

## SAINTS FOR THE WEEK

Tuesday, August 8  
Saint Dominic, Priest

Thursday, August 10  
Saint Lawrence, Deacon & Martyr

Friday, August 4  
Saint Clare of Assisi, Virgin

## Saint Dominic's Nine Ways of Prayer

The Nine Ways of Prayer of St. Dominic presume a connection between the body and the soul, devotion and prayer. Each of the ways speaks to the importance of what is called "vocal" prayer. Such prayer goes beyond words that are said out loud. Bodily though it is, such prayer reaches for that true and total spiritual worship advocated by St. Paul in Romans 12:1-2. It takes up gestures of the body which move the soul with devotion so that the grace-filled and Holy Spirit imbued soul might move the body in true worship to make Christ-like sacrifices of love:

- 🙏 The bowing of one's head and heart with humility at the beginning of prayer before the crucifix, at the altar, in the Name of the Trinity;
- 🙏 The throwing down and prostrating of one's whole body with tears of compunction for

the sins of others when one can find no more tears for his own;

- 🙏 The welcoming of all the physical difficulties and the patient endurance of all kinds of bodily discomforts during prayer as part of prayer itself, as a way of offering one's body to God in praise;
- 🙏 The fixating of one's gaze on Christ crucified while kneeling and standing with bold petitions filled with confidence in the indescribable goodness of God and sober acceptance of one's own weakness;
- 🙏 The raising of one's hands to heaven with eyes wide open in the ancient orans of the first Christians;
- 🙏 The stretching out of one's arms cruciform with a cry for help in heartbreaking situations;
- 🙏 The standing strong with hands folded in prayer like an arrow shot into the heart of God;
- 🙏 The sitting in holy reading and contemplation – that ancient practice of *lectio divina*; and
- 🙏 The frequent quest for solitude in which one resists fantasies and evil thoughts like flies and prepares for spiritual battle against diabolical malice by the sign of the Cross.

<https://catholicexchange.com/saint-dominics-nine-ways-prayer/>

## DIOCESAN APPEAL

The Diocesan Appeal began on July 1. As you plan your budget, consider a pledge. Use your bank's Bill Pay feature to set up regular automatic payments or use envelopes on the table at the back of church.

<https://thediocesanappeal.org/>

For over 60 years the **Dominican Retreat & Conference Center** has provided a contemplative, healing space for thousands. Staffed by Dominican Sisters and other religious and lay people, all who serve keep alive the vision of Lucy Eaton Smith, the American Pioneer who brought this retreat ministry here from Europe to America in the later 1800s.

<https://www.dslcny.org/>

# Holy Cross Parish

AUGUST 6, 2023

*Feast of the Transfiguration*

Daniel 7:9-10, 13-14

Psalms 97

2 Peter 1:16-19

Matthew 17:1-9

## A Glimpse of Heavenly Glory

The Transfiguration offers us a foretaste of heaven, where we will behold God face to face in all of His glory. In our earthly journey, we often struggle to grasp the fullness of God's presence and the reality of the afterlife. However, the Transfiguration reminds us that one day, in heaven, we will experience the radiant splendor of God's divine presence. Like the apostles on Mount Tabor, we too will witness the glory of the Risen Christ, which will surpass anything we can currently comprehend.

The Feast of the Transfiguration calls us to embrace the call to holiness. As we contemplate the glorified Christ, we are invited to renew our commitment to living lives of virtue and grace. Just as the apostles were transformed by their encounter with the transfigured Christ, we are called to be transfigured by our encounter with Him in the Eucharist and through prayer. This transformation is an ongoing process, as we seek to become more like Christ and reflect His light to the world.

The Feast of the Transfiguration is a profound celebration of Jesus' divine nature and His ultimate triumph over sin and death. As we meditate on this event, we are reminded of the heavenly glory that awaits us and the transformative power of encountering Christ in our lives. Let us strive to follow the example of Peter, James, and John, embracing the call to holiness and allowing Christ's light to shine through us, so that others may also catch a glimpse of the glory that awaits those who faithfully follow Him. May the Feast of the Transfiguration inspire us to draw closer to Christ and become bearers of His love and light in the world.

## For Reflection

- ★ The voice from heaven instructed the disciples to "listen to Him" (referring to Jesus). How can we actively listen to Jesus in our daily lives and follow His teachings more closely?
- ★ Jesus revealed His glory to the disciples. How can we be mindful of seeing God's glory in everyday moments, even in the ordinary and mundane?



text and image from: <https://young-catholics.com/2018/transfiguration/>

# Holy Cross Parish

96-98 Main Street  
PO Box 118  
Morris NY 13808

[holycrosschurch@gmail.com](mailto:holycrosschurch@gmail.com)

## MISSION

To care for the poor, abandoned, and the marginalized.

