



MUSIC FOR THE LITURGY

Sunday, June 23, 2019
The Most Holy
Body And Blood Of Christ

4:00 PM
8:00 AM
10:00 AM

Gathering: At The Lamb's High Feast BB 166

Responsorial Psalm (Psalm 145)

*I will praise your name, my king and my
Lord. (2x)*

Preparation Now We Remain BB 507

Mass Parts Mass of Creation

Communion Our Blessing Cup BB 362
Gift Of Finest Wheat BB 323

Recessional: Lord, You Give The Great Commission
BB 382

HOSPITAL VISITATION

If you or someone you know is in the hospital and wants to receive a visit, please contact the Parish Office at 603-382-8324. If you or someone you know faces a hospital admission, make sure they know to inform the hospital that they are Catholic and members of St. Luke the Evangelist Parish. If a person cannot make this information known at the time of admission, a family member may make that information known to hospital staff.

PARISH OFFICE CLOSED

In observance of the Independence Day holiday, the Parish Office will be closed on **Thursday, July 4**. The Office will reopen at 8:30 AM on Monday, July 8.



Find us on:
facebook®

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 & friends to do the same.

✠ 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!

**COLLECTION AMOUNTS FOR
JUNE 16, 2019
WILL APPEAR IN NEXT WEEK'S BULLETIN**

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

June 23, 2019	No Second Collection
June 30, 2019	Works of the Holy Father
July 7, 2019	Property Management
July 14, 2019	No Second Collection

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



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

Suggested Weekly Contribution Based on a Percentage Increase

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	\$18.75	\$19.50	\$21.00
\$10.00	\$12.50	\$13.00	\$14.00
\$5.00	\$6.25	\$6.50	\$7.00

✠ PARISH NEWS ✠

PAINT THE TOWN!

Our Parish community continues with our Capital Campaign. Our next projects include exterior painting for the church and Parish house in Newton. We'd also like to paint the interior sanctuary of the church in Newton and complete some electrical upgrades to the church.

Other possible projects include work on our Plaistow and Newton parking lots, and ramp access to the church in Plaistow.

Can you help?

Any contribution is welcome. Make checks payable to
Saint Luke the Evangelist – Capital Campaign.

SANCTUARY CANDLES

The Sanctuary Candles in both Newton and Plaistow may be offered in memory or honor of a loved one. The suggested offering for each is \$10.00. Please call the Parish Office at 382-8324.

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 382-8324.

TAI CHI

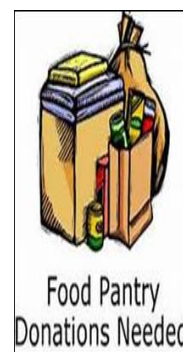
Tai Chi is the ancient Chinese martial art that is used for meditation, exercise, balance, and mind and body wellness. St. Luke the Evangelist Parish is offering this form of graceful, slow movement to help parishioners to gain strength, to improve their balance, flexibility, and range-of-motion, and to relieve stress. Classes are taught by members of the Oriental Healing Arts Association – a Senior Friendly and Senior Safe Tai Chi Program with the purpose of bringing Tai Chi to all age groups. Classes are on **Mondays at 9:00 AM** and **Thursdays at 3:00 PM and 6:30 PM** in the Plaistow Church Hall. The cost is \$5.00 per class, and for seniors on a fixed income, the cost is \$3.00 per class.



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

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 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.

THE MOST HOLY BODY AND BLOOD OF CHRIST

✠ WEEKLY CALENDAR ✠

Monday, June 24

9:00 AM Vacation Bible School *Plaistow*

Tuesday, June 25

9:00 AM Vacation Bible School *Plaistow*
6:00 PM Finance Council Meeting *Plaistow*

Wednesday, June 26
HOLY ANGELS CHURCH OPEN
ALL DAY FOR PRAYER

9:00 AM Vacation Bible School *Plaistow*

Thursday, June 27

8:30 AM Adoration Begins *Newton*
9:00 AM Vacation Bible School *Plaistow*
8:30 PM Adoration Ends *Newton*

Friday, June 28

9:00 AM Vacation Bible School *Plaistow*

Saturday, June 29

3:00 PM Sacrament of Reconciliation *Plaistow*

NO DAILY MASS

There will be NO daily Mass on **July 1, 2, 3, 4**, and on **July 8, 9, 10, 11**. Our regular daily Mass schedule will resume on Monday, July 15.

