



SACRED HEART CATHEDRAL PARISH

06 Steele Street, 4th Avenue,
Whitehorse City, Yukon Territory, Canada

(867) 667-2437; office@sacredheartcathedral.ca / www.sacredheartcathedral.ca

Rev. Fr. Slawomir Szwagrzyk, Rector / Parish Priest

Activities	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Sunday Masses	5:00 PM	9:00 AM 10:30 AM 12:00 NN 7:00 PM					
Daily Masses			12:10 NN / PM				
Special Masses (1 st Saturday of the Month)	9:00 AM						
Reconciliation (or call for an appointment for a Saturday)	4:00 – 4:30 PM	Before or after Mass	11:30 AM – 12:00 NN				
Adoration of the Blessed Sacrament						1:00 PM - 8:00 PM	
Pre-Baptism Sessions (1 st & 2 nd Fridays of the Month)							7:00 PM
Baptism Ceremony	6:00 PM	1:00 PM					

SCHEDULE OF GENERAL PARISH ACTIVITIES

22nd Sunday in Ordinary Time – Year A

September 3-9, 2023

Theme:

“Suffering: A divine state of grace for our longing of the Lord, Jesus Christ, and the means of sanctification of our souls”.



[Matthew 16:21-27](#): Longing For God’s Presence and Love.

(Sources of Photos are highly appreciated and recognized).



The Words of the Lord for the 22nd Sunday in Ordinary Time – Year A

Antiphon: *cf. Psalm 86 (85):3, 5*

Have mercy on me, O Lord, for I cry to you all the day long.

O Lord, you are good and forgiving, full of mercy to all who call to you

Reading 1: Jeremiah 20:7-9 (124A)

You duped me, O LORD, and I let myself be duped; you were too strong for me, and you triumphed. All the day I am an object of laughter; everyone mocks me.

Whenever I speak, I must cry out, violence and outrage is my message; the word of the LORD has brought me derision and reproach all the day.

I say to myself, I will not mention him, I will speak in his name no more. But then it becomes like fire burning in my heart, imprisoned in my bones; I grow weary holding it in, I cannot endure it.

The words of the Lord. Thanks be to God.

Reading 2: Romans 12:1-2

I urge you, brothers and sisters, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship.

Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

The words of the Lord. Thanks be to God.

RESPONSORIAL PSALM: Psalm 63:2, 3-4, 5-6, 8-9

RESPONSE: My soul is thirsting for you, O Lord my God.

O God, you are my God whom I seek;
for you my flesh pines and my soul thirsts
like the earth, parched, lifeless and without water.

RESPONSE: My soul is thirsting for you, O Lord my God.

Thus have I gazed toward you in the sanctuary
to see your power and your glory,
for your kindness is a greater good than life;
my lips shall glorify you.

RESPONSE: My soul is thirsting for you, O Lord my God.

Thus will I bless you while I live;
lifting up my hands, I will call upon your name.
As with the riches of a banquet shall my soul be satisfied,
and with exultant lips my mouth shall praise you.

RESPONSE: My soul is thirsting for you, O Lord my God.

You are my help,
and in the shadow of your wings I shout for joy.
My soul clings fast to you;
your right hand upholds me.

RESPONSE: My soul is thirsting for you, O Lord my God.

Gospel Acclamation: cf. Ephesians 1:17-18

Alleluia, Alleluia! May the Father of our Lord Jesus Christ enlighten the eyes of our hearts, that we may know what is the hope that belongs to our call. *Alleluia, Alleluia!*

GOSPEL: Matthew 16:21-27

Jesus began to show His disciples that He must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised. Then Peter took Jesus aside and began to rebuke him, "God forbid, Lord! No such thing shall ever happen to you." He turned and said to Peter, "Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do."

Then Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father's glory, and then he will repay all according to his conduct."

The Gospel of the Lord. Praise to You, Lord Jesus Christ.

Summary of the Readings

- **First Reading** – [Jeremiah 20:7-9](#): You, O LORD, overcame me, and though I'm mocked and derided, I cannot hold back your word. It burns in my heart, and I cannot endure keeping it inside.
- **Responsorial Psalm** – [Psalm 63](#): O God, I seek you with a thirst like dry, lifeless earth. I've seen your power and glory; your kindness is greater than life. My soul clings to you, and your right hand upholds me.
Response: My soul thirst for you, O Lord, my God.
- **Second Reading** – [Romans 12:1-2](#): I urge you to offer yourselves as a living sacrifice, holy and pleasing to God. Don't conform to this age but renew your mind to discern what is good and pleasing to God.
- **Gospel** – [Matthew 16:21-27](#): Jesus begins to explain that He must suffer, be killed, and resurrect. Peter rebukes Him, but Jesus says that Peter's thinking like a man, not God. He tells His followers to deny themselves, take up their crosses, and follow Him. Gaining the world but losing one's soul is futile. The Son of Man will come and reward each according to their deeds. ([young-catholics.com](#))

