



Served By: Fr. Paul Bisson
Box 776, Russell, MB R0J 1W0
Phone Office: 204-773-2924
Deacon Darin Douglas: 204-532-2157
Email: stjoewkr@gmail.com
Website: www.stjosephrussell.com
Archdiocese of Winnipeg www.archwinnipeg.ca



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

Responsorial Psalm 119: Lord, how I love your law!

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.

Praying with Pope Francis, July: For a Eucharistic Life: We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

Mass Intentions For This Week:

Seventeenth Sunday In Ordinary Time

Saturday July 29 7:30 p.m. Russell +Delbert & Denis Deschamps req by family

Sunday July 30 9:00 a.m. Russell **Zoom on-line Mass 9:00 a.m. & YouTube after 10:15 am**
+ Julia Chartier req by her family

Note there will be no Zoom or YouTube on line Mass' in August

****Thank you to our dedicated Video Crew who try to keep it on rain or snow****

11:00 a.m. Rossburn For all parishioners by Father Paul

Monday July 31 Health of family and friends req. by Jean Goba

Tuesday Aug 1 In thanksgiving for God's Blessings req. by Holly & family

Wed. Aug 2 + Frank Mangin from Funeral Mass offering

Thurs. Aug 3 10:30 a.m. Rossburn Adoration
11:00 a.m. Mass Holly Doan for health & God's Blessings req. by St Theresa's Parish

Friday Aug 4 8:30 a.m. Russell Adoration
9:00 a.m. Mass

10:45 a.m. Rossburn **Sacred Heart Of Jesus**
Walter Sokolan req. by Mervin Koscielny

Transfiguration of the Lord

Saturday Aug 5 10:45 a.m. Rossburn **Immaculate Heart Of Mary**
+ John Ryshytylo req. by Diane Twerdum

7:30 p.m. Russell For all parishioners by Father Paul

Sunday Aug 6 9:00 a.m. Russell
For all parishioners by Father Paul

11:00 a.m. Rossburn + John Ryshytylo req. my Michael & Myrna & family

We will be cleaning the Oakburn Farm church on Monday Aug 7 at 9:00 a.m. to prepare it for it's annual celebration. If you are able many hands make small work 😊

Annual Mass will be held at Our Lady of Assumption, Roman Catholic Church (Oakburn Farm Church), on Sunday, August 13, 2023, at 11:00 a.m. & Blessing of Graves followed by coffee and muffins. Please bring their own lawnchair. Everyone welcome. I will also be Blessing of Graves in Oakburn at 2:00 p.m.

