

#### MUSIC FOR THE LITURGY

Sunday, July 23, 2017 Sixteenth Sunday In Ordinary Time

4:00 PM 7:30 AM 11:00 AM

Gathering: There's A Wideness In God's Mercy BB 475

Responsorial Psalm (Psalm 100)

# All the earth proclaim the Lord, sing your praise to God.

Preparation Hosea BB 664

- Mass Parts Mass of Creation
- Communion: Song Of The Body Of Christ BB 332 Bread For The World BB 349
- Recessional: Let All Things Now Living BB 586

#### 9:00 AM

Gathering:	River Of Glory BB 649		
Responsorial Psalm (Psalm 103)			
	The Lord is kind and merciful. (2x)		
Preparation	Christ Be Our Light BB 594		
Mass Parts	Mass of Creation		

Communion:	Our Blessing Cup BB 363
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Recessional: Blest Be The Lord BB 429



St. Luke the Evangelist is now on Facebook! Go to www.facebook.com/stlukenh.org/ or St. Luke the Evangelist Parish – Newton/Plaistow and give us a Like! Please invite fellow parishioners and friends to do the same.

Suggested Weekly Contribution Based on Income			
Annual Income	5% Commitment annually/ weekly	3% Commitment annually/ weekly	
\$100,000	\$5,000/\$100	\$3,000/\$60	
\$75,000	\$3,750/\$75	\$2,250/\$45	
\$60,000	\$3,000/\$60	\$1,800/\$36	
\$50,000	\$2,500/\$50	\$1,500/\$30	
\$40,000	\$2,000/\$40	\$1,200/\$24	
\$30,000	\$1,500/\$30	\$900/\$18	
\$25,000	\$1,250/\$25	\$750/\$15	
\$15,000	\$750/\$15	\$450/\$9	

## PARISH TITHING \*

Our Parish needs to take in \$7,000.00 each week in order to make ends meet. Thank you for your generosity to our parish! Your weekly contribution helps ensure that the parish remains a vibrant community. Please remember to submit your weekly gift even if you will be away. We depend upon your support!

Offertory Fuel <u>July 16, 2017</u> \$6,433.92

\$2,058.92

#### PARISH GIVING

Saint Luke the Evangelist Parish has engaged Parish Giving to provide parishioners with an opportunity to make your offertory and other contributions through Electronic Funds Transfer (EFT). Parish Giving is a simple, secure, and convenient way to manage your stewardship without weekly envelopes and without worries. It allows you to select contribution amounts and special collections right from your own computer or smart phone. You can be a good steward for the Parish even when you are away from the area on a weekend. Parish Giving allows you to print out a report detailing your contributions for the year. This program is available to parishioners at no cost. Log on to the St. Luke the Evangelist Parish website at http://stlukenh.org, click on the Parish Giving logo, and follow the easy registration instructions.

#### **UPCOMING SECOND & SPECIAL COLLECTIONS**

July 23, 2017	Parish to Parish Support
July 30, 2017	No Second Collection
August 6, 2017	Property Management
August 13, 2017	NH Missionaries
August 15, 2017	Assumption of Mary
August 20, 3017	Fuel

#### ST. LUKE'S WEBSITE! http://stlukenh.org

Suggestee Based on			
Your Current Offertory Contribution	25% Increase	30% Increase	40% Increase
\$75.00	\$93.75	\$97.50	\$105.00
\$50.00	\$62.50	\$65.00	\$70.00
\$40.00	\$50.00	\$52.00	\$56.00
\$35.00	\$43.75	\$45.50	\$49.00
\$30.00	\$37.50	\$39.00	\$42.00
\$25.00	\$31.25	\$32.50	\$35.00
\$20.00	\$25.00	\$26.00	\$28.00
\$15.00	\$18.70	\$19.50	\$21.00
\$10.00	\$12.50	\$13.00	\$14.00
\$5.00	\$6.25	\$6.50	\$7.00

## HOLY IS HIS NAME

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#### CRAFTERS AND ARTISTS WANTED

If you or someone you know would like to be considered as a vendor for this year's St. Luke the Evangelist Christmas Craft Fair, a second jury period has opened up. Applications are available at <u>http://stlukenh.org</u> and **must be received by Monday July 31**<sup>st</sup>. Don't miss out on participating in this popular and well-attended event! For more information, please contact the Craft Fair at <u>stlukenhfair@gmail.com</u> or call the Parish Office at 603-382-8324.