The readings focus on our **Suffering as a divine state of grace for our longing of the Lord, Jesus Christ, and the means of sanctification of our souls.** The first reading showed that Jeremiah realized he cannot escape his burning desire for God. The second reading revealed to us that we must allow ourselves to be sanctified to be one with Christ. Then Jesus explained the gospel that by following Him as His disciples means making extraordinary sacrifices, we must be ready and willing to suffer and surrender our life not only for our sake but for others too, for the glory of God. Further, that we must understand and embrace the mysterious essence of Suffering. It is by suffering that we bring ourselves intimately closer to Him and become genuinely true to Him. Now, do we still question Him: **Why, Lord? Why Me? Why Us?** Or shall we say: **Here I am Lord, If You will, lead me, send me.** (Vicenta, LRB)

From the young-catholics.com

Possible themes for this weekend's readings are sacrificial love, longing for God, prayer, and water.

- 1) **Unwavering Resolve:** In the first reading, Jeremiah affirms his commitment to proclaiming God's message despite the challenges. This theme reflects the determination to persevere in one's calling, even in the face of adversity.
- 2) **Living Sacrifice:** The second reading encourages believers to present themselves as living sacrifices to God. This theme emphasizes the idea of offering one's whole life in dedicated service to God.
- 3) **Suffering Messiah:** The gospel highlights Jesus' prediction of His own suffering, death, and resurrection. This theme emphasizes the sacrificial aspect of His mission.
- 4) **Human Ambitions vs. God's Will:** Jesus rebukes Peter for opposing His path of suffering. This theme underscores the contrast between human desires and God's divine plan.
- 5) **Self-Denial and Cross-Bearing:** Jesus talks about taking up the cross to follow Him. This theme stresses the need for self-denial and a willingness to embrace difficulties for the sake of Christ.
- 6) **Sacrificing Earthly Gain:** Jesus mentions gaining the world but losing one's soul. This theme highlights the importance of prioritizing eternal values over temporary worldly gains.
- 7) **Judgment and Reward:** The passage discusses the Son of Man coming to reward each person according to their deeds. This theme emphasizes accountability and the ultimate consequences of one's choices.

Embracing Suffering: A Gritty Path to Transformed Hope

In the gospel for the 22nd Sunday in Ordinary Time Year A (Matthew 16:21-27), Jesus lays it out plainly to his disciples: suffering is on the horizon. It's a tough pill to swallow. Suffering can grip us, making everything else fade to gray. No one signs up for suffering willingly. Peter, one of Jesus' closest friends, recoiled at the idea of Jesus enduring the cross. Who would wish that on someone they care about?

But Jesus has a different angle on it. He's all about marching forward, unflinching, doing God's will. It's a game-changer. He believes suffering can be transformed, even death doesn't have the final say. That's quite the perspective

shift. And it's not just about us going through it. When we're in the suffering trenches, we've got to cling to the promise Jesus offers.

Plus, there's something about being there for others who are hurting. Even if you can't fix it all, being a companion in their pain matters. Jesus showed us that suffering isn't the endgame, God's mercy can trump it all. So, in a nutshell, suffering isn't a detour off the path, but a gritty part of it. And it's not about avoiding it, but holding onto hope when it's tough.

Remember, Peter tried to dodge it, but Jesus didn't flinch. He faced the worst head-on, all for a bigger plan. So, next time suffering knocks at your door, don't shut it out. And if you see someone else in the trenches, be that shoulder to lean on. Because just like Jesus, we're not alone in this. (Homilies and reflections from the young-catholics.com)

A Prayer of Longing for God

Based on Psalm 63

I long for you God.

I am always seeking you.

Without you I feel empty.

I am so grateful for the blessings you give me.

I can't stop telling others about you.

You make my life full.

I think about you night and day.

You are my joy!

Don't ever let me be separated from you.

Keep me safe from harm.

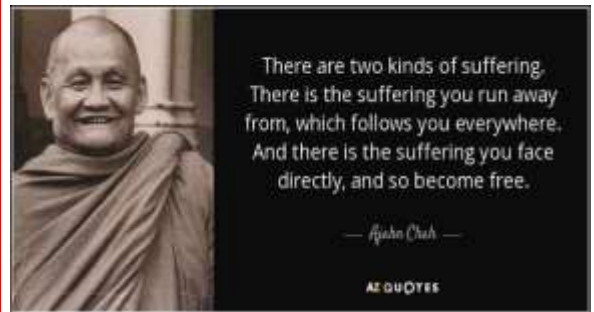
Protect me from anything which might lead me away from you.

