



Save the Date: Annual Church Festival with Flea Market is scheduled for Saturday August 13th 1 day only (Flea Market will be on Thursday -Saturday) Baskets have returned back this year.

(Confirmation Students are required to work the festival for community service in the Parish)

Volunteers are needed to make this a successful event



As always, I like to share the deep traditions and meaning of our Church. What a great way to learn as a family and learn more about this great Faith of ours.

As we continue our journey of Faith learning. This week we look at why we kneel stand and sit during the Mass

The Catholic Faith liturgy follows its own unique set of religious rituals and traditions which are part of the Catholic Mass Order. As a member of the Catholic Faith, you probably observed some of these practices which include sitting, standing and kneeling during mass. So why do we do these things and what do they signify?

To better understand the meaning behind the physical gestures that we perform during the Catholic Mass, we need to keep in mind two basic elements of the Catholic Mass Order.

The priest acts as Jesus:

- 1) During the mass, the priest is not leading the celebration of the Eucharist, he is acting the role of Jesus. As Jesus, he leads us to do the different gestures, traditions and rituals that are part of the Catholic Mass Order. This is why we sit and stand when the priest sits and

stands. This is also the reason why altar servers and other priests bow when they approach the celebrating priest. In this way they are showing reverence to Christ who is represented by the priest.

2) Jesus is present in the Eucharist

Another important thing that we should understand about the Catholic Mass is that Jesus is present in the consecrated Eucharist. This is in accordance to the doctrine of transubstantiation which states that the bread and wine become Jesus at a certain point during the Mass. The bread and wine retain their appearance but are actually transformed into the body and blood of Christ.

Why We Sit During the Mass

At the beginning of every mass, we start in a sitting position. Sitting is considered the base position of worship. This is the position from which we can stand and kneel. We sit when we are listening to the first two readings during Mass which is based on the Lectionary. We also sit down after the Gospel reading, focused and attentively taking in the homily. We remain while waiting for the Eucharistic elements to be prepared, a very meaningful gesture because we expectantly wait and rise when the priest is ready.

Why We Stand During the Mass

The Catholic Mass starts with the Penitential Act which happens right after the priest walks down to the sanctuary. During this part of the Catholic Mass Order, we acclaim the Kyrie Eleison by saying “Lord, have mercy.”

The Kyrie Eleison is an ancient Christian tradition in which we confess our sinfulness to our Almighty Father and to our fellow Christians. This is in compliance to the New Testament command for us to admit our sins to one another.

During the Kyrie Eleison and most prayers during Mass, Catholics stand up. Standing has been considered the appropriate position for prayer since before Christ’s time. When we stand, we are following this centuries old tradition.

Standing is also a simple but profound way of honoring and respecting Jesus who is represented by the priest during Mass. During the first two readings of the Bible, we are seated and listening but during the Gospel reading, we stand up.

The Gospel is the Word of God and to hear these is a great honor which is why we ascend from our base position of worship. We stand to acknowledge the significance of hearing God's very own words.

During the reading of the gospel, we make a small sign of the cross using our thumb on our forehead, lips and over our hearts. This simple act is a symbolic request for God to impress His Word upon our minds, lips and heart.

When the priest is done reading the Gospel, he will show respect to the Words of God by kissing the Gospel and then start his homily. After the homily, we stand up to recite either the Nicene Creed or Apostles Creed as a Profession of Faith.

Why We Kneel During the Mass

Kneeling is the humblest way of worshipping God during Mass. When we kneel, we completely submit and surrender ourselves to our Heavenly Father. We kneel during several parts of the Mass.

After the Profession of Faith, we spend the rest of the Mass on our knees. This is an incredible act of faith and devotion because when we kneel, we acknowledge that Jesus is really coming.

In light of the doctrine of transubstantiation, we kneel to recognize Jesus' presence in the Eucharistic elements after the priest says the Eucharistic Prayers.

