

Parish News

Here is your weekly update.

Congratulations to our 3 Confirmation Students who will be confirmed this Tuesday. May they be filled with the Holy Spirit

*Sky Dympha Buffa
Sophia Ester Dziedzic
Sage Elizabeth Tuttle*

Conversation Series

We are happy to announce a brand-new Conversation Series. We will meet once a month on the first Monday of the month in the Cow Palace-June 2nd @ 6pm
Hope you can join us for this new and exciting spiritual, education opportunity open to all

Parish Giving-

The Parish is pleased to introduce "Enhancing Stewardship through Electronic Funds Transfer. It is convenient no more searching for a checkbook or Sunday morning stops at the ATM. To excess simply Log on the parish website www.sacredheart-saintmary.org and click on the Parish Giving Log and follow the easy registration instructions. It is Secure.

Stewardship-

Operating expenses for the Parish on a weekly basis are \$6,900.00 Collection.

**Stewardship for May 4th
Ordinary \$5818.38**



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.



15 Fact About the Catholic Church

The Catholic Church, with a history spanning over two millennia, is the largest Christian denomination in the world. Its roots can be traced back to the teachings and ministry of Jesus Christ and the Apostles.

The Church's beliefs and practices are deeply rooted in scripture, tradition, and the authoritative teachings of the Magisterium, which includes the Pope and the College of Bishops.

The Pope, currently Pope Leo XIV, serves as the spiritual leader of the Church and resides in Vatican City, an independent city-state within Rome, Italy.

The Catholic Church aims to guide its members in living moral and virtuous lives, promoting the virtues of faith, hope, and love. It encourages the pursuit of holiness and seeks to bring individuals closer to God through its teachings, sacraments, and the example of the saints.

Roman Catholic Church Facts

1. *The Catholic Church is the largest Christian denomination in the world*

The Catholic Church is the largest Christian denomination in the world, with over 1.4 billion members. Its vast membership is spread across all continents, with significant concentrations in Latin America, Europe, and Africa.

The Church's global presence has been established through centuries of missionary work and evangelization.

2. *The Pope, currently Pope Leo XIV, is the spiritual leader of the Catholic Church*

The Pope, currently Pope Leo XIV, is the spiritual leader of the Catholic Church and resides in Vatican City, an independent city-state within Rome, Italy. The Pope is considered the successor of Saint Peter and holds the highest authority in matters of faith, morals, and governance within the Church. The Pope's role includes guiding the Church, interpreting doctrine, and addressing important issues facing humanity.

3. *The Catholic Church traces its origins back to Jesus Christ and the Apostles*

The Catholic Church traces its origins back to Jesus Christ and the Apostles, particularly Saint Peter, who is considered the first Pope.

According to Catholic belief, Jesus established his Church on the foundation of the Apostles, with Peter being given a special role as the "rock" upon which the Church would be built (Matthew 16:18). This belief forms the basis of the Church's authority and continuity with the early Christian community.

4. *The Catholic Church teaches that it is the one true Church founded by Jesus Christ*

The Catholic Church teaches that it is the one true Church founded by Jesus Christ, and it possesses the fullness of truth and means of salvation. This belief is rooted in the understanding that Jesus established a visible and unified Church to guide humanity to salvation.

Catholics believe that through the Church, the sacraments, and adherence to its teachings, individuals can find the path to eternal life with God.

5. *The Catholic Church is organized in a hierarchical structure*

The Catholic Church is organized in a hierarchical structure, with the Pope at the top, followed by bishops, priests, and deacons. This hierarchical structure, known as the episcopal structure, is based on the model of the early Christian Church. Bishops are the successors of the Apostles and oversee local regions known as dioceses. Priests serve under the authority of bishops, and deacons assist in various pastoral and charitable ministries

This hierarchical structure ensures unity and uniformity in doctrine and practice throughout the Church.

6. The Church's teachings are based on the Bible

The Church's teachings are based on the Bible, tradition, and the official teachings of the Magisterium, which includes the Pope and the College of Bishops. The Bible is considered sacred scripture and is interpreted in light of tradition and the teachings of the Magisterium.