Then everyone will see why I need you so.

They will understand why you are so important to me.

Amen.

(young-catholics.com)



Prayers of the Faithful:

(by Vicenta, LRB)

Response: *My soul is longing for You, Lord, hear our prayers.*

- 1) May God always protect and defend our Pope Francis and all the clergies from the allurements of the world and enormously fill their needs in accordance to His will, their longing for Him as they continue the struggle for self-denial and altruism to willingly embrace the different kinds of sufferings for the sake of Christ.
Let us pray to the Lord. *My soul is longing for You, O Lord, hear our prayers.*
- 2) As we long for the Lord, let us pray in unison on the September intentions of our Pope Francis and all the clergies for the people living in the margins of society, in inhumane life conditions, that they may not be overlooked by institutions and never considered of lesser importance.
Let us pray to the Lord. *My soul is longing for You, O Lord, hear our prayers.*
- 3) For our Leaders and Professionals in government and private entities, that they will be like Jeremiah who affirms his commitment to live and share the Words of the Lord despite difficulties and threats, and they be like Peter rebuked by Jesus and led him back to righteousness and obedient to the will of God.
Let us pray to the Lord. *My soul is longing for You, O Lord, hear our prayers.*

- 4) For the active involvement, participation, cooperation and collaboration of the parents, educators, church leaders and lay workers, volunteers, and children in putting concerted efforts and resources for the success of the Sacramental catechesis and solemnization of Confirmation, Holy Communion and Reconciliation this coming October.

Let us pray to the Lord. *My soul is longing for You, O Lord, hear our prayers.*

- 5) For us all here present in this Holy Mass and those left at home, that we will receive the merits of our wisdom, faith, hope and our deeds as we continue our living journey especially this Season of Creation, and bearing in our hearts and minds our roles being the responsible stewards of nature that sustains our life.

Let us pray to the Lord. *My soul is longing for You, Lord, hear our prayers.*

PARISH MINISTRY

DAILY MASSES



Date	Time	Intentions
Sept. 3	9:00 AM	+ Stanislawa Kosuda
	10:30 AM	All Parishioners
	12:00 NN	+ Teodora L. Rosero
	7:00 PM	Anniversary of Jacqueline & Dan Carew
Sept. 4	12:10 PM	+ Stanislawa Kosuda
Sept. 5	12:10 PM	+ Stanislawa Kosuda;
		+Lawrence De Vera
Sept. 6	12:10 PM	+ Stanislawa Kosuda
Sept. 7	12:10 PM	+ Stanislawa Kosuda
		+ Gus & Vivian Pasowisty
Sept. 8	12:10 PM	+ Stanislawa Kosuda
Sept. 9	10:00 AM	+ Donna Rose Lennie Hall -Funeral Mass
	12:00 NN	+ Marianne Blythe -Funeral Mass
	5:00 PM	+ Stanislawa Kosuda

THE HOLY SACRAMENTS

Sacraments of Initiation: BAPTISM, CONFIRMATION and COMMUNION; Sacrament of Healing: RECONCILIATION, Sacrament of the SICK, Sacrament at the Service of Communion: MATRIMONY

Baptism



Baptism Preparations

Refer to the Schedule of General Parish Activities above. Registration Forms can be availed at the website, the vestibule, and at our office. Please accomplish the forms correctly and legibly, then submit through email or in person at the office. For more details, please contact us for our attention and appropriate actions.

Important Note:

*Baptism has been a rite of initiation
(Acts 2:41)*

Welcome!....
to the Christian Community.

MATEO AUGUSTO COVARRUBIAS JOFRE

Birthdate: July 22, 2022

Birthplace: Whitehorse City, YT, Canada

Parents: Nicole Paz Jofre Bravo and

Victor Eduardo Covarrubias Mondaca

Godparents: Claire Caudle and

James Daniel Caudle

Baptism Day : August 26, 2023

Solemnized by :

Rev. Bishop Hector Vila

CONFIRMATION AND HOLY COMMUNION PREPARATIONS

Month of October:

1. Catechesis on **Reconciliation** and **Holy Communion** for Grade 3 students
2. Catechesis on **Confirmation** for Grade 7 students and older

RECONCILIATION

The Sacrament of Reconciliation brings about a change of heart through God's mercy and forgiveness. In fervent prayers, ask yourself what you have done. Refer to the Schedule of General Parish Activities for guidance, and better self-preparation.