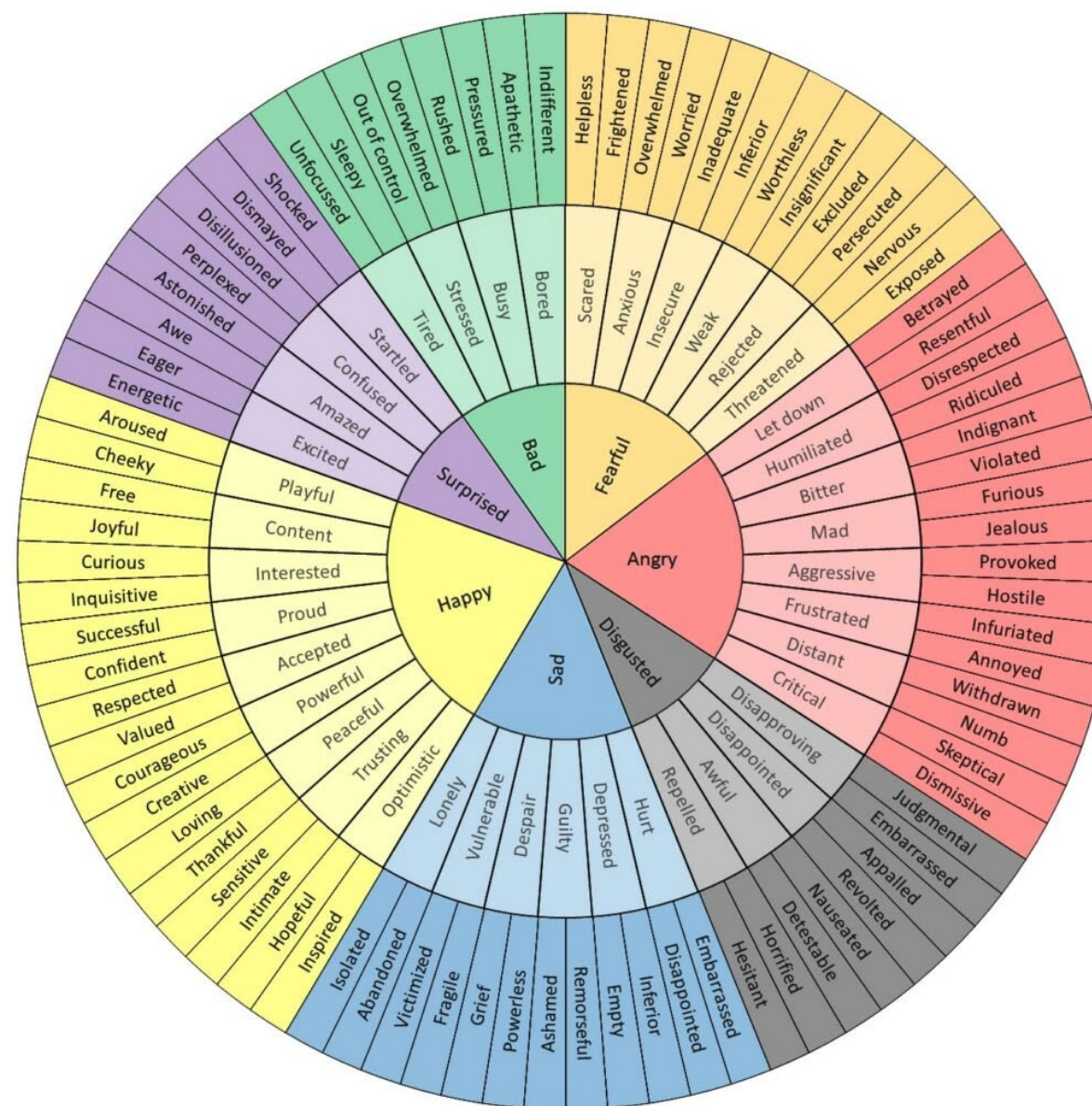
Emotions, a practical map for your inner journey

By José Sanchez – based on the article “My Examen Cheat Sheet” by Lisa Kelly

In a world that values productivity, achievement, and external success, it can be easy to lose touch with our inner selves. We may become so focused on achieving our goals that we forget to check in with ourselves, to listen to our inner movements, and to be present with our emotions. However, the Jesuits remind us that analyzing a situation is not the be-all and end-all of a situation. What is more important is recognizing evidence of the presence of God, beyond us, bigger than us and infinite.

In the Spiritual Exercises, St. Ignatius emphasizes the importance of recognizing what is stirring inside us. It can be new ideas, gut feelings, or something else entirely. Whatever it may be, when those thoughts stir something inside, we are to sit up and take notice. Ignatius invites us to name that feeling, to admit it for better or worse, and to have a conversation with God about it. Are they invitations or temptations? Are they of God or not of God? By doing so, we are able to gain insight into our own inner workings and identify how we are letting situations affect us.

For many of us, being analytical is second nature. We like to analyze situations, control or resolve them, and move on to the next challenge. However, it is important to remember that our emotions are an integral part of who we are. By acknowledging and naming our feelings, we are able to move beyond analysis and control and start identifying patterns in our emotions. We begin to see how our emotions affect our actions and how we can respond more authentically to the situations in which we find ourselves.



A cheat sheet of feeling words can be a helpful tool in recognizing and naming our emotions. You can find one here: feelingswheel.com. By keeping a list of feeling words in the back of our journal, we can use it during the Examen as a cheat sheet of sorts. Sometimes the right feeling word will jump out at us, stirring memories of where we felt it during the day. Other times, we may notice patterns in our emotions, recognizing that we have been feeling insignificant more often than we would like.

Identifying patterns in our emotions can become the launching point for our prayer. We can imagine our feelings as a big blob of something that we can look at and sit with. We can listen to what infinite love says about it, without feeling like we have to stamp it out, avoid it, embrace it, or react to it. By simply naming our feelings and noticing them, we can discern whether our feelings are moving us toward or away from the person God needs us to be.

