

The Parish of Saints Philip and James 1 Carow Place, St. James, NY 11780

August 4th, 2024 Eighteenth Sunday In Ordinary Time



"Amen, amen, I say to you,
it was not Moses who gave the bread from heaven;
my Father gives you the true bread from heaven.
For the bread of God is that which comes down from heaven
and gives life to the world." John 6:35

"With Philip & James we pray to live lives worthy of the call to be Apostles of Hope"

> Daily Mass: 7:30am and 9:15 am Saturday 5pm Sunday: 8am 10 am 12noon

STS. PHILIP & JAMES PASTORAL STAFF

Parish Center Phone: 631-584-5454 Parish Fax: 631-862-9675 Website—www.sspj.org

PARISH CENTER OFFICE HOURS

Open Monday, Tuesday Wednesday 9am-6pm Open Thursday 9am-6pm Closed Friday, Saturday and Sunday

CLERGY

Father Sean Magaldi, Pastor Father Joe Lobo-Associate Pastor Father Dennis Gannon-Associate Pastor Deacon John Keenan

PASTORAL ASSOCIATE

Sister Theresita Donach, CSFN

BUSINESS MANAGER

Virginia Portanova

RELIGIOUS EDUCATION: 631-584-3204 **RELIGIOUS EDUCATION COORDINATOR Grades 1-3** Charlotte Czujko~cczujko@sspj.org

RELIGIOUS EDUCATION COORDINATOR Grades 4-6

Barbara Luna~bluna@sspj.org

RELIGIOUS EDUCATION COORDINATOR Grades 7-8

Dominick Avento~davento@sspj.org

MUSIC DIRECTOR

Margaret Adams

COORDINATOR OF PARISH SOCIAL MINISTRY

Lynn Sisti

DIRECTOR OF YOUTH MINISTRY

Sandra Rago

DIRECTOR OF FACILITIES

John Cordes

SSPJ SCHOOL PRINCIPAL

Diane M. Anderson School Phone-631-584-7896 School Fax: 631-584-3258

TRUSTEES

Brendan McGovern ~ Tina Cafaro

PASTORAL COUNCIL

Michael Sharkey, Lou Guerra, Cynthia Lombardi, Paul Damato Lisa Keane, Maureen Burke, Nancy Sanders, Peter Suski, Sheila Cavooris

LIVE-STREAMING THE 8:00AM SUNDAY MASS

The Sunday at 8:am is available to view on our SSPJ Church Facebook page, while it is live at the 8am mass, it can be recalled at any time.

Collections: ~7/21 collections: \$14,217 Collection for Seminary in India~\$3,518.

Thanking you for your generosity Financial Support Needed weekly to meet Parish budget: \$16,700

Weekly Collection: Sunday, July 28th, 2024:

Collections from Weekend masses: \$7,793.

> Mail Collections: \$ 855

Faith Direct(126Participants) WEEKLY \$3,374.04.

Total Collection:

\$ 12,022.04

FAITH DIRECT: VISIT SSPJ.ORG CLICK ON FAITH DIRECT ICON: USING SSPJ PARISH CODE: NY232

Sacraments

Baptism— Celebrated twice per month. Parents are asked to register at the Pastoral Center for Pre-Baptism Program.

Marriage-Couples are asked to contact the Pastoral Center before visiting the reception hall. The Marriage Preparation process is nine months before your proposed wedding date.

Confirmation-Seventh and Eighth grade students are prepared to celebrate through Religious Ed or SSPJ School. Adults prepare through RCIA.

Reconciliation— Available Saturdays from 4:00pm-5:00pm in the Church or by contacting the Parish Center for an appointment.

Anointing of the Sick- In case of serious, unexpected illness, please contact the Parish Center office to arrange for a Priest to pray with the person who is ill. Anointing of the Sick is held on the first Sunday of the month following the 8:00am mass please see the Sacristan before mass.

R.C.I.A – Rite of Christian Initiation of Adults (non-Catholic adults desiring to become Catholic) are asked to contact the Parish Center Office.