Registration Forms to be duly accomplished are available at the website, vestibule, and our office.

Early registration of the children is highly appreciated.

MATRIMONY

For interested and committed couples planning to get married, the Pre-Cana Sessions are done during Spring Time only. Registration Forms are available in the website, vestibule, and our office. Please accomplish the forms correctly and legibly, then submit through email or in person at the office. For more details, please contact us for our attention and appropriate actions.

Requests for Holy Mass Celebrations

Offering of a Holy Mass Celebration is a special way of lifting to God our acclamations, contriteness, and thankfulness as a sublime expression of praising and glorifying God



1. Requiem Mass / Death Anniversary / Remembering the Souls
2. Funeral Mass and other Services
3. Special Milestones (Birthday and Wedding Anniversary)
4. Thanksgiving Mass (Most Special intentions)
Other Special / Highly Significant Intentions

You may send your requests in person at the office, through emails, or dropping the notice/s at the offertory box / basket for our attention and appropriate actions.

Your Donations and Love Offerings in cash or in kind are highly appreciated. Thanks for helping the continuous improvement of our Cathedral and in sustaining our apostolates and projects of the parish.

Eucharistic Adoration

Gentle Reminders:

Welcome September 2023:

Our regular schedule of the Adoration will now resume commencing September 7, 2023 from 1:00 PM – 8:00 PM at the Church.

We are sincerely encouraged to write and place in the Drop Box our prayers and petitions to be invoked during the Adoration Time. Devotees will take turns in reading the petitions at random.

May you will find special chance to meet our Lord, Jesus Christ on these holy hours, or even for just a couple of minutes. He awaits us there.



AN HOUR WITH JESUS IN THE BLESSED SACRAMENT

Four 15 – Minute Steps for Adoration

1. Recognize the Presence of God –
Enter into His holy Presence with awe and love.
2. Thanks giving – Praise and thank the Lord.
Worship Him.
3. Reparation – Repent of and express sorrow for your sins and those of the whole world.
4. Petition – ask for your own deeper conversion and personal needs, as well as for those around you and the whole world.

Dear Jesus, You have made Yourself present in the Blessed Sacrament because You think for me. O dear Lord, I also thirst for You. I want to be one with You. I bow down before You with faith, hope, and love, from the depths of my heart. I worship You. Amen.

-Ambrosiana-

Prayer Intention of Pope Francis for September:

For people living in the margins.

We pray for those persons living on the margins of society, in inhumane life conditions may they not be overlooked by institutions and never considered of lesser importance.



Mass Celebration of Life of **Marianne Blythe** will be officiated by Most Rev. Bishop Vila on September 9, 2023, Saturday at the Cathedral, Twelve (12:00 NN) Noon and followed by a reception at the CYO Hall.

PARISH UPDATES

*For more Information, Interests and Willingness to Get Involved, Share/Donate, Support,
Participate, Cooperate and Collaborate!*

IMPORTANT DATES: September 2023

September 01: World Day of Prayer for the Care of Creation

September 04: Labour Day

September 08: Nativity of the Blessed Virgin Mary

September 10: Beautiful Breakfast and
Beginning of the New School Year Mass

September 17: Catechetical Sunday

September 26: World Day of Migrants and Refugees

September 30: National Day for Truth and Reconciliation

September is proving to be a **busy month** indeed. May it be a time of bountiful harvest, rich in nourishment for our bodies and our souls.

Keep Noted: **ALL ARE INVITED**

To celebrate the **Beginning of the New School Year**, **Bishop Vila** would like to invite you - the Catholic school community of educators, teachers, students, families, and parishioners – to the **Holy Mass** on **Sunday, September 10th** at 10:30 AM at **Sacred Heart Cathedral in downtown Whitehorse**. Stay and enjoy a *Beautiful Breakfast* in the CYO Hall following Mass.

Graciously Awaited and Too Soon!

A Beautiful Breakfast on September 10, 2023 is now fast approaching. It will be held at the CYO Hall at 9:00 AM - 12:00 NN

Side by side with it is the Beginning of the School Year (2023-2024) Mass at 10:30 AM, Parish Cathedral, to be celebrated by Bishop Hector Vila.

Beautiful Breakfast is funded by **DONATIONS.**

Hence, Donations are heartily encouraged and graciously accepted for the cost of foods, maintenance of the CYO Hall, and repair / improvement of the church.

Want to get involved and volunteer? Email the office or send message to 604 - 401-7152.

For Full Awareness and Guidance on Catechesis and Sacramental Programs, Keep Posted!

