

## HOLY MASS

### Sunday, August 16, 2015 20<sup>th</sup> Sunday in Ordinary Time

READINGS: Proverbs 9.1-6 Psalm: 34  
Ephesians 5.15-20 Gospel: John 6.51-58

#### Saturday, August 15 - 4:00 pm

Offered for: Darrell Caldwell – Memorial Mass.  
Requested by the St. Kateri National Shrine  
Task Force, Fonda, New York.

#### Sunday, August 16 – 10:00 am

Offered for: Donna Hopps – Memorial Mass.  
Requested by Kim Griffiths Barbour, John J.  
Griffiths, Karol A. Griffiths, Robert C. Griffiths  
and Karrie L. Griffiths.

#### Saturday, August 22 - 4:00 pm

Offered for: Karen Terrance – Memorial Mass  
Requested by Gilbert Terrance

#### Sunday, August 23 – 10:00 am

Offered for: Grace and Mark Garrow – Memorial Mass.  
Requested by Allan Garrow.

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**Baptism Seminar: Thurs., Aug. 20, 2015 – 5 pm  
at the St. Kateri Center.** Parents wishing to have  
their child baptized, must complete an information  
sheet and provide a copy of the child(ren)'s Birth  
Certificate. Please contact the Rectory.

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**FOOD BANK:** The Outreach Ministry/Food  
Bank continues the callout for donations. Drop off  
at the Church and/or the Rectory on Tuesday,  
Wednesday or Thursday, between 9 am and 4 pm,  
or before and after Mass on Saturday and Sunday.  
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**SUNDAY MISSALS** are still available for a small  
donation of \$5.00. Inquire at the Rectory.

#### **UPDATED OFFICE HOURS**

RECTORY: 9 am – 4 pm Tues-Wed-Thurs.

ST. KATERI CENTER: 9 am – 4 pm Mon & Fri.

#### **Collections for the week of August 9, 2015**

\$552.86 US \$320.05 CDN

## Altar and Rosary Society

The Altar and Rosary Society of the St. Regis Mission Church is inviting everyone interested in joining the Society. Application forms are available at the entrance of the Church. The completed form can be deposited in the collection basket at any Mass, or bring it to the meeting on Sept. 6<sup>th</sup>, 2015, 1:00 pm at St. Kateri Center.

### THE SACRAMENT OF PENANCE AND RECONCILIATION

Why do we receive the Sacrament of Penance and Reconciliation?

Let us review some points from *The Catechism of the Catholic Church*. Let us also take advantage of the generosity and compassion of our Priest who is in the confessional for the half-hour before each weekend Mass to extend God's mercy.

1. The whole power of the Sacrament of Penance consists in restoring us to God's grace and joining us with Him in an intimate friendship. . . . Indeed the Sacrament of Reconciliation with God brings about a true "spiritual resurrection", restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God." (1468)

2. Sin is before all else an offense against God, a rupture of communion with Him. At the same time, it damages communion with the Church. For this reason, conversion entails both God's forgiveness and reconciliation with the Church, which are expressed and accomplished liturgically by the Sacrament of Penance and Reconciliation. (1440)

3. The confession of sins, even from a simply human point of view, frees us and facilitates our reconciliation with others. Through such an admission, man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible. (1455)

Pray often: Jesus Christ, Son of the Living God,  
be merciful to me a sinner!



### The Lord's Prayer

Ta kwa ien ha, ne, ka ron hia ke, te si te ron, a ie sa sen na ien, a ie sa wen ni ios ta ke, a ie sa wen na ra kwa ke, non wen tsia ke, tsi ni iot, ne, ka ron hia ke, kie sa wen na rak wa. Ta kwa nont, ne, ken wen te, ia kion he kon, nia te wen ni se ra ke, sa sa ni konr hen, ne ion kwa ri wa ne ren, tsi ni iot, ni, i, tsi on kwa ni konr hens. O the non, ion ki ni konh rak sa ton, non kwe; to sa, a ion kwa sen ni, ne ka ri wa ne ren, ak we kon, e ren, sa wit, nio tak sens. NE NE KA NA KE RAH TSHE RA, NE NE KA SATS TENH SE RA, KA IA TA NE HRA KWAH TSHE RA, SA WEN'K NON:WA NOK TSI NEN:WE – E THO E THO NA IA WEN.

### 20<sup>th</sup> Sunday in Ordinary Time

AS THE ANCIENT Israelites wandered in the wilderness after the Exodus, they became hungry and called out to God, who provided a miraculous bread-like substance each morning. But there was only enough for that day, and the people had to gather it again the next morning. They had to trust that God would provide for their needs daily. Jesus is a source of miraculous nourishment as well. But in his case, it is his very being that gives us life. Moreover, his flesh and blood do not just sustain us for our earthly existence but are also the means of obtaining true spiritual life, both here on earth and eventually in heaven. In the Greek, Jesus use very graphic terms, demanding that people "chew" on the "meat" of his body and insisting that "my flesh is true food and my blood is true drink." No wonder the graphic tone of this message did not go over well with some of his listeners. But Jesus does not call them back and explain away the very concrete nature of what he had said. In the Eucharist, we eat Jesus' flesh and drink his blood in order to enter into an intimate relationship with God's very self. But we engage in this spiritual nourishment together, in order to enter into a relationship with the Christian community as well.

*John L. McLaughlin, Toronto, ON.*

### PRAYER FOR HEALING

Lord Jesus Christ, you who traveled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to your people who need it this day.

Grant relief to the ones who suffer pain and physical torment. Give peace to those whose minds are tortured by mental illness and anxiety. Comfort those who are alone in their suffering. May your people reach out to them and to all the needy this day.

Send your grace to the caregivers that they might be gentle and effective agents of your loving mercy. May our suffering be joined with yours to bring healing throughout the world.

Sustain all who must be confined to nursing homes, hospitals, or their homes. We lift up to you today our St. Regis parishioners who are suffering, especially Agnes Cook, Yvonne Chubb, Francis Cree, Carl Bero, Debbie Bero, Laurie Connors, John Bigtree, Rita Peters Adams, Sandra Terrance, Alex Arquette, Henry Arquette, Hawi Oakes, Wayne McDonald, Norris Thompson, and Antoine Delormier.

*Console the family of Alice Ivany and  
give her soul eternal rest with You. Amen.*

### RELIGIOUS EDUCATION NEWS

**Become A Catechist or Aide.** The St. Regis Mission Church Religious Education Program is currently seeking adults and High School students interested in volunteering as Catechists and Aides. *We are looking for individuals willing to bring their faith alive and share it with children. We provide training and all resource materials.*

If you can share 1 hour per week of your faithful time to volunteer as a teacher or a helper, please contact the Religious Education Program 518-358-2931 or 613-575-2753 during office hours, 9 am to 4 pm Monday thru Friday.

Registration forms for the upcoming First Communion and Confirmation preparation classes will be available next weekend at the back of the Church, St. Kateri Center and the rectory. The completed forms are to be returned by September 30<sup>th</sup>, 2015.

First Communion is provided to children in Grade 2 and above. Confirmation is provided for youth in grades 7/8 and above.

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It is with sincere apologies to all parishioners, families and friends of our recently deceased members, for the malfunction of the microphone system in our Church. We've since had expert assistance from a community member to rectify the situation. Thank you. *Prayers and Peace.*