

July 21, 2024



THEY WERE LIKE  
SHEEP WITHOUT  
A SHEPHERD.  
- MK 6:34

16<sup>TH</sup> SUNDAY IN  
ORDINARY TIME

EXCERPTS FROM THE LECTIONARY FOR MASS ©2001, 1998, 1970 CCD. ©LPI

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*Deacon Joseph Cechnicki, Parish Life Coordinator*

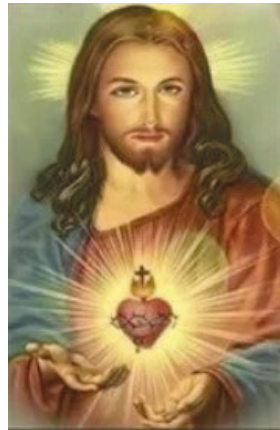
*Joseph.Cechnicki@rcda.org*  
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This is a hymn of petition to the Sacred Heart of Jesus. It was written by American Roman Catholic convert and later priest Theodore A. Metcalf (d. 1920).  
To listen to the beautiful melody...

[www.youtube.com/watch?v=gSq5WRPOX8](http://www.youtube.com/watch?v=gSq5WRPOX8)



*O Sacred Heart, O Love Divine  
Do keep us near to Thee  
And make our love so like to Thine  
That we may holy be*

**[REFRAIN]**  
*Heart of Jesus, hear  
O Heart of Love Divine  
Listen to our prayer  
Make us always Thine*

*O Temple pure, O House of gold  
Our Heaven here below  
What sweet delights, what wealth untold  
From Thee do ever flow [REF]*

*Ungrateful hearts, forgetful hearts  
The hearts of men have been  
To wound Thy side with cruel darts  
Which they have made by sin [REF]*

~ Find both parishes on Facebook: ~  
StCecilia Church ~ Sacred Heart Church

To access our bulletin online go to: [www. parishesonline.com](http://www.parishesonline.com)



† Altar wine at *Sacred Heart* for the month of *July* has been sponsored in loving memory of Maria Kovian at the request of her daughters *Theresa & Christine*.

† Altar hosts at *Sacred Heart* for the month of *July* have been sponsored in loving memory of *George A Kovian* at the request of his daughters *Theresa & Christine*.

† Altar wine at *Saint Cecilia* for the month of *July* has been sponsored *in loving memory of Karen Ford* at the request of *Joey Ford & family*.

† Altar hosts at *Saint Cecilia* for the month of *July* have been sponsored *in loving memory of Karen Ford* at the request of *Joey Ford & family*.



*The Sanctuary Lamp at St. Cecilia burns this week with birthday blessings for Fr. Tom & Ned Connery. given by Andrea Moran.*

## MASS SCHEDULE

**Sat. July 20, 4:00 pm (SH)** - † In memory of the deceased Sargalis family members, requested by Mike, Janet & children.

**Sun. July 21, 9:00 am (SC)**- † In loving memory of Marie Cranker, requested by John & Sheila.

### **Tue. July 23 thru Sun. July 28, 2024**

**Tue. July 23, 8:00 am (SH)** - No intention requested

**Wed. July 24, 8:00 am (SC)**- † For the repose of the soul of John Valachovic, requested by Michele Furnare.

**Thurs. July 25, 8:00am (SH)** - For the health and healing of the people of our parish.

**Fri. July 26, 8:00 am (SC)** - † For the repose of the soul of Phillip DeTraglia, requested by Michele Furnare.

**Sat. July 27, 4:00 pm (SH)** - † In loving memory of Marie Kovian, requested by her daughters Theresa & Christine.

**Sun. July 28, 9:00 am (SC)**- † In loving memory of Bailey Alexandria Field, requested by Mon, Dad & Sammy.

## COLLECTIONS TOTALS - JULY 13/14

COLLECTIONS:	SH	SC
WEEKLY COLLECTION	667.00	605.00
REPAIR/MAINT	222.00	214.00
OTHER	30.00	129.00
<b>PARISH TOTAL</b>	<b>919.00</b>	<b>948.00</b>



**Mass Intentions:** Mass Intentions are needed for both parishes. Having a Mass celebrated for a person or a specific request has a long history in the Catholic Church. Requesting a Mass is not only a sign of your own faith and flourishing, but of your heart for those who these Masses are intended.

### Lector/Eucharistic Ministers

July 20 (SH)	Kathy Avery Tony Stellato	July 27 (SH)	Cathy Parry Chris Caffrey
July 21 (SC)	Ann Mahon Kathy Marcais	July 28 (SC)	Kathy Marcais Bill Quinn

### Counters Schedule

July 22 (SH)	Katherine Downing Kathy Avery	July 27 (SH)	Deb Swarczewski Noreen Brownell
July 22 (SC)	Lorna Quinn Linda Coyne	July 27 (SC)	Sandy Hayes Kathy Marcais

### Food Pantry



July 24 (SC)	Florence Stanton Marjorie Savoie Lori Simonds
Aug 7 (SC)	Barb Bilins Wendy Hall



## ANNOUNCEMENTS

**Peter's Pence:** Next weekend our we will take up the Peter's Pence Collection to support the Universal Church and the work of the Holy See, including helping Pope Francis to carry out his charitable works. These works benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Please be generous. For more information, visit [www.obolodisanpietro.va/en.html](http://www.obolodisanpietro.va/en.html)

**Healing Mass:** The First Thursday of each month we invite you to **Sacred Heart Church** at 6:30 PM for a Healing Mass, Short Adoration of the Blessed Sacrament, Anointing with Sacred Oil & Rosary prayer, a Potluck Refreshment and a chance to meet parishioners. Please bring your family & friends!

**Healing Mass at St. Cecilia** is held on the first Friday of each month, at 8:00 AM in the basement chapel.

**Sacred Heart Parish Council:** The next Pastoral Council meeting will be held on Aug 8 at 6pm in the hall. All parishioners are welcome to attend council meetings.

**Ice Cream Social Save the Date:** Our ice cream social will be held on August 20. This is a wonderful community outreach event. Please let your friends and family know.

**Kindness Matters Campaign:** The Kindness Matters campaign encourages people to step up and be better neighbors to one another. If each one of us makes a concerted effort to be kinder it will have a ripple effect throughout our community. Please visit [RCDA.org/kind](http://RCDA.org/kind)

**2024 Diocese of Albany-Step Up Men's Conference:** The Step Up Men's Conference will be held on Saturday, August 10 from 8:15am to 3:30pm at St. Edward the Confessor Church, 569 Clifton Park Center Rd, Clifton Park. The purpose of this event is to grow in our relationship with Christ and establish a plan to bring this energy back to our families and parish families.

## GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

July 21, 2024–16th Sunday in Ordinary Time

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, "Come away by yourselves to a lonely place, and rest a while." For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we please get a minute to ourselves? This is not healthy!" And Jesus seems to encourage the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to more work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve.

-Father John Muir

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**Luke 6: 35-36:** But rather, love your enemies and do good to them, and lend expecting nothing back; then your reward will be great and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.



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