

Parish News

Here is your weekly update. There are also attachments for this week.

The Parish Festival was a great success last weekend. Thanks to all the volunteers and especially Dawn Gubbins for all her hard work in making the Parish Festival go smoothly.

Thursday -August 15th The Assumption of Our Lady- Holy Day of Obligation
Vigil Mass-Wednesday @ 6pm,
Holy Day Mass @ 12:15pm

Stewardship-

Operating expenses for the Parish on a weekly basis are \$6,200.00 Collection.
Stewardship for August 4 Ordinary \$4751.00 Fuel \$12760.00

Online Giving

Hope Appeal

Fr. Mark has announced that the Parish has met the goal for last year. The Dioceses will announce the assessment for the Parish in September for 2025

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.

Events at other Parishes in our area

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

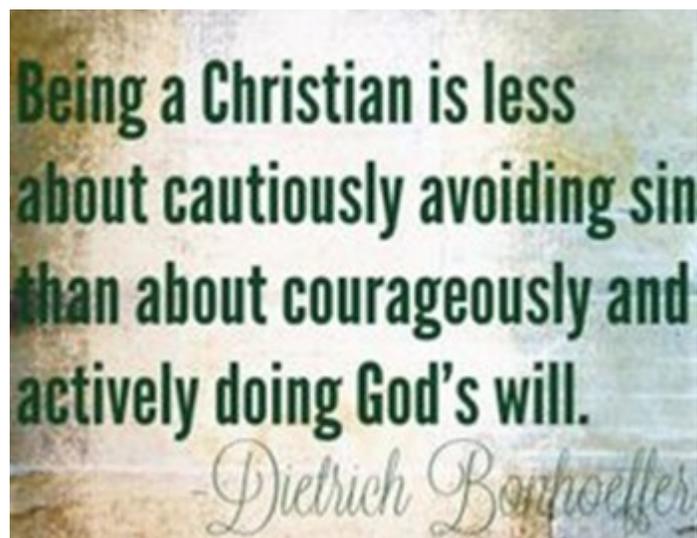
Theology Uncorked with retired Chief Warrant Officer Richard Smith
August 15th @6:15pm Hart Hill Whitesboro

Mary Mother Savior Parish
Save the Date-Annual Parish Bazaar
Labor Day Weekend
August 29th-30th

Historic Old St. John's -Utica
Annual Sister Mary Theresa Charity Bazaar
Saturday Sept 7th 12Pm-6pm
Sunday Sept 8th 10am-4pm
Ethnic Foods, Kids Games, Raffles, Crafts, Marketplace and more

St Anthony/St Agnes Church-Utica
Feast of Sts. Cosmas & Damian
Saturday Sept 28 and Sunday Sept 29th

Food for thought





Please remember that your child faith formation does not end with a year's program. Share your faith with your children until the 2024-2025 year begins in September. Attending Mass is a wonderful way to continue your family faith journey.

Registration for the Faith Formation 2024-2025-the program and starts on September 22nd is attached to the newsletter

Starting On August 17 & 18th after the 4pm Mass and Sunday, 8am and 11am
(no registration this weekend as I have a family event in Syracuse)

Fee of \$25 for 1 child and \$45 per family

If you wish to pre-register your family for the program, please contact me directly at 315-527-8399.

Our Parish follows the Diocese of Syracuse for the Sacrament of First Communion and Confirmation which is the same in all Parishes in the Utica area. The Sacrament of First Communion and Confirmation is a 2 year program in order to receive the sacraments. This is a requirement for both sacraments. If your child is making one of these 2 Sacraments and your child was not Baptised at the Parish, a copy of the Baptismal Certification is required.

If you have any questions, please give me a call. 315 527 8399

The 9th & 10th Grade-Confirmation will be a block program offered thru the Greater Utica Area which starts in November- Unlike last year where registration was on 1 form for all Parishes, this year, students will be required to sign up for 9th & 10th Grade Confirmation at the Parish.

The Faith Formation Program is in need of teachers for 1st Grade as well as 7&8 Grade. If you wish to help share your faith with the children of the Parish,. Anyone who will help will require Virtus training.

Contact me if you are interested. Lynn 315 527 8399



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

Saturday Vigil Mass: 4PM

Sunday: 8am and 11am

Weekdays 12:15 Monday, Tuesday, Wednesday Friday.

There will 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.

Nineteenth Sunday in Ordinary Time

1st Reading: 1 Kgs 19: 4-8

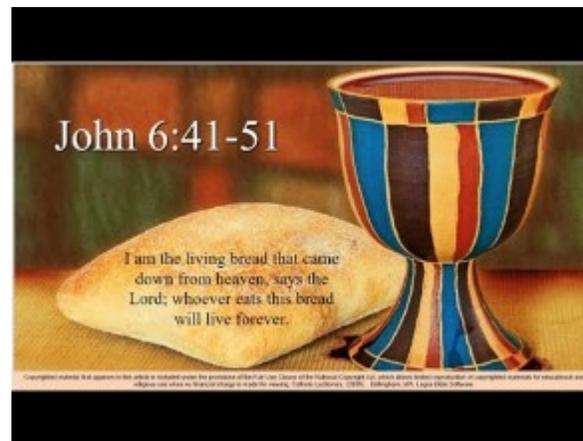
Responsorial Psalms: Ps 34: 2-3, 4-5, 6-7 8-9

2nd Reading: Eph 4:30-5:2

Gospel: Jn 6:41-51

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.

As always, I try to find wonderful reflections for this week's Gospel reading. I let the Holy Spirit guide me.



Found this reflection-long but speaks volumes-the author is unknown.

“I am the bread of life,” Jesus said, not once but twice. “I am the bread of life.” When was the last time you ate the bread of life? I’m not asking about the Holy Eucharist because I don’t think that is what Jesus is talking about in today’s gospel ([John 6:35, 41-51](#)). I’m not denying that the eucharist can be and is bread of life but maybe it’s just one slice in a larger loaf of bread. Maybe the bread of life is the eucharist and more than the eucharist. Maybe you and I are to become the bread of life, just like Jesus.

Think about all the people, relationships, and experiences that have fed, nourished, and sustained your life. Think about a time when someone else fed and nourished your life and I mean more than that they fixed your supper. I’m talking about the kind of people that spend their time and their presence with us. They love us. They teach us. They care for us. They encourage us. And our lives are fed and nourished by them. Sometimes it’s not even what they say or do, just being in his or her presence is itself bread. Aren’t there some people that when you spend time with them you just feel well fed and full?

Recall someone who offered you wisdom or guidance, who listened to your life, or spoke a word of hope or encouragement that nourished and sustained your life. They were bread for you. Or maybe there was someone who helped you discover meaning or purpose in your life. Perhaps it was someone who said, “I forgive you” and you were strengthened to move forward. Maybe someone

believed in you when you weren't so sure about yourself. Our lives are nourished and fed by others in thousands of ways.

How have you been fed by the life of another? What if that's what Jesus is talking about when he speaks of himself as the bread of life? Throughout the gospels we see him feeding and nourishing life in so many ways and circumstances: through his love, presence, guidance, and teaching; through his healing, forgiveness, and mercy; through his generosity, compassion, and wisdom. This is the bread that feeds the soul.

Those qualities are not unique to Jesus. They can be ours as well. It's one way God shares God's life with us. We both eat that bread of life and we become it. We partake of the bread of someone else's life and our life is nourished, our life is sustained, our life is strengthened. Who would that person be for you? What's her or his name? What did he or she do or say that fed your life? And the corollary question today is this. When have you been bread in someone else's life? When have you fed and nourished them? When have you sustained them? When have you strengthened them?

We so often hear Jesus say, "I am the bread of life," and we assume he is the only loaf in the basket. But what if that is not what he is saying? What if he is not claiming to be the exclusive loaf of bread in this world? What if he is teaching us what bread of life looks like so we can find it in this world, so we can become that bread, so we can be that bread for another?

Have you ever been given a starter batch of sourdough? It holds the potential to become bread, to feed and nourish. What if Jesus is the starter batch in us? What if rather than making an exclusive claim about himself Jesus is giving us the recipe to become as he is, to become the bread of life for the world? Maybe that's just how God works in the world. Something in us gets leavened, rises, and becomes bread.

Could you believe that about yourself? About another? About God? Often we don't. That is the problem that the religious leaders and authorities have in today's gospel. They begin complaining because Jesus said, "I am the bread that came down from heaven."

The issue is not that they don't believe that God provides or that God feeds. The issue is that they know Jesus and his mom and dad. They know where he is from. He is the kid from Nazareth; he could not be bread from heaven. That's often the problem for religious people like them. They know just enough that

they can't know anything more or consider that there could be more to know. They've made Nazareth and heaven mutually exclusive. He couldn't be from heaven because he is from Nazareth.

Lucky for us we don't have that problem. We know Jesus is from heaven. We have a different problem, however. We know Jesus is the Son of God who came down from heaven. Religious and faithful people like us are often so sure of Jesus' heavenly origin that he couldn't possibly come from Nazareth, Uvalde, Knippa, or the colonias of the Estates. That's often the problem for religious people like us. We know just enough that we can't know anything more or consider that there could be more to know.

Maybe it's not one or the other, but it's both. Maybe Nazareth and heaven are not mutually exclusive. What if both are necessary ingredients in the bread of life? What if it takes both to be and become the bread of life?

I think that is the direction and focus of Jesus these last few Sundays. We have been in the sixth chapter of John's account of the gospel for the last three weeks. It's been three weeks of feeding, three weeks of bread, and we've got two more to go. Something is going on here.

Jesus begins it with [the feeding of the five thousand](#) with five loaves of bread and two fish. But maybe that's only to get our attention and to tell us that it is really not about the bread or fish. It is about a way of living, it is about a way of relating. [Remember last week?](#) He said you have got to know the difference between food that perishes and food that endures for eternal life, between bread that is perishable and bread that is imperishable. And then he takes off on this bread of life stuff: the bread that lasts, the bread that endures, the bread that never runs out, the bread that never gets stale or moldy.

The reality is that there is a lot of bread in this world. For Jesus, however, the only bread that matters is the bread that endures, the bread of life. But if you look through scriptures you will find references to all sorts of bread: the bread of adversity, the bread of tears, the bread of affliction, the bread of mourning, the bread of wickedness, the bread of idleness, the bread of the stingy, and it goes on and on. And when you get right down to it, there is really only two kinds of bread; the bread of life that feeds and nourishes and sustains, and all the other bread that leaves us hungry and malnourished.

What kind of bread are you eating today? Does it fill and nourish you? Or does it leave you hungry and malnourished? Is it sustaining and enduring or has it become hard and dry? The bread we choose to eat says something about our appetite and what we hunger for. What's your hunger? What's your appetite? Do you need a change in diet, to choose a different bread?

Let's not forget the old saying, "You are what you eat." If we want life then we need to be eating the bread of life. If we want to bring life to another then we need to be the bread of life.

What kind of bread will you eat this week? What kind of bread will you be for another this week?

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.

August 14th Memorial of St. Maximilian Kolbe, Priest and Martyr August
15th Solemnity of Assumption of the Blessed Virgin Mary



While there is no faith formation until September. Below are reflections for the children until they return to the program in fall.

Theme

Jesus is the bread that came down from heaven.

Object

Several different types of bread.

Scripture

"But here is the bread that comes down from heaven, which anyone may eat and not die. I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world." John 6:50-51 (NIV)

For thousands of years bread has been one of the most important parts of our diet. Bread comes in all shapes, sizes, and flavors. Bread is often baked into loaves, muffins, bread sticks, buns, bagels, and flatbreads like tortillas. We love to spread things on our bread — things like butter, jam, honey, creamed cheese, and peanut butter. Most of us probably eat bread in some form every day. What is your favorite kind of bread? What is your favorite way to eat bread?

As far back as Bible times, bread was very important to life. You may remember the time when the Israelites were starving in the desert. Every morning God sent bread from heaven for the people to eat. I'm sure you also remember the time when Jesus fed a crowd of 5000 people with just five loaves of bread and two small fish. Do you remember when Jesus taught his disciples to pray? He taught them to say, "Give us this day our daily bread." Yes, bread is, and always has been, a very important part of life.

Bread tastes very good, and when we are hungry, eating bread is a good way to satisfy our hunger. But guess what? Tomorrow we will be hungry again! What if there was bread that we could eat and not be hungry again? Wouldn't that be great?

Bread can provide vitamins and minerals to help us grow strong and healthy, but eating bread won't help us live forever. Wouldn't it be wonderful if there was bread which, if we ate it, we would live forever?

Well, there is! Let's call it heavenly bread. It is bread that came from heaven.

After Jesus fed the 5,000 with five loaves of bread and two small fish, many people followed him. The only problem was, they followed Jesus, not because of his teaching, they followed him because he fed them. Jesus said, "You come looking for me because you ate the loaves and had your fill." Then Jesus told them, "The bread of God is the bread that comes down from heaven and gives life to the world. I am the bread of life. Whoever comes to me will never go hungry. I am the living bread that came down from heaven. Whoever eats this bread will live forever."

Jesus is the heavenly bread that satisfies our hunger. He is the heavenly bread that gives us eternal life. Eat the bread that came down from heaven. Eat and live.

Our Father, we thank you for sending Jesus, the living bread, that we might have eternal life. In Jesus' name we pray. Amen.

Weekly Prayer



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