## SCHEDULE

**Mass:** Sunday, 8:30 a.m.

**Liturgy of the Word:** Tuesday, 10 a.m.

## PARISH LEADERSHIP TEAM

### Parish Leader

Matthew Tabone (360) 559-4098

### Trustees

Michael Stensland (607) 783-2764  
*open (suggestions welcome)*

### Parish Council Chair

Kerry L. Mess (607) 386-1951

### Liturgical Ministry

Marguerite Webster (607) 263-5478

### Faith Formation

*open — to start in autumn*

### Ministry to the Homebound

Matthew Tabone (360) 559-4098  
Jenn Spivey (207) 539-5094



## AUGUST 6, 2023

### Celebrant

Rev. Chris Welch

### Mass Intention

An individual may request a Mass offered for an intention, for example: in thanksgiving, for intentions of another person. If you would like to request an intention for a mass, simply call the office to schedule: (607) 263-5143.

### Pray for

- ✠ the deceased members of our parish and their families and friends
- ✠ the sick and their caregivers and all that have asked for our prayers, especially Sr. Theresa Ahern, MSBT, Amy O'Brien, John O'Brien, Lynn Joy, Michelle Lee, Teresa Meyers, Clara Murphy, Diane Neczesny, Maria Papendrea and her sister Camella, Karina Tabone, Joe and Carol Tyson, Lorraine Tyson, John Zaleski
- ✠ all the men and women of our parish family serving in the military and all first responders and emergency personnel: Ryan Barry, Jim Barry, Meghan Barringer

**Join us in community: Serve on the Holy Cross Parish Council.**  
[holycrosschurch@gmail.com](mailto:holycrosschurch@gmail.com)

## Pope Francis's intention for August:

**For World Youth Day in Lisbon inspiring young people to live the Gospel.**

### Engage in Living Community

- ✧ Email the parish to volunteer as: usher/greeter, lector, altar server or eucharistic minister, homebound minister, church cleaner/landscaper, counter, parish council member
- ✧ Butternut Valley Food Pantry, 166 Marion Avenue, Gilbertsville NY (607) 783-2267  
Items needed: Canned dog & cat food, assorted soups, cup of noodles, top ramen, condiments, syrup, jam/jelly, chips, cake mixes  
*Please check expiration dates on food!*  
aluminum foil, laundry detergent, personal hygiene items
- ✧ The Lord's Table & Food Pantry, 305 Main Street, Oneonta NY (607) 432-1458  
Donate items or call to volunteer (weekdays 4:30–6 p.m.)  
Items needed: Peanut butter, juice, saltine crackers, rice (1 lb box or 2 lb bag), shampoo
- ✧ The Magic Closet, 158 East Main Street, Morris NY  
Donate items or call to volunteer: (607) 263-5116 or (607) 263-5859.  
Weds. & Sat., 10 a.m.–noon

### ARE YOU CURIOUS? BEING CALLED?

RCIA is the Rite of Christian Initiation for Adults into the Catholic faith.

For more information, go to [myrcia.org](http://myrcia.org).

**Holy Cross Parish RCIA Contact:**

Maureen Joy (607) 263-5132

### Upcoming Events

- 08/09: Otsego County Senior Picnic in the Park
- 08/12: **Altar Server Training, 10 a.m.–noon**
- 08/12: Step Up Men's Conference (<https://www.rcda.org/StepUp>)
- 08/13: Mass and Coffee Hour**
- 08/13: Dominican Retreat & Conference Center 75<sup>th</sup> Jubilee mass and reception, 2 p.m., St Kateri Tekakwitha Parish, Schnectady
- 08/14: Feast of the Assumption of Mary, 6:30 p.m., St. Mary's
- 08/15: Feast of the Assumption of Mary, 9 a.m.**
- 08/15: Feast of the Assumption of Mary, 12:10 p.m., St. Mary's
- 09/19: *Moses at Sight and Sound*, Lancaster, PA; bus, lunch, show = \$206; call St. Mary's (607) 432-3920
- 09/23: Diocesan Marriage Jubilee, Cathedral of the Immaculate Conception, Albany, 4 p.m.
- 10/20–22: Eucharistic Congress; St. Mary's Oneonta bus, \$50/person; register by Sept. 7. (<https://nyseucharisticcongress.org>)

## SUNDAY, JULY 30, 2023

Mass Attendance: 50

Collection: \$2049.50