



The Parish of Saints Philip and James
1 Carow Place, St. James, NY 11780
631-584-5454

July 21st, 2024
Sixteenth Sunday
In Ordinary Time



“My sheep hear my voice, says the Lord;
I know them, and they follow me.”

John 10:27

“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: ~

Thanking you for your generosity

Financial Support Needed weekly to meet Parish budget:

\$16,700

Weekly Collection: Sunday, July 14th, 2024:

Collections from Weekend masses: \$8,277.

Mail Collections: \$ 2,665.

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

Total Collection: \$ 14,316.04

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— Monday 1:30pm -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 KAIREAS
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-
STAFF 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 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-USMC
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
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
EMMETT MOLONEY—USN
HANK MOLONEY—USAF
CARL JOSEPHSON-USAF
DANIEL JOSEPHSON-USAF
SAMANTHA JOSEPHSON-USAF
RICHARD WULFORST, III USA ANG

THANK YOU CMDR ROBERT MARSH FOR YOUR SERVICE GODSPEED ON
YOUR RETIREMENT FROM US NAVY

Father Sean's Letter

My Dear Friends in Jesus Christ and our Blessed Mother,

When I was a freshman in college, I attended Eucharistic Adoration for the first time. When the priest put the Blessed Sacrament in the monstrance, it all clicked, and I realized this was really Jesus. What I had known in my head became real in my heart. It was a life-changing experience.

This week (7/17-7/22), I will be in Indianapolis for the 10th National Eucharistic Congress. This gathering is a unique opportunity for people from all corners of our country to unite in encountering our Lord in the Eucharist, where we truly meet the living Jesus. While the Congress may be over by the time you read this, you can still experience the talks and presentations on YouTube. I urge you to explore these and feel the connection to our larger Catholic community.

On a parish level, we offer Eucharistic Adoration every Monday from 1:30 pm to 7 pm. I assure you that you don't need to commit to the entire duration, although it would be wonderful if you could give an hour. Any moment spent in the presence of our Eucharistic Lord is invaluable, even if it is a few minutes. Whether you stop by on your way home from work, in between errands, or at any other time that suits you, know that your presence is always welcome.

Vatican II teaches us that the Eucharist is the 'source and summit of the Christian life' (*Lumen Gentium*, 11). Therefore, we aim to foster our love and worship of Jesus in the Eucharist. I know how much my life changed after falling in love with the Blessed Sacrament, and I hope and pray for the same for all of you.

In Christ,

Fr. Sean

Mass Intentions, For the week of July 21st, 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
- Alfred Fox
- 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

