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

Responsorial Psalm 147: Praise the Lord, Jerusalem.

St. Joseph The Worker News:

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.

Ordination to the Transitional Diaconate - June 30, 2023

Join Archbishop Gagnon and the Archdiocese of Winnipeg community for the Ordination to the Transitional Diaconate of Christopher Pugh on Friday, June 30th, 2023, at 7:30pm at St. Augustine of Canterbury Parish. Find live-stream information at <https://staug.ca/>. Reception to follow in Parish hall.

Praying with Pope Francis, June: For the abolition of torture: We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

The Summons - Adult Faith Formation Since 2009

The Summons begins again in September 2023. The Summons is a 10 session Archdiocesan faith formation process designed for ANY adult who desires to grow in our Catholic faith. One Saturday per month from September - June, we gather in Portage la Prairie (Good Shepherd Parish) with like-minded adults to search and go deeper into our Catholic faith. *Sometimes I feel dissatisfied, restless, searching for more but I don't know what to do or what it means? Is God saying something to me in this? How do I know what God is wanting of me? How can I deepen my faith and trust more in God? How can I grow in understanding more of my Catholic faith? How do I make sense of the struggles and trials of my life? If these questions speak to you, THE SUMMONS is calling you.*

For those interested in finding out more, an information session will be held on:

- **Wednesday June 21 at 6:30pm at St. Paul the Apostle Parish, 2400 Portage Avenue, Winnipeg**
- **Thursday June 22 at 7:00pm at Good Shepherd Parish, Portage la Prairie**
- **Tuesday August 8 at 6:30pm at Our Lady of Perpetual Help, 4588 Roblin Blvd, Winnipeg**

For more information or to register, contact Fr. Eric Giddins, Director of THE SUMMONS, at 204-832-6122

Four Ways to Rest This Summer

By Vinita Hampton Wright

Summer is here (or almost, depending on your counting). I confess to over-planning at the beginning of summer because the weather's right and I feel energized by the extra daylight to get a lot done! But let's consider another worthy goal for these months: rest. Here are four suggestions out of many possibilities.

1. Create a comfortable space, away from television, computer, and other distractions.

The best anniversary gift my husband ever bought me was a hammock. It goes up every spring, and I commit to spending time in it every day. It's almost impossible to do anything when you're in a hammock—you are left with gazing into the sky or closing your eyes altogether. Sometimes I read in the hammock, but usually that leads to napping, which is even better.

Create a little environment that removes you from household activity. For heaven's sake, leave your cell phone far away from this environment. It might be a lounge on your small city balcony, or it might be a comfortable chair in the spare bedroom that is unoccupied unless you have guests. Make the space beautiful, quiet, and soothing. Then commit to spending time there regularly, every day if possible.

2. When / if you go away for a few days, resist the urge to take work with you.

I used to drag along letters to answer, books to finish reading, and even business mail to sort when we would go on a long weekend away or on a vacation of a few days. I finally stopped doing that, because “stuff” related to tasks and responsibilities merely brought along my usual stress. I wasn't resting, just carrying my anxiety to a different location.

Some of us must force ourselves to relax and not be on task. Be strict with yourself as you're packing for that getaway or vacation. Force yourself to sit around with nothing to do—if you face enough “empty” hours, you might actually begin to relax, take naps, and enjoy the art of being present.

3. Take part in activities that help you relax.

Rather than watch television on summer evenings, often my husband and I play cards. This has become our exclusively summer activity—for some reason we're not attracted to it during the winter. It's a back porch thing to do.

Whether you garden, draw, knit, walk, visit museums, cook, or ride your bike, if that activity helps you unwind and breathe more deeply, make regular time for it this summer.

I should also add that, depending on your temperament, do this activity alone or with others. Introverts generally refuel by being alone, but extraverts relax better when they're with their favorite people. Decide what is best for you.

4. Decline invitations.

Just about everybody is more active during the summer, and so we're more likely to receive invitations to backyard barbeques or events at the park or beach. Give yourself permission to say no, graciously, if what you're fantasizing about is lounging in the backyard with iced tea and a pile of magazines you've been waiting to read.

Plan your rest. Plan other possibilities around your rest. If you don't insist on keeping some time for yourself, that time will become absorbed into everyone else's schedules.

How do you rest in the summertime? What have you learned about rest-activity balance over the years?