Tradition encompasses the oral teachings, liturgical practices, and doctrinal developments that have been passed down through the centuries. The Magisterium, guided by the Holy Spirit, has the authority to interpret and clarify the teachings of the Church, ensuring doctrinal unity and fidelity.

7. The Catholic Church celebrates the seven sacraments

The Catholic Church celebrates the seven sacraments:

- Baptism
- Confirmation
- Eucharist (Holy Communion)
- Reconciliation (Confession)
- Anointing of the Sick
- Holy Orders
- Matrimony
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Sacraments are considered visible signs of God's grace and are central to the Catholic faith. Each sacrament imparts specific spiritual benefits, such as the forgiveness of sins, the reception of the Holy Spirit, or the strengthening of one's vocation.

8. The Mass is the central form of worship in the Catholic Church

The Mass is the central form of worship in the Catholic Church, where the Eucharist is celebrated as the real presence of Jesus Christ. The Mass commemorates the Last Supper of Jesus, during which he instituted the Eucharist.

Catholics believe in the doctrine of transubstantiation, which states that the bread and wine offered in the Eucharist become the body and blood of Christ. The faithful receive Communion, partaking in a profound encounter with Christ.

9. The Catholic Church has canonized numerous saints throughout history

The Catholic Church has canonized numerous saints throughout history, including Mary, the mother of Jesus, as well as various martyrs, popes, and other holy men and women.

Saints are considered exemplars of virtue and models of holiness.

They serve as intercessors, and their lives inspire and guide Catholics in their spiritual journeys. The process of canonization involves rigorous investigation into the person's life, writings, miracles, and reputation for sanctity.

10. The Catholic Church places a strong emphasis on social justice and charity work

The Catholic Church places a strong emphasis on social justice and charity work. It operates numerous charitable organizations, hospitals, schools, and relief agencies around the world.

Inspired by the Gospel message and the teachings of Jesus, the Church strives to address the needs of the poor, marginalized, and vulnerable.

Through initiatives such as Caritas Internationalis and various local initiatives, the Church promotes human dignity, advocates for justice, and provides humanitarian aid to those in need.

Works of mercy, such as feeding the hungry, sheltering the homeless, and caring for the sick, are seen as essential expressions of Christian love and solidarity.

11. The Catholic Church has its own legal system, known as Canon Law

The Catholic Church has its own legal system, known as Canon Law, which governs the internal affairs of the Church and its members.

Canon Law provides a framework for the organization and governance of the Church, covering areas such as sacraments, clergy, marriage, religious orders, and the resolution of disputes. It is based on principles derived from scripture, tradition, and the authoritative teachings of the Church.

12. The Second Vatican Council, held from 1962 to 1965, brought significant changes to the Catholic Church

The Second Vatican Council, held from 1962 to 1965, brought significant changes to the Catholic Church. The Council aimed to renew and update various aspects of Church life and practice.

It led to important reforms, including the use of vernacular languages in the Mass, increased lay participation, a focus on ecumenism and interfaith dialogue, and a deeper appreciation for the role of the laity in the Church.

The Council's documents, such as "Lumen Gentium" and "Gaudium et Spes," continue to shape the Church's understanding and engagement with the modern world.

13. The Catholic Church has had a complex relationship with science throughout history

The Catholic Church has had a complex relationship with science throughout history. While there have been instances of tension and conflict, the Church recognizes the compatibility of faith and reason.

The Church supports scientific inquiry and acknowledges the importance of scientific advancements for the betterment of humanity. Prominent Catholic scientists, such as Georges Lemaître and Gregor Mendel, have made significant contributions to their respective fields.

14. The Catholic Church has been involved in various historical events and controversies

The Catholic Church has been involved in various historical events and controversies that have shaped its history and identity.

Examples include [the Crusades](#), which were military campaigns undertaken by Christians to reclaim the Holy Land; the Inquisition, a period of intense scrutiny and suppression of heresy; and the Protestant Reformation, which led to the emergence of Protestant denominations and prompted internal reforms within the Catholic Church.