YOUNG NEIGHBORS IN ACTION

July 21-26, 2019 ~ Worcester, MA

Young Neighbors In Action is a Catholic week-long mission for high school teens. To learn more, or to register, contact Brian Harrison at bharrison@rcbm.org

**St. Vincent
de Paul
Society**



The generosity of your contributions have allowed us to help out those in need with rent, medical, and heating oil assistance. The St. Vincent de Paul Society is so grateful and blessed.

Our next meeting on **Wednesday, July 17 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.**

✠ MASS INTENTIONS ✠

Saturday, June 22 ~ Vigil / The Most Holy Body and Blood of Christ

Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11b-17

4:00 PM Martin & Florence Fogel and Frank Kelcourse
by Elaine Kelcourse
Plaistow

Sunday, June 23 ~ Most Holy Body and Blood of Christ

Gn 14:18-20; 1 Cor 11:23-26; Lk 9:11b-17

8:00 AM Betty Nappi (Birthday Remembrance)
by the Stanley Family
Newton

10:00 AM Barbara Tremblay
by the Religious Ed Staff and Students
Plaistow

Monday, June 24 ~ Nativity of John the Baptist

Is 49:1-6; Acts 13:22-26; Lk 1:57-66, 80

8:00 AM For Michael and his recovery
Newton

Tuesday, June 25 ~ Weekday

Gn 13:2, 5-18; Mt 7:6, 12-14

8:00 AM Rosemary Duhamel by Edward Duhamel
Plaistow

Wednesday, June 26 ~ Weekday

Gn 15:1-12, 17-18; Mt 7:15-20

6:30 PM Martin Feuer by Verna Carbone
Plaistow

Thursday, June 27 ~ Cyril of Alexandria, Bishop and Doctor of the Church

Gn 16:1-12, 15-16; Mt 7:21-29

8:00 AM Barry Cohen by Jeanne Sullivan
Newton

Friday, June 28 ~ The Most Sacred Heart of Jesus

Ez 34:11-16; Rom 5:5b-11; Lk 15:3-7

No Mass

Saturday, June 29 ~ Peter and Paul, Apostles

Acts 12:1-11; 2 Tim 4:6-8, 17-18; Mt 16:13-19 (Day)

1 Kgs 19:16b, 19-21; Gal 5:1, 13-18; Lk 9:51-62 (Vigil)

4:00 PM Martin Feuer by the Prayer Shawl Committee
Plaistow

Sunday, June 30 ~ Thirteenth Sunday in Ordinary Time

1 Kgs 19:16b, 19-21; Gal 5:1, 13-18; Lk 9:51-62

8:00 AM Bernie Gosselin by Janice Bettencourt
Newton

10:00 AM Richard Faucher
by his wife, Mary Lou Faucher, and children
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.

JUNE 23, 2019

✠ FAITH FORMATION & PARISH INFORMATION ✠

WORLDWIDE MARRIAGE ENCOUNTER

Allow God to journey with you in your marriage by attending a Worldwide Marriage Encounter Weekend. The next Weekends are **September 14-15, 2019** in Medway, MA and **October 18-20, 2019** in Laconia, NH. For more information, call Stephen & Michelle O'Leary at 800-710-9963 or visit them at <https://wwmema.org/>.

RCIA

The **Rite of Christian Initiation of Adults** is the process by which people become members of the Roman Catholic Church. 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 csmith@stluketheevangelist.net.

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.

PARENTS BAPTISM PREPARATION SESSION

The monthly preparation session for infant Baptism will be held after the 10:00 AM Liturgy on **Sunday, July 7, 2019** 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.

FIAT DAYS

Young Women ~ Ages 14-18
July 8-11, 2019

Northeast Catholic College, Warner, NH

Do you want to say "yes" to God's plan for your life? You are invited to attend the first annual Fiat Days camp to spend time with other young women your age looking at the Lord's call in your life while having lots of fun. Fiat Days is an overnight camp led by the Vocations Team of the Diocese and the Daughters of Mary, Mother of Healing Love of Rochester, NH. It includes a full schedule of hiking, swimming, canoeing, sports and games, daily Mass and prayer, and opportunities to grow in friendship with the Lord and with each other.

Cost is \$50 for the weekend
(financial aid is available)

For more information, or to register, please visit
www.liveinblackandwhite.com

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.

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.

The Church in Plaistow is open all day on Wednesdays for people to stop by and pray before the presence of Jesus in the tabernacle.