Mass Intentions For This Week:

Most Holy Body and Blood of Christ

Saturday Jun 10 7:30 p.m. Russell + Jutta & Erich Leven req by Anne & Ubald Deschambault

Sunday Jun 11 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
For all parishioners by Father Paul

11:00 a.m. Rossburn + Nellie & Frank Kaskiw req by Kaskiw family

Monday Jun 12 Health of family & friends req. by Jean Goba

Tuesday Jun 13 In thanksgiving for God's Blessings req. by Holly & family

Wed. Jun 14 11:00 a.m. Doug Kwiatkowski req. by Mervin Koscielny

Thurs. Jun 15 10:30 a.m. Rossburn Adoration
11:00 a.m. Mass + Suffering Souls in Purgatory req. by Rose & family

Friday Jun 16 8:30 a.m. Russell Adoration
9:00 a.m. Mass **The Most Sacred Heart of Jesus**
+ Rita Fleury req. by Donald Wishart

Eleventh Sunday In Ordinary Time **Father's Day**

Saturday Jun 17 7:30 p.m. Russell + Jutta & Erich Leven req. by Anne & Ubald Deschambault

Sunday Jun 18 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
For all parishioners by Father Paul

11:00 a.m. Rossburn + Frank Kaskiw & all deceased dads of St. Theresa's Parish
req. by Vince Kaskiw

Dear Padre,

I'm eighty-one. When I received first Communion, the nuns told me not to chew the holy Eucharist, but to let it melt in my mouth. Is it wrong to chew it?

It is permitted to chew the host or to let it dissolve in your mouth. The hosts today must be unleavened and made only of flour and water, making it easier for some communicants to dissolve it in their mouths. Unleavened bread doesn't mold or spoil and is more suitable than leavened bread for exposition and adoration. However, for nearly 800 years, the Church used leavened wheat bread for the Eucharist before unleavened wheat bread was introduced into the Roman rite. Communicants would have had to chew the Eucharist before the modern waferlike host evolved.

Your first Communion instruction on the proper way to consume the Eucharist was an effort to instill in you a deep reverence for the Real Presence of Christ. This profound respect for our Lord in the form of consecrated bread and wine is still desired by the Church. For example, at Mass the priest "reverently consumes the Body of Christ" and "reverently partakes of the Blood of Christ" (*General Instruction of the Roman Missal*, 158). Similarly, "when receiving Holy Communion, the communicant bows his or her head before the Sacrament as a gesture of reverence and receives the Body of the Lord from the minister" (*GIRM* 160). Today's Solemnity of the Most Holy Body and Blood of Christ is a special day for us to remember Jesus' gift of his own body that we might be nourished and strengthened for this life's journey. ●



CAVEE / SHUTTERSTOCK

Fr. Byron Miller, CSSR / DearPadre.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
June 12	June 13	June 14	June 15	June 16	June 17	June 18
Weekday	St. Anthony of Padua, Priest and Doctor of the Church	Weekday	Weekday	Most Sacred Heart of Jesus	Immaculate Heart of the Blessed Virgin Mary	Eleventh Sunday In Ordinary Time
2 Cor 1:1–7	2 Cor 1:18–22	2 Cor 3:4–11	2 Cor 3:15–4:1, 3–6	Dt 7:6–11	2 Cor 5:14–21	Ex 19:2–6a
Mt 5:1–12	Mt 5:13–16	Mt 5:17–19	Mt 5:20–26	1 Jn 4:7–16	Lk 2:41–51	Rom 5:6–11
				Mt 11:25–30		Mt 9:36–10:8



A WORD FROM POPE FRANCIS

We who go to Mass can ask: What is it that we bring to the world? Is it our sadness and bitterness, or the joy of the Lord? Do we receive Holy Communion and then carry on complaining, criticizing and feeling sorry for ourselves? This does not improve anything, whereas the joy of the Lord can change lives.

HOMILY, ROME, JUNE 14, 2020

CNS PHOTO/PAUL HARING

Our Parish COMMUNITY

June 11, 2023

The Most Holy Body and Blood of Christ (Corpus Christi) (A)

Deuteronomy 8:2–3, 14b–16a / 1 Corinthians 10:16–17 / John 6:51–58



[Jesus said,] "I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

JOHN 6:51

Food for the Day

FR. JOSEPH JUKNIALIS

Just as the darkest of nights brings out stars we might never notice otherwise, so is it that when we find ourselves lost in the dark of life's deserts, the slightest kindnesses can bring us to a brief oasis in a day otherwise oppressive. Most often such moments come as gifts, unearned—even undeserved. Yet they are blessings to us.

Psychologists tell us that if we find ourselves down in the dumps and depressed, we can find hope by naming three things that happened that day that were pure gifts—a phone call from a friend, a compliment, a free cup of coffee, a good bill of health from the doctor. Remembering them at the end of the day and giving thanks for them may not solve the issues that burden us, but they can put them in perspective, reminding us that life is a mix of both the good as well as the not so good.

Moses urged the people to recall all that God had done for them—bringing them out of Egypt, guiding them through the desert, leading them to water, and feeding them with manna. Amid their grumbling, their remembering offered them hope and the courage to go on.

Thus, what psychologists suggest is what God has been doing for us for thousands of years—that God feeds us daily in large and small ways, all without our deserving it but out of his great generosity. Remember, then, how God has fed you. ●

Reflect

Tonight, will you think about your day and give thanks for three ways you were blessed?