Catechism Classes for Children and Youth



Important Details:

All of our catechism classes begin the first week of October. Here is a list of classes we currently offer. **See the registration form for further information.**

Children ages **3, 4 and 5 years old** - Catechesis of the Good Shepherd Level one (Thursdays 3:30 to 5:00 p.m. **OR** Saturdays 10:00 to 11:30 a.m.)

Children ages **6 to 9 years old** - Catechesis of the Good Shepherd Level two (limited this year to children who have already participated in CGS)

Grade **Three students** - First Reconciliation classes (October and November, Tuesdays 6:30 to 7:30 p.m.)

Grade **Three students** - First Communion classes (January to May 2024, Tuesdays 6:30 to 7:30 p.m.)

Grade **Four students** - catechism classes for those who have celebrated First Reconciliation and First Communion (Tuesdays 6:30 to 7:30 p.m.)

Grade **Seven students** - Confirmation classes (October to May, tentatively Mondays 6:30 to 8:00 p.m.)

(Take note of the New Form posted in the link at our website)

For further information please see Father Slawek or email Caroline Knickle at catechesis@sacredheartcathedral.ca.

The call to generosity is unmissable.

The Sacred Heart Parish is very much thankful to all who have shared their financial resources thru the Envelopes, Collection Basket, and Direct Bank Deposits. We are pleased to inform you the updates on our blessings for the Month of August 2023:

Report on Sunday Collections

As of August 2023 :

Envelopes and Cash Collections	= \$11,489.00
Direct Bank Deposits	= \$ 1,500.00
Total Collections	= \$ 12,989.00



May we all remain faithful and true in our Christian commitments and let us pray that God will also touch the hearts and minds of others to share even in little amount and simple ways.

*“Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.”
(Hebrews 13.16)*

MORE NEWS FROM THE CEAY ED

The Department of Education has updated their SOGI (Sexual Orientations and Gender Identity) policy and all staff have received training in recent weeks from the contracted partner (private company with heavy government funding) ARC Foundation. Connect with the Catholic school council in your attendance area for further details, search YG website, or email ceayukon@gmail.com.

School council elections will be held in spring 2024. Council members do not need to have a student attending Yukon Catholic Schools, but do need to reside in the attendance area for the school and be registered with a parish. Please consider if you are able to support public Catholic education in this role. Visit ceayukon.ca/ About Us/ School Council Elections for information about being on school council.

Save the date: **Wednesday September 27 @7pm in CYO Hall** will be the *Joint AGM for CEAY and Yukon Catholic Schools*. All parishioners and families of students at Yukon Catholic schools are invited and welcome to attend. If there is a topic of concern you would like addressed at this meeting, please connect as soon as possible with the school council in your attendance area to make the proposal: hfes.school.council@gmail.com, ckescouncil@gmail.com, sfoacouncil@gmail.com

Katherine Williams
Executive Director
Catholic Education Association of Yukon (CEAY)

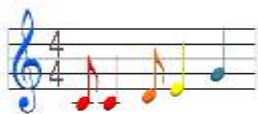
It's a great joy to sing to the Lord!

CHOIR PRACTICE: Every Friday, 7:00PM to 8:30 PM

Cathedral Parish Church.

Organizer/ Facilitator:

LUCILLE STUART



FLASH!... Catechesis for the Sacrament of Confirmation For Grade 7 and Grade 8

Still welcomes and accommodates higher Graders who have not receive yet and willing to join.

Registration is open now and classes will be 6:30-8:00 PM on Monday nights starting October 2, 2023.

Starting October 2, Monday nights from 6:30- 8:00 at the CYO Hall Sacred Heart Cathedral

Chosen
Your Journey to Confirmation

Registration information contact
office@saredheartcathedral.ca
867-667-2437

The poster features a red diamond shape with a white flame inside. The background is dark with a pattern of small, glowing orange and yellow dots, resembling stars or embers.

Called to Love: Education in the Faith, and Vocation within the Family

Catechesis for Adults and Parents

Everyone is
welcome!
Join with others
and follow with us.

Every 2nd Friday,
7pm to 8:30pm

Open to
everyone

In the CYO hall at Sacred Heart Cathedral –
406 Steele St., Whitehorse

Starting Friday, October 13th, 2023 until May 10th, 2024

Do you have questions or even concerns about your faith
or how to transmit it in today's world?
This catechesis is for you.

Sharing our Faith,
witnessing of God's
love and transmitting
faith to our children
and youth is a mission
we are all called to,
most especially parents
as first educators.

Registration
recommended.
Please email
rlamery@shc.ca
for more info.

