

TWELFTH SUNDAY IN ORDINARY TIME



PASTOR'S CORNER

The Italians have a popular phrase that goes like this: “Il dolce far niente” (“the sweetness of doing nothing”). They practice this with their long lunch siestas, month long vacations in August, and in their lifestyle as a whole. But this “wasting time” is intentional. They are, literally, spending time: On naps, or silence, or prayer, or providing a generous spirit, or coffee with friends, or patiently listening to someone’s story. And this means that they are not mortgaging their time or life on any old distraction merely out of boredom. When we do pause and pay attention, there is an internal recalibration. While nothing is “added” to our life in general, there is a new awareness of the light that is within. We can call it our new internal wealth account. So take advantage of the following opportunities during the summer holidays as you get off this roller coaster you are on, because as long as success is measured by keeping score, we often lose track of almost everything that makes us human and, therefore, glad to be alive:


- 1.** Make spiritual reading a daily habit. Spiritual reading is the slow, prayerful reading of a book that nourishes the spiritual life. Begin with a prayer and when something strikes your attention, pause for a moment to be simply grateful for this inspiration. Your reading should be slow and reflective, but don’t hold yourself back if you are naturally a fast reader. Just don’t rush and you will be fine. St. Josemaría Escrivá used to say, “Don’t neglect your spiritual reading, for it has made many saints.”
- 2.** Choose cheerfulness every morning. This is harder for some of us than others. God gives some people a disposition of cheerfulness that bubbles over like champagne. The rest of us find it much harder to behave cheerfully when doing so seems to go against everything we are experiencing. But like love, cheerfulness is a choice. You have to choose it. This takes effort, but the effort seems to decrease the more you make it. Do not forget that so many people can benefit from your cheerfulness, for as someone once said, “Try to fulfill each day’s task steadily and cheerfully. The life of a true Christian should be a perpetual jubilee, a prelude to the festivals of eternity.”
- 3.** Every day place yourself before the mirror of eternity. In other words, try to calm your mind and heart enough to see the reflection of Divine Love. One way is to breathe slowly, repeat, and then breathe again deeply. Focusing without too much effort, just breathe again, again, and again, because the Loving Presence thrives on stillness. Stillness blossoms into adoration and adoration leads to gratitude.
- 4.** Go for a walk and enjoy the moment, if not daily, then at least a few times a week. Look up at the sky, look around you, breathe deeply, listen to the birds. Don’t bring headphones and music: that for indoors. Just be present to the world around you. Let the beauty of creation penetrate you, because if you do not learn to stop and admire something beautiful, you may treat everything as an object to be used and abused without a scruple. Keep in mind that contemplation heals the soul. Moreover, it is proven that walking outdoors works wonders for the mood and the mind. And if you walk briskly, with good posture, you are getting the best kind of exercise for your body too. *But how am I supposed to do all that?* you may wonder. A saint might say, “Meditate and pray long enough and you will open yourself up to the other world!” A poet might say, “Stare at a rose long enough and you’ll see that there’s more there than meets the eye!” A romantic might say, “Just fall in love deeply or let your heart get broken and you’ll soon know there’s more to reality than can be empirically measured.” And the mystics of old would say, “Just honour fully what you meet each day and you will find it drenched with grace and divinity.”

P.S. I wish you a healthy, peaceful and safe summer till we “meet” again in September.

Fr. Slawek



JUNE 25, 2023




Cenacle of Prayer

**2nd Saturday of every month
10:30 a.m.—11:30 a.m.**

Please join us to pray the Cenacle of prayer in our parish, to intercede for the Church, the clergy and all Parishioners.

This Cenacle will be held in the Church Basement.

All Parishioners are invited.



MASS INTENTIONS

Tuesday, June 27

9 a.m. Repose of the soul of Robert Fynn req. by the John's family.

Wednesday, June 28

9 a.m. Private Intentions.

Thursday, June 29

9 a.m. Intentions to Saint Peter & Paul the Apostle req. by Lulu Ochangco.

Friday, June 30

9 a.m. Repose of the soul of David Emer req. by the Emer family.

Saturday, July 1

4:30p.m. Private Intention

Sunday, July 2

9 a.m. Repose of the soul of Santhiapillai Sebastianpilla.

11 a.m. Intentions of all Parishioners.




COFFEE & TEA SOCIAL

Sunday, July 30, 2023

After the 9 a.m. Mass & 11 a.m. in the Parish Basement

All parishioners welcome

Offering Envelopes




Attention

Are you using envelope #416 ?

Please put your name and address on the envelope

The Society of Saint Vincent de Paul Holy Spirit Conference



Turning concern into action

We cannot better assure our eternal happiness than by living and dying in the service of the poor, in the arms of Providence, and with a genuine renouncement of ourselves in order to follow Jesus Christ.

St Vincent de Paul

Thank you for your contributions to the Poor Box after Mass.

ATTENTION ALL PARISHIONERS

Reception of Holy Communion

It has come to my attention that some people, receiving on the hand, carry the Sacred Host back to their seats. This is forbidden. Please be sure to consume Jesus, truly present in the Sacred Host, right after you receive Him. You must consume the Host in the front of the church, right after receiving. There are people who wish to steal consecrated Hosts for the sake of rituals. If you see anyone walking away without having consumed the Sacred Host please alert one of the Ushers, the Sacristan—Anthony or Fr. Slawek.

“Your identity is not equivalent to your biography. There is a place in you where you have never been wounded ... where there's a seamlessness in you, and where there is a confidence and tranquility in you.

The intention of prayer and spirituality and love is now and again to visit that inner kind of sanctuary.”

John O'Donohue

Attention

Eucharistic Ministers For the Homebound

Are there any Ministers interested in resuming Communion to the Homebound? Is so, please contact the Parish office.

Attention Parishioners

Are you interested in the Coffee Social resuming in the Fall after the 9 a.m. Mass every Wednesday?

Are you interested in a Bingo Night starting in the Fall?

Please contact the Parish office give us your feedback.