

SAINTS FOR THE WEEK

Monday, July 31

Saint Ignatius of Loyola, Priest

Tuesday, August 1

**Saint Alphonsus Liguori, Bishop
and Doctor of the Church**

Friday, August 4

Saint John Vianney, Priest

The Daily Examen is a powerful prayer developed by St. Ignatius of Loyola, encouraging us to reflect on our day and see how God is moving in our lives, speaking to us in our experiences and emotions. It is especially useful for discernment.

How to Pray the Daily Examen

Make the Sign of the Cross and remember you are in the presence of your Creator. Slow your breathing. Quiet your mind. Invite the Holy Spirit to join you. Enjoy this moment.

Review Your Day with Gratitude

Think about your day from the beginning. Notice anything you enjoyed. Linger in those moments; appreciate them. Express gratitude to God for these blessings.

Nothing is too small to notice. Perhaps you had a chance to say hello to someone you haven't seen recently. Or you enjoyed a nice cup of tea. Maybe sunshine on your face felt good. All of these are gifts from God.

Be Aware of Your Emotions

Notice your feelings as you remember your day. If something evokes a strong response, good or bad, make a note of it as you step through your memories. God made you as a creature with emotions and speaks to you through these. A strong reaction might be God prompting you to take further action in that

area of your life.

Choose One Part of the Day & Pray into It

Pick one experience from your day which stands out. This will often be one of the things which evoked a strong response. Pray into this moment. Ask God what He is trying to tell you. Is He asking you to take action? Maybe pick up the phone and call someone. Perhaps you need to learn to be patient and wait.

This is the part where "daily" comes in. If you are finding a pattern in what you are focusing on each day, then then God might be telling you that this area of your life needs some attention. You might need to offer a prayer of repentance or intercession for a friend. Or you might need to just be grateful and aware of how blessed you are.

Look Forward to Tomorrow

Think about tomorrow. If you anticipate something being challenging, ask God to accompany you when that moment arrives. If you have been moved by your prayer to do something different in your life, pray that God gives you the strength to do that. If you feel moved to, make a specific resolution.

Conclude your prayer with the Sign of the Cross. It might also be appropriate to say the Our Father or another prayer.

Other Thoughts

Praying the Daily Examen allows us to pause in our busy lives and seek God's presence. We look at the day to discern what is good and seek to correct what is not.

This is an excellent practice for all. It is just a way of pausing and remembering why we are here – to love and serve God.

<https://young-catholics.com/8026/how-to-pray-the-daily-examen/>



JULY 30, 2023

17th Sunday in Ordinary Time

1 Kings 3:5, 7-12

Psalms 119

Romans 8:28-30

Matthew 13:44-52

The readings for this Sunday are about the wisdom of God which is very different from the wisdom of the world. The first reading recalls how Solomon requested the gift of understanding instead of material goods or power. The psalm reminds us that God's commands are more precious than gold. The second reading tells us to work for God's purpose. And in the gospel Jesus gives us more parables related to the Kingdom of God, including treasure in the field, the pearl of great price, and treasures new and old.

The Kingdom of Heaven's Value: The gospel highlights the immense value of the Kingdom of Heaven, comparing it to a treasure hidden in a field and a pearl of great price. It emphasizes the worthiness of sacrificing everything to possess and experience the Kingdom's blessings.

Joy and Sacrifice: The response of the person who discovers the treasure and the merchant who finds the valuable pearl exemplifies the joy and willingness to sacrifice worldly possessions in order to obtain the Kingdom's eternal riches.

Discernment and Understanding: Jesus emphasizes the importance of discernment and understanding in relation to the mysteries of the Kingdom. He likens the scribe instructed about the Kingdom to a householder who brings out treasures both old and new, suggesting the need to appreciate the timeless truths of Scripture while also being receptive to new revelations from God.

For Reflection

- ★ Do I see leadership as a place of privilege or a place of service? Do I base my decisions on what is good for me or what meets the needs of the common good?
- ★ What are some things in your life that you might need to give up or sacrifice in order to prioritize the kingdom of heaven? How can you apply the lesson from these parables in your own life?

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.

Holy Cross Parish RCIA Contact:
Maureen Joy (607) 263-5132

Separation of the Righteous and the Wicked: The parable of the dragnet highlights the final separation of the righteous and the wicked at the end of the age, emphasizing the importance of making choices that align with God's righteousness and the consequences of rejecting the Kingdom.

Scribes as Teachers of the Kingdom: Jesus elevates the role of the scribes in teaching the Kingdom of Heaven, indicating the significance of sharing the truths of the Kingdom and its implications with others.

The Call to Hear and Understand: Jesus concludes by urging His disciples to become like scribes trained for the Kingdom, emphasizing the need for attentive listening, understanding, and the application of Kingdom principles in their lives.

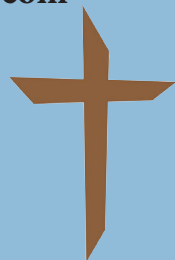
Holy Cross Parish

96-98 Main Street
PO Box 118
Morris NY 13808

holycrossrcchurch@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

JULY 30, 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

What do you dream for Holy Cross Parish? What would you like to see here? Let us know!
holycrossrcchurch@gmail.com

**Pope Francis's intention for July:
For a Eucharistic life and all our brothers and sisters.**

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

Upcoming Events

- 08/01: St. Mary's Plaza talk, "Humor as a spiritual path," 6:30 p.m. Please bring a dessert to share.
- 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**
- 09/23: Diocesan Marriage Jubilee, Cathedral of the Immaculate