These events reflect the complexities of the Church's historical interactions with society and other religious movements.

15. The Catholic Church promotes the virtues of faith, hope, and love

The Catholic Church promotes the virtues of faith, hope, and love and encourages its members to live moral and virtuous lives in accordance with its teachings.

Events at other Parishes in our area

Please remember we are all a Catholic Community and need to support each other.

Holy Trinity-Utica

Fr. Joseph Moskal is celebrating his 60th Anniversary of Priesthood

There will be a Special Mass on May 18th @ 9⁴⁵AM

A Jubilee Year-Pilgrimage to Canadian Shrines

The Jubilee year occurs every 25 years and Catholics an opportunity to visit holy sites and gives Pilgrims a renewed sense of Hope beauty in seeking Christ

September 14-17

Contact call Nancy Wadas 315 725 1713

St Paul's Whitesboro

Fr. Tom Durant will be retiring this year

There will be a retirement party on

Sunday June 29th

11:30am to 2:30pm (after the 10:30am Mass)

Please call the Parish office 315 736 1124 if you would like to attend

St Anthony/St Agnes-Utica

St Anthony Novena- 13 Tuesdays

March 18-June 10th @ 5pm

St. Anthony/St. Agnes Festival

June 9,7 & 8th

Mount Carmel/Blessed Sacraments Parish-Utica

Italian Festival

July 18 5-10pm 19 5 to 9pm & 20th 12-3pm

Pizza Fritta, food, drinks, Entertainment

Youth Ministry Event

Mary, Mother of our Savior Parish invites all teens to the Greater Utica Area to join us for

Who: Teens in grades 7 thru 12 from the Greater Utica Area

Where: Mary Mother Of Our Savior Parish, Seton Center, 2 Barton Ave, Utica (look for the welcome flag)

When: Monday evenings 6:30PM-8:00PM-
(following the school calendar)-

www.motherofoursavior.org

For information, please reach out to Brittany Wilcox: bwilcox@syrdio.org

Catholic Young Professionals

The Cyrenian Way
First Thursdays @ 6:30pm Monthly
Mary Mother of Our Savior Parish
Seton Center
Food Fellowship, Prayer and Discussion

Totus Tuus /Diocese of Syracuse

Mary, Mother of our Savior
July 20-25, 2025

This is a summer Catholic youth program. It is dedicated to share the Gospel and promote the Catholic faith through evangelization, discipleship, Christian witness and Eucharistic worship

Teen Program -7th -12 grade Evenings Sunday July 20-Thru July 24 7pm-9pm \$25 per youth

Children Program Day Program 1st grade-6th grade Monday July 21- July 25th 9am-3pm
\$55 per child maximum of \$110 per family

Questions?

Bwilcox@syrdio.org or mmoosfaithformation@syrdio.org

Camp Nazareth

Camp Nazareth is an overnight summer camp for young people (ages 8-16) where children experience traditional camping activities in the best of the Adirondacks.

Register your campers now

2025 Weekly Sessions 7/6/25-7/11, 7/13-7/18, 7/20-7/25

Contact David George-Program Manager

dgeorge@ccharitycom.org 315 796 6133

Food for thought





I want to thank the following people who made this year a successful program

Hannah Sook -Pre-K/Kindergarten/Alicia Sook-1st Grade, Sheila Biamonte & Tim VanDreser-2nd Grade; Chris Fedor-3rd Grade; Elizabeth Wells-4th, 5th and 6th Grade, Jennie Chmielewski, Matt Wolkowicz and Gail Hudson

Faith Formation Program faith is over this year, and I am starting to work on next year's program. The start date for the program will begin on September 21st. The start time will depend on any changes in the Mass schedules.

First Communion families, the group pictures are in. I will be at the school after the 11AM this Sunday and this Wednesday from 5:30pm to 6:30pm

The Sacrament of First Communion and Confirmation is a required 2-year program. Any student making Sacraments must attend 2 years to make these Sacraments. If your child was not baptized at Sacred Heart/St Mary's, we must have a copy of the Baptismal certificate in order for the child to make the Sacraments. If you have any questions, please contact me directly.