✠ PARISH DIRECTORY ✠

Parish Office	382-8324
Parish Prayer Line	382-8324 x 314
St. Vincent de Paul Society	382-8324 x 315
St. Luke's Food Pantry	819-4949
Preschool	382-9783
Presentation of Mary Convent	382-2744

Fr. Albert Tremblay	fr.albert@stluketheevangelist.net
Cathy Smith	csmith@stluketheevangelist.net
Joyce Szapa	jszczapa@stluketheevangelist.net
Jackie Tremblay	jtremblay@stluketheevangelist.net
Thomas Kondel	tkondel@stluketheevangelist.net
Val Barczak	mvmbarczak@comcast.net
Youth Ministry	youth@stluketheevangelist.net
Parish Council	parishcouncil@stluketheevangelist.net

✠ **Parish News ~ Youth News ~ Around The Diocese** ✠

EARLY BULLETIN DEADLINE

Due to the Independence Day holiday, the July 7 bulletin must be submitted early. **The deadline for submissions to the July 7 bulletin is 12:00 Noon on Tuesday, June 25.**

QUO VADIS DAYS

August 5-9, 2019

**Northeast Catholic College
Warner, NH**

Young Men – Ages 14-18

Do you know where your life is going? The Lord Jesus has a great plan for you! Young men, ages 14-18, are invited to attend the Second Annual Quo Vadis Days camp to spend time with other young men your age looking at the Lord's call in your life while having lots of fun. Quo Vadis Days is an overnight camp led by priests and seminarians of the Diocese and includes a full schedule of hiking, swimming, canoeing, sports and games, daily Mass and prayer, and opportunities to grow in friendship with the Lord and with each other.

Cost is \$50 for the weekend
(financial aid is available)

For more information, or to register, please visit:
www.liveinblackandwhite.com.

ST. JOSEPH REGIONAL SCHOOL

St. Joseph Regional Catholic School is accepting registrations for the 2019-2020 school year for students in Pre-School through Grade 8. Tours of the school are available by appointment. You are invited to come see the many benefits of a Catholic school education! Ask about our CSF Scholarship for transfer students and other financial aid options. Questions? Contact info@sjrcs.com or 603-893-6811 ext 19.

AMAZON SMILE

Saint Luke the Evangelist Parish has been issued a **\$37.17 donation** from the AmazonSmile Foundation as a result of AmazonSmile program activity between January 1 and March 31, 2019.

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 www.amazon Smile.com. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

BABY BOTTLE CAMPAIGN

The annual "Baby Bottle Campaign" for the Pregnancy Care Center **began on the weekend of June 15-16**. The Pregnancy Care Center is a Christ-centered ministry offering life-affirming services designed to empower women and men to make informed decisions about unexpected pregnancy, abstinence education, and recover from post-abortion trauma. These services are free and confidential. Please pick up a bottle and fill it with coins, bills or checks (made payable to PPC). **Return them by the weekend of July 6-7.**



YOUNG ADULT RETREAT

"Live In God's Time"

August 23-25, 2019

Notre Dame Spirituality Center, Alfred, ME

Young adult Catholics, ages 21-25, are invited to this retreat. For more information, email mjsilvia@rcbm.org.

PROJECT RACHEL

If you or someone you know is suffering after abortion, confidential non-judgmental help is available. Call Project Rachel's national toll-free number at 1-888-456-HOPE (4673) or visit www.hopeafterabortion.org.

KNIGHTS OF COLUMBUS

ST JUDE COUNCIL # 6617

GIVE YOUR PARISH COMMUNITY

1 HOUR A MONTH

The Knights of Columbus are a vital and vibrant part of the St Luke the Evangelist Parish. We welcome any practicing Catholic man 18 or older to join the Knights, whose main purpose is charitable works in support of our parish and community. Joining is simple – talk to a brother Knight or you can now join on-line. Go to www.kofc.org/joinus. Your Council is involved in many activities from collecting money for people with intellectual disabilities through the Tootsie Roll Drive to the annual St Jude Golf Open which raises money for parish families in need. The list is as long as you want it to be. Do you have a certain passion you would like to get involved in? Come join us and make it a reality! We are Catholic men. We live by principles informed by faith. We are sons, fathers, husbands, and grandfathers. Join us on life's greatest adventure to discover the man God calls you to be. Feel free to call Dan Sullivan at 603-770-4803, email him at dans49@comcast.net, or catch him at the 8:00 AM Sunday Mass in Newton. For more information about the Knights, go to www.kofc.org/un/en/todays-knights/what-we-do.html

ADULT FAITH FORMATION

THE MASS

Walk through the Liturgy with Bishop Barron. *Word on Fire* states, "this presentation will help you understand how to fully, consciously, and actively participate in the source and summit of the Christian life."

Join us for three weeks as Bishop Barron breaks down *The Mass* into six topics; *A Privileged Encounter*; *Called out of the World*; *God Speaks our Story*; *Responding to God*; *Preparing for Sacrifice*; and *The Real Presence Creates Communion*.