#### SANCTUARY CANDLES

The Sanctuary Candles in both Newton and Plaistow may be offered in memory or honor of a loved one.

#### VIGIL LIGHT

The Vigil Light in front of the Blessed Mother Icon in Newton may be also be offered in memory or honor of a loved one. The suggested offering for each is \$10.00. Please call the Parish Office at 603-382-8324.

#### AMAZON SMILE DONATION

**AmazonSmile.com** is the same market platform as Amazon.com, but with the added benefit of allowing customers to donate 0.5% of the price of items purchased to a charitable organization. Please register today to start shopping and donating at <u>www.amazonsmile.com</u>. For questions, please call the Parish Office at 603-382-8324. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

## PICK UP NEEDED

The Parish is purchasing folding tables in bulk and needs someone with an open bed pickup truck to help get them in Seabrook and deliver them to the Parish Center in Plaistow. Schedule is flexible – please email Father Albert at fr.albert@stluketheevangelist.net.

#### FOR OUR RECORDS

We need your help to keep our records current. If there are any births, deaths, marriages, moves, or address changes in your family, please notify the parish office by email at jtremblay@stluketheevangelist.net or by calling 603-382-8324. If you are new to our parish, registration forms are available at the entrances of both churches. You can also find a registration form on our website at http://stlukenh.org. Thank you.

#### ST. LUKE THE EVANGELIST FOOD PANTRY

Food or care items are always needed – donations can be dropped off at Church or are welcome at the Parish Office during regular business hours. Cash donations for food are always welcome – make checks payable to *St. Luke the Evangelist Food Pantry*. All donations to the Food Pantry go toward helping the needy of our communities.



Food Pantry Donations Needed

## FOOD PANTRY HOURS Wednesday from 10:00 AM to 12:00 Noon Thursday from 6:00 PM to 7:00 PM Friday from 10:00 AM to 12:00 Noon

For more information, call the St. Luke Food Pantry at **603-819-4949**.

#### WHILE AWAY THIS SUMMER...

We appreciate all of you who remember to send in your Parish Offertory during the Summer even when on vacation or visiting other parishes. Thank you for remembering that our expenses also continue through the Summer months. We invite others to consider doing the same before or even after you return home.

## SIXTEENTH SUNDAY OF ORDINARY TIME

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#### Wednesday, July 26

9:30 AM 6:30 PM 7:00 PM	Eucharistic Adoration Begins Eucharistic Adoration Ends Scripture Share - Phillippians	Plaistow Plaistow Plaistow
	Thursday, July 27	
8:30 AM	Eucharistic Adoration Begins	Newton
1:30 PM	Scripture Share - Phillippians	Plaistow
8:30 PM	Eucharistic Adoration Ends	Newton
3:00 PM	Saturday, July 29 Sacrament of Reconciliation	Plaistow



Out of respect, please remember to silence or turn off your cell phones during Mass. Thank you!



#### Your "Dropped Dollar" Hard At Work

Thank you for your continued support of the St. Vincent de Paul Society! Please know that your "dropped dollars" are being used wisely to help the poor in our area. Your generosity does not go unnoticed.

Drop-a-Dollar in the St. Vincent de Paul box on your way out of church.

Remember ~ 100% of your donation is used to help those who need a hand up, not a hand out.

Our next meeting on Wednesday, August 16 at 7:00 PM. We meet downstairs in the Church Hall in Plaistow. New members are always welcome!

If you seek assistance or need information about the St. Vincent de Paul Society, call 603-382-8324 x315.

Hear, OH LORD, and answer me for I am poor and needy.