<i>Saturday July 20th Cantor: McCulloh</i>	<i>Presider: Bishop Peter Paul Lector:Kieran/Merlino EM:Taurassi/Mantia/ Anderson/Duffy/Urce</i>	<i>9:15am 5:00pm</i>	<i>Mario Mignone Margaret O'Brien</i>
<i>Sunday July 21st Cantor: Stefanowski</i>	<i>Presider: Father Sam Lector:Dervan/Sehne EM:Dervan/Diaz/Rizzo/Sica/ Tully</i>	<i>8:00am</i>	<i>For the People of SSPJ Parish</i>
<i>Cantor Meringolo</i>	<i>Presider: Bishop Peter Paul Lector:Tomasino/Rubano EM:Amen/Parish/Clarke/ Keane/Sotomayer/McKie</i>	<i>10:00am</i>	<i>Valerie Linder</i>
<i>Cantor: Meringolo</i>	<i><u>Collective Mass</u> Presider: Father Gannon Lector:Doran/Suski EM:Margaret/C&V Rubano/ Settineri</i>	<i>12:00pm</i>	<i>Kenneth Rathjen Louis Sicurella Patrick J. Kelly Claudia Chandler</i>
<i>Monday July 22nd St Mary Magdalen</i>	<i>Adoration 1:30-7pm In the Church</i>	<i>7:30am 9:15am</i>	<i>Lois Stramiella Albert Consenza</i>
<i>Tuesday July 23rd</i>	<i>St Bridget</i>	<i>7:30am 9:15am</i>	<i>Maximo Collado</i>
<i>Wednesday July 24th</i>	<i>St. Sharbel Makhiuf</i>	<i>7:30am 9:15am</i>	<i>Vera & Vincent Mulvehill & Francis Sexton A Holy Soul In Purgatory</i>
<i>Thursday July 25th</i>	<i>St. James Apostle</i>	<i>7:30am 9:15am</i>	<i>Living~Carmela Montesano <u>Collective Mass:</u> Harrison Thrasher, Jr.</i>
<i>Friday July 26th</i>	<i>Sts. Joachim & Anne</i>	<i>7:30am 9:15am</i>	<i>Mary Finnigan-Mashikian Elizabeth McSweeney</i>
<i>Saturday July 27th Cantor: LoCastro</i>	<i>Presider: Father Gannon Lector:Healy/Smith EM:Rapp/Damato/Sisti/ Byrne/Toto</i>	<i>9:15am 5:00pm</i>	<i>Mary Jo Rae Valerie Kratochuil</i>
<i>Sunday July 28th Cantor: Feeney</i>	<i>Presider: Father Sam Lector:Carey/White EM:Czujko/Kenney/Koke/ LaSerra/P. Tully</i>	<i>8:00am</i>	<i>For the People of SSPJ Parish</i>
<i>Cantor: Lohmann</i>	<i>Presider: Father Sean Lector:Geier/Piliero EM:Luna/McKie/Clarke/ Keane/Amen/Sotomayer</i>	<i>10:00am</i>	<i>Carol Walz</i>
<i>Cantor: McCulloh</i>	<i><u>Collective Mass</u> Presider: Father Joe Lector: Hurlburt/Rubano EM:Licari/Consenz/ Latino/Stack</i>	<i>12:00pm</i>	<i>Lawrence McGinn, Jr Patrick Jameson Kelly Isabella Andriano Gennaro Napolitano</i>

NURSERY-8TH GRADE



ST. JAMES, NEW YORK



FEATURES OF THE SCHOOL & COMMUNITY

EXCEPTIONAL EARLY 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

WHY STS. PHILIP & JAMES SCHOOL & ACADEMY?

- For over 100 years, SSPJ has offered academic excellence, which fosters individual growth and development according to time-tested, Catholic faith-based models of teaching and learning.
- SSPJ'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.



sspjschool.net @SSPJAcademyandSchool (631) 584-7896 @SSPJSchool

359 CLINTON AVENUE, ST. JAMES, NY 11780



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



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 beginning our school supply drive this weekend. We have children in our community in need of teacher mandated items.

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.

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

Dear Friends

The National Eucharistic Congress began on July 17th in Indianapolis. The Congress concludes today, Sunday July 21st, 2024. This begins the Third year of the Eucharistic Revival which was preceded by a year of celebration and renewal on the Parish Level.

This significant event aims to bring together Catholics from across the United States for a series of worship sessions, educational talks, and community gatherings focused on revitalizing devotion to the Eucharist. Our own Sister Josephine Garrett CSFN will be speaking at the Congress. Why this Congress? Here is a quote from the National Eucharistic Congress that will shed some light:

“Jesus in the Eucharist is the answer to every restless longing of the human heart. If we truly believe this, then that living faith will compel us to share this joy with our brothers and sisters! That’s what the third year of the Revival—the Year of Mission—is all about.

This is an exciting new season of the Revival movement. The Holy Spirit has enkindled a missionary fire in the heart of our nation, and now he is sending out every member of the Church to spread the Good News—sharing the gift of our Eucharistic Lord with those on the margins. And YOU are invited to be a part of it!”

The four pillars of this Year of Mission are: Eucharistic Encounter, Eucharistic Identity, Eucharistic Life and Eucharistic Mission. So, I hope that I have piqued your interest in our National Eucharistic Revival. You will find all sorts of information for the Congress on their website, [National Eucharistic Congress website](#).