If you are interested in joining a group either on Wednesday evenings at 7 p.m., beginning July 10, or Thursday afternoons at 1:30 p.m., beginning July 11; please cut the form at the bottom and complete. Completed forms should be returned either in the collection basket or the parish office no later than Monday, July 8. Any questions, contact Cathy Smith at 382-8324 or csmith@stluketheevangelist.net

Groups will meet downstairs in the Church Hall

Name _____

Address _____ Phone _____

E-Mail _____ Cell Phone _____

THE MASS (check one)

Wednesdays at 7 p.m. ____ Thursdays at 1:30 p.m. ____

July 10 – July 24

July 11 – July 25

CREMATION?

While burial or entombment of the body remains the preference and is encouraged by the Church, cremation may be chosen for sufficient reason. The Revised Code of Canon Law states: “The Church earnestly recommends the pious custom of burial be retained; but it does not forbid cremation, unless this is chosen for reasons which are contrary to Christian teaching.” (CIC, c. 1176.3)

When is Cremation Allowed? Cremation may be requested for hygienic, economic or other reasons of a public or private nature. Some examples include: transfer of the remains to a distant place, possible avoidance of considerable expense, a severe psychological fear of burial in the ground or in a tomb. The selection of cremation was the specific choice of the individual before death. When requested by the family of the deceased for what also might be determined as an appropriate pastoral reason.

If a body is to be cremated, is it preferable that cremation take place after the Funeral Liturgy?

It is recommended that priority be given to the celebration of the Eucharistic Liturgy with the body of the deceased present.

Can a body be cremated prior to the Funeral Liturgy? What arrangements are different?

In the Diocese of Manchester, it is permitted to celebrate the funeral liturgy in the presence of the cremated remains. The cremated remains are to be accorded the same respect given to the corporeal remains of a human body. This includes the way they are carried, the care and attention to appropriate placement and transport, and their final disposition. The container in which the cremated remains are placed should be dignified in nature. The cremated remains are to be positioned on a suitable table in the same place where the casket is usually positioned. They may also be placed near the Paschal Candle during the funeral liturgy. The candle and the cremated remains may be placed in the sanctuary so as to be visible to all.

What is required for the proper and reverent disposition of cremated remains?

Cremated remains are to be buried or inurned. They should not be buried on private land, but are to be buried in a cemetery or entombed in a mausoleum or columbarium. **The practice of scattering cremated remains on the sea, from the air, or on the ground is not permitted.** If burial takes place at sea, according to local custom, the cremated remains are to be kept intact in a solid and durable container, and not scattered.

Keeping the cremated remains in a private home, funeral home or any other place is not considered to be the reverent disposition that the Church requires. **The integrity of the cremated remains is always to be respected.** The cremated remains of one deceased person may not be mixed with the cremated remains of another person. It is not permitted to divide the cremated remains and retain, inter or entomb them in more than one place.

It is also not permitted to divide the cremated remains in such a way that they are contained in lockets or jewelry. Any other practice which violates the integrity of the cremated remains and impedes reverent and proper burial/disposition is prohibited. Whenever possible, appropriate memorialization should be utilized at the place of burial.

Consult your cemetery office for all available options for the respectful burial, disposition and memorialization of cremated remains.



Bringing Home the Word

Most Holy Body and Blood of Christ (C)

June 23, 2019

A Joyful Encounter

By Mary Katharine Deeley

On a once-in-a-lifetime trip to Spain, my husband and I were privileged to witness a Corpus Christi procession near Barcelona that wound its way from the church through the streets and back to the church. At the head of the procession was a large ornate monstrance with a consecrated host inside held aloft on a platform carried by some of the priests and assisted by others. Following behind was another priest incensing the monstrance and then the various church groups, beginning with the children and including what I imagine were orders

like the Knights of Columbus or the Solidarity of Mary. The mood was not solemn, but celebratory. Flowers marked the path and the participants. In a tradition dating back to the sixteenth century, an egg was dancing on the water spout in the church fountain. We were enchanted.

I remember processions around my church—though never through the town—when I was a child. But they were solemn affairs and did not resemble the celebration we witnessed. What captured my imagination in Spain was the absolute joy on the faces of those processing. I remember the singing and the laughter, and I wondered, “*What better response could we give to the Lord who gives himself to us in the Eucharist?*”

Whether we process or not, whether we are in prayer before the tabernacle or monstrance, or just going about our day, let us project the joy that comes from knowing the Lord and encountering him under the appearances of bread and wine which have become the Body and Blood of Christ. +

What captured my imagination in Spain was the absolute joy of the Corpus Christi procession.

