

## 16<sup>TH</sup> SUNDAY IN ORDINARY TIME

600

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. - Mk 6:34

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Sunday Collections for 7/14/2024

Regular Collections: \$2,509.90
Building Collections: \$70.00
Local Charities: \$140.00

Please Pray For: Terry & Pat Dean, Del Waller, Allen Nieves, Andrew Tovar, Mary Lou Fuller, Amy Tegley, Toni Meyers, Myrtle Tharp, Fred Becker, Tiffany, Jesse, Bill & Faye McKee, Mataya and Rayland Winburn, Maya Tamayo, Maria Sandoval, Maria Welch, Cindy Mitchell, David, Jane & Monica Reuter, Denise Reuter, Rodriguez Family, Baldwin Family, Elver Morales, Sebastian Camarillo, Chris Jablonski, June Sawyer, David Ingram, Barbara Strain, Larry Miller, Kathy Owen, and Norma Miller. Nursing home patients and homebound: Betty Blach, Kevin Harris, Bob Doss, Flo Fitzsimmons and Bill Jenkins. Our Military: Marissa Richter-Army Nat'l Guard, Jonathon Waller-Army, Michael A. Wilhelm-Army in Korea, Dr. Kate Williams-Army Reserve, Daniel Clifford- Chief Navy Officer, Thomas Dean-Corrections Officer, Robert Dean-EMT, Michael Alcala-Airforce. Our law Enforcement: Robert Bartos, Eric Richter, Mary Clifford, Josue Rangel, and all others in the Armed Forces & Law

#### Women's Retreat at Subiaco

Enforcement.

A women's retreat, titled "Thy Will Be Done - Putting Ourselves in the Hands of God," will be held Oct. 4-6 at Subiaco Abbey. This retreat fills quickly so do not delay in registering. The retreat directors/ speakers are Debbie Eckert, spiritual director and retired business owner, and Father John Marconi, spiritual director and priest of the Diocese of Little Rock. The cost is \$205 per person (double room), \$245 (single room) or \$115 (commuters) and includes six meals for overnight and four meals for commuters. Contact Nancy to register or for more information at (281) 381-8645 or nunverferth@gmail.com.

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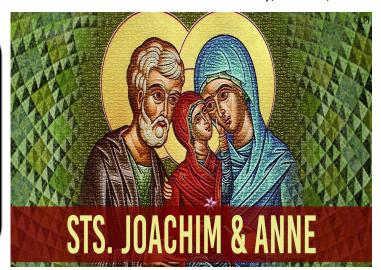


Our Seminarians for the month of July, 2024

Christopher Elser
Contact address:
St. Meinrad Seminary,
200 Hill Drive,
St. Meinrad, IN 47577
For more information
on our seminarians, go to
www.dolr.org/



Chase Feltner



# REGISTER FOR RELIGIOUS EDUCATION



Registration Packets for Religious Education are located in the back of the church. Please take one and return it to the parish office during regular business hours.

Los paquetes de inscripción para educación religiosa se encuentran en la parte trasera de la iglesia. Tome uno y devuélvalo a la oficina parroquial durante el horario comercial habitual.

## INSCRÍBANSE PARA LA EDUCACIÓN RELIGIOSA

Catholic Charities of Arkansas Golf Tournament, Monday, October 7th - This year's golf tournament benefiting Catholic Charities of Arkansas will be Monday, October 7 at Rebsamen Golf Course in Little Rock. The cost of a four-person team is \$600 and includes food, refreshments, and on course beverages. The field will be limited to 22 teams. Tee time is 1:00 p.m. for a shotgun start and scramble format. Team prizes will be flighted and contests will include hole-in-one and longest drive. If golf is not your game, consider being a \$150 sponsor for a priest to play or a hole sponsor for \$500. You can register your team or make a donation/sponsorship pledge online at bit.ly/cca-golf. For more information, contact Megan Moore at <a href="mmoore@dolr.org">mmoore@dolr.org</a> or by calling (501) 664-0340, ext. 379. Thank you for supporting Catholic Charities of Arkansas.



La Diócesis Católica de Little Rock está comprometida con la protección de niños y jóvenes. Si tiene conocimiento de abuso o ha sido abusado por clérigos, voluntarios de la Iglesia o trabajadores de la Iglesia, comuníquese con la Línea Directa del Estado de Arkansas para Delitos contra Niños al 1-800-482-5964 y el Canciller de Asuntos Canónicos, Dcn. Matthew A. Glover, (501) 664-0340 ext. 361. Para obtener ayuda pastoral, comuníquese con el Coordinador de Asistencia a las Víctimas de la Diócesis de Little Rock: Laura Gottsponer (501) 664-0340, ext. 425. Diócesis de Little Rock, 2500 N. Tyler Street, Little Rock, AR 72207.