Eucharistic Adoration In The Church— Monday1:30pm -7pm

PLEASE REMEMBER THOSE WHO SERVE FOR US IN YOUR PRAYERS

LCDR. MEGAN M. SHUTKA-VIK, USN CAPT. WILSON MARKS- USN CAPT. MICHAEL T. DOLAN- JR. -D.O, US ARMY



LT. COL. JOHN KAIRES SPC. NICOLE A. CANNON SGM. MICHAEL P. BORRELLI-US ARMY CAPT. JOHN TULLY- USN LT. COL. JAMES TULLY-US ARMY JOSEPH SAGGIO- USNC CAPTAIN PAUL WILLMS STAFF SGT. MICHAEL LONGHENRY LT. COL. PAUL T. JACKSON-

LT. COL. PAUL 1. JACKSUNSTAFF SGT ALEXANDER PARRELLA-USAF
RICHARD SOTOMAYER- USAF
SGT. CONNOR F. SCOTT- USMC
SGT. CORY O'HARA -USMC
PFC. CHARLES CHRISTOPHER HOWELL
STEVEN CAVA-USN
ERIC SEELIN- USMC
CW2 CHDIS MUNZ CW2 CHRIS MUNZ

CW2 NATASHA WORTMAN CORPORAL JAMES T. CASEY-USMC SGT. JOSHUA MAHONEY- US ARMY KEVIN JONES-USCG

PRIVATE JOSHUA OLSEN-USARNG GLEN CRIMA-US ARMY MARIO CATANIA-USMO

RYAN ANTHONY NASCIMENTO-USMC KYLE ANTHONY NASCIMENTO-US ARMY ENS. RYAN M. SHOWS -USN STAFF SGT. RYAN REXRODE-USMC

DR. KARA VANDEKIEFT, COL.-USAF SGT. STEPHEN D. OUTCAULT-USMC PAUL MUMOLO-USN

PAUL MUMOLO-USN
VICTORIA ZEMAN, USCG
KYLE J. GRUNER –US ARMY
MARK GIORDANO—US COASTGUARD
KELLI MCLAUGHLIN– LT. US ARMY NATL.GUARD
1 LT MICHAEL J BANG –MILITARY INTELLIGENCE US ARMY
MATTHEW PATRICK GALLAGHER US ARMY
LT. COMMANDER CHRISTOPHER SHANK MD
MIDN ERIN NICASTRO, USNA
MLDN KATE NICASTRO, USNA
MAJ. BRENDAN JOHNSTON-USAF
CHRISTOPHER A. HIONIDIS-USAF
MICHAEL HIONIDIS. USM

MICHAEL HIONIDIS, USM EMMETT MOLONEY -USN HANK MOLONEY—USAF CARL JOSEPHSON-USAF DANIEL JOSEPHSON-USAF SAMANTHA JOSEPHSON-USAF RICHARD WULFORST, III USA ANG

Father Sean's Letter

My Dear Friends in Jesus Christ and our Blessed Mother,

On Monday, 7/29, we celebrated the Memorial of Saints Martha, Mary, and Lazarus. One possible Gospel for the day is Luke 10. In this Gospel passage, Martha is serving, and Mary is sitting at the feet of the Lord. Martha asks Jesus to tell Mary to help her, but Jesus tells Martha that she is anxious about many things and that Mary chose the better part.

In the spiritual life, there can sometimes be a temptation to do too much, resulting in a temptation to please God. We can believe the lie that our actions earn God's love. The Catholic writer Caryll Houslander writes, "In God's eyes, being something comes before doing something." As His children, we are called to be with Him. The way that we can do that is in prayer.

Mother Teresa, who served the poor so well, prayed for many hours at our Lord's feet. Her prayer life was not a separate aspect of her service, but an integral part of it. She would not have been able to do all of the good she did without being like Martha's sister, Mary. Prayer restores us and gives us strength, enabling us to serve others. With a prayer life, we can serve others effectively. Quiet time with God is a necessity in which everything else must flow.

In Catholicism, we often don't deal with either/or but rather both/and. We don't perform acts of service, or we pray; we both pray and do acts of service. We can be both Martha and Mary. We work to help those in need, but we must also take time to sit at the Lord's feet in prayer. Once again, I want to promote Eucharistic Adoration on Mondays between 1:30 pm and 7 pm. Adoration is a perfect time to sit at the feet of our Lord in the Blessed Sacrament.

In Christ,

Fr. Sean

Mass Intentions, For the week of August 4th, 2024



We Pray for those who are ill...