As we kneel during the rest of the Mass, the priest will perform a number of meaningful gestures. One gesture is the sign of the cross which the priest will do at different parts of the Mass, a prayer request for Christ to come and help strengthen us with His gifts. He will make the sign of the cross over the elements and proclaim "This is my body," and "This is my blood" over the bread and wine.

Once the bread and wine are consecrated, the priest and the people celebrating with him will kneel in front of the elements to express reverence. The rest of us will rise again when the [Lord's Prayer](#) and the Sign of Peace are said.

The Mass is rich with meaning, every element and gesture represents something profound and beautiful. When we understand these different meanings and take them to heart, each moment we spend during Mass will certainly become more transformative and nourishing to our souls.

General Guide for Catholic Mass

Action	Description
Stand	Start of Mass until the first reading
Sit	First reading until the beginning of the Gospel Acclamation
Stand	Beginning of the Gospel Acclamation until the end of the Gospel Reading
Sit	For the homily
Stand	Beginning of the Creed to the end of the general intercessions
Sit	Preparation of the gifts until the end of "Pray, brothers and sisters . . ."

Stand	From the beginning of "May the Lord accept this sacrifice . . ." until the end of the Holy, Holy
Kneel	Eucharistic Prayer
Stand	The Our Father until the beginning of the Lamb of God
Kneel / Stand	End of the Lamb of God until distribution of Holy Communion
Stand	Receiving Holy Communion
Kneel / Sit	Silence after Holy Communion
Stand	Prayer after Communion until the end of Mass



The Eastern Region Summer Youth Program for teens in grades 7-12 will begin Sunday, July 10 at Sacred Heart - St. Mary's Church in New York Mills. Teen Nite

Out will be held each Sunday from 5:00-8:00pm with food, music by a DJ, open recreation, and a witness talk by a young adult speaker. There is no cost for Teen Nite Out! Wednesday's we are on road trips to local theme parks. All are welcome! For more information or to register for trips or Totus Tuus, email summerprogram@syrdio.org.

FULL SCHEDULE:

Sunday, July 17: Teen Nite Out, 5-8pm at SHSM

Wednesday, July 20: Six Flags Great Escape (Cost is \$60)

Sunday, July 24 - Thursday, July 28: Totus Tuus at Holy Trinity (Cost is \$31 for the week, by attending Teen Nite Out you will get a \$6 discount!)

Sunday, July 31: Teen Nite Out, 5-8pm at SHSM

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The St. Pio Prayer Group Meeting are on the first Friday of each month. All are welcome Call Gazak 315 507 2735 for question



Eucharist Devotion: An hour of Eucharist Devotion every Thursday after 12:10am. Prayers, Litany, Chaplet of Divine Mercy and time for private prayer



As a reminder, please TURN OFF all cell phones while attending Mass or leave in your vehicles.



Faith Formation will begin on September 19th. Classes will be the same as last year 9:45am to 10:45, Grade K-6 and 12:15 to 1:15 7th -Confirmation

It is also Catechetical Sunday. Catechetical Sunday is a wonderful opportunity to reflect on the role that each person plays, by virtue of Baptism, in handing on the faith and being a witness to the Gospel. This year, the Church will celebrate Catechetical Sunday on September 18, 2022 , and the theme is: *"This is my body given for you"* Those who the parish community has designated to serve as catechists will be called forth to be commissioned for their ministry

Registration 2022-2023. It is important to remember that the Sacrament of First Communion and Confirmation is a 2-year required program.

First Communion students are to attend 1st and 2nd grade and Confirmation is 9th & 10th grade. If anyone has any questions, please reach out to me directly.

The Faith Formation Program is in need of a Catechist for Kindergarten. If you would be interested in teaching this class, please message me directly. Virtus training is required.

If any family wishes to be removed from the weekly mailing, please email me directly.