The Catholic Diocese of Little Rock is committed to protecting children and young people. If you are aware of abuse or have been abused by clerics, Church volunteers, or Church workers, please contact the State of Arkansas Hotline for Crimes against Children at 1-800-482-5964 and the Chancellor for Canonical Affairs, Dcn. Matthew A. Glover, (501) 664-0340 ext. 361. For pastoral assistance please contact the Victim Assistance Coordinator for the Diocese of Little Rock: Laura Gottsponer (501) 664-0340, ext. 425. Diocese of Little Rock, 2500 N. Tyler Street, Little Rock, AR 72207.

## Worship & Meditation

# Readings for the week of July 21, 2024

#### Sunday:

Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/ Eph 2:13-18/Mk 6:30-34

#### Monday:

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18

#### **Tuesday:**

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/ Mt 12:46-50

#### Wednesday:

Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and 17/Mt 13:1-9

#### Thursday:

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Mt 20:20-28

#### Friday:

Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23

#### Saturday:

Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/ Mt 13:24-30

#### **Next Sunday:**

2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 (see 16)/Eph 4:1-6/Jn 6:1-15



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#### **Gospel Meditation**

#### **Encourage Deeper Understanding of Scripture**

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, "Come away by yourselves to a lonely place, and rest a while." For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we *please* get a minute to ourselves? This is not healthy!" And Jesus seems to *encourage* the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to *more* work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve.

— Father John Muir

## **Weekly** Prayer

#### **Sunday's Readings**

#### **First Reading:**

I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. (Jer 23:4)

#### Psalm:

The Lord is my shepherd; there is nothing I shall want. (Ps 23)

#### **Second Reading:**

In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity. (Eph 2:13-14)

#### Gospel:

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. (Mk 10:34)

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# Live The Liturgy Inspiration of the Week

The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark's Gospel, and never, ever stop seeking our Lord.

# Observances for the week of July 21, 2024

**Sunday:** 16th Sunday in Ordinary Time

Monday: St. Mary Magdalene

Tuesday: St. Bridget, Religious

Wednesday: St. Sharbel Makhlūf, Priest

Thursday: St. James, Apostle

Friday: Sts. Joachim and Anne, Parents of the

Blessed Virgin Mary

Next Sunday: 17th Sunday in Ordinary Time



#### Saint of the week

St. Angela of Foligno (c. 1248-1309), sometimes called the "Teacher of Theologians," Angela's first life as a wife and mother gave her unique insights. Her path to sainthood was not through perfection but through penitence and charity. She experienced periods of certainty and doubt, temptation and steadfastness.

#### Prayer to the Shepherd

My Good Shepherd,
There are so many things I
don't understand about the
paths where you lead and the
pastures where you release me.
But I believe that you are a Good
Shepherd. I have known your
protection and provision in so
many ways. Please keep me under
your care.

Amen.

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. - Mk 6:34

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

#### **Questions of the Week**

Invite Parishioners to Reflect and Respond to Scripture

#### First Reading:

We hear Jeremiah prophesy that the Lord will bring justice and security to Judah and Israel from the unjust shepherds (false rules) who led them astray. How do you help family or friends who need to make better choices?

#### **Second Reading:**

Paul taught the Ephesians that in his death and resurrection, Jesus established peace and reconciliation between all believers, Jews, and Gentiles alike. How do you know you are at peace with a friend or loved one?

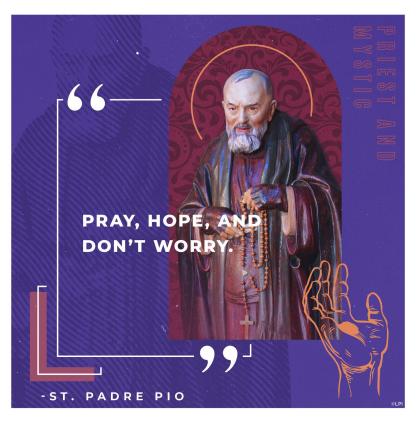
#### Gospel:

Although Jesus wanted the Twelve to rest after their successful mission of preaching and healing, the crowds of people made it challenging to do so. Who could you encourage this week to rest well from their hard work?



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### **Liturgical** Life

# CATHOLIC

#### **A Deserted Place**

In one of my favorite shows, "Parks and Recreation," there is a scene where one of the characters, Jerry, is tasked with stuffing hundreds of envelopes with flyers as part of his volunteer work for a local city council campaign.