In today’s world it is so important to bring the Good News of Jesus to all we meet. Jesus in the Eucharist can bring Hope to this hurting world of ours. During this week think about your relationship with Jesus in the Eucharist. Do you truly believe that you are receiving the true presence of Jesus. How can you bring Him to others. How can YOU bring the Hope of the message of Jesus to others. Remember that ‘Actions speak louder than words’

Till next week,
Sister Theresita



SCAN ME!

REGISTRATION FOR OUR RELIGIOUS EDUCATION PROGRAM FOR THE 2024/25 SEASON

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!

FAITH SHARING GROUP!

Meets Wednesday mornings from 10 to 11 o'clock in the Philip and James room. For the first four weeks, we will be discussing

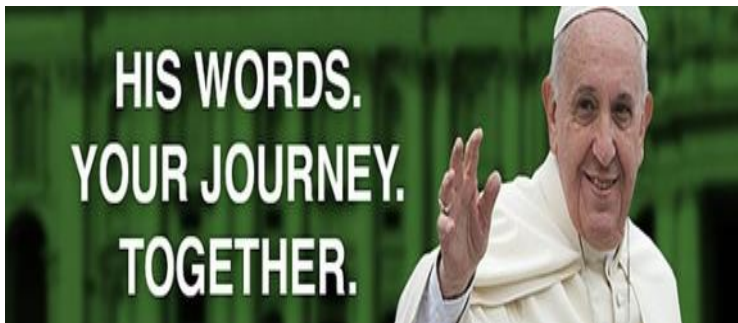
Matthew Kelly's book Holy Moments

July 24th sharing Chapter 3 of Holy Moments...

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

The Cup of Life~ available on amazon for purchase

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



"Jesus does not eliminate the concern and search for daily food. No, he does not remove the concern for all that can make life more progressive. But Jesus reminds us that the true meaning of our earthly existence lies at the end, in eternity, it lies in the encounter with Him, who is gift and giver. He also reminds us that human history with its suffering and joy must be seen in a horizon of eternity, that is, in that horizon of the definitive encounter with Him."

July 14th, 2024

Music Ministry



Ready for the call
Servant Song, the Presentation
hymn asks us what God's wants
us of us and where can we
serve him.

Could it be the middle of the
summer? Where does the time
go?

I hope your summer is going
well.

Take some time this summer
and prayerfully think about
joining the Music Ministry. We
need members. Please consider
joining.

Some are just bit size pieces of
time but will help a great deal.

Parish Social Ministry

*We remember,
Theodora Ryan
John Michael Erickson
John Michael Ebbecke
Safely home in the arms of Jesus*



Our Food Pantry Needs:

**We are fully stocked!!
Thank you so very much!**



PLEASE TUNE INTO CFN LIVE ! THURSDAY JULY 25 SUPPORT THE SSPJ LAUDATO SI COMMITTEE

*On Thursday, July 25, members of our SSPJ Laudato Si group will be interviewed on the Catholic Faith Network. It is scheduled for 9AM on "CFN Live" with Msgr. Vlaun.
If at all possible, please tune in to watch it in support of your fellow parishioners.*

SSPJ SENIORS

The next meeting of the Seniors will be on
July 22nd from 1:30 -3:30
In the Sts. Philip & James Room.
New members are always WELCOME!
Please join us for an
afternoon of faith, fun, and friendship.

THE RESPECT LIFE COMMITTEE...

The Right to Life Committee invites all parishioners to pray the Rosary with them at 8 AM on weekdays in the Prayer Room of the Church. We pray for life in all its stages from conception to natural death.

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



Katie's Way

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

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**



Mass for People with Special Needs




SATURDAY, JULY 20
AT 2PM

Mass will be indoors

Shrine of Our Lady of the Island

258 Eastport Manor Rd, Manorville, NY

 631-325-0661



ourladyoftheisland.com

“Take; this is my body”

—Mark 14:22

The presence of Christ in the Eucharist is real, true, and substantial.

“Jesus awaits us in this sacrament of love.” (St. John Paul II, *Dominicae cenae*, no. 3)



“It is called: Eucharist, because it is an action of thanksgiving to God.” (CCC, no. 1328)

Eucharist “makes present the one sacrifice of Christ the Savior.” (CCC, no. 1330)

THANK YOU FOR YOUR GENEROSITY!

