

MUSIC FOR THE LITURGY

**Sunday, August 25, 2019
Twenty-First Sunday In
Ordinary Time**

**4:00 PM
8:00 AM**

Gathering: Praise To The Lord BB 195

Responsorial Psalm (Psalm 19)

Lord, you have the words of everlasting life.

Preparation I Want To Walk As A Child Of The Light BB 600

Mass Parts Mass of Creation

Communion Ubi Caritas BB 327
Shepherd Of Souls BB 364

Recessional: Joyful, Joyful, We Adore Thee BB 543

10:00 AM

Gathering: Gather Us In BB 303

Responsorial Psalm (Psalm 145)

I will praise your name, my King and my God. (2x)

Preparation O God You Search Me BB 437
You Are Near BB 434

Mass Parts Mass of Creation

Communion My Soul Rejoices BB 819
One Bread, One Body BB 339

Recessional: All The Ends Of The Earth BB 549



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!

August 15, 2019

Assumption of Mary \$ 974.00

August 18, 2019

Offertory \$5,780.14
Fuel \$1,185.00

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

August 25, 2019 Missionary Co-op
September 1, 2019 Property Management

**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.

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 are members of St. Luke the Evangelist Parish. If a person cannot make this information known at the time of admission, a family member may be able to make that information known to the hospital staff.

TAI CHI

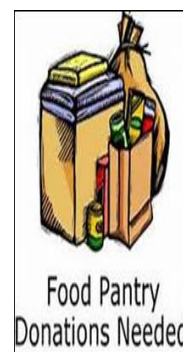
Tai Chi is the ancient Chinese martial art that is used for meditation, exercise, balance, and mind and body wellness. St. Luke the Evangelist Parish is offering this form of graceful, slow movement to help parishioners to gain strength, to improve their balance, flexibility, and range-of-motion, and 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.

TWENTY-FIRST SUNDAY IN ORDINARY TIME

✠ WEEKLY CALENDAR ✠

Sunday, August 25

11:00 AM Parish Pastoral Council *Plaistow*

Tuesday, August 27

6:00 PM Finance Council Meeting *Plaistow*

Wednesday, August 28
HOLY ANGELS CHURCH OPEN
ALL DAY FOR PRAYER

Thursday, August 29

8:30 AM Adoration Begins *Newton*
 8:30 PM Adoration Ends *Newton*

Saturday, August 31

3:00 PM Sacrament of Reconciliation *Plaistow*

Sunday, September 1

11:00 AM Baptism Catechesis *Plaistow*

PARISH OFFICE CLOSED

In observance of the Labor Day holiday, the Parish Office will be closed on **Monday, September 2.**



The Altar Flowers in Holy Angels Church this weekend were donated in loving memory of

Joan Burge
 by the Burge family

**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, September 18 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, August 24 ~ Vigil / 21st Sunday in Ordinary Time
Is 66:18-21; Heb 12:5-7, 11-13; Lk 13:22-30

4:00 PM Ann (McGlaughlin) Ivey by her family
Plaistow

Sunday, August 25 ~ 21st Sunday in Ordinary Time
Is 66:18-21; Heb 12:5-7, 11-13; Lk 13:22-30

8:00 AM Francine Bettencourt by Janice Bettencourt
Newton

10:00 AM Helena Bernat by Joan A. Ruggiero
Plaistow

Monday, August 26 ~ Weekday

1 Thes 1:1-5, 8b-10; Mt 23:13-22

8:00 AM Rachael Huberdeau
 by her daughter, Paula Fournier
Newton

Tuesday, August 27 ~ Monica

1 Thes 2:1-8; Mt 23:23-26

8:00 AM Rosemary Duhamel by Edward Duhamel
Plaistow

**Wednesday, August 28 ~ Augustine, Bishop and
Doctor of the Church**

1 Thes 2:9-13; Mt 23:27-32

6:30 PM Jerry D. Horton by his family
Plaistow

Thursday, August 29 ~ Passion of Saint John the Baptist

1 Thes 3:7-13; Mk 6:17-29

8:00 AM In Thanksgiving for Blessing Received
Newton

Friday, August 30 ~ Weekday

1 Thes 4:1-8; Mt 25:1-13

No Mass

Saturday, August 31 ~ Weekday

1 Thes 4:9-11; Mt 25:14-30 (Day)

Sir 3:17-18, 20, 28-29; Heb 12:18-19, 22-24a; Lk 14:1, 7-14 (Vigil)