#### Saturday, July 22 ~ Vigil / 16<sup>th</sup> Sunday in Ordinary Time Wis 12:13, 16-19; Rom 8:26-27; Mt 13:24-43 4:00 PM Intentions of Mary Coltin and Paul & Lucia O'Leary by Mark & Colleen Hammond Plaistow Sunday, July 23 ~ 16th Sunday in Ordinary Time Wis 12:13, 16-19; Rom 8:26-27; Mt 13:24-43 People of the Parish 7:30 AM Newton Cynthia Lueders by Carole Lueders 9:00 AM Newton 11:00 AM Pat Stone by Pat & Janet Hurley Plaistow Monday, July 24 ~ Sharbel Makhlüf, Priest Ex 14:5-18; Mt 12:38-42 8:00 AM People of the Parish Newton Tuesday, July 25 ~ James, Apostle 2 Cor 4:7-15: Mt 20:20-28 8:00 AM Mary Guilmette by Lucia Guilmette Plaistow Wednesday, July 26 ~ Joachim and Anne, Parents of the Blessed Virgin Mary Ex 16:1-5, 9-15; Mt 13:1-9 In Thanksgiving for Favor Received 6:30 PM by the Lanseigne family Plaistow Thursday, July 27 ~ Weekday Ex 19:1-2, 9-11, 16-20b; Mt 13:10-17 8:00 AM People of the Parish Newton Friday, July 28 ~ Weekday Ex 20:1-17; Mt 13:18-23 No Mass Saturday, July 29 ~ Martha Ex 24:3-8; Mt 13:24-30 (Day) 1 Kgs 3:5, 7-12; Rom 8:28-30; Mt 13:44-52 (Vigil) 4:00 PM Dena Carbone by Verna Carbone Plaistow Sunday, July 30 ~ 17th Sunday in Ordinary Time 1 Kas 3:5. 7-12: Rom 8:28-30: Mt 13:44-52 7:30 AM Walter Halko by Janice Bettencourt Newton 9:00 AM Edward DeMarco by Jim and Mary Anne Downs Newton 11:00 AM Flora Pignatiello by Alex and Joyce Szczapa Plaistow

#### PRAYER LINE

St. Luke's offers a prayer line as a resource for those seeking prayer assistance. To submit your prayer request please call Cathy Smith at 603-382-8324, ext. 314 or email her at csmith@stluketheevangelist.net.

## JULY 23, 2017

## **\*** FAITH FORMATION & PARISH INFORMATION \*



#### ST. LUKE THE EVANGELIST RELIGIOUS EDUCATION

Religious Education Registration for the 2017-2018 Academic Year for Grades 1 to 10 has begun. If your child is currently enrolled, a registration form has been sent home. If your child is new to the Program, please call Joyce Szczapa in the Religious Education Office at 603-382-8324 for more information.

#### ADULT CONFIRMATION

Are you an adult who has been Baptized and received Eucharist, but has not celebrated the sacrament of Confirmation? The adult Confirmation process is an opportunity to complete the Sacraments of Initiation. If you would like to prepare for Confirmation, or if you have questions, call Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

#### ADORATION

We are truly blessed to have times for Adoration of Our Lord in our Parish. This time of prayer and intercession is not only a source of great grace for the individual, but it is a great source of grace for us as a parish family, as well.

We have many who have made the commitment to spend an hour each week with our Eucharistic Lord, **but** we need more people so there will be at least two people at each hour. We are also looking for people who would be able to substitute.

**Plaistow – Wednesday** 9:30 AM – 6:30 PM **Newton – Thursday** 8:30 AM – 8:30 PM

If you can commit to one hour a week in Adoration of our Lord, or if you can be a substitute, please contact Cathy Smith at 603-382-8324, ext. 305 or email her at csmith@stluketheevangelist.net.

#### **GLUTEN INTOLERANT?**

The Parish now provides an option for receiving Holy Communion for anyone suffering from gluten intolerance or celiac disease. We have obtained special altar breads that are fully certified for use at Mass by the United States Conference of Catholic Bishops, and laboratory tested to contain only .001% gluten. Please see the Pastor or the Sacristan before Mass about receiving Communion using one of these special hosts.