Jerry's efficient, almost mechanical completion of the job amazes his coworkers, who gather to watch in awe while he folds, inserts, seals, and stamps — over and over again. After several hours, the huge pile of envelopes is finally ready for mailing ... and Jerry realizes that he has stuffed them all with the wrong piece of paper.

"I always say, it ain't government work unless you do it twice," he quips as he restarts the task.

In any work, no matter how worthy or fulfilling it is, there is a point where the task transforms into mere routine. It can happen with anything: ministry, marriage, parenthood, even prayer. There is no shame in this. It doesn't mean that we don't enjoy these pursuits or feel passion for the mission inherent in them.

It only means that we are human, and we get tired.

When the Apostles return from their travels, Jesus recognizes their exhaustion. He encourages them to "come away to a deserted place." He inhabits a human body, so he knows the weariness to which it is subject. He knows what it is to be tired, to be hungry. He knows that it's hard to do the work when your body is failing you.

It's important for us to recognize those times when Jesus is calling us to a deserted place — and it's important for us to follow him there, even if we are pursued by feelings of doubt and guilt, just as the Apostles were followed by crowds hungry for their ministry.

Solitude is not selfishness. Contemplation is not idleness. To withdraw does not mean to run away.

The work we do — whatever it is — deserves our whole strength. If we have lost that, there is only one place we are sure to find it again.

"He said to them, 'Come away by yourselves to a deserted place and rest a while." — Mark 6:31

- Colleen Jurkiewicz Dorman

## Why do we do that? Catholic Life Explained

#### Question:

What can I do to help our family practice our faith each day?

#### Answer:

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are—God's people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian livina.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.



# PROJECT RACHEL MINISTRY

# Virtual Healing Resource (VHR) Gathering

This is a virtual gathering for anyone who has been affected by trauma of abortion.

Available to join via ZOOM, so that anyone, anywhere, can participate from the comfort of their own space, anonymously if desired.

Monday, August 5th from 6:30 - 7:30 Topic: FORGIVENESS

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## National Eucharistic Revival Supplement – July 2024

Like the disciples on the Road to Emmaus, we have journeyed a long way to arrive at the National Eucharistic Congress which takes place this month! Together, we make a deep act of faith in our Eucharistic Lord.



#### THE NECESSITY OF FAITH AND MORAL LIVING

#### **Eucharistic Saint**

St. Thomas Aquinas (1225-1275 AD) is called the Eucharistic Doctor of the Church. His main work, the Summa Theologica contains a sublime summary of the Church's teaching on the Eucharist. In 1264 he was asked by Pope Urban IV to compose the prayers and hymns for the Church's primary Eucharistic feast: Corpus Christi.

#### **Back to Basics**

THE MIRACLE OF TRANSUBSTANTIATION: Transubstantiation is a miracle, pure and simple, and we witness it at every single Mass. It occurs at the consecration when the bread and wine become the Body and Blood, Soul and Divinity of Jesus through the words and actions of the priest.



At that moment, the inner substance of bread and wine becomes Christ Himself, while the external or "accidental" forms remain the same. This is a spiritual change which we cannot see with our eyes, so we must believe it with faith, as Jesus said to Thomas: "Blessed are those who have not seen and have believed" (John 20:29). The Church tells us:

"It has always been the conviction of the Church of God...that by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood." (CCC, 1376)

#### Calls to Action

Faith – There is a sad moment in John's Gospel when some of Jesus' disciples abandon Him because they could not accept His claim that He was the "living bread that came down from heaven" (Jn 6:51, 66). We must not walk away from our Lord but rather make a pure act of faith in His words each time we receive the Eucharist.

Worthiness – Even then, *mere belief* is not enough. We must reform our lives, live in full communion with the Catholic Church (CCC, 1395), and be in a state of grace in order to receive the Eucharist worthily. These are the basics of our Eucharistic faith.

"There are two things the devil is deadly afraid of: fervent Communions and frequent visits to the Blessed Sacrament." ~ St. John Bosco

#### National Eucharistic Revival News and Resources

Make sure to keep up to date on the National Eucharistic Revival at the Bishops' central website: <a href="https://www.EucharisticRevival.org">www.EucharisticRevival.org</a>. For news on the upcoming Eucharistic Congress, please see <a href="https://www.eucharisticcongress.org">www.eucharisticcongress.org</a>. You can also get the *Eucharistic Revival Edition* <a href="https://www.eucharisticcongress.org">Prayer Cards</a> at <a href="https://www.eucharisticcongress.org">www.SitStandKneel.com</a> for great evangelization resources to spread the Eucharistic fire!