4:00 PM Donald Culbert, Jr. by Jane Culbert & family
Plaistow

Sunday, September 1 ~ 22nd Sunday in Ordinary Time

Sir 3:17-18, 20, 28-29; Heb 12:18-19, 22-24a; Lk 14:1, 7-14

8:00 AM Stanislaw Smardz by Grace Bukowski
Newton

10:00 AM Josephine M. Hubert by Joan A. Ruggiero
Plaistow



In Loving Memory

Please pray for the repose of the soul of:

Joan Foster

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.

✠ FAITH FORMATION & PARISH INFORMATION ✠



The Sanctuary Candle in
Mary, Mother of the Church
will burn this week in loving memory of
Francine Bettencourt
by Janice Bettencourt

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, September 1, 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.

ANNIVERSARY CELEBRATION

Bishop Peter A. Libasci invites all couples celebrating an anniversary in 2019 of **5, 25 or 50 years**, to attend the **Fall Wedding Anniversary Mass**. This celebration will be held on **Sunday, October 20, 2019 at 2:00 PM, at St. Joseph Cathedral, Manchester**. To register, please contact your parish office by **September 20, 2019**. The parish office will gather and submit all necessary information. Once registration has been completed by the parish office, all registrants will receive an invitation to this special celebration. Couples celebrating anniversaries of 10, 15, 20, 30, 35, 40, 45 or 55+ years will be asked to register later for a spring celebration.

ALTAR FLOWERS

Altar Flowers are a special opportunity for remembering a departed loved one or offering thanksgiving for a blessing or family event. A floral arrangement placed in front of the altar for the Sunday Liturgy can be purchased for an offering of \$85, with an accompanying announcement in the weekly bulletin. Availability is limited according to the Liturgical Calendar. Offerings can be reserved on a first-come basis by contacting the Parish Office at 382-8324.

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.

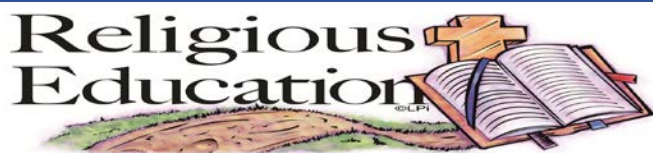
The Church in Plaistow is open all day on Wednesdays for people to stop by and pray before the presence of Jesus in the tabernacle.

✠ 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** ✠



ST. LUKE THE EVANGELIST
RELIGIOUS EDUCATION

Religious Education Registration for the 2019-2020 Academic Year for Grades Pre-K through 8 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.

CATECHISTS NEEDED

Our Religious Education Program is in need of catechists for Sunday mornings. Training will be provided. If you can help, please email Joyce at jszczapa@stluketheevangelist.net.

BLUE MASS

The Most Reverend Peter A. Libasci, Bishop of Manchester, invites people of all faith traditions to join him for the **celebration of the Blue Mass on Sunday, September 22, 2019, at 10:30 AM** at Saint Joseph Cathedral in Manchester. The Blue Mass is celebrated to pay tribute to and thank members of law enforcement, firefighters, and emergency medical services providers and their families. The Blue Mass also provides an opportunity for emergency responders and their families to gather together for worship and to ask for the Lord's blessing and guidance in their important work. The Blue Mass will be followed by a breakfast reception in Bishop Bradley Hall. **Please RSVP for the breakfast at bluemass2019.eventbrite.com by September 18.** For more information, contact Alyse Hlasny at ahlasny@rcbm.org or 603-663-0108.

MARCH FOR LIFE

The 2020 pilgrimage to Washington, DC for the annual March for Life is **Thursday, January 23 to Saturday, January 25, 2020**. Questions? Contact Derek McDonald at 663-0171. Registration information coming soon!

