

Parish News

Here is your weekly update.

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.

May 18th

Ordinary \$6268.00



**Mark your calendar for the Parish Annual Festival
August 1st to the 3rd**

Volunteers Opportunities

***Chair needed for the outdoor Grill**

If interested please contact Fr. Mark, Deacon Kirk or Dawn Gubbins 315 527 1381

Polish Food/Grill/Raffles/ Polish Music
Activities for Children

August 1st - Flea Market/basket raffles

August 2nd -Flea Market/Basket raffles/Grill

August 3rd-Flea Market/Grill/Polish Kitchen/Polish Music

Events at other Parishes in our area

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

Holy Trinity

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 10:30 am 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 7/6-7/11, 7/13-7/18, 7/20-7/25

Contact David George-Program Manager

dgeorge@ccharitycom.org 315 796 6133

Food for thought

God does not begin by asking us about our *ability*, but only about our *availability*, and if we then prove our *dependability*, he will increase our *capability*.



- Neal A. Maxwell



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

While the program has ended for the year, your children's faith continues to grow through the family.

The upcoming year will have a few minor changes. The Pre-K to 8 grade programs will model the new Syracuse Dioceses model. Each grade will have certain criteria including prayers for each grade to learn.

I will be putting together a booklet of these prayers for each family to share with the children. This is a great way to share faith with your children

The program will still use Pflaum Publishing Gospel Weeklies for each grade as well as the Gospel Weeklies meet the Dioceses program

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.

I am still discussing with Fr. Mark the 9th & 10th Grade Confirmation and whether will the parish will continue to participate with the Utica Area program

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



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.

Prayer is such a major part of our Catholic faith. Since this year the children will be learning the prayers of Faith, the next few letters will focus on the many prayers of the Faith and their meaning. This week will be about prayer in general

Per the USCCB this is what prayer says.

Prayer and Worship

"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

—CCC, no. 2558, citing St. Therese of Lisieux,
Manuscripts Autobiographiques, C 25rr

Descriptions of prayer are abundant throughout Christian history. "True prayer," wrote St. Augustine, "is nothing but love." Prayer should arise from the heart. "Prayer," said St. John Vianney, "is the inner bath of love into which the soul plunges itself." "Everyone of us needs half an hour of prayer each day," remarked St. Francis de Sales, "except when we are busy—then we need an hour." Definitions of prayer are important, but insufficient. There is a huge difference between knowing about prayer and praying. On this issue, the Rule of St. Benedict is clear, "If a man wants to pray, let him go and pray."

St. John Damascene gave a classic definition of prayer: "Prayer is the raising of one's mind and heart to God or the requesting of good things from God" (CCC, no. 2559, citing St. John Damascene, *De Fide Orth.* 3, 24).

The *Catechism* clearly defines prayer as a "vital and personal relationship with the living and true God" (CCC, no. 2558). Prayer is Christian "insofar as it is communion with Christ" (CCC, no. 2565), and a "covenant relationship between God and man in Christ" (CCC, no. 2564).

It is important to remember that we understand prayer through our celebration of the Sacraments and in the Liturgy of the Hours. The word *liturgy* comes from a Greek term meaning "public work or work done on behalf of the people."

Work, then, done by an individual or a group was a liturgy on behalf of the larger community. All the worshipers are expected to participate actively in each liturgy, for this is holy "work," not entertainment or a spectator event. Every liturgical celebration is an action of Christ the High Priest and of his Mystical Body, which is the Church. It therefore requires the participation of the People of God in the work of God.

Liturgy is centered on the Holy Trinity. At every liturgy the action of worship is directed to the Father, from whom all blessings come, through the Son in the unity of the Holy Spirit.

We praise the Father who first called us to be his people by sending us his Son as our Redeemer and giving us the Holy Spirit so that we can continue to gather, to remember what God has done for us, and to share in the blessings of salvation.

Two common questions about prayer is "What is prayer?" and "How do I pray?"

Why do these questions keep coming up? Because they are great questions! They speak to our longing to grow closer to God, to be in a relationship. Prayer is an essential means to cultivating our relationship with God.

A way to look at this is God invites us into a relationship with Him that is both personal and communal. He speaks to us through His Son, Jesus Christ, the Word-made-flesh. Prayer is our response to God who is already speaking or, better yet, revealing Himself to us.

Therefore, prayer is not merely an exchange of words, but it engages the whole person in a relationship with God the Father, through the Son, and in the Holy Spirit.

What is prayer?

To begin, what *is* prayer? A lot of people understand prayer as asking God for things, what is often called petitionary prayer. Throughout Christian history, believers have encouraged each other to pray for their own needs as well as the needs of others. A mother prays for the healing of her sick child; a church prays for the comfort and security of a war-torn nation; a child asks for a good grade on a test, while an elderly person asks that God grant them a peaceful death. We pray for all sorts of things: safe travel, good physical health, financial security. At its best, this form of prayer acknowledges our limitations and our real need for God.

But can prayer look differently? As a kid, I remember asking my mom what prayer was and she had a helpful response: prayer is a conversation with God.

When we pray, we are entering into a conversation with God. We are building up and engaging in a relationship with God. We are living out our deep desire to grow closer to God and to receive what God longs to give all of us: God's unconditional love, which is always available, always freely offered, and always life-giving.

Another helpful way of understanding prayer comes from the Jesuit theologian Walter Burghardt, who once expressed contemplation/prayer as "taking a long, loving look at the real." Let's break this definition down into parts.