# PRAYERS HEPEW MONTHLY

FAITH IN ACTION CALENDAR/HIGHLIGHTS	
MONDAY JULY 1	St. Junipero Serra, Priest
SUNDAY <b>JULY 14</b>	St. Kateri Tekakwitha, Virgin
TUESDAY <b>JULY 16</b>	Our Lady of Mount Carmel

Faith Formation Companion to Prayers in the Pew™

#### → MONTHLY SYNOPSIS ←

July 2024 – July is dedicated to the Precious Blood of Jesus Christ, which is echoed in our Eucharistic themes this month. In the midst of the summer season, let us strive to develop virtue and cultivate a sense of prayer in all we do.

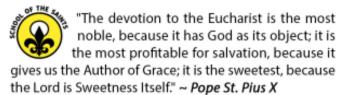
#### TANTUM ERGO

In the year 1264 AD, Pope Urban IV established the Solemnity of the Most Holy Body and Blood of Christ (often referred to simply as *Corpus Christi*) as the preeminent Eucharistic feast of the Church. In fact, it was the first papally-imposed feast to be entered into the liturgical calendar.

In doing so, Urban didn't settle for a second rate theologian to help him. He commissioned the Church's greatest living theologian, St. Thomas Aquinas (1225-1275) to compose the prayers and hymns for the feast. St. Thomas was living near the pope in Orvieto, Italy at that time, and they were both aware of the Eucharistic miracle that had taken place in a nearby city, Bolsena, just the year before (1263).

The Tantum Ergo is actually an excerpt from a longer hymn entitled "Pange Lingua Gloriosi," of which the Tantum Ergo comprises the last two verses. The hymn extols and explains in poetic language the miracle ?

#### THE SCHOOL OF SAINTS-



"Oh most sweet and bountiful Jesus, what a great reverence, what giving of thanks, with perpetual praise, is due to you for the reception of your sacred Body and Blood, whose dignity no man is able to sufficiently express." ~ Thomas à Kempis, Imitation of Christ

of transubstantiation that takes place at each celebration of the Eucharistic sacrifice.

The "Pange Lingua" is normally sung on Holy Thursday and Corpus Christi during the Eucharistic processions. The *Tantum Ergo* is most familiar to the faithful from its use as the hymn that is sung during Benediction of the Blessed Sacrament at the end of Eucharistic Adoration.

#### TANTUM ERGO

Down in adoration falling, Lo! the Sacred Host we hail, Lo! o'er ancient forms departing Newer rites of grace prevail; Faith for all defects supplying, Where the feeble senses fail.

To the Everlasting Father,
And the Son Who reigns on high
With the Holy Ghost proceeding
Forth from Each eternally,
Be salvation, honor, blessing,
Might, and endless majesty.
Amen.



"I write mostly confessional non-fiction."

#### BIBLE BASICS

# A SICS

Psalm 78:24-25 God rained manna upon them for food; grain from heaven he gave them. Man ate the bread of the angels; food he

sent in abundance.

John 6:34-35 So they said to him, "Sir, give us this bread always." Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst."

#### CATECHISM CONNECTION



1324 The Eucharist is "the source and summit of the Christian life." The other sacraments, and indeed all ecclesiastical ministries and works of

the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.

# Praying with the National Eucharistic Revival

The long-anticipated **National Eucharistic Congress** will occur this July 17-21 in Indianapolis. Even if we cannot attend this wonderful event, let us pray in union with the participants and with the intention of our bishops who seek to revive faith and love for the Eucharist in our nation and in our world.

#### **Prayer Before Benediction**

This prayer is offered by the priest with responses from the people who attend the Benediction of the Blessed Sacrament at the end of Eucharistic Adoration. It comes immediately after the *Tantum Ergo* and before the priest ascends the altar for Benediction:

V. Thou hast given them bread from heaven. R. Having within it all sweetness.

V. Let us pray: O God, who in this wonderful Sacrament left us a memorial of Thy Passion: grant, we implore Thee, that we may so venerate the Sacred Mysteries of Thy Body and Blood, as always to be conscious of the fruit of Thy Redemption. Thou who livest and reignest forever and ever.

[Prayers concerning the Eucharist can be found on the Official Prayers in the Pew Eucharistic Revival Edition Prayer Card.]