**Sacrament of Reconciliation: Saturday @ 3:15 pm prior to Mass and the 1st
Thursday of the month after the 12:15 Mass**

Mass Schedule

Saturday 4pm

Sunday 7:30 AM, 8:30AM, 10AM Polish Mass and 11am

Let's remember that as Catholics, it is important to attend Sunday Mass. At Mass we are able to stand mystically at the foot of the cross and witness for ourselves the same self-sacrifice of Jesus, in an unbloody manner. Mass is a celebration of this sacrifice. It is the active participation of all that come together in the place of worship.



16th Sunday of Ordinary Time

Sunday Readings

First Reading: GN 18:1-1-10A

Responsorial Psalm: 15: 2-3, 3-4 %

Second Reading: Col 1:24-28

Gospel: LK: 10:38-42



This week's reflection comes from a college student, Bridge May. When I read it, it makes me think of Martha in a different light. Powerful coming from a young Catholic adult.

Growing up, whenever I heard the story of Mary and Martha I was so confused and judgmental towards Martha. I heard the story and was confused by why Martha wouldn't stop doing the dishes (I always pictured her emptying a dishwasher) when she had invited Christ over and He was sitting in her living room.

A few months ago, when K-state cancelled classes, I read this passage once again, but this time I saw it in a new light. I had heard it many times before to the point of knowing it by heart, but I had never let it touch my heart. This time it did.

I am Martha. It hurts to acknowledge, but over time, I have shifted to be more like Martha than Mary. I think we all have a bit more of Martha's attitude in this story than we would like to admit.

Once I realized how similar I was to Martha, I sat with the story and placed myself in Martha's shoes. I pictured the whole scene, which taught me so much about the posture of my heart. Like Martha, I eagerly invite Christ into my life, but get busy when he shows up. I don't set up time to simply sit with him and listen. I stay busy, and even though the things I stay busy with are good, they still get between me sitting at the feet of Christ. What a relief it is that Christ speaks into my struggle at the end of this passage.

But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her." Luke 10:41-42

It was such a comfort to hear Christ speak those words. I think we all need to hear them more often and insert our own name to hear Christ speak those same words to us.

"____, _____, you are worried and distracted by many things;" With this phrase, Jesus is calling us out in the most kind way possible. He presses pause and comes to us where we are.

In March, many of our lives felt like they were put on hold. I know mine did. A flood of worries and distractions entered into this vacuum. Did we drown in this flood of stress? Did we get busy, or did we use the space to sit at Christ's feet? We need to listen to the rest of Christ's reminder: *"There is need of only one thing."* As we get back to being out and about in the world, it is key that we remember His words: *"Mary has chosen the better part which will not be taken away from her."* When we choose to rest in Christ, "the better part" will not be taken from us.

I'm gonna be honest, I am still a lot like Martha. That is a good thing. Martha's story doesn't end here.

The next time Martha is mentioned, she and Mary have sent word that their brother Lazarus is ill. Jesus arrives when Lazarus is already dead. Mary and Martha are surrounded by their community and are comforted in their mourning. But this time, Martha doesn't busy herself when Christ arrives.

When Martha heard that Jesus was coming she went to meet him; but Mary sat at home.

John 11:20

It is clear she heard and heeded Christ's reminder. Martha has changed; instead of trying to busy herself after inviting Christ to her house, she goes out the moment she hears He is coming.

At the end of their conversation outside the village, Martha shows the transformation that occurred in her heart. She says, *"Yes, Lord, I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world."*

If Martha had been embarrassed after that first encounter with Christ and let that affect her beautiful friendship with God, the story of Mary and Martha would be heartbreaking. That was not the end, it was a new beginning. It is hope-filled.

I am still like Martha. I mess up, and there are times when I invite Christ into my life and then get completely distracted and fail to sit at his feet.

Like Martha, I will keep inviting Christ back. I will keep choosing the better part. I will choose to rest in Him and accept his gentle correction when I fail to do so. Sitting with Christ is preparation for eternity, and there is nothing more important I could be doing.