The Faith Formation Program is looking for a Catechist for the following Grades; 5th 7-8 and 9th Grade- Will require VIRTUS Training. If interested, please contact Lynn 315-527-8399



Sacrament of Reconciliation: Saturday 3:15PM prior to Mass

Weekdays 12:15 Monday, Tuesday, Wednesday Friday.
There will be no Mass on Thursday

Let's remember that as Catholics, the importance of attending Sunday Mass. At Mass we stand at 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.

5th Sunday of Easter

1st Reading: Act: 14:21-27
Responsorial Psalms: 145:8-9, 10-11, 12-13
:2nd Reading: Revelation 21:1-51a
Gospel: John 13:31-33a, 34-35

While these are wonderful reflections, please remember that they are not to be a substitute for the wonderful sermons of Father or Deacon Kirk at Mass.



This week's reflection come from St. Ignatius Catholic Community

Jesus said:] I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.

“Life can only be understood backwards, but must be lived forwards.”

These words – from the Danish theologian, Soren Kierkegaard come to mind. Jesus has died and been raised from the dead. But this reading tells us of an event that took place before that first Easter. We are doing, in a sense, what the disciples did. We are looking back at what Jesus did in his life on earth, in the light of his death and resurrection.

Everything that Jesus did here on earth can be better understood looking back, after the events that took place on Good Friday and Easter. That is what the disciples did, and that is what we are doing today. We live, as Jesus' disciples, forwards. But we learn, sometimes, by looking backwards.

Today's Gospel Reading ([John 13:31-35](#))

Today, we go back to [John 13](#), to the night that Jesus was betrayed. We do this to think again about Jesus' teaching on love. Because his teaching on love is worth re-thinking about after the events of Good Friday and Easter Sunday.

It is important, before we even turn to Jesus' words, to remember exactly when and where Jesus said these things. Sometimes, when and where we say something is as important to the meaning as the actual words that we say. And that's true in John 13. John 13 begins in the upper room. Jesus is there with all of his disciples. Thomas, who will doubt the resurrection is there. Peter, who will deny knowing Jesus after he is arrested, is there. And Judas, who will betray Jesus and hand him over to those wanting to kill him, is there. And Jesus, knowing all that is to come, washed each of their feet.

Washing a person's feet in that culture was the appointed task of a servant. We have probably heard this before. Jesus was humbling himself, and doing the work of a servant here. But stop to think about what that means now, looking back. Jesus washed Judas's feet, knowing he would betray him. He washed Peter's feet, knowing he would deny knowing him. He washed Thomas's feet, knowing he would doubt him. Jesus knew all this would happen. He predicted it. But he still got on his knees and washed their feet.

If you want a picture of love, picture Jesus on his knees, washing the feet of his betrayer, Judas. That's love, isn't it? And Jesus tells us that this is what we need to do for one another. Love one another, as he has loved us.

Love According to Jesus

"I give you a new commandment, that you love one another just as I have loved you." But we might wonder, what's new about it? The commandment to love wasn't new, of course. It's mentioned often in the Old Testament. The greatest commandment is to love God, and the next is to love our neighbor. These are repeated often in the Old Testament. They are not new. But Jesus' commandment is. What's new about it? Not love. But loving just as Jesus loved.

The new part of this is that we are commanded to love one another just as Jesus has loved us. And that means loving those who doubt us, and deny knowing us, and even those who betray us. Because that's what Jesus did for us. He loved us, and loves us, even when we doubt, deny, or betray him. And now, simply put, he asks us to do the same for others. It's not always easy. But it is always important. Always commanded. And always should be done.

We are to love one another, as Jesus has loved us. And that is what I really want to focus on today: how to love one another, as Jesus has loved us. Looking back at Jesus' life in this Easter season, what can we learn from him about love? If we are to love him as he loved us, what does that mean? And I want to lift up three specific ways that we can do this, that we can love in the same way that Jesus loved.