AMAZON SMILE

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.amazonsmile.com. Be sure to choose:

St Luke the Evangelist Parish, Plaistow.

MIRIAM DINNER

September 6, 2019 from 6:00 to 8:00 PM

Are you looking to follow the Lord and ready to say "yes" when he calls? We would like to invite women in our diocese, ages 14-40, who are considering a vocation to the religious life or would simply like some help hearing the Lord's call for their life, to an evening of prayer, conversation with consecrated women, and dinner. This evening will take place at the **Joseph House** (279 Cartier Street) in Manchester. **Please RSVP to Becky Vinson at rvinson@rcbm.org or 663-0153 if you would like to attend.**

MORE THAN SAD

Suicide Prevention For Parents, Teachers, and Parish Leaders

The *More Than Sad* family of programs has taught over a million students, parents, and educators how to be smart about mental health. Learn how to recognize signs of depression and other mental health problems. Initiate a conversation and get him or her help. For more information, or to register, go to: www.CatholicNH.org/teensuicide.

Monday, September 23 from 6:30 to 8:00 PM
Ste. Marie Parish, Manchester, NH

Thursday, September 26 from 6:30 to 8:00 PM
Immaculate Heart of Mary, Concord, NH

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



St. Luke the Evangelist Parish 12th Annual

Christmas Craft Fair

SATURDAY, NOVEMBER 9 — 9:00 AM — 3:00 PM

**Parish Center — 8 Atkinson Depot Road (Rt. 121)
Plaistow, NH**

Featuring:

24+ Outstanding Vendors of Hand-Crafted & Hand-Made Items

PLUS:

Silent Auction—Cookie Heaven—Children's Corner—Country Store

St. Luke's Jewelry Table—Baked Goods—Live Entertainment

Photos with Santa Claus (10 am—2 pm)

Five Big Raffles:

\$1K Cash—Wine—Penny Sale—Theme Baskets—Quilt

Breakfast & lunch available.

Refreshments, live entertainment and children's activities all day.

*Something for everyone on your gift list!
Something for every budget!*

Plenty of free parking! Free admission! Rain or shine!

Questions? Call 603-382-8324.

Sorry, the facility is not wheelchair accessible.

✠ AROUND THE DIOCESE ✠



MARRIAGE IN THE CHURCH Did you know that ALL Catholics are required to be married in the Church as a condition of the validity of their marriage?

Any Catholic married in a civil ceremony (JP) or in any religious ceremony other than a Catholic one (unless specifically excepted by the Bishop) is not living out the Sacrament of Marriage in its fullness according to the teaching of the Church. Contact Father Albert at the parish office for more information.



STAY INFORMED WITH FAITHFUL CITIZENSHIP NEWS

The Diocese of Manchester wants to inform Catholics about important public policy matters facing our elected officials. Faithful Citizenship News provides briefs on legislation as well as information about Catholic social teaching on some of today's pressing issues. To read the current issue of Faithful Citizenship News and to subscribe, visit www.catholicnh.org/fcnews.

CATHOLIC CHARITIES COUNSELING

New Hampshire Catholic Charities provides individual, marital, family, and couples' counseling, helping people with a variety of personal difficulties, including: Depression, Stress, Family Conflicts, Relationship Problems, Anxiety, Substance Abuse, Life Adjustment Issues, Grief and Loss. Counseling also helps individuals and families strengthen communication skills in order to build and sustain healthy relationships and live more satisfying lives. A sliding scale fee is offered. Contact Arlene Dody, LCMHC in Salem at 603-893-1971 for more information.

HOW TO MAKE A REPORT OF SEXUAL ABUSE

Child sexual abuse is a crime in the State of New Hampshire and the Church. New Hampshire law requires that anyone who has reason to suspect that a child is being or has been abused or neglected must make a report to the Division for Children, Youth & Families ("DCYF") of the State of New Hampshire, 1-800-894-5533. Any person who suspects or alleges child abuse on the part of a priest, deacon, employee, or volunteer of a parish, school, or institution of the diocese of Manchester is also encouraged to make a report to the Office for Ministerial Conduct, 603-669-3100. Church personnel – clergy, paid employees, and volunteers – have additional reporting requirements if they believe that Church personnel have sexually abused a child. You can learn more about these reporting requirements on the diocesan website at www.catholicnh.org or by speaking with our Parish Safe Environment Coordinator, Cathy Smith at 382-8324.