A Word from Pope Francis

The Eucharist demands that we be members of the one body of the Church. Those who approach the Body and Blood of Christ may not wound that same Body by creating scandalous distinctions and divisions among its members....The celebration of the Eucharist thus becomes a constant summons for everyone to examine himself or herself.

—On Love in the Family
(*Amoris Laetitia*),
March 19, 2016



Sunday Readings

Genesis 14:18–20

Melchizedek, king of Salem, brought out bread and wine. He was a priest of God Most High.

1 Corinthians 11:23–26

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

Luke 9:11b–17

[Jesus] said to them, “Give them some food yourselves.” They replied, “Five loaves and two fish are all we have.”

REFLECTION QUESTIONS



- Do I remember to take joy in my faith, and in my relationship with Christ?
- Do I project to others my joy in knowing the Lord? Joy is contagious!

The Challenge and Promise of Change

By Susan K. Rowland

Researchers report that the more we welcome change into our lives, the healthier our brains remain and the younger we feel. That's no surprise. Enthusiasm about new things is a characteristic of the young and the young-at-heart. We're encouraged to try a new hobby, learn a language, take a class, travel—anything to keep those brain cells active. New activities challenge us, keeping us alert and lively.

How do you feel about change? Do you resist, especially when change involves old and dear rituals? Sometimes we love change, sometimes not. But whether it's welcomed and expected or sudden and shocking, change is a reality of life. It's one thing we can count on.

Different reactions to change are natural. Young people are often curious and open to new challenges. It helps for them to be enamored of change, for they're moving through the biggest changes of their lives. But later in life, many people are attracted to stability.

Many of the changes we experience as we age are unwelcome. We think: *Where did those wrinkles come from? Why don't I have the energy I used to have? Why do I have health problems? What is my purpose in life now that my kids are grown and I'm retired?* It's no wonder we'd like to stop the clock.



change: "Truth does not change; the supernatural realities of faith, hope, and love do not change; and God does not change."

Change is essential. Our physical bodies are in a constant state of repair and renewal. Our minds need to be challenged to stay healthy. And our spiritual journeys are characterized by conversion and growth. Change is important, but too much change can result in chaos. We won't grow properly or deepen our commitments if we rush from one thing to another. So God has built into us both a desire for change and a desire for stability and regularity. Thus our lives swing between change and sameness. Nature gives us distinct seasons. Each in its turn feels new and refreshing, yet each season is the same year after year.

In our Church year, we move from Advent to Christmas to Lent to Easter, fast to feast, over and over. Yet each season feels new again every year. The

God and Change

In *Rediscover Catholicism*, Matthew Kelly writes: "Change is one of the laws of the natural universe. Nature teaches us that everything in this world is constantly changing. Everything God created is constantly in the process of either growing or dying!" Still, Kelly writes, certain things never

rhythm of life is God's way of helping us embrace both the necessary changes in our lives and the seasons of sameness.

Conversion: The Most Essential Change

The *Catechism of the Catholic Church* says the essence of the Christian life is conversion, which is a radical reorientation of our whole lives. The biggest change demanded of us is turning from evil and toward God. "The human heart is heavy and hardened. God must give man a new heart" (CCC 1432).

This radical, interior conversion is necessary for every person. Jesus warns us, "Whoever does not accept the kingdom of God like a child will not enter it" (Luke 18:17). We must change in order to grow into spiritual maturity. That's the main task of this earthly life. The need for growth and change doesn't diminish, no matter how old we get. We never "arrive" in this life. God insists that we keep moving forward—toward God.+



Lord, you love me and answer all my needs. Help me to be less self-focused in life and more attentive to the needs of others.

—From *Hopeful Meditations for Every Day of Easter Through Pentecost*, Rev. Warren J. Savage and Mary Ann McSweeney

WEEKDAY READINGS

June 24–29

Monday, Nativity of St. John the Baptist:
Is 49:1–6 / Acts 13:22–26 / Lk 1:57–66, 80

Tuesday, Weekday:
Gn 13:2, 5–18 / Mt 7:6, 12–14

Wednesday, Weekday:
Gn 15:1–12, 17–18 / Mt 7:15–20

Thursday, Weekday: Gn 16:1–12, 15–16 or
Gn 16:6b–12, 15–16 / Mt 7:21–29

Friday, Most Sacred Heart of Jesus:
Ez 34:11–16 / Rom 5:5b–11 / Lk 15:3–7

Saturday, Sts. Peter and Paul:
Acts 12:1–11 / 2 Tm 4:6–8, 17–18 / Mt 16:13–19