All powerful God and ever living God, the lasting health of all who believe in your, hear us as we ask your loving help for the sick, restore their health, that they may again offer joyful thanks in your church.

Amen

Please contact the Office of Parish Social ministry, 631-584-5454, to include the name of a brother or sister in need of prayer

Alan Piscak

Amanda Rose Critella

Benito Fernandez

Bob Remhild & Family

Brenden Toomey

Brian Carr

Carmela Montesano

Donna Fabrizio

Ed Ceraso

Jessie Lokai

Kathleen Martin

Larry Baldwin

Mia Mednick

Patrice Henry

Peter Portanova

Rose Bruno

Tina Cafaro

Tonia Perdue

Tom Foccone

Saturday August 3rd Cantor: Feeney	Presider: Father Sean Lector:Thompson/O'Connor EM:Mantia/Duffy/ Drechsler/Toto/Urce	9:15am 5:00pm	Patrick Kelly Jack Steele
Sunday August 4th Cantor: Stefanowski	Presider: Father Sean Lector:White/Dervan EM:Rizzo/Kenney/Koke/ Portanova/Ramos	8:00am	For the People of SSPJ Parish
Cantor Hill	Presider: Father Gannon Lector:Zahorodny/Franco EM:Luna/McKie/Mulhall/ Orlando/Parish/Amen	10:00am	William Olsen
Cantor: Lohmann	Collective Mass Presider: Father Joe Lector:Tomasino/Just EM:Calderone/Margaret/ Bleggi/Rubano	12:00рт	Barbara Kemper Marie Melo Rose Keating Neil & Mary Garguilo
Monday August 5th	Adoration 1:30-7pm In the Church	7:30am 9:15am	Jack Halligan Rose Keating
Tuesday August 6th	The Transfiguration of the Lord	7:30am 9:15am	Living~Peter & Virginia Portanova Theodora Ryan
Wednesday August 7th	St. SixtusII St. Cajetan	7:30am 9:15am	Madelyn & Gerard McNulty Lillian Grace Nostramo
Thursday August 8th	St Dominic	7:30am 9:15am	Patricia McNulty <u>Collective Mass</u> :
Friday August 9th	St. Teresa Benedicta	7:30am 9:15am	Paul J. Czujko Suzanne Orlando
Saturday August 10th Cantor: Murtha St. Lawrence	Presider: Father Joe Lector:Grimaldi/Piliero EM:Licari/Sisti/Anderson/ Damato/Drechsler	9:15am 5:00pm	Maryann Ladisheff Jack Steele
Sunday August 11th Cantor: Meringolo	Presider: Father Lector:Marino/Czujko EM:Kenney/Czujko/Sehne/ M&P Tully	8:00am	For the People of SSPJ Parish
Cantor: Cazziniga	Presider: Father Lector:Smith/DeRosa EM:Napolitano/Conti/ Parish/Mulhall/Orlando/ Sotomayer	10:00am	Catherine Smith
Cantor: Hill	Collective Mass Presider: Father Lector: Suski/Geier EM:Consenz/Samson/ Stack/Settineri	12:00pm	Michael Anthony Prete Helen Oros Frank J. Polizzi



Dear brothers and sisters, may our holy father Ignatius help us to preserve discernment, our precious legacy, as an ever timely treasure to be poured out on the Church and on the world. For discernment enables us to "see anew all things in Christ". Indeed, discernment is essential, so that, as Saint Peter Faber wrote, "the good that can be achieved, thought or organized, may be done with a good, not a malign, spirit"."

THE ASSUMPTION OF THE BLESSED VIRGIN MARY

"My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant. From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name."

Masses will be celebrated:

Wednesday, August 14th, 2024 at 5:00pm

Thursday, August 15th, 2024 at : 7:30am/ 9:15am 7:00pm

There will be a collection taken at each mass.



A Note from Music Ministry

Happy August!!
Hope your summer is going well. Thinking about joining the Music Ministry this September?

Parishioners have asked me how I select the music for Sunday Mass. The music for each Mass reflects the theme of that Sunday. I go to the readings of the day and choose songs that bring the out meaning of the readings, overall themes. Some weeks are easier than others. Some themes are very clear and others require a little more work to find a song connection. This weekend our focus is on the Bread of Life. God's presence is shown through bread, Jesus, Bread of Life.