The Pregnancy Care Center

The Pregnancy Care Center is a non-profit organization that offers its confidential services at no cost to its clients. We are committed to promoting the culture of life by assisting expectant parents in the birth and subsequent development of their child during his or her first year of life. We are also committed to helping young people embrace the virtues of chastity and continence as a sign of their Christian dignity.

Main Center

496 Main St., Haverhill, MA (978-373-5700)

www.pccnortheast.org

Helpline: 866-254-4440



MARRIAGE ENCOUNTER

Don't you and your spouse deserve a beautiful, romantic weekend away together? Get away from all those worldly anxieties and take time to just focus on each other by making a Worldwide Marriage Encounter Weekend. Deepen your communication, strengthen your relationship, rekindle your romance, and renew your sacrament by attending the next Worldwide Marriage Encounter weekend in New England. For more information, call Ralph & Jane Becker at 1-800-710-9963 or visit www.wwme.org.

NH COUPLE ENRICHMENT CIRCLE

Have you attended a Marriage Encounter Weekend? If your answer is yes, you are invited to participate in the NH Couple Enrichment Circle to continue to strengthen your marriage relationship. For more information, contact David and Karen Demers at 617-480-9989 or ddemers@aviconpartners.com.

RETRouvaille...A Lifeline

Rediscover a loving marriage with a Retrouvaille weekend. If your marriage is tearing the two of you apart, if there is little or no meaningful communication, if you are considering separation or divorce, we believe Retrouvaille can help you. For more information, call 1-800-470-2230 or visit www.HelpOurMarriage.com.



SUPPORT FOR DIVORCED AND SEPARATED

Divorce and separation can be painful experiences. Support groups are available to those who are seeking healing, comfort, and empowerment. Visit www.catholicnh.org/support for a listing of groups.





Bringing Home the Word

Twenty-first Sunday in Ordinary Time (C)

August 25, 2019

Remembering One's Roots

By Mary Katharine Deeley

Several years ago, a mother dropped her son off at the university's Catholic Center with the words, "Remember where you come from." I recall thinking how profound those words were. They spoke not only of a place but also of an experience of family. She was reminding him of his roots.

In the first years of college, students can easily lose their way. They experiment with different behaviors and identities. They strive to figure out how to manage their responsibilities. Their religious practice may lapse or change.

With a strong foundation, however, most will settle down to the business of becoming Catholic and Christian adults, which happens in small and large steps.

The people in Sunday's parable had changed so much that the master didn't even recognize them: "I do not know where you are from." Maybe they had forgotten themselves or had rejected the promises that the master (who is God) had given them. In any case, Jesus gives them a glimpse of what's behind the narrow gate of salvation—as well as the alternative—and urges them to "strive to enter" it. Our baptism is a personal invitation to this narrow gate. The path of discipleship requires God's grace and a desire to serve. If our lives don't reflect this call, we run the risk of forgetting who we are, where we are from, and what we are promised. Reflect today on your identity as a child of God and hear God say to your heart, "Remember where you come from." +

Sunday Readings

Isaiah 66:18–21

[Thus says the LORD,] "I am coming to gather all nations and tongues; they shall come and see my glory."

Hebrews 12:5–7, 11–13

Do not disdain the discipline of the Lord or lose heart when reproved by him; for whom the Lord loves, he disciplines.

Luke 13:22–30

[Jesus said,] "Strive to enter through the narrow door, for many, I tell you, will attempt to enter but will not be strong enough."

*Our baptism
is a personal invitation
to enter God's
narrow gate.*

A Word from Pope Francis

In the Old Testament, the requirement to be holy, in the image of God who is holy, included the duty to care for the most vulnerable people, such as the stranger, the orphan, and the widow. Jesus brings this Covenant law to fulfillment; he who unites...divinity and humanity, a single mystery of love.