This journey will be a
support and a light for
all parents,
grandparents,
godparents, youth
leaders, teachers,
neighbors and friends
who wish to share their
experience, receive a
word of truth, and a
much-needed impetus
in their Christian
mission.



The Men's Retreat: Yeshua

2023 - Fall 2024

Location

RockRidge Canyon
2900 WARRAS Ranch Rd
Princeton, BC V0X 1W0

Date and Time

Friday, Sep 29, 2023 - Sunday, Oct 01, 2023
7:00 PM - 12:00 PM

<https://thechurch.com/retreats/the-mens-a-catholic-retreat>

The Men's Retreat: Yeshua

The Men's Retreat: Yeshua is more than just a three-day event; it's an opportunity to rediscover Christ. Guided by Jake Khym and Peter White, attendees will dive deep into understanding not just the teachings, but the very person of Jesus.

Special Prayer for Harvest Time

Ever-loving Creator, God of all creations, Thank You for the special gifts of this season: gifts of crops and colour, of cool breezes and rolling waters, of memories of summer and time for winter preparations. These Autumn days reminds us that change is an inevitable part of living and that death is but another stage of life.

(Living with Christ, September 2023)



Guide to Scriptural Readings and Meditations

22nd Week of Ordinary Time – Year A: September 3-9, 2023

Day	Significant Events / Meditations
September 3, 2023	SUNDAY
<p>Antiphon: cf. <i>Psalm 86 (85):3, 5</i> Have mercy on me, O Lord, for I cry to you all the day long. O Lord, you are good and forgiving, full of mercy to all who call to you.</p> <p>1st Reading: Jeremiah 20:7-9 (124A) The word of the Lord has become for me reproach and derision.</p> <p>Responsorial Psalm: Ps 63: 1, 2-2, 4-5, 7-8 Response. 1a: My soul thirst for You, O Lord my God.</p> <p>Reading 2: Romans 12, 1-2: Present your bodies as a living sacrifice.</p> <p>Gospel: Matthew 16:21-27: If any want to become my followers, let them deny themselves.</p> <p>Reflections: Reflect, today, upon the words “Take up your cross and follow Me.” Jesus instructed us on how we should live and how we will share in His gift of eternal life. What cross in your life are you fearful of? What act of sacrifice do you avoid? True love hurts in the sense that it is always selfless. We must die to ourselves.</p>	



Prayer:

My sacrificial Lord, You did not fear laying down Your sacred life for us all. You embraced Your mission of love by entering into death itself so that we could die with You and thus share in Your Resurrection. Please free me from all fear of the crosses in my life and help me to fully embrace a life of sacrificial love. Jesus, I trust in You. (My Catholic Life-MCL)

September 4, 2023

Labour Day in Canada and Feast of Blessed Dina Belanger

MONDAY

Antiphon: **Cf. Psalm 26**

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; whom should I dread? When those who do evil draw near, they stumble and fall.

1st Reading: **1 Thessalonians 4:13-18** God will bring with him, through Jesus, those who have died.

Responsorial Psalm: **Ps 96: 1+3, 4-5, 11-12, 13:** Response. **13b: The Lord comes to judge the earth.**

Gospel: **Luke 4: 16-30:** God sent me to bring good news to the poor... No prophet is accepted in the prophet's hometown.



Reflections:

Reflect, today, upon the courage and love Jesus had as **He directly confronted and challenged His own townspeople for their lack of faith.** In your life, are there ways in which you need to be challenged? Are there things you have reacted strongly to and even with a form of rage? Pray for courage, compassion, clarity and love so that you will be able to imitate Jesus as He sought to move those of His own hometown out of the indifference they were experiencing.

Prayer:

My challenging Lord, You desire that all Your children turn to You with their whole heart. Your chastisements are acts of mercy meant to move us out of indifference. Please speak to me the truths that I need to hear this day and use me to share Your holy word with others, especially those of my own family. Jesus, I trust in You. (My Catholic Life-MCL)

September 5, 2023

TUESDAY

Antiphon: *cf. Psalm 26*

O Lord, hear my voice, for I have called to You; be my help, Do not abandon or forsake me, O God, my Saviour.

1st Reading: **1Thessalonians 5. 1-6, 9-11:** Christ died for us so that we may live with Him.

Responsorial Psalm: **Psalm 27.1, 4, 13-14** Response **13: I believe that I shall see the good things of the Lord in the land of the living.**

Gospel: **Luke 4. 31-37:** I know who You are, the Holy One of God.