Parents, the Faith Formation Program is over for 2021-2022, it is important that as parents you continue to foster your children's faith. Each week I will continue to send enriching ways you can share this week's Gospel with the children in a way they can understand.

I also hope to see the smiling faces of the children in Mass.

Sermon of the Week At the Feet of Jesus

Theme : Keeping our attention on what is important.

Object: A cell phone

Good morning! Today, we're going to be talking a lot about distractions and paying attention to what's really important. (Hold up your cell phone.) Have you ever been trying to talk to a friend who was right in front of you, but that friend was too busy looking at their phone to pay attention to you? (Pause for responses, and be ready with your own story.)

- How did it make you feel when someone else was too distracted to listen to you?

It can be disappointing and frustrating when that happens. But let's be honest...Have any of you been so distracted that you forgot to pay attention to a friend? Or that you lost sight of what was happening right in front of you? I know I have! (Pause for responses and share your own story.)

Being distracted isn't anything new and phones aren't the only reasons we get distracted. When Jesus walked the Earth, people didn't have cell phones like we do. But that didn't keep people from becoming distracted. Our Bible lesson today tells a story about a woman who became distracted - even when Jesus was a guest in her home!

Jesus was in the village of Bethany where His friends Mary, Martha and Lazarus lived. Jesus went to their home to visit. Martha invited Him in and began to prepare dinner. While she was busy working away, her sister Mary just sat at the feet of Jesus and listened to the words He had to say. The Bible says Martha was too distracted by all the preparation that had to be done to listen to Jesus. She got upset with her sister and went to Jesus and said, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," Jesus said, "you are worried and upset about many things. But there is one thing that is the most important and Mary has discovered it." Martha was doing her best to make Jesus feel welcome in her home, but Mary had discovered something even more important. That was sitting at the feet of Jesus and receiving His words into her heart.

It is important for us to be careful that we don't get so busy doing activities - even good ones - that we forget to listen to Jesus' words and take them into our heart. If we become too distracted, we just might miss the most important thing.

Dear Jesus, help us to remember that You are the most important thing in our lives. Don't let us get so busy with other things that we forget to spend time with You. Amen.

Weekly Prayer

This week's Sunday Prayer is one of my most favorite prayers. It reminds me that Jesus is always with me no matter the situation. Pray is powerful. He listens but we respond back to Him.



Footprints in the Sand

One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life.

For each scene he noticed two sets of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life there was only one set of footprints. He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it:

"LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied:

"My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

Mary Stevenson



From Bishop Lucia:

First Saturday Devotions:

Bishop Lucia will be celebrating First Saturday devotions beginning this Saturday. He will be in the Utica Area on Saturday September 3rd at 8:00 am - Holy Trinity Church, Utica

3) From the Office of Youth and Young Adult Ministry: 3 items

**Middle School Summer Pilgrimage
August 13, 2022 - Niagara Falls, New York
SAVE THE DATE**

Come join the Diocese of Syracuse Office of Youth and Young Adult Ministry on a special summer pilgrimage for middle school students! They will visit Niagara Falls, ride the Maid of the Mist, visit a Marian Shrine for Mass, and finish off the day with Laser tag and dinner at LAZERTRON!

This event is open to boys and girls entering grades 6th through 8th.
The cost of the trip will include all activities, a t-shirt, and dinner.
Registration will open shortly.

Contact Kateri Lickona at 315-470-1475 or klickona@syrdio.org for more information.

World Day for Grandparents and the Elderly – July 24th

Pope Francis has established throughout the Church the celebration of the World Day for Grandparents and Elderly on the fourth Sunday of July (24th), near the liturgical memorial of Saints Joachim and Anne, the grandparents of Jesus. The theme for this year's celebration is **"In Old Age They Will Still Bear Fruit" (Ps. 92:15)**. The theme is meant to emphasize how grandparents are a gift both to society and the Church.

Click [here](#) for resources from the Dicastery for Laity, Family, and Life:

Have a Blessed and Safe Week.

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