We Remember, the Communion hymn calls us to remember how God loves us. We bring bread and wine to share a meal, the presence of the Lord.

FAITH SHARING GROUP!

Meets Wednesday mornings from 10 to 11 o'clock in the Philip and James room.

Beginning August 7th, we will be opening up the pages of Joyce Rupp's book:

The Cup of Life~ available on amazon for purchase

Our meeting on Wednesday, August 7th will be reflecting upon Week One of the Cup of Life.

Any questions, please call the parish center office at 631-584-5454

Sister T's Reflection for Us All This Week and Always...

Dear Friends,

Wasn't it just July 1st and now we are at the 31st? The older I get the faster time seems to go. Or am I just getting slower? Whatever the answer is we are now getting ready for August and half the summer is over. Treasure it.

A friend gave me a book to read, and it came at a great time. The book title is <u>ALL THAT IS MADE</u> (A Guide to Faith and the Creative Life) by ALABASTER CO. It begins with the question of What is Liturgy? My immediate response was WHAT? Patiently I read further and found this definition: "Taken from the Greek leitourgia, liturgy translates directly to 'work of the people'. Liturgy is our public work of faith."

This struck me for several reasons as we (at Saints Philip and James Parish) have been meeting with folks on Wednesday sharing our faith and seeing how we live it out. Secondly this third year of the Eucharistic Revival speaks of us going out and sharing our faith. So how do we do all of this. Well, it all takes time and intentionality. The book shares that a first step may be the need for silence.

Think about it, how many silent moments have you had during the month of July? Not counting sleeping! We lead busy lives, and our lives are bombarded with all sorts of noise. Have you ever been talking with someone and when you finish speaking with them, they pick up their phone and start texting or answering emails? I have. For some of us, putting our phone down or shutting off the news or music can be very challenging.

We have experienced the calming effect of silence on our souls. The presence of God's Spirit comes alive when we take the time to sit or walk in silence. How differently we create/act from a place of silence rather than from a place of panic. We need to create "from a deep stream of life that Jesus creates for us" (pg.12)

During this week try and spend some extra silent time with yourself and God. The picture with this reflection was taken by my friend Sister Brenda Whelan RSM, at Enders Island in Mystic, CT. Spend some time reflecting on its beauty and the wonder of God in this world and in your life! Notice how you feel and respond after having spent some time reflecting and being silent – all phones down as another friend would say. May your week find you joyfully living your 'public work of faith'.

Till next week, Sister Theresita







SCAN ME!

REGISTRATION FOR OUR RELIGIOUS EDUCATION

REGISTRATION ENDS ON SEPTEMBER 1ST 2024

KINDLY REGISTER NOW, SO THAT WE CAN ENSURE A GREAT BEGINNING TO OUR NEW YEAR AHEAD!!

CONTACT THE RELIGIOUS EDUCATION DEPARTMENT WITH ANY QUESTIONS 631-584-3204

THIS YEAR, FOR YOUR CONVENIENCE, ALL GRADE LEVEL REGISTRATIONS, AS WELL AS PAYMENTS, WILL BE COMPLETED / SUBMITTED ON-LINE.

Upon completion of the registration forms please click the "New" or "Renew" registration tab to submit payment via **Faith Direct**. While on-line registration is open 24/7, please direct any inquiries to the Religious Ed office during business hours.

Please note that our First Communion program is a two-year program...all first graders should register as soon as possible. First and Second Grade will continue to be taught on-site. All other grade levels will continue via Google Classroom.

Upon receipt of all completed forms and payment you will be notified of your child's (ren) placement in a class (grades 1 & 2) or access to google classroom.

Thank you for your understanding and cooperation. Please direct any concerns to the parish office, we will be happy to assist you.

We look forward to guiding your child(ren) in developing a relationship with Jesus and understanding of our faith. Wishing you all a fun-filled summer!