WE ARE AT 72% OF GOAL

TOTALS RECEIVED AS OF

July 17th, 2024

GOAL: \$102,000

PLEDGES: \$73,635. PAYMENTS: \$59,739.25



Dear Friends:

As we continue to celebrate our National Eucharistic Revival, we are bringing true love into the world by sharing and supporting opportunities for the faithful to fall deeper in love with Jesus in the Eucharist and to cast nets of Eucharistic charity to all of Long Island and to the world.

In our Diocese, the Catholic Ministries Appeal helps us to cast these nets. From Elmont to Montauk, because of this Appeal, the Church is present in each community helping those in need.

Our Parish Social Ministry programs assist those in the community with basic necessities like food, clothing or just a helping hand. Catholic Charities assists our fellow Long Islanders with housing, substance abuse issues and maternity management. It supports seminarians through their discernment and formation and ensures that our young people can continue to grow in their knowledge and love of our Catholic faith.

The Catholic Church on Long Island serves the mission of the Church and the common good by assisting so many people spiritually, emotionally, and physically.

At the recent Eucharistic Pilgrimage that brought the Blessed Sacrament in a Monstrance from the St. Elizabeth Ann Seton Shrine in lower Manhattan across the Brooklyn Bridge in view of the Statue of Liberty, I was inspired by the many people, a mosaic of many faces and ages, witnessing to the truths of our faith and encouraging those who are inactive in their faith to rekindle their love for the Eucharist and the Mass.

Your gifts to the Catholic Ministries Appeal are integral to this Eucharistic mission. If you have not done so already, I ask you to please consider making a gift to the 2024 Catholic Ministries Appeal.

May God bless you and your loved ones.

Sincerely in Christ,

Most Reverend John O. Barres

Good News INSPIRATION FOR DAILY LIFE

17th Sunday in Ordinary Time

July 28, 2024: 2 Kgs 4:42-44 | Ps 145:10-11,15-18 | Eph 4:1-6 | Jn 6:1-15

Pray: Jesus, thank you for your provision and divine nourishment to fill all our needs. Amen.

The Miracle of the Loaves and Fishes Points to the Miracle of the Eucharist

The miracle of the loaves and fishes showcases Christ's radical love and compassion toward the people in the crowd who had been listening to Him for hours. Constantly aware of every need of His followers, Jesus knew the people were tired and hungry. He also knew their minds and souls hungered for more time with Him. This moment on the Sea of Galilee offered the perfect opportunity for Jesus to reveal His divine identity as God's Chosen One.

He wanted them to trust Him to care for their needs. He wished to show them He was sent to complete the work of salvation, the one who would usher in the New Kingdom. This supernatural miracle was also a great precursor to His soon-to-be-coming institution of the Holy Eucharist, Christ's ultimate gift of nourishment for our souls. The people were impressed with Jesus' fantastic miracle but still misunderstood His intention. Although he spoke to them at length about the kingdom of heaven, they seemed eager to make Him a king only to serve their political and temporal needs on earth.



The supernatural power of Jesus, as demonstrated in the miracle of the loaves and fishes, is not a distant memory but a living reality in our lives today. For those who dare to believe, Jesus offers His Body, Blood, Soul, and Divinity in the Eucharist, just as He promised. This Sacrament is not a mere ritual but a transformative experience. It is very real. When we partake of His Body and drink His Blood, the Trinity – Father, Son, and Holy Spirit – becomes alive within us, shaping us into the image of God, who is pure love, mercy, and compassion.

This ongoing connection with Jesus, as He continues to nourish our souls, not only guides us towards the heavenly kingdom but also equips us to overcome the obstacles of sin, to see Christ in others, and to be Christ to others. This connection is a constant source of reassurance and comfort, reminding us that we are never alone on our spiritual

journey. The Spirit of Christ is alive, and He is with us. Expect miracles!