#### <u>RCIA</u>

The <u>**Rite of Christian Initiation of Adults**</u> is the process by which people become members of the Roman Catholic Church. **RCIA** is intended to serve:

- Those not Baptized who would like to learn more about the Catholic religion.
- Those Baptized in another religion who think they might like to become Catholic.
- Those Baptized Catholic but have not been raised in the Faith.

If you or someone you know is interested in inquiring about becoming a member of the Roman Catholic Church, call Cathy Smith at 603-382-8324, ext. 305 or email her at <u>csmith@stluketheevangelist.net</u>.

#### PARENTS BAPTISM PREPARATION SESSION

The monthly preparation session for infant Baptism will be held after the 11:00 AM Liturgy on Sunday, August 6, 2017 in the Parish Office living room. All parents planning to celebrate the Sacrament of Baptism are welcome. Families wishing to celebrate Baptism in the Church must be registered (according to Church Canon Law) and practicing (attending Sunday Mass) for 3 full months before a Baptism can be scheduled. The use of the envelope system is always optional; however, it does guarantee a manner of accountability. For most families, the Pastor or staff can easily verify attendance during these three months. Church Canon Law also regulates baptismal sponsors (godparents). Sponsors must be at least 16, fully initiated (having received Baptism, Eucharist, and Confirmation), and be practicing Catholics living Christian lives consistent with the Church's teaching. Please see Fr. Albert with questions.

## ✤ PARISH DIRECTORY ✤

Parish Office Parish Prayer Line St. Vincent de Paul Society St. Luke's Food Pantry Preschool Presentation of Mary Convent 382-8324 382-8324 x 314 382-8324 x 315 819-4949 382-9783 382-2744 Fr. Albert Tremblay Cathy Smith Joyce Szczapa Jackie Tremblay Thomas Kondel Val Barczak Robin Thompson Parish Council fr.albert@stluketheevangelist.net csmith@stluketheevangelist.net jszczapa@stluketheevangelist.net jtremblay@stluketheevangelist.net tkondel@stluketheevangelist.net mvmbarczak@comcast.net rthompson@stluketheevangelist.net parishcouncil@stluketheevangelist.net

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#### ALZHEIMER'S CAFÉ

The Alzheimer's Café at the Hamptead Public Library is a welcoming place where people living with dementia, along with their care partners and family members, come together for a casual social gathering each month. Spend a morning enjoying interesting conversation with new friends who are experiencing similar circumstances. The Alzheimer's Café happens on the third Monday of each month from 10:00 AM to 12:00 PM at the Hampstead Public Library. Refreshments are served. For more information, contact Elaine Lawrence at 603-819-4599.

#### WOMEN OF GRACE Our Lady of the Miraculous Medal Hampton, NH

The Women of Grace Foundational Study, FULL OF GRACE: WOMEN AND THE ABUNDANT LIFE, is a dynamic program for Catholic women, encouraging study participants to come to a fuller understanding of their dignity and vocation as daughters of God.

Meetings will take place on Wednesday mornings from 10:00 AM to 12:00 Noon beginning on **September 20**.

**Registration deadline is September 8, 2017.** For more information, contact Kathy Allen at 603-957-0048 or kallen77@gmail.com.

#### CATHOLIC SCHOOL REGISTRATION

St. Joseph Regional Catholic School in Salem, NH is accepting registrations for Preschool to Grade 8 students for the 2017-2018 school year. St. Joseph's provides a complete education designed to challenge and motivate students to reach their full potential in mind, spirit, heart, and body. Low student/teacher ratio provides each student a "front row seat to learning." For information, or to schedule a tour, contact Christine at 603-893-6811, ext. 19 or clatino@sjrcs.com. Check out Twitter to see why #welovestjoes!