R. Amen.

Visit us at www.SitStandKneel.com

#### CALENDAR OF FAITH | July

JULY 1 Mon	St. Junipero Serra, Priest
JULY 3 Wed	St. Thomas, Apostle
JULY 6 Sat	St. Maria Goretti, Virgin and Martyr
JULY 9 Tue	St. Augustine Zhao Rong and
	Companions, Martyrs of China
JULY 11 Thu	St. Benedict, Abbot
JULY 13 Sat	St. Henry, Confessor
JULY 14 Sun	St. Kateri Tekakwitha, Virgin
JULY 15 Mon	St. Bonaventure, Bishop and Doctor
JULY 16 Tue	Our Lady of Mount Carmel
JULY 18 Thu	St. Camillus de Lellis, Priest
JULY 21 Sun	St. Lawrence of Brindisi, Priest and Dr.
JULY 22 Mon	St. Mary Magdalene
JULY 23 Tue	St. Bridget, Religious
JULY 24 Wed	St. Sharbel Makhluf, Hermit
JULY 25 Thu	St. James, Apostle
JULY 26 Fri	Sts. Joachim & Anne, Parents of the
	Virgin Mary
JULY 29 Mon	St. Martha
JULY 30 Tue	St. Peter Chrysologus, Bishop and Dr.
JULY 31 Wed	St. Ignatius of Loyola, Priest

#### -FAITH FUNDAMENTALS -

#### **Eucharistic Adoration**

Catholics regard the Eucharist as the very Body and Blood, Soul and Divinity of Jesus Christ Himself, offered in sacrifice on the altar of the Cross. What an amazing gift of God to the human race! Our teaching about this Blessed Sacrament has never changed and never will change.

- The Sacrament of the Eucharist was instituted by Christ as a perpetual memorial of His Passion and Death. We "do this in remembrance" of Him (Luke 22:19).
- The Eucharist is not a symbol but is the actual Body and Blood of Christ offered in an unbloody (that is, sacramental) manner on the altar each day.
- Not only do we participate in the celebration of the Eucharist, but most importantly, we worship the Eucharist as divine and holy.

This last point explains the reason why we maintain tabernacles in our churches and why we are able to worship the Eucharist outside of Mass. It is Christ we worship, not just when He is present at Mass but also wherever the sacred Host is reserved or displayed for public worship. Many parishes even have adoration chapels so that the faithful may pray in silence before the Eucharist and continue the angelic work of adoring the Lord in His Body and Blood, Soul and Divinity.

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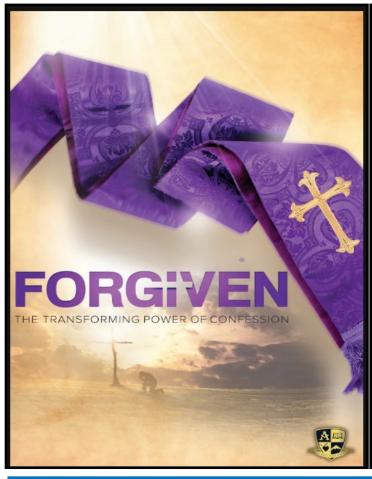


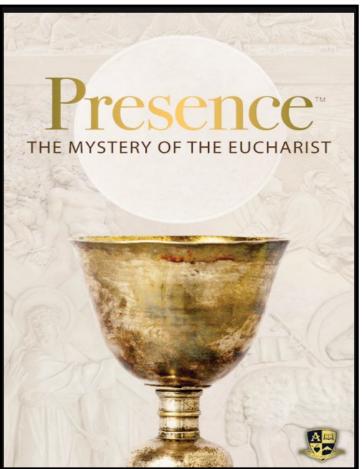


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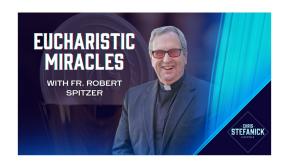


# Week of July 21, 2024



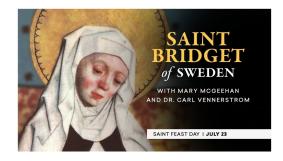
#### Sts. Joachim and Anne | Sacred Art

In this episode on FORMED Now, Dr. Ben Akers and Taylor Kemp discuss the parents of the Blessed Virgin Mary in this famous painting "Joachim and Anne Meeting at the Golden Gate."



# The INCREDIBLE Eucharistic Miracles w/Fr. Robert Spitzer | Chris Stefanick Show

Did you know there are miracles that back up the true presence of the Eucharist? It's true! And I brought Fr. Robert Spitzer back to tell us about the incredible science behind them.



#### St. Bridget of Sweden | Catholic Saints

Join Dr. Carl Vennerstrom and Mary McGeehan as they dive into the life of this medieval saint: St. Bridget of Sweden. A wife, mother, and visionary, St. Bridget was an evangelist both inside and outside the home. St. Bridget's visions of Christ's Nativity have greatly influenced its depiction in Christian art. Watch to find out more!

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