RELIGIOUS EDUCATION BOOK DISTRIBUTION DATES

Aug. 14 (Wed) - 2 pm - 5 pm

Aug. 20 (Tuesday) -5 pm - 7 pm

Aug. 22 (Thursday) - 9 am - noon

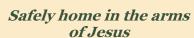


The books will be distributed from the Sts. Philip and James Room in the back of the Rectory

Parish Social Ministry

We remember,

James Matthew Klouda





Laudato Si Ministry

IT'S EASY TO MAKE CHANGES

Car Travel – Rather than bicycle, walk, carpool, or use public transport, we hop in the car even for short trips, wasting fossil fuels and adding to pollution. The solution, of course, is to leave the car in the garage as often as possible.

THE RESPECT LIFE COMMITTEE...

Won't you join us to say the rosary for your special

intentions, for all life, and for the mothers in crisis

pregnancies? God hears all our prayers.
Come Mon. thru Fri. 8 AM in the prayer room.

Ratie's Way

Collecting new and gently used baby items and delivering them to the <u>Life Center of Long Island</u>.

These items benefit mothers, children, and expectant mothers in need. Your donations build a community that supports mothers who choose life

for their unborn children under difficult circumstances. Suggested donation items: Diapers, wipes, bottles. Gently used baby and toddler items such as car seats, high chairs, strollers, clothing, toys, etc. New baby and toddler items, including diapers, wipes, formula, baby food, clothing, etc. PLEASE DROP OFF AT: 56 TILLOTSON AVENUE, ST.JAMES, NY

SPECIAL REQUEST: SUMMER CLOTHES SIZE 2T-4T BOYS AND GIRLS

Our Food Pantry Needs:

Facial Tissues, Napkins Chef Boyardee Beef Ravioli

Thank you for your kindness an generosity



SSPJ SENIORS

The next meeting of the Seniors will be on Monday, August 12. We meet from 1:30 to 3:30 in the Sts. Philip & James Room. This month there will be a guest speaker from Catholic Health Outreach.

Please join us for an afternoon of faith, friendship, and fun.

Helpful Phone Numbers~ YOU ARE NEVER ALONE

Dept. of Social Services: 631-854-2300

Alcoholics Anonymous 24-Hour Hotline: 631-669-1124

Al-Anon Suffolk County: 631-669-2827 Alzheimer's Disease: 631-954-2323 American Red Cross L.I.: 516-747-3500

Birthright (Pregnancy Support): 631-821-9727 or 1-800-

550-4900

Brighter Tomorrow (Domestic Violence): 631-395-1800

Brookhaven Youth Counseling: 631-451-8011 Catholic Charities (Food Stamp Info): 631-789-9546 Child Advocacy Center (CAC) (Child Abuse): 631-439-0480

Children's Community: 631-585-2020, 631-476-9698

www.childrenscommunityhs.org

Domestic Violence Hotline (Vibes): 631-360-3607

Elder Abuse: 631-761-7470

Fidelis Insurance (Family Health Plus): 1-888-343-3547

Gamblers Anonymous Hotline: 1-855-222-5542

Good Shepherd Hospice: 631-376-3758 Hope House Ministries: 631-473-6030 In Home Care- Home Instead: 631-724-2273 LI Against Domestic Violence: 631-666-8833

LI Head Start:631-732-7100

L.I. Women's Coalition (Domestic Violence): 631-666-8833

Memory Care in NY: www.memorycare.com Mental Health Emergency: 631-952-3333 Narcotics Anonymous: 631-689-6262 Nassau/Suffolk Law: 631-232-2400

National Aging in place-L.I. Chapter: 631-383-4341 National Suicide Prevention Hotline: 1-800-784-2433

Office for the Aging: 631-853-8200

Overeaters Anonymous 631-260-6615 www.SuffolkOA.org

Rachel's Hope (Post Abortion): 888-456-4673

Response Crisis Center: (Suicide Hotline): 631-751-7500 The Retreat (Domestic Violence Hotline): 631-329-2200

THE RESPECT LIFE COMMITTEE

invites all to turn with us to the Blessed Mother and pray the *Memorare* each day for the protection of the sanctity of all human life:

Memorare

Remember O most gracious Virgin Mary, that never was it hknown, that anyone who fled to your protection, implored uyour help, or sought your intercession was left unaided. Inspired by this confidence, I fly unto you, O Virgin of virgins, my mother. To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer me.