#### JESUS ACROSS THE BORDER

Young adult Catholics, ages 18-35, are invited to join the Star of the Sea Parish on Friday, August 18 at their Beach Chapel for a day at the beach followed by an evening of Adoration, Confession, and Mass. Kyle Erickson of Sing & Shout will lead acoustic worship and Fr. Chris Wallace will celebrate Mass. Adoration, Praise & Worship and Confession begin at 7:30 PM. Mass will begin 9:00 at PM and be followed by а "Beach Pizza" Social. Parking is free and private beach facility access is available all day for JATB participants at 140 North End Blvd., Salisbury. For more information Beauchesne please contact Billy via email at Jesusacrosstheborder@gmail.com.



St. Luke the Evangelist Parish will host this fundraising event on **Saturday**, **August 19**, **2017**, **from 8:00 AM to 12:00 Noon** at St. Luke's Parish Center, 8 Atkinson Depot Road, Plaistow, NH. This is a great opportunity to find bargains for students heading off to college! All are welcome. Admission is free!

Please plan to volunteer! We need lots of help on Friday, August 18 to accept donations and sort them and on Saturday, August 19 to collect money and to buy some stuff!

Spring Cleaning? Start saving your stuff for the Yard Sale – almost anything will be welcome (BUT PLEASE – NO clothes, electronics, books, broken or dirty items!) Items can be **dropped off on Friday**, **August 18 from 12:00 NOON to 7:00 PM**.

Questions? Call the Parish Office at 603-382-8324 for details.

#### OPEN INVITATION TO JOIN THE KNIGHTS OF COLUMBUS

The St Jude Council invites the men of the parish to join the Knights of Columbus. We are united in our service to our local communities and our Parish of St Luke's. Our activities are varied and we have a great group of Knights and their families who enjoy being part of our Knights' family. We only ask our Brother Knights to do what they can within the comfort of their own schedule. Our activities include support of St. Luke's Food Pantry, St Jude Golf Open to help families in need, Tootsie Roll Drive to help the mentally and physically challenged, Pro-Life events, Financial Support of three Seminarians, Boy Scouting, Blood Drives, Fundraising Meals, Golf League, Family BBQ, Christmas Party, and many more activities. If you would like more information on the Knights, please contact any of the Knights listed below:

Jeff Lozeau 661-8285 Dan Sullivan 378-0458 Peter Richards 382-4315 Gene Gaudreau 382-4342 Mike Rosa 458-5520 Gordie Lewis 382-8424 Jack Ronan 580-2444 Don Richardson 362-4520 Bernie Gosselin 642-401 Greg Taillon 382-7239 Ed Wencis 362-5783 Joe Klimaszewski 362-9962 Roland Richardson 443-848-3328 Bob Nadeau 617-335-1257

# Saint Luke the Evangelist

8 Atkinson Depot Road Plaistow, NH 03865 TEL (603) 382-8324 FAX (603) 382-1113

#### Discipleship is a lifelong journey.

Lifelong faith formation provides opportunities and experiences throughout the entire life span to strengthen our relationship with and knowledge of God. A commitment to lifelong faith formation serves to enhance our understanding of Scripture and of our Tradition. It sustains us in living as disciples of Jesus Christ.

Over the past few years, our Pastoral Council, Parish Staff and volunteer Catechists in our Religious Education program have been discussing ways in which our Parish community can grow as a faith family in appreciation of our Catholic faith. In conjunction with our Diocesan Bishop's focus on lifelong faith formation, our Parish will begin this fall in a deliberate way to re-orient all our Parish programs to include all ages in our faith formation programs.

In doing this, we hope to renew our faith community and to capture our distinctive community spirit and to welcome everyone to join together as disciples dedicated to worship, learning and service.

To do this, the Parish will begin a series of initiatives that will focus our attention



on Sunday as the Lord's Day, encourage participation in parish life from people of all ages, and invite those on the margins of our community to join us on our journey.

Today we begin by asking your attention to this information, your prayers and your renewed dedication as a Catholic Christian. Please take a few minutes to read about how our Parish can be renewed... and thank you for your continued support of the mission of Saint Luke the Evangelist Parish.