Reflections:

Reflect, today, upon the infinite spiritual authority and power of our Lord. It is a power beyond anything else we could imagine. He wants to exercise this authority in your life out of love. What is hindering Him from taking greater control of your life? What sin or temptation does Jesus want to rebuke in your life? From what oppression does He want to set you free? Reflect upon yourself being a member of the town of Capernaum who fully welcomes Jesus, is amazed at Him and desires Him in your life. His working in your life depends upon you and your response to Him. Call on Him and let Him in.

Prayer

My most powerful Lord, You and You alone are able to take authority over my life and bring order and peace. Please remove any doubt and stubbornness from my heart so that I can open myself to You and Your grace. Take authority of my life, dear Lord, and lead me into Your most holy will. Jesus, I trust in You. (My Catholic Life - MCL)

September 6, 2023

WEDNESDAY

Antiphon: **(Cf. Psalm 27)**

The Lord is the strength of His people, a saving refuge for the one he has anointed. Save your people, Lord, and bless Your heritage, and govern them forever.

1st Reading: **Colossians 1, 1-8:** The word of Truth has come to You just as it is growing in the whole world.

Responsorial Psalm: **Psalm 52.8, 9** Response **8b: I trust in the kindness of God forever.**

Gospel: **Luke 4, 38-44:** I must proclaim the good news to other cities, for I was sent for this purpose..



Reflections:

Who do you take your troubles to? *Jesus wants to set us free today. Jesus never tires of hearing and answering our pleas.*

Prayer

Lord Jesus Christ, you have all power to heal and to deliver. There is no trouble nor bondage you cannot overcome. Set me free to serve you joyfully and to love and serve others generously. May nothing hinder me from giving myself wholly to you and to your service. (Don Schwager)

September 7, 2023

THURSDAY

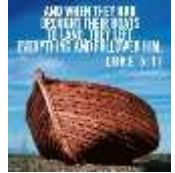
Antiphon: (Psalm 46)

All peoples, clap your hands. Cry to God with shouts of joy.

1st Reading: Colossians 1.9-14: God has rescued us from darkness and transferred us into the kingdom of His beloved Son.

Responsorial Psalm: **Psalm 98. 2-3b, 3cd-4, 5-6** Response. **2a: The Lord has made known His salvation.**

Gospel: **Luke 5.1-11: Simon and his partners left everything and followed Jesus.**



Reflections:

Reflect, today, upon this image of Simon Peter on his knees before Jesus. See his humility and honesty. See his sincerity and interior awareness. And see his understanding of the divine power of Jesus before him. Pray that you, too, will see our Lord, experience your sin, humble yourself before Him and hear Him call you to radically and completely follow after Him wherever He leads.

Prayer

My consoling Lord, You manifested Your almighty power to Simon Peter through his ordinary daily activity. You allowed him to see Your divine power at work. Help me to see You at work in my life also, dear Lord. And as I see You, help me to humble myself before You, acknowledging my unworthiness. As I do, I pray that I also hear You say to me "Do not be afraid," so that I can get up and follow You wherever You lead. Jesus, I trust in You (MCL)

September 08, 2023: HAPPY BIRTHDAY!... BLESSED MOTHER MARY

FRIDAY

Antiphon:

Let us celebrate with joy the Nativity of the Blessed Virgin Mary, for from her arose the sun of justice, Christ our God.

1st Reading: **Romans 8.28-30:** God predestined those whom He knew beforehand.

Micah 5.2-5a: Now has the time come for the one in labour to give birth.

Responsorial Psalm: **Psalm 137. 5,6** Response: Isaiah 61.10 **With delight I rejoice in the Lord.**

Gospel: **Matthew 1: 1-16, 18-23.** Joseph, it is the Holy Spirit who has given Mary a child.

Reflections:

Reflect, today, upon the courage it takes to change. What is it in your life that you may be afraid to change? What "old wine" do you prefer over the "new wine" of God's grace? What old habits or attachments do you have that our Lord wants you to let go of? Face the changes God wants for you with courage and trust, and You will indeed become more fully the new creation in Christ you are meant to be. (My Catholic Life – MCL)

Prayer:

My most merciful Lord, I know You call me to continual change in my life. Please give me the courage I need to face all that I need to detach from in life and all that hinders me from becoming the glorious new creation You have called me to become. Pour forth Your abundant grace into my life, dear Lord, making me into Your new and glorious creation in grace. Jesus, I trust in You. (My Catholic Life-MCL)

Theme:

Today is an occasion for praise and thanksgiving, the feast celebrates Mary's personal sanctity and vocation as the mother of Jesus our Lord and Saviour.



September 09, 2023

SATURDAY

Antiphon: Cf. Psalm 47

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; Your right hands is filled with saving justice.