To Love Without Expectation

First, Jesus teaches us to love without expecting anything in return. When Jesus washes his disciple's feet, it is not in the hopes that they will return the favor. He washes their feet with the knowledge that they would soon abandon him, and that he will die alone on the cross. His love is unconditional, with no strings attached. He loves without agenda, other than demonstrating God's love for us, and showing us what that love looks like.

This is so different from how our world works. It's hard to even get our mind around it. But one thing I have learned about loving this way is that it is actually very freeing. In some ways, it is easier to love without keeping score. It's easier to love without hoping to get something in return. It's very freeing.

But even if it was not easier to love in this way, it would still be necessary. Because Jesus teaches us that this is what true love looks like. "If you love those who love you, what reward do you have?" Jesus once asked. "Do not even the tax collectors do the same?" ([Matthew](#)

[5:46](#)). Loving those who love us is what everyone does. Loving those who don't love us is what Christians do. And by this the world will know that we are Jesus' disciples, if we love unconditionally, without agenda, and without expecting a single thing in return.

To Be Vulnerable

I like what Brene Brown says about this kind of love:

“[Love is] waking every day and loving someone who may or may not love us back, whose safety we can't ensure, who may stay in our lives or may leave without a moment's notice, who may be loyal to the day they die or betray us tomorrow — that's vulnerability.”

And vulnerability is the next thing that Jesus teaches us about love. The word “vulnerable” literally means “able to be wounded.” When we are vulnerable, we open ourselves up to the possibility of being wounded. And that is exactly what Jesus teaches us – that we should open ourselves up to one another in love, even if it opens us up to the possibility of being wounded.

That's what Jesus did, right? Jesus loved Judas, who betrayed him. He loved Peter, who denied knowing him. He loved Thomas, who doubted him. He loved those who abandoned him, and even those who crucified him. Jesus loved in a way that opened him up to these wounds. And he teaches us to do the same.

Brene Brown goes on to say that:

“To love is to be vulnerable, to give someone your heart and say, ‘I know this could hurt so bad, but I'm willing to do it.’ And there is an increasing number of people in the world today that are not willing to take that risk. They'd rather never know love than to know hurt or grief, and that is a huge price to pay.”

And the reason that this is such a huge price to pay, according to Brown, is simple:

“We are wired for love and we're hardwired for belonging. It's in our DNA.”

And how true that is. It is how God created us – to be in relationship with God and with one another. We were created for love and for belonging and for community. And when we reject these things, there is always suffering. Jesus came to restore our relationship with God, by suffering for us. And he came to show us how to love. And loving in the way he taught us makes us vulnerable. It opens our hearts. Which is risky. But open hearts are the only kind that can be filled with God's love.

To Love Those Not Like Us

“Love one another,” Jesus said, “just as I have loved you.” Loving in this way is without agenda. It makes us vulnerable. And it also leads us to love people who are not like us. Jesus loved people who were not like him. He loved people who disagreed with him. He loved people who looked at the world very differently from him. There is no one that Jesus did not love. It is the one thing that he was incapable of. He could not help but love everyone.

It doesn't mean that he didn't challenge them, or get frustrated with them, or even occasionally rebuke them. I could give you examples of all of these from Jesus. It doesn't mean that. It simply means that he loved them, no matter what, and teaches us to do the same.

The old commandment, from Leviticus, is to love our neighbor as ourselves. But the new commandment, from Jesus, is to love even those who are not our neighbors. Jesus loved lepers, for example, who were considered unclean and unloved by God. Jesus loved tax collectors, even calling one to be his disciple. Jesus loved Samaritans. He loved prostitutes. He loved the poor. He loved those that society didn't even see. He considered them all our neighbors. All loved by God. And all deserving of our love. Jesus completely redefined who our neighbor is. Our neighbor is now anyone and everyone we have an opportunity to love.