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Our effort at renewing our commitment to lifelong faith formation for all ages begins with some principles:

- The centrality of Sunday Liturgy as the "source and summit" of our lives as Christians
- The need to connect worship learning service
- The desire to be flexible for family schedules while at the same time providing quality religious education and excellent materials for students, parents and parishioners
- A need to dissociate our religious education programs from the "school system" and the "grade level mentality"
- A clear focus on the meaning of the Catholic experience

To accomplish these goals, the Parish will make the following changes:

- On the weekend of September 2/3, the Liturgical schedule will change as follows: Saturday Vigil Liturgy at Plaistow at 4 PM, Sunday Liturgy at Newton at 8 am and at Plaistow at 10 am
- Religious education for children (pre- kindergarten through 8<sup>th</sup> grade) will be held on Sunday morning as part of the 10 am Liturgy of Sunday at Plaistow
- Religious education and activities for youth (middle school and high school) will occur immediately after the 10 am Liturgy
- RCIA and adult formation programs will be offered immediately after the 10 am Liturgy
- Adult programs will also continue to be offered during the week as has been our practice
- Parish programs for special seasons (Advent-Christmas; Lent-Easter) will be offered for all Parishioners on Sundays after the 10 am Liturgy in Plaistow
- The Parish will proceed with plans in the Diocese towards the restored order of the Sacraments of Initiation beginning this year with students in grades 8, 9 and 10 (More on this program next week)
- All Sacramental preparation programs will include parents and students working cooperatively. These programs will be offered following the 10 am Liturgy on Sunday
- Parish social activities and service programs will be offered following the 8 am and 10 am Liturgies throughout the year

We will discuss these changes and programs over the next few weeks at Liturgy as a Parish community. Your comments are always welcome.



Bringing Home the Word

Sixteenth Sunday in Ordinary Time | July 23, 2017

# The Parable of the Car Trash

By Mary Katharine Deeley

**Then our children** were smaller, my husband would periodically clean out my car. His method was always interesting to me. Into a bag would go receipts, empty juice boxes, stray books, mittens, pens, loose change and anything that would get in the way

# Sunday Readings

## Wisdom 12:13, 16-19

You taught your people, by these deeds, that those who are righteous must be kind; and you gave your children reason to hope that you would allow them to repent for their sins.

## Romans 8:26-27

The Spirit...comes to the aid of our weakness; for we do not know how to pray as we ought.

## Matthew 13:24-43 or 13:24-30

[Jesus] replied, "...If you pull up the weeds you might uproot the wheat along with them. Let them grow together until harvest; then at harvest time I will say to the harvesters, 'First collect the weeds and tie them in bundles for burning; but gather the wheat into my barn.'"

of vacuuming the floor. He made no distinction between trash and stuff we could keep. Then he'd bring it all to me to sort through. I used to playfully laugh at his carefulness: "Really, you kept the soda can?"

I have come to realize that his method of cleaning is an echo of today's parable. Young shoots, whether wheat or weeds, look very much alike. What if, in our zeal to toss out weeds, we throw away the wheat as well? Jesus tells us it is better to gather them all together at the end when they look more like their true selves and deal with them then.

Perhaps there might be some final use for the juice box or the soda can before we throw it away. At least they can be recycled! I find this a remarkably hopeful attitude and, while we do end up throwing out a great deal, we have occasionally uncovered some treasures that might have been lost forever.

Maybe the kingdom of heaven is also like a person cleaning out a car. Whether field or car, I'd like to think that God watches over what he plants and carefully looks to find new strains of wheat among the tried-and-true stalks. And in his mercy, God will carefully examine everything before he lets go of the weeds altogether. †

# A Word From Pope Francis

The mission Jesus received from the Father was that of revealing the mystery of divine love. "God is love" (1 John 4:8, 16), John affirms for the first and only time in all of Scripture. This love has now been made visible and tangible in Jesus' entire life. His person is nothing but love, a love given gratuitously. The relationships he forms with the people who approach him manifest something entirely unique and unrepeatable. The signs he works, especially in favor of sinners, the poor, the marginalized, the sick, and the suffering, are all meant to teach

mercy. Everything in him speaks of mercy. Nothing in him is devoid of compassion.