First, prayer begins with taking a *long* look. It's looking at reality like slow-motion cameras at a sporting event. We get the chance to slow down and to take a closer look, which may reveal to us things we might have otherwise missed in our fast-paced lives.

Second, prayer is also a long, *loving* look. When I reflect on reality, do I look with harsh, judgmental eyes, or with the loving, tender, and merciful eyes of God?

Lastly, in prayer we look lovingly at *the real*: the reality of my life and the world. We start with reality because God does so through the Incarnation. God undertakes the work of salvation not by fleeing human reality, but by entering into it. In the ultimate act of solidarity, God became one of us in the person of Jesus. And Jesus experienced all that reality encompasses: from joy and laughter to suffering and death. So we know that God can hold the messiness of our reality and of our world. God can handle whatever we express in prayer. Because love holds all things.



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.

This Sundays has multiple readings

Solemnity of the Ascension of the Lord

1st Reading: Act 1:1-11

Responsorial Psalms: 67: 2-2, 6-7,8-9

:2nd Reading: Ephesians 1:17-23 or Hebrews 9:24-28; 10:19-23

Gospel: Luke: 24:46-56

Or

7th Sunday of Easter

1st Reading: Acts 7:55-60

Responsorial Psalms: 97: 1-2, 6-7, 9

:2nd Reading: Revelation 232:12-14, 16-17, 20

Gospel: John: 17:20-26

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.



Thursday of the Seventh Week of Easter - John 17:20-26

In today's passage, Jesus continued his prayer for his disciples. Clearly, he was concerned about them and their welfare. Jesus had experienced the tension and conflict that arose among his disciples at times. He knew that the path ahead of them would be painful and difficult. He also realized that if they were divided or at odds with one another, they would not be able to carry out His mission.

Jesus prayed not only for his disciples, but he also prayed for all who would believe in him, no matter what century or nation the believers would live in. Jesus longs for you and me to be one with him and with God, just as he longed for his disciples to experience this loving unity.

Can you remember a time in your life when you had a deep and loving sense of Jesus being present with you? Take a moment and remember that time. What emotions did you experience: awe, joy, confusion, or perhaps elation?

These moments of intimacy with Jesus are a gift and grace. We cannot manufacture these experiences. However, we can open ourselves to them and we can ask to be graced with such love and peace. Today may we be open and attentive to the ways Jesus may come to us. At times Jesus comes in the most unexpected people or small happenings. Stay alert and be watchful!

This week's Saints of the week:

The saints are models of human excellence, perfected by the life of Christ and the communication of his Spirit. They demonstrate in their lives how to really live and how to really die. They consistently point to the horizon of love which leads to the fulfillment of all human desire: eternal communion with the Holy Trinity

June 3rd- St Charles Lwanga and Companions, Martyrs; June 5th Memorial of St Boniface, Bishop and martyr



Theme

The Ascension of Christ

Object

Helium balloons on a string - one per child

Scripture

Acts 1:1-11

Children's Sermon: Up, Up and Away! The Ascension (Acts 1:1-11)

Hand each child a helium balloon, tying the string loosely to their wrist. Challenge them to hold their balloon down in their lap until they are given the cue "up, up and away." Remind them of the importance of holding tightly to the balloon and listening for their cue to release their balloon.

Up, Up and Away!

I'm sure you know that when filled with helium, a balloon floats in the air. And it's also quite enjoyable when it does float away from you. It's fun to stand and watch as the balloon floats higher and higher into the heavens until it totally disappears. The only way to experience that is to be willing to let it go.

In today's Bible lesson in the book of Acts, we learn that when Jesus was ready to return to heaven, He took His disciples aside to make sure that they understood everything that had happened to Him. He explained why it was important for Him to be crucified and to be raised from the dead to fulfill what the Scriptures had said about Him. He also told them that he was going to return to His Father in heaven and that the Holy Spirit would come to be with them.

At first, the disciples were sad that Jesus would be leaving them, but then the Bible tells us that Jesus opened their minds so they would understand. Then, an amazing thing happened. The Bible tells us that Jesus lifted his hands and blessed His disciples. While He was blessing them, He lifted up and was taken up into heaven "up, up and away."

(Remind kids to release their balloon.)

I don't know how all of this looked, but in my imagination, I can see the disciples standing and watching as Jesus ascended higher and higher until He disappeared from view. Were the

disciples sad? No way! The Bible tells us that when Jesus had gone up into heaven, the disciples worshipped Him and returned to Jerusalem with great joy. They stayed continually in the temple, praising God.

Dear God, thank You for sending Jesus, Your only Son, to die for our sin. We know that He has risen from the dead and has returned to heaven. Bless us today as we worship Him with great joy! In Jesus' name, amen.

Weekly Prayer

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

Welcome June

May your heart and
mind to open enough to
receive the **Blessings of**
New Month!

Delight yourself in the LORD, and He will give
you the desires of your heart. - Psalm 37:4





Join the Diocesan Jubilee Pilgrimage to the Shrine of Divine Mercy

Experience a day of prayer, beauty, and spiritual renewal at the National Shrine of Divine Mercy in Stockbridge, Massachusetts—nestled in the serene Berkshire Hills on the sacred grounds of Eden Hill. This one-day Jubilee Pilgrimage offers a powerful opportunity to encounter God's mercy alongside fellow pilgrims from across the Diocese.

Date: Saturday, September 27, 2025

Cost: \$75 per person

Departure: Holy Cross Church, DeWitt (Check-in begins at 7:30 AM)

Lynn M. Springer
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