1st Reading: **Colossians 1. 21-23: Christ has reconciled you to present you holy and blameless to God.**

Responsorial Psalm: **Psalm 54. 1-2, 4+6** Response **4a: The Lord God is my help.**

Gospel: **Luke 6. 1-5: Why are doing what is not lawful on the Sabbath?**

Reflections:

Reflect, today, upon the humble truth that Jesus and Jesus alone is Lord of the divine Law. This means that we must perpetually remain open to changing our opinions when we hear our Lord speak to us. Ponder any way in which you have become overly attached to your own opinions. If they bring forth peace, joy, charity and the like, then they are most likely in union with God. If they are burdensome, a cause of confusion, contention or frustration, then

you may need to step back and humbly reexamine the convictions you hold, so that He Who is Lord of all will be able to speak His divine Law to you more clearly.

Prayer:

Lord of all Truth, You and You alone are the guide of my life. You and You alone are the Truth. Help me to be humble, dear Lord, so that I can recognize any error in my convictions and turn to You and Your divine Law as the one and only guide for my life. Jesus, I trust in You. (My Catholic Life – MCL)

SHARING HORIZONS

Shared Reflections is very much welcome. All are encouraged and send to us for inclusion in our Bulletin. We highly acknowledged Betty Bruch and highly appreciated her articles. Indeed, worth sharing.



The 22nd Sunday in Ordinary Time – Some Musings

“... and then He will repay each one according to their deeds.”

The other morning I was awakened by the sounds of thunder and pelleting rain. We have had an unusual summer with a good balance of sun and rain. I don't ever remember an August when the trees and the grass were so green. The beauty of this August has made my heart sing with praise to our loving Father. As I left the house, the storm was over and the sun shone on my face. As I blessed the Lord I asked that He give me a joyful and thankful spirit to meet the tasks of my day. It was a day when it was not too challenging to pick up my cross and follow Him. Unlike Jesus, I am not carrying a cross burdened by the sins of the world. But I often complain about the cross I am carrying.

Being cheerful in the face of adversity is not always easy or comfortable. Sometimes our patience is tried beyond all hope of endurance and we lash out with tongues blazing fire like some demented dragon and with our fists clenched ready for the fight. We're not always ready to turn the other cheek are we? And how will we be judged at the end of time? Our God is not vengeful, He is just and when He says, "I will repay each one according to their deeds" He means exactly that. We cannot know the mind of God, but our human understanding tells us whether our deeds build up the Body of Christ or tear it down.

Reading the lives of the saints gives us a deeper understanding of what it means to live as a child of a loving Father. Many of them were not saintly at the beginning of their lives but over time they came to a knowledge of how one is meant to live one's life. Sometimes being a child of God takes its toll on us. We can be called to look after an aging parent, a sick child, a dying spouse. Living with crosses like these drains us and we may become resentful and unhappy.

At times like these calling on our heavenly Father to strengthen and assist us helps us carry these burdens, if not joyfully, at least with a patient heart. Becoming a disciple means loving God and our neighbour. Think about that. We are called to love our neighbors as ourselves which means that we must love ourselves. This is not a selfish kind of love but a love that means we take care of ourselves so we can truly take care of others.

We are sometimes so caught up in the concerns of daily living that we forget to take care of that most vital part of our lives – our prayer life. If I take time each morning to spend some time in prayer, my day goes so much better. The other week I was so frustrated with the concerns of what I had to do that week that I found myself, saying my morning devotions with a distracted spirit and wandering mind. Needless to say, that day was not productive. I could not keep my mind focused on the mundane tasks of my life and by the end of the day I was even more frustrated than before. As I said my night prayers, I asked for the grace, strength and peace of heart that would help me be more productive the next day. And He answered. Coincidence? I think not!

And here we are at the beginning of September. We'll soon be back into our regular routine of living; the ordinary time. As we re-establish those routines and make new ones, let's schedule some quality time for prayer and thanksgiving, for worship and praise. When those small miracles come our way, let's take time to thank the Giver of the gift. I have always liked Ordinary time for it's there that we live the majority of our lives. It's in the ordinary time that we work and play, love and worship; so as we begin fall this year, let's praise Him for all the ordinary things in our lives that give us joy, that challenge us, times in which we see

God in the glory of His creation and the beauty that surrounds us. In all the great events, the births, the weddings, the celebrations of life passages, we need to remember that the Giver of these blessings has asked that we pick up our daily crosses and follow Him with a joyful heart and a spirit of love for Him and others.

Wishing you many small miracles.

Betty Bruch

