

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 33: Blessed the people the Lord has chosen as his heritage.

St. Theresa's Parish News & St. Joseph The Worker Parish News:

Due to Covid-19, both parishes are closed for Mass' until further notice.

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

Five Steps to Transform Negativity Through Prayer By Brendan McManus, SJ

(More Information to Be Continued in upcoming bulletins)

St. Ignatius, who initially knew life as a vain soldier and courtier, was able to turn his superficial life around by attending to his inner life of thoughts, desires, and feelings. Ignatius offers us some helpful tips from his *Spiritual Exercises* that help us understand our humanity and make it work for our advantage in prayer. He shows us how daydreaming, desire, and reflection can be harnessed to change our lives and overcome negativity. God is always trying to reach us, and we need to be open to this. Ignatius outlines a process for disposing ourselves to God, based on his experience stumbling across God's leadings while daydreaming.

1. The first step is **affirming that we are in the presence of God**. This means making a prayer or petition of our deepest desire: to connect with the loving God who holds us in being. Our superficial desires abound, of course—desires for comfort, security, wealth, or fame—but these are ultimately unsatisfying and deceptive. By contrast, our deepest desires are those things that really satisfy: helping others, changing our world, being an instrument of God's love, or living free of our addictions and petty likes or dislikes. The amazing thing about starting prayer by acknowledging God's presence is that, even when we don't feel it, it taps into our **deepest desire** for God and orients us to what will really satisfy us. There is something profound that occurs when I align my often weak and feeble desire with the great and constant desire that God has for me.

The prayer just has to be real and name a desire. For example:

Dear God, I don't even know if you exist. My life seems so chaotic at times I'm not sure what is true. Help me to find a way, a purpose, a direction for my life, that I might live happy and free.

2. The second step is **acknowledging that often we are not acting in freedom**. We have **attachments**, addictions, or other dependencies that pull us away from God. Ignatius knew this reality of the problem of vanity and egoism that is so much a part of being human and which we need to work through if we are to move beyond ourselves and away from negativity. The Ignatian approach is to name our attachments and to ask for God's help in overcoming them. A prayer that captures this:

God, help me to be free from the excesses of this life. Let me not get caught up with the superficial desire for wealth or comfort. I believe I can be a better person with your help.

Mass Intentions For The Week:

Most Holy Trinity

Saturday May 29 +Mark Olynyk req. Beatrice Lysyshin
 Sunday May 30 **Zoom on-line Mass 9:00 a.m.**
 +Leonard Neumeier req. Lucy Senek &
 For All Parishioners req. Father Paul

Monday May 31 For health of family req. Jean Goba

Tuesday June 1 For Family req. Mary Shenderevich

Wed. June 2 +Leonard Neumeier req. Lucy Senek

Thursday June 3 **Zoom on-line Adoration 10:30 a.m. & Mass 11:00 a.m.** +Peter Olynyk req. Beatrice Lysyshin

Friday June 4 +Emilienne Mangin req. George Mangin & family

Body and Blood of Christ

Saturday June 5 +Eva Fleury req. Georgette Bowley

Sunday June 6 **Zoom on-line Mass 9:00 a.m.**

Suffering Souls in Purgatory req. Rose & family &

For All Parishioners req. Father Paul

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.

Pope Francis Prayer Intention for May: *The world of finance:* Let us pray that those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.

Prayer for the Year of St. Joseph

Hail, Guardian of the Redeemer, Spouse of the Blessed Virgin Mary. To you God entrusted his only Son; in you Mary placed her trust; with you Christ became man. Blessed Joseph, to us too, show yourself a father and guide us in the path of life. Obtain for us grace, mercy, and courage, and defend us from every evil. Amen.

Come and Discover Nathanael

Are you searching for ways to grow in your faith? "Come and Discover" The Nathanael Lay Formation Experience, on Sunday, June 6, from 2-4 pm. A virtual session via Zoom. To register: www.nathanaelwpg.ca. [Click here for the promo graphic.](#)

*** Second Time Around 😊**

The Deacon's wife was a wonder at conserving food and rarely throw away a bit of it. At one meal she served her husband nothing but leftovers. He began to pick at the food, causing his wife to say, "Dear, you forgot the blessing."

"Listen, sweetheart, if you can show me one item that hasn't been blessed at least two times, I can't see what another prayer can do for it."