—Angelus, October 26, 2014



REFLECTION QUESTIONS

QUESTIONS REFLECTION

- Do I follow my baptismal call to serve God and my neighbor?
- Do I take time to remember from where I came—from God?

Three Keys to Forgiveness

By Fr. Paul Boudreau

Forgiveness is hard. The pain of a broken heart, abuse, or betrayal hangs on. Each day we recall that someone we cared about did us wrong. We're supposed to forgive, but where do we start? How can I forgive somebody who cut me so deeply that, years later, I still feel the pain as if it happened yesterday?

Key No. 1: Pray

Janet came to me with a problem. Monica, a coworker, was saying terrible things about her to other coworkers. Every workday, Janet would see Monica and know that she was saying nasty things. Janet wasn't in a position to talk to her boss about this, and Monica wouldn't give her the time of day. She felt helpless and didn't know what to do.

So I suggested that Janet give Monica a blessing whenever she saw her or recalled her cruelties. I said, "Just whisper to yourself: 'God, bless Monica.' It's as easy as saying, 'God, damn Monica.' Just change one word!"

It made a big difference. Janet began saying that simple prayer dozens of times daily, and things started to improve. Gradually Monica lost interest in putting her down.

What happened is that prayer began to heal Janet's own heart. The more she



blessed her tormentor, the more she was able to really mean it. Not only did it heal her heart, it began to heal the distance between her and Monica.

Key No. 2: Be Forgiven

If you really want to forgive, start by being forgiven. A quick run to church for the sacrament

of reconciliation does wonders for the soul. It doesn't have to be much: "Father, I'm carrying bitterness toward someone. I need to be forgiven."

When we consider all that God has forgiven in our lives, it adds up. The deeper we search into the darkness of our own sins, the deeper goes the forgiveness. I look at my history and realize I've been forgiven so much. This ocean of forgiveness in me begins to overflow into the lives of others who need my forgiveness.

Forgiveness, like the Sunday liturgy, is an experience in which we are called to participate fully and actively. When asking for forgiveness becomes a living reality in my life, something that's happening to me continually, I'm on my way to experiencing the healing that forgiving others can bring.

Key No. 3: Profess Forgiveness

Miguel's father was abusive. Growing up, Miguel endured daily onslaughts of

ridicule and humiliation. Once he was older and free from his father, he still carried a load of hurt. His father's words were never far from his thoughts.

Miguel's wife, Lucy, told him that he had to forgive his father. She gave Miguel a pad of sticky notes. On each note she wrote, "I forgive you," and stuck them throughout their house. Miguel took some to work and put them up in his work area.

A thousand times a day, prompted by Lucy's notes, Miguel said, "I forgive you." Over many months, Miguel's harsh feelings for his father began to subside. He never said it directly to his father; the man would not have received it. But Miguel's daily expressions of forgiveness progressed from pretense to reality. In time, he really forgave his father.

It's hard to forgive, but it's harder not to. The toxin of bitterness poisons the heart. Forgiveness heals. From the cross, Jesus forgave his crucifiers. It worked for him. So use these keys and unlock for yourself the healing way of forgiveness. +



Lord, you came to offer the gift of salvation to all people. Help me embrace all people with a loving and compassionate heart.

—From *Faithful Meditations for Every Day in Ordinary Time*, Rev. Warren J. Savage and Mary Ann McSweeney

WEEKDAY READINGS

August 26–31

Monday, Weekday: 1 Thes 1:1–5, 8b–10 / Mt 23:13–22

Tuesday, St. Monica: 1 Thes 2:1–8 / Mt 23:23–26

Wednesday, St. Augustine: 1 Thes 2:9–13 / Mt 23:27–32

Thursday, Passion of St. John the Baptist: 1 Thes 3:7–13 / Mk 6:17–29

Friday, Weekday: 1 Thes 4:1–8 / Mt 25:1–13

Saturday, Weekday: 1 Thes 4:9–11 / Mt 25:14–30

Bringing Home
the Word 
August 25, 2019

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