Listening to our inner movements is essential for living a fulfilling life. It helps us stay grounded in the present moment, gain insight into our emotions, and identify patterns in our lives. By accompanying ourselves on

our inner journey, we can develop a deeper relationship with God and move toward the person we are called to be.

[Emotions, a practical map for your inner journey - Canada Province \(jesuits.ca\)](http://jesuits.ca)

Dear Padre,

What is spiritual Communion?

Saint Thomas Aquinas said spiritual Communion is “an ardent desire to receive Jesus in the Most Holy Sacrament”...and to lovingly embrace “Him as if we had actually received Him.” It is the practice of desiring union with Christ in the Eucharist by those who cannot receive holy Communion for valid cause, such as an infirmity or an irregular marriage. During the COVID-19 pandemic, Pope Francis also said the practice is “highly recommended when it is not possible to receive the sacrament.”

A prayer by St. Alphonsus Liguori is ideal for those unable to receive holy Communion:

My Jesus,
I believe that you are present in the Most Blessed Sacrament.
I love you above all things, and I desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there and I unite myself wholly to you.
Never permit me to be separated from you. Amen.

Saint John Paul II wrote, “It is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of ‘spiritual Communion,’ which has happily been established in the Church for centuries and recommended by saints....Saint Teresa of Jesus wrote: ‘When you do not receive Communion and you do not attend Mass, you can make a spiritual Communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you’” (*Ecclesia de Eucharistia*, 34). ●

Fr. Byron Miller, CSsR / DearPadre.org



CNS PHOTO/PAUL HARING

Our Parish COMMUNITY

July 30, 2023
Seventeenth Sunday in Ordinary Time (A)
1 Kings 3:5, 7-12 / Romans 8:28-30 / Matthew 13:44-52 or 13:44-46



Finding Buried Treasure

FR. JOSEPH JUKNIALIS

Much like still-fishing, which is when the fish ultimately find the one sitting quietly waiting for the fish, most of the really treasured aspects of life somehow find us when we’re not looking. Consider falling in love or discovering a friend; the job you enjoy so much that you’d almost do it for free; a hobby that gives you so much satisfaction; creative gifts you never knew you had until you stumbled upon them later in life. To say nothing of happiness for which so many go looking and never seem to find, while others are happy without ever seeking it out.

Wisdom, the gift Solomon asked for, is much like all of that. It seems to find us. Common sense, the stepchild of wisdom, is something most parents want their children to have, and, for some parents, it may be a source of great frustration as they try to make sure their children have it and use it. Wisdom is certainly a hint of the kingdom of heaven, but then so too is finding love and experiencing joy and living with a peace that refuses to be unsettled by the storms of life. All of those are the buried treasures of which the Gospel speaks, just as for others it is the pearl of great price for which they look and look until it finds them, not unlike still-fishing. All are buried treasures, hidden pearls, and tastes of eternal life. ●

Reflect

Is there a treasure in your life that ultimately found you?

[Solomon said to the Lord,]
“Give your servant, therefore,
a listening heart to judge your people
and to distinguish between good
and evil.”

1 KINGS 3:9A



A WORD FROM POPE FRANCIS

We are asked to summon the courage and the intelligence to resolve today’s many geopolitical and economic crises. Even in the developed world, the effects of unjust structures and actions are all too apparent. Our efforts must aim at restoring hope, righting wrongs, maintaining commitments, and thus promoting the well-being of individuals and of peoples.

ADDRESS TO US CONGRESS,
WASHINGTON, DC, SEPTEMBER 24, 2015



SHUTTERSTOCK



© 2023 Liguori Publications, Liguori, MO 63057-9999. Printed in USA. *Imprimatur*: “In accordance with CIC 827, permission to publish was granted on October 10, 2022, by the Most Reverend Mark S. Rivituso, Auxiliary Bishop, Archdiocese of St. Louis. Permission to publish is an indication that nothing contrary to Church teaching is contained in this work. It does not imply any endorsement of the opinions expressed in the publication; nor is any liability assumed by this permission.” No part of this work may be used in any form without the prior written permission of Liguori Publications. Scripture texts in this work are taken from the *New American Bible*, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Inc., Washington, DC. All Rights Reserved. Download our latest catalog, visit Liguori.org or call 800-325-9521.