April 11, 2015





- Do I more readily imitate God's judgment, justice, or mercy?
- How can I practice all three?



# Some of the Ways We Talk to God



The first thing we need to know and believe is that prayer any type of prayer—is

real, and that God knows our needs and always answers our prayers.

Most times when we think of prayer, the prayer of petition comes to mind first. It is common to say that sometimes God's answer to our prayerful pleas is "no" but that, come to think of it, the "no" we seem to hear is in fact a "yes." God always affirms who we are as humans. That is, when we pray in petition for things we want, God kindly teaches us who we are by supplying what we truly need.

In other words, we may *want* a new car to impress friends and neighbors, but what we *need* is security from God. Once we accept that gift—a gift born of prayer—then the rest becomes easy.

So the first petition we must present to the Lord is a genuine petition to see ourselves as God sees us. And God sees us, always, as perfect for what we are to do and how we are to be, so long as we cooperate in God's plan and with God's will.

People often want to know what the best type of prayer is. I do not believe there is any "best" prayer, provided that every prayer is rooted in an understanding of our dependence on God and his unconditional love for us.

There are four essential movements of the heart that follow our accepting

Bringing Home

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that God exists and God loves us. They are adoration, petition, contrition, and thanksgiving. Each is a separate movement of the heart and of the head, and each is "best" for a certain time of life or even for a certain time of day.

#### Loving and Being Loved

*Adoration* is at once the easiest and the hardest type of prayer because it requires that we do nothing but love and be loved. That involves giving up control, which most of us do not like to do.

But think of the wonder in a baby's eyes as the child looks at you. And think of the wonder in your eyes as you look at the child. This is how you are with God, and God with you, in the prayer of adoration. No words—at least not many—just a sharing of love between two beings for whom there is nothing and no one else in the world at that moment.

*Contrition* is another familiar type of prayer. With contrition we acknowledge that we have made a mistake, denied God's perfect creation of us, and tried to remedy the pain of that denial.

Sometimes we do this with excessive alcohol or food, or sometimes we misuse our sexual faculties. Sometimes our insecurities cause us to lie, cheat, or steal. These are real forces in everyone's life, and we need to apologize to God for denying who we are and forgetting that our real security is with God, not with creatures or with creature comforts. So we say "sorry" in a deep, genuine way and move on.

#### Answered "in Love"

Petition, as stated earlier, involves simply asking a favor of God. Sometimes the favor we ask cannot be granted—the loved one will die, the job will end, the illness will return. Here we can feel angry with God. That is actually very healthy, for we have the right as God's beloved to complain and to complain loudly. As we do, we might hear more clearly how God has answered our prayers in love (albeit in the negative) and how God wants us to have lives that mirror his love for the world.

*Thanksgiving* is the final mode of prayer, and it deserves much more attention than we give it. Thanksgiving is more than simple manners—like the thank-you notes we may write after receiving gifts at birthdays and Christmas. Thanksgiving is a minute-by-minute attitude that brings us to the place of conscious dependence upon the Lord and joyful acceptance of God's will in our lives.

So when we pray, we find God's gift of joy in life—without our even asking for it.†

Source: Every Day Catholic, © August 2006 Liguori Publications



Lord, do not abandon me, for I am small and weak. I need your love.

From Faithful Meditations for Every Day in Ordinary Time Rev. Warren J. Savage and Mary Ann McSweeny

WEEKDAY	Mon.	Weekday: Ex 14:5–18 / Mt 12:38–42	Thu.	Weekday: Ex 19:1–2, 9–11, 16–20b / Mt 13:10–17
READINGS	Tue.	St. James: 2 Cor 4:7–15 / Mt 20:20–28	Fri.	Weekday: Ex 20:1–17 / Mt 13:18–23
July 24–29	Wed.	Sts. Joachim and Anne: Ex 16:1–5, 9–15 / Mt 13:1–9	Sat.	St. Martha: Ex 24:3–8 / Jn 11:19–27 or Lk 10:38–42

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