But not only that, Jesus taught us to love even our enemies. Just as he did. Now, this does not mean that we accept or agree with what they are doing. Love according to Jesus doesn't mean accepting actions that are wrong. Jesus met people where they were, but didn't leave them there. He called them to repent. He loved them, and forgave them, but also invited them to change their ways. Jesus never loved sin. But he always loved sinners. He still does. And he shows us how to do the same.

Closing

Loving as Jesus loved is not easy. Jesus never said it would be. And looking back at his life, in the light of his death and resurrection, we can see that it was not easy for him either. It is never going to be easy to love unconditionally, without agenda or expectation. It is never going to be easy to love in a way that makes us vulnerable, that opens us up to being hurt. It is never going to be easy to love people who aren't like us.

Jesus didn't say it would be easy. But it is certainly possible, or he wouldn't have commanded it. And it is exactly what he did. He is not asking us to do something that he didn't do already, and do perfectly.

But here's the good news: When we fail – and we will – Jesus will still love us. When we doubt him, deny him, and even betray him, he will still love us. Because that is what true love looks like. It looks like Jesus. Kneeling at our feet. Loving us. And asking us to do the same.

“By this everyone will know that you are my disciples, if you have love for one another.”
So let us love one another, until all the world knows the love of Jesus. To the glory of God.
Amen.



Here is this week's Gospel for children who are unable to attend our program. What a great way to share this Gospel with them.

Theme

Love one another as Jesus loved you.

Object

Props and a partition

Scripture

John 13:31-35

Get Ready: Gather props for roles that kids will be able to identify, such as an artist, a firefighter, a fisherman, a musician, and a teacher. If you don't have a partition, hang a bed sheet that you can walk behind to switch roles.

Do This:

SAY: I've prepared a fun game for us to play today. It's a guessing game. Here's how we play. I'll put on a costume and pretend to have a specific role or job, and then you'll have to guess who I am. Ready?

Choose a role and then perform actions the person might perform if they were in that role. Take props from behind the partition to add to your persona until the kids guess who you are.

Once the kids have guessed correctly, ask them how they knew who you were.

Let kids take turns repeating the same process with new roles, while the other children guess who they are. Allow them to use the props for other roles they think of, as well.

This game makes me think of our Bible passage for today. Jesus was teaching His friends, the disciples. He was getting ready to go to heaven and He wanted them to be ready, too. He told them, "You can't go where I'm going. But when I leave, I want you to love others as I have loved you. Then they'll know you're My disciples."

Like in our game, you knew I was a [remind children of a role you played] because I [remind children of the actions you did and what you looked like].

Jesus says when we love others like He loved others, they'll know we're His friends. Would you like people to know you're Jesus' friend? We'll think more about that today.

PRAY: God, we want others to know we're Jesus' friends. Help us to love others like Jesus loved. In Jesus' name, amen.

Weekly Prayer

Prayer is a large part of our Faith. Again, here is a wonderful prayer for the month of May





News from the Syracuse Diocese

D. Jubilee of Families - May 30 - June 1 - Pilgrims of Hope

May 30 - June 1, the Church celebrates the Jubilee of Families, Children, Grandparents, and the Elderly. Attached is the information packet regarding this Jubilee event. Page 1 and 2 gives a beautiful spiritual reflection of the family and the theme of hope. Skip the info regarding preparing for the pilgrimage to Rome, and go to page 3, which shares how the local church can celebrate this event. The last page shares additional resources and Church documents. Key saints that the family can look to are also included. Finally, several prayers are offered. This is a wonderful resource. See the Attached. Let us all pray for our families:

Prayer for Families

We bless your name, O Lord,
for sending your own incarnate Son,
to become part of a family,
so that, as he lived its life,
he would experience its worries and its joys.

We ask you, Lord,
to protect and watch over this family,
so that in the strength of your grace
its members may enjoy prosperity,
possess the priceless gift of your peace,
and, as the Church alive in the home,
bear witness in this world to your glory.
We ask this through Christ our Lord.

Amen.

Lynn M. Springer
Director of Faith Formation
Sacred Heart/St Mary's
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