CHAPLET OF THE HOLY TRINITY

+ In the name of the Father, and of the Son, and of the Holy Spirit.
 Amen. **V.** Lord, open my lips. **R.** And my mouth will proclaim your praise. **V.** God, come to my assistance. **R.** Lord, make haste to help me. **V.** Glory to the Father, and to the Son, and to the Holy Spirit, **R.** As it was in the beginning, is now and will be forever. Amen. **The decade below is recited three times, once for each member of the Trinity. All:** Holy God, Holy Mighty One, Holy Immortal One, have mercy upon us. Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. **The following is repeated nine times:** **V.** O Blessed Trinity, to you be praise, and glory, and thanksgiving, for ever and ever! **R.** Holy, holy, holy Lord, God of hosts. Heaven and earth are filled with your glory. **After the ninth time is said:** **V.** Glory to the Father, and to the Son, and to the Holy Spirit, **R.** As it was in the beginning, is now and will be forever. Amen. **After the three decades:** With all our heart and voice we acknowledge you, we praise you, and we bless you, O God the Unbegotten Father, the Only-begotten Son, and Holy Spirit, the Comforter; one, holy and undivided Trinity. Glory to you forever. **V.** Let us bless the Father, and the Son with the Holy Spirit. **R.** Let us praise and exalt him above all forever. *Let us pray* God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **R.** Amen **All:** O Blessed Trinity, free us, save us, and enliven us. + May God the Father, who has granted us salvation in Christ, his Son, and in the Holy Spirit, and has given joy to the whole world, shower us with his graces and his love.
R. Amen.

Dear Padre,

I unsuccessfully tried using a clover to explain the Trinity to a non-Catholic relative. She says the leaves are separate and share a single stem, so it doesn't mean they're one entity. How can I help her understand?

Legend tells us St. Patrick used a shamrock to speak about the God who is one and three, but that doesn't mean everyone will find the clover imagery convincing. It took hundreds of years, many arguments, and multiple Church councils to refine the basic outline of orthodox Christian belief in the Trinitarian nature of God. So, it's no great shock that you can't easily break it down into convincing sound bites for a resistant relative.

You should concentrate on the way humans came to know the Trinitarian God, how we have encountered the God who is at once Father, Son, and Spirit in the events of history and revelation. In sharing the way Christians have gradually understood what we do about the nature of the God who saves us, you can speak of how that understanding leads us to pray. Perhaps you can relate the Trinitarian concept to something more recognizable: the idea of a father and son, and the spirit of love that exists between them and also pours from them.

At our liturgies, we have a distinct pattern of praying to the Father, through the Son, in the Spirit. There's more than a shamrock to discuss in all of that. And remember the Creed we pray each Sunday. Discussions like yours are what the Creed was made for.



ANDREAS F. BORCHERT / WIKIPEDIA

*Fr. Matthew Allman, CSSR
Sundaybulletin@Liguori.org*



A WORD FROM Pope Francis

God loves each one of us even when we make mistakes and distance ourselves from him. God the Father loves the world so much that, in order to save it, he gives what is most precious to him: his only-begotten Son....The Trinity is therefore love, wholly at the service of the world.

ANGELUS, TRINITY SUNDAY, JUNE 7, 2020

Calendar

Monday
MAY 31
Visitation of the Blessed Virgin Mary
Zep 3:14–18a
or Rom 12:9–16
Lk 1:39–56

Tuesday
JUNE 1
St. Justin, Martyr
Tb 2:9–14
Mk 12:13–17

Wednesday
JUNE 2
Weekday
Tb 3:1–11a, 16–17a
Mk 12:18–27

Thursday
JUNE 3
St. Charles Lwanga and Companions, Martyrs
Tb 6:10–11; 7:1bcde, 9–17; 8:4–9a
Mk 12:28–34

Friday
JUNE 4
Weekday
Tb 11:5–17
Mk 12:35–37

Saturday
JUNE 5
St. Boniface, Bishop and Martyr
Tb 12:1, 5–15, 20
Mk 12:38–44

Sunday
JUNE 6
The Most Holy Body and Blood of Christ (Corpus Christi)
Ex 24:3–8
Heb 9:11–15
Mk 14:12–16, 22–26