Amen





BACK TO SCHOOL SUPPLY COLLECTION

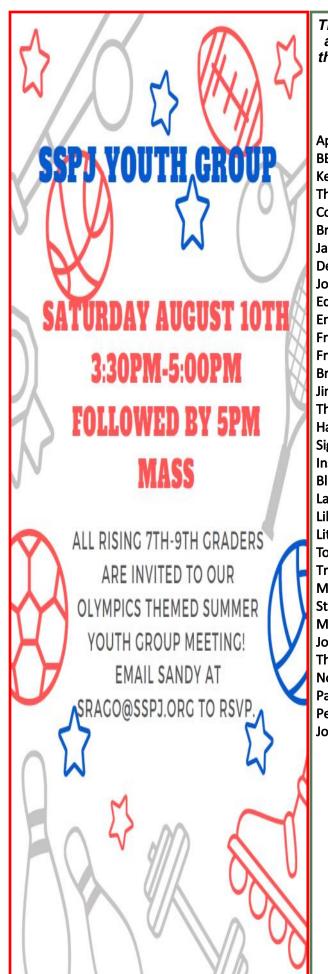
To avoid a last-minute scramble, assembling backpacks with the students' requirements, and to 🔪 enable you to take advantage of 'sales', we are continuing our school supply drive. We have children in our community in need of teacher mandated items.

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STATE OF THE PARTY OF THE PARTY

If you can help, kindly take a school supply card from the baskets in the back of the church. You may return your UNWRAPPED donation, along with the card, to the parish office during the week, or items may be placed in the St. Anthony's Bread Closet, also in the back of the church.

As always, thank you for all you do to help Parish Social Ministry.



The SSPJ Knights of Columbus with the SSPJ School thank all the sponsors, volunteers and golfers who helped make this year's Charity Golf Outing at Crab Meadow Golf Course a huge success. The following is a list of sponsors. God bless you. Richard Lombardi, Grand Knight,

Apple Bank BB&GG Nursery Ken, Lisa and Nick Buckheit The Christina Shaw Allstate Agency **Cotgreave Insurance Brian Cronin** James and Jennine Cullen

Decal Designs Mobile Joe Dorrian and Family Eddie's Power Equipment **Enspire Design Group PLLC** Fraternal Order of Police #53 Friends of NYS Senator Mario R. Mattera

Brian Gobbi and Family

Jim Harkins

The Hensen Family

Hatch: Peace Love and Bacon Signature Premier Properties

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Tom Lohman

Tracy McAlvin and family

Maureen's Kitchen Stephen McGiff

Millenium Diner

John P. Murphy Thomas W. Murphy

Northshore Marine Services Center

Patio Italian Kitchen **Petro Home Service**

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Rappaport, Glass, Levine and Zullo, LLP **RGIZ** R.J.K. Gardens

Saf-t-Swim Scientific Exterminating **Smithtown Family** Dentistry, Paul Leary, **DDS**

David J. Sobel, Attorney

-at-Law

Spages Pharmacy

Mark and Lisa Stephen

Stony Brook Urology

Michael Talento

Taylor, Eldridge & Endres. P.C.

James M. Tierney

Tri-State Transportation

Counseling; Ron Villano

W&M Fire Protection

Services





WHY STS. PHILIP & JAMES SCHOOL & ACADEMY?

- For over 100 years, SSPI has offered academic excellence, which fosters individual growth and development according to time-tested, Catholic faithbased models of teaching and learning.
- SSPI's primary commitment is to integrate the Gospel message with the spiritual, intellectual, emotional, social, and physical development of students, enabling them to become the leaders of tomorrow.
- SSPJ cultivates a robustly Catholic culture centered on the spiritual, intellectual, sacramental, and liturgical life of the Church.
- SSPJ provides a safe and supportive community that recognizes the dignity of every person and promotes human flourishing in a familial atmosphere.

CHILDHOOD PROGRAM

SMALL CLASS SIZES

INDIVIDUALIZED INSTRUCTION

ACADEMIC EXCELLENCE Students Graduate With Two Regent Courses, Algebra I & Living Environment

ACADEMY ELECTIVE PROGRAM

AFTER SCHOOL CLUBS FOR **ALL STUDENTS**

Schedule a Tour Today With Principal Anderson & come see all the good things SSPJ has to offer!