Reflect & Discuss:

- † How has God provided for your temporal and spiritual needs in different seasons of your life?
- † In what areas of your life do you need to trust God more?
- † What implication does this miracle story of the loaves and fishes have for families and ministries?

KEEPING THE SABBATH

The Sufi mystic Rumi once lamented: *I have lived too long where I can be reached!* That was twelve hundred years ago, long before cell phones, the internet, computers, and social media. Today, most of us live where we can be reached all the time. While this has some huge upsides, it also has a nasty underside we have been slow to recognize. Never being able to step away from our preoccupations and involvements is weighing on our mental health. Many of us now find it difficult to step away, to stop activities, to rest, to refresh, to re-energize. To put this in biblical language, we are finding it more and more difficult to have "Sabbath" in our lives.

We have a commandment from God: *Remember to keep the Sabbath day holy.* I think we can all agree that this commandment has fallen on hard times today. It is not just that fewer and fewer people are going to their churches on Sunday, or that more and more shops and businesses are open on Sunday, or that sporting events now take up much of the Sabbath space once reserved for religion. The deeper issue is that more and more of us can no longer slow down our lives, shut down the communication machines, get away from the stress and preoccupations in our lives, and simply stop and rest.

We are living where we can always be reached and have for the most part lost the notion of Sabbath in our lives. We are now treating a commandment to keep the Sabbath day holy as an idealized lifestyle suggestion: *Helpful, if you can find the time to do it.*

With this in mind, I offer *Ten Councils* for practicing Sabbath today.

1. *Practice Sabbath with the discipline demanded of a commandment, even as you practice the discipline of life and duty.*
 2. *Have at least one "Sabbath" moment every day.* Give yourself something to look forward to every day. Sabbath doesn't have to be a day; it can be special hour, a special moment, where you step off the treadmill and treat yourself to something you enjoy.
 3. *Go somewhere every week where you can't be reached and have a "cyber-Sabbath".* Once a week turn off all your electronic communication for six hours or, better yet, for twelve hours. Go to a place where, save for an emergency, you are unavailable. You might find this the hardest discipline of all – and perhaps the most important one.
 4. *Honor the "wisdom of dormancy". Do something regularly that is non-pragmatic.* Farmers know that you can't seed a field continuously and still get a good yield. Fields require regular seasons where they lie fallow so that they can (in that seeming condition of dormancy) soak in the nutrients and other elements they need to produce. The human body and psyche are the same. We need, regularly, periods of dormancy where our energies lie fallow to the pragmatic world.
 5. *Pray and meditate regularly in some way.* There is only one rule and counsel for this: Do it! Show up regularly, and whatever happens, happens. This is a major way that we step off the treadmill and have some Sabbath in our lives.
 6. *Be attentive to little children, old people, and the weather.* Sabbath is meant to restore wonder to our lives, and today wonder has left the building. So, as the poet John Shea says, *borrow wonder from the children.* It is one of the few places we can still find it. As well, time spent with elderly people can help give us a healthier perspective on life. Also, when have we last noticed the weather as a source of wonder?
 7. *Live by axiom: "If not now, when? If not here, where? If not with these people, with whom? If not for God, why?"* We spend ninety-eight percent of our lives waiting for something else to happen to us. Have some moments where you realize that what you are waiting for is already here.
 8. *Let your body also know that it is Sabbath.* Sabbath is meant not just for the soul but also for the body. Give your body a Sabbath treat, at least once a week.
 9. *Make family and relationships the priority.* At the end of the day, life is about family, friendships, and relationships, a truth easily eclipsed and lost in the pressures of our fast-paced lives. Sabbath is meant to reground us in that truth at least once a week.
 10. *Don't nurse grudges and obsessions.* Our deepest tiredness isn't the result of overwork, but of the wounds, grudges, and obsessions we nurse. The invitation to rest for a day includes, especially, the invitation to let go of our hurts. Indeed, the notion of the statute of limitations is based on Judeo-Christian concept of the Sabbath. For every grudge we are nursing there is a statute of limitations.
- God gave us Sabbath, for our health and our enjoyment.