Our Parish COMMUNITY

May 30, 2021

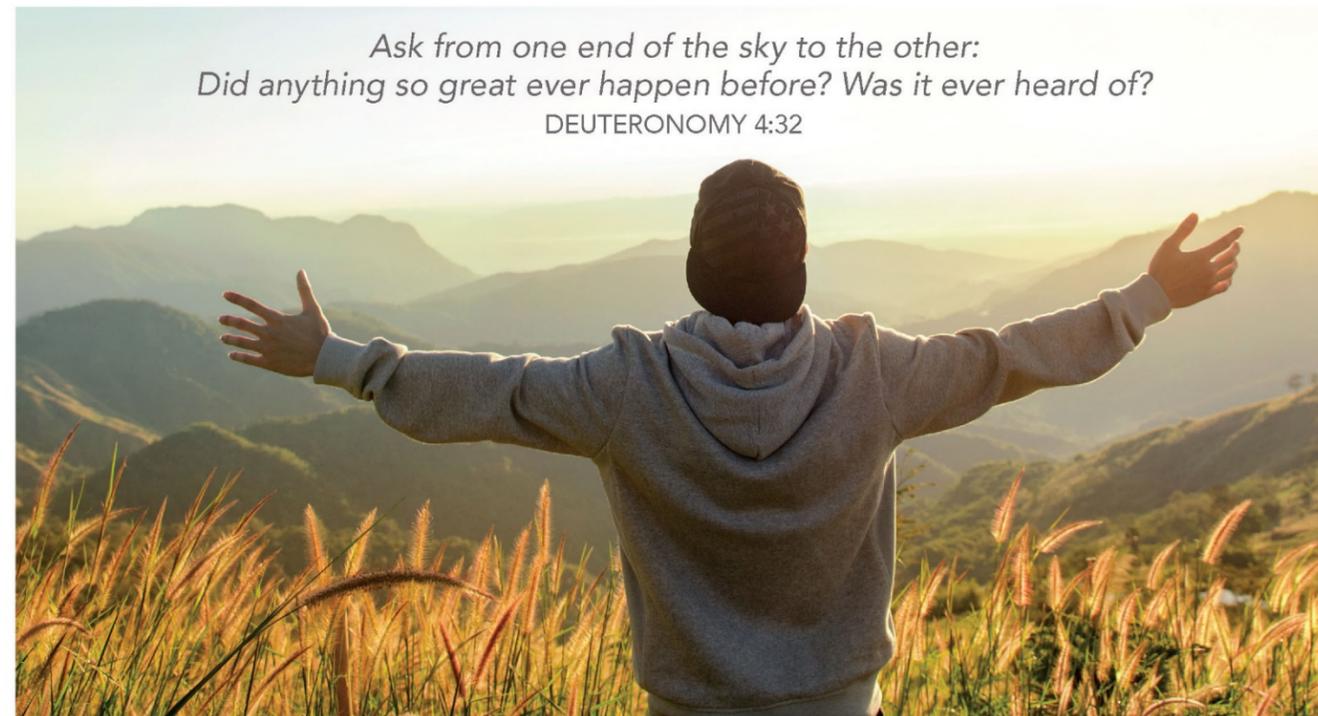
The Most Holy Trinity (B)

Dt 4:32–34, 39–40

Rom 8:14–17

Mt 28:16–20

*Ask from one end of the sky to the other:
Did anything so great ever happen before? Was it ever heard of?*
DEUTERONOMY 4:32



GAJAWA/SHUTTERSTOCK

Wow!

Some might think that “Wow!” is an inappropriate, even irreverent response, when talking about God. But what words would be appropriate? There are no words, there are no precise doctrinal statements that even come close to identifying God. The readings for today's feast invite us to ponder, not define, this mystery.

The people at the time of Moses had no concept of a Trinitarian God. However, they were convinced that God worked in their lives. They believed they had been delivered from bondage by God, invited into a special relationship with God, and promised by God a long and fruitful life in a land they could call their own. In other words, they were cared for by God, who demonstrated again and again that they were loved. The Gospel story tells of how Jesus entrusted his disciples with the mission he himself had exercised during his lifetime.

What once might have been considered the special privilege of the nation of Israel was now seen as a promise for all nations. All people could now rely on God's care for them and God's ever-present love. Saint Paul identifies this privilege as the Spirit of adoption.

Today's readings may not paint a clear picture of God or provide a precise definition. God is far beyond any picture or definition. However, each reading gives us a glimpse into the way God works in our lives—inviting us into intimacy, caring for us, loving us. Wow!

Sr. Dianne Bergant, CSA

FOR Reflection

- ★ Spend time thinking how your life has been blessed with goodness.
- ★ Pray the Glory Be slowly and thoughtfully.