$12.99. Call 866-848-2492 and use promo code 521LPB. 10 ISSUES PER YEAR. ONE PER HOUSEHOLD, PLEASE.



# Our Parish COMMUNITY

**August 29, 2021**

Twenty-second Sunday in Ordinary Time (B)

Dt 4:1–2, 6–8

Jas 1:17–18, 21b–22, 27

Mk 7:1–8, 14–15, 21–23

## Law Versus Values

**T**hat is a very difficult choice to place before people. Why can’t we choose both? Actually, that is the ideal.

Law is a legislated way that a group lives out a value. We value safe highways, and so we legislate traffic regulations, speed limits, and so forth. We value communal prayer, and so we devise liturgical calendars and worship ceremonies. Usually, the way we live out a value changes more frequently than the value itself. However, it often happens that people become so attached to a custom or law, though unfamiliar with the underlying value it embodies, that a change of custom becomes very disruptive. This certainly happened in the Church after the Second Vatican Council, which took place in the 1960s.

This seems to be the source of tension in today’s Gospel scene. Washing hands before eating was a ritual custom here, not just a hygienic one. It probably originated with priests who bloodied their hands while sacrificing animals. Eventually, ritual washing became one of the 613 customs that Pharisees expected every Jewish man to observe. Referred to as “a hedge around the law,” such customs served to ensure the law itself was protected and would not be broken. Jesus’ disciples did not observe this ritual, and so they were criticized.

Jesus immediately came to their defense. He did not disparage the value of appropriate ritual behavior. Rather, he accused his opponents of clinging to out-of-date practices while disregarding underlying values. Practices are external; values are internal. Laws and customs can change; fundamental principles and standards endure.

Sr. Dianne Bergant, CSA

### FOR Reflection

★ Do you have a favorite religious practice? The rosary? Communal singing? What religious value does it reflect?

[Jesus said,]  
“Nothing that  
enters one from  
outside can defile  
that person; but the  
things that come out  
from within are what  
defile.”

MARK 7:15



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### A WORD FROM Pope Francis

Let us try asking ourselves: Am I open to the action of the Holy Spirit?...This is a prayer we must pray every day: “Holy Spirit, make my heart open to the word of God, make my heart open to goodness, make my heart open to the beauty of God every day.”

GENERAL AUDIENCE, MAY 15, 2013

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