DANDERSON@SSPJSCHOOL.NET

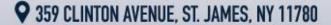


sspjschool.net

(631) 584-7896

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A place where students learn and grow in their faith, strive to answer their call of being an Apostles of Hope, and become active members in their faith community

THANK YOU FOR YOUR GENEROSITY! WE ARE AT 73% OF GOAL

TOTALS RECEIVED AS OF July 31st, 2024

GOAL: \$102,000 PLEDGES: \$74,495. PAYMENTS: \$61.304.



"As each has received a gift, use it to serve one another, as good stewards of God's varied grace" 1 Peter 4:10

Sharing Our Gifts through the CMA

Stewardship is the grateful response of every Christian disciple to share our God-given gifts of time, talent and treasure in a way that passionately sets our hearts on fire and touches the lives of others, as we live the corporal and spiritual works of mercy. The Catholic Ministries Appeal is an excellent way to journey through the Pillars of Hospitality, Prayer, Formation and Service to express your gratitude to God.

Through the Pillar of Hospitality and Service, many parishes form CMA committees to support a smooth and organized Appeal effort and by creating a welcoming environment for all. Others share their gifts by volunteering in the ministries that the CMA supports, such as formation classes and parish outreach programs.

Through the Pillar of Prayer and Formation, the Catholic Ministries Appeal brings us closer to those we help and support as we become more "connected" with our sisters and brothers through prayer and evangelization ministries. We may wish to pray for those who support and volunteer for the committee and for those who receive support from the appeal.

The CMA provides an opportunity for stewards to use their treasure to serve more than 600,000 of our sisters and brothers each year in our formation and Catholic Charities pastoral programs. It is rare that just one person or one parish could touch this many lives. The CMA brings us beyond the individual, the group and the parish and unites us as one Church of Long Island.

> The Catholic Ministries Appeal is Stewardship in action!

To donate, you can also visit https://www.drvc.org/donate/cma/

or call us at 516-678-5800 ext. 296.

Good News INSPIRATION FOR DAILY LIFE

19th Sunday in Ordinary Time

August 11, 2024: 1 Kgs 19:4-8 | Ps 34:2-9 | Eph 4:30 – 5:2 | Jn 6:41-51

Pray: Lord Jesus, rekindle our hearts anew with the treasure of the Eucharist. Amen.

Jesus is the Living Bread, the Gift of Eternal Life.

Jesus said, "I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever, and the bread which I shall give for the life of the world is my flesh." (John 6:51) The crowd of Jewish people, and even some of His disciples, had been listening to Jesus and they could not understand these strange and difficult words, so they chose to walk away from Him.

People had been amazed by Jesus' healing miracles and fascinated by His stories. If they had given Jesus more time and trusted Him, perhaps there would have been more believers in what He was sharing about being the Bread of Life. Jesus tried to show them that just as God had provided manna to feed the hungry Israelites in the desert, He knew their hearts were hurting and wanted to feed them, too. This bread from heaven, Jesus Himself, would feed their souls and give them everlasting life. This heavenly food would be a gift of total love, self-surrender, suffering, and sacrifice and would lead the way to victory over death through His Resurrection. Jesus was pointing out His divinity, which was more than they could handle.

Clergy and those who have ever served as Extraordinary Ministers of Holy Communion on visits to the homebound in hospitals, nursing homes, or prisons often witness a profound demonstration of what Jesus meant by "living bread." It is truly humbling to walk into a hospital room to visit an elderly patient who is suffering and crying. When they receive Communion, their whole disposition often changes, and their face breaks out in a smile of relief and peace. By the same token, how beautiful it is when a retired deacon in the final stages of Alzheimer's Disease cannot carry on a conversation or do anything for himself, yet when offered prayers and Communion, he mouths the familiar prayers and smiles in recognition when receiving Jesus.



Without a doubt, the True Presence of Christ is with us in the Eucharist. Christ brings hope, healing, strength, and renewal to our souls. This gift is for all of us at every stage of our journey in life. Best of all, Christ promises everlasting life in heaven with Him for those who believe and

follow Him. May we all be grateful and treasure this incredible gift of the Eucharist that we have been given.

Reflect & Discuss:

- † Do you embrace the Eucharist as Christ's true Body, Blood, Soul, and Divinity?
- + Are there any other Church teachings that you struggle with? If so, will you commit to seek out the Church's wisdom with patience and trust – and the help of the Holy Spirit – in order to increase your understanding?
- + What does it mean to experience the presence of Jesus in the Eucharist?
- + What are the fruits of going to Adoration of the Blessed Sacrament?

Spiritual Reflection by Ron Rolheiser, OMI ~The Road Less Travelled

Two roads diverged in a wood, and I—

I took the one less traveled by,

And that has made all the difference.

Most of us are familiar with these words from Robert Frost which have been used countless times in graduation and commencement addresses and other inspirational talks as a challenge to not just follow the crowd, but rather to risk carrying yourself and your solitude at a higher level. Well, Jesus offers us that same invitation daily as we stand looking at two very different roads.

In the *Sermon on the Mount*, Jesus summarizes many of his key teachings. However, they are easy to misunderstand and rationalize. Mostly though we don't pick up on what lies front and center in those teachings, that is, how our virtue must go deeper than that of the Scribes and the Pharisees. What's at issue here?

Most of the Scribes and Pharisees were good, sincere, committed, religious people with a high virtue. They kept the Commandments and were women and men who practiced a strict justice. They were fair to everyone and indeed were extra gracious and generous to strangers. So, what's lacking in this? Well, good as this is, it doesn't go far enough. Why not?

Because you can be a person of moral integrity, fully just and generous, and still be hateful, vengeful, and violent because these can still be done in justice. In strict justice you may hate someone who hates you, you may exact revenge when you are wronged, and you may practice capital punishment. *An eye for an eye!*

But, in doing that you are still doing what comes naturally. It is natural to love those who love you, just as it is natural to hate those who hate you. Real virtue asks more than this. Jesus invites us to something higher. He invites us to love those who hate us, to bless those who curse us, to never seek revenge, and to forgive those who kill us — even mass murderers.

Admittedly, that isn't an easy road to take. Almost every natural instinct inside us resists this. What's our spontaneous reaction when we are wronged? We feel vengeful. What's our natural reaction when we hear that the gunman at a mass killing was killed? We feel relieved. What's our natural reaction when an unrepentant murderer is executed? We feel happy he died; and we cannot help ourselves in that reaction. There's the sense that justice has been served. Something has been righted in the universe. Our moral indignation has been assuaged. There's closure.

Or is there? Not really. What we feel rather is emotional release, catharsis; but there's a huge difference between catharsis and real closure. While the emotional release may even be healthy psychologically, we are invited (by Jesus and by all that's highest inside us) to something else, to a road beyond feeling emotional release, namely, the less travelled road towards wide compassion, understanding, and forgiveness.

In assessing this, it can be helpful to look at how Pope John Paul II addressed the question of capital punishment. He was the first pope in the Church's two-thousand-year history to speak out against capital punishment. Interestingly, he didn't say it was wrong. Indeed, in strict justice it may be done. What he said was simply that we shouldn't do it because Jesus invites us to something else, namely, to forgive murderers.

Easier said than done! When I hear of a mass shooting, my thoughts and feelings don't naturally turn toward understanding and empathy for the shooter. I don't agonize about how he must have suffered to bring himself to do something like this. I don't naturally feel sympathy for those who because of fragile or broken mental health might do something like that. Rather my emotions naturally put me on the road more travelled, telling me that this is a terrible human being who deserves to die! Empathy and forgiveness aren't the first things that find me in these situations. Hateful and vengeful feelings do.

However, that is the road of our emotions, the road more taken. Understandable. Who wants to feel sympathy for a killer, an abuser, a bully?

But that's only our emotions venting. Something else inside us is forever calling us to what's higher, namely, to the empathy and understanding to which Jesus invites us in the Sermon on the Mount. Love those who hate you. Bless those who curse you. Forgive those who murder you.

Moreover, such virtue is not something we ever achieve once and for all. No. Faith works this way: some days we walk on water and some days we sink like a stone.

So, like Robert Frost, on any given day I find myself standing where two roads diverge. One, the road more travelled, invites me to walk the road of hate, vengeance, and feeling I am a victim; the other, the road less taken, invites me to walk the road of wider compassion, empathy, and forgiveness.

Which one do I take? Sometimes one, sometimes the other; though always I know the one to which Jesus is inviting me