

Parish News

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

Stewardship-

Operating expenses for the Parish on a weekly basis are \$6,200.00 Collection.
Stewardship for August Ordinary \$4751.00 Fuel \$1276.00

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.

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

Faith doesn't exempt you
from problems.
It gives you the strength to
get through them.

www.fb.com/TheLordMyShepherd



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 which starts on September 22nd is a new revised program attached to the newsletter.

Starting On August 17 & 18th after the 4pm Mass and Sunday, 8am and 11am

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

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

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. Attached to this email is a Block Program and what Parishes will have the various blocks. Each student is required to choose 5 blocks. A description of each block is also attached.

Here are the parent meeting dates that we invite only 9 and 10 th grade teens and parents to attend. They MUST attend one meeting that is convenient for them in order to hear the block explanation and register for which classes they want. This is 9&10 only

1. Sunday sept 15 at Seton center at MMOOS at 6pm
2. Monday sept 16 at St. John the evangelist at 630

3. Sunday sept 22 at st pat/st Anthony Chadwick's at 12:15pm
4. Sunday sept 22 at st Mary's Clinton at 6pm
5. Sunday sept 29 at seton center at MMOOS at 6pm

The Faith Formation Program is in need of a teacher 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. If interested please contact me.



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.

Twentieth Sunday in Ordinary Time

1st Reading: Prv 9: 1-6

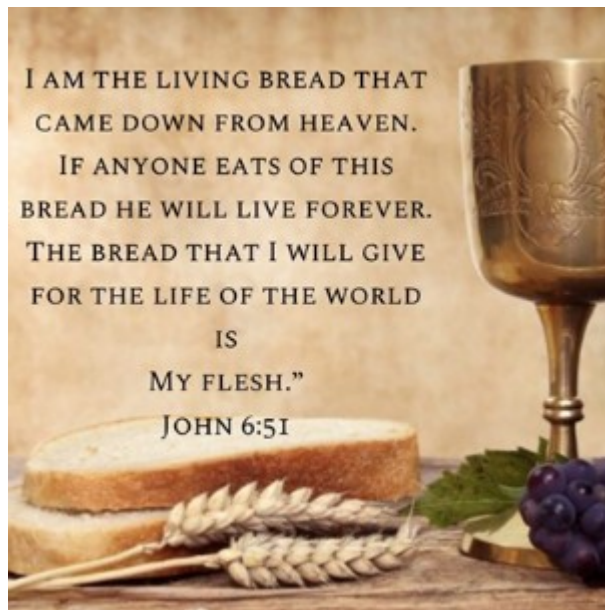
Responsorial Psalms: Ps 34: 2-3, 4-5, 6-7

2nd Reading: Eph 5:5-20

Gospel: JN 6:51-58

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.



**Published by
Michael K. Marsh**

Several years ago my mom and dad went to a reunion of some of their military friends. It was a gathering of the old soldiers and their wives. The men had served together in the same unit. It was a time of catching up, reminiscing, and telling stories. Shortly after arriving my parents noticed that often someone would begin talking and someone else, without saying a word, would hold up two or sometimes three fingers. I think that probably happened to my parents.

They asked what the two or three fingers meant and were told that it was a signal to the speaker that he or she was being repetitious and telling the same story for the second or third time.

When I hear today's gospel ([John 6:51-58](#)) I want to look at Jesus and hold up six fingers.

1. "I am the living bread that came down from heaven. Whoever eats of this bread will live forever."
2. "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."
3. "Those who eat my flesh and drink my blood have eternal life."
4. "Those who eat my flesh and drink my blood abide in me, and I in them."
5. "Whoever eats me will live because of me."

6. “The one who eats this bread will live forever.”

I’ve heard all this before, so have you. We heard some of this last week and some of it the week before. We know the words Jesus speaks, but do we have the life of which speaks?

Is there Life within you and me? That’s the question.

That’s the question behind today’s gospel. And it’s important enough that Jesus asks it six times. That question is the thread that runs through each of Jesus’ six statements. He isn’t forgetful of what he has said. He’s mindful of our hunger. He’s not repeating himself, he’s repeatedly calling us into life. He’s trying to get our attention, to wake us up, to disturb us, to get us to look at the life we are living.

“Unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.” Hold up two fingers if you want but I’m going to ask you again: Is there Life within you?

It’s not a question about physical or biological life. It’s more than that. It’s about Life with a capital L. It’s beyond words, indescribable, and yet we know it when we taste it. Think about those experiences when you feel larger than life, not because you’ve done or accomplished something but because you feel connected to and a part of something larger than yourself.

Haven’t there been moments when you thought or said to yourself, “This moment is perfect and I never want it to end?” When was the last time you took a bite of life and it tasted good and you wanted more?

That’s the life Jesus is talking about in each of those six statements. And I wonder if that’s the life you are living today. Is there Life within you? That’s number three

At some level we all know that kind of life is available and we hunger for it. It’s a holy hunger that causes us to ask ourselves, “What am I doing with my life?” We wonder if this is all there is or ever will be. Is this as good as it gets? We’re sure there is more to life than this. What we really want to know is if there is Life within us. Well, is there? That’s the fourth time I’ve asked that question.

It’s such an important question because my guess is that all of us at some point live less than fully alive. We go through the motions. We put life on auto-pilot. And we hunger for more life. When have you felt that holy hunger? Are you feeling it today and, if so, what are you feeding it?

How would you describe your life today? What would you say about it?

It seems to me that most of the time we describe our lives in terms of history and circumstances. We focus more on what we do than what really matters to and enlivens us.

We talk about where we are from, where we live, our marital status, and with whom we live. We talk about our work, roles, and busy schedules. We talk about what we have and what we want. We talk about our age, health, and the struggles or difficulties of our lives. We express our political or religious beliefs and talk about the way things used to be, the way they are, and the way they should be. We talk about who is with us and who is against us. We talk about what's going on in our life, our town, our country.

All of that may be a true and accurate description of our lives but the question remains: Is there Life within you? Yes, that's number five.

The circumstances of our lives are not unimportant. They matter and they make a difference. They're not, however, the way Jesus thinks of and looks at Life. "Therefore I tell you," Jesus said, "do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?" (Matthew 6:25)

He could just as well have said, "Is not life more than your circumstances?" If Jesus sees life as more than our circumstances and what's happening maybe we should too.

What is that "more" for you today?

- What if eating the flesh and blood of Jesus, ingesting and digesting his life in ours, is about being connected to something larger than and beyond ourselves?
- What if we really knew ourselves to be connected to each other in such a way that we began speaking more about we, us, and ours, and less about me, my, and mine?
- What if we truly believed and acted on the belief that each other's life, hope, joys, needs, hurts, losses, and sorrow are as valid and important as our own?
- What if we created a place where everyone belonged – not that they were just tolerated or put up with – but that they really belonged and had a place, not just a place in the building but a place in our heart? And that we had a place in their heart?
- What if life really isn't about you and me but we are to be about Life?



Maybe that's what it means to eat and drink the bread and wine of communion. Sometimes that happens around the altar rail. Other times it happens at the dinner table, in our prayers, our reaching out in compassion to another, our acts of justice, our weeping for the pain of the world, our recognition of another human being as a child of God and our brother or sister in Christ.

Every time we live that communion life we are living larger and larger than life – not because we individually did or accomplished something, and not because life is all about us, but because in that moment we were all about Life.

That's how I want to live, don't you?

There is no shortage of bread. Let's not convince or deceive ourselves into believing that we're just not hungry.

So, hold up six fingers because I'm going to ask it again. Is there Life within you? Is there Life within me?

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 20th Memorial of Saint Bernard, Abbot and Doctor of the Church; August 21st Memorial of Saint Pius, Pope; August 22 Memorial of Queenship of the Blessed Virgin Mary; August 24th Feasts of Saint Bartholomew Apostle



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 of Life.

Object

The Food Pyramid poster. (See below sermon)

Scripture

"I am the living bread that came down from heaven. If anyone eats this bread, he will live forever. This bread is my flesh, which I will give for the life of the world." John 6:51 (NIV)
Have you ever seen a food pyramid poster? The food pyramid was developed to help us know what kinds of foods we should eat to help us to grow strong, healthy bodies. I have one to show you. The picture shows all of the food groups. There are grains, vegetables, fruits, milk and dairy, meat, and fats and sweets.

As you can see, the largest part of the pyramid is foods that we make from grain. What are some foods we make from grain? Let's see, there is bread, cereal, muffins, tortillas, and a lot of other good things to eat. Most of the things we make from grain not only taste good, but they are good for us too. Bread has always been considered to be one of our most important foods. In fact, it has been called "the staff of life."

Even way back in Bible times, bread was very important to life. Do you remember the time God provided bread for the Israelites when they 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.

A loaf of bread won't last forever. It gets old and stale. Not only that, but when we eat it, we are satisfied for a little while and then we are hungry again. Even though Jesus knew that bread was very important to life, he wanted something more for his children. He wanted something that would last forever. One day, as he was teaching, Jesus said, "I am the bread of life. He who comes to me will never go hungry. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever."

If we want to live, we need bread. If we want to live forever, we need Jesus -- the Bread of Life.

Our Father, we thank you for Jesus, the Bread of Life. We pray that each one here today will take and eat so that they may live forever. Amen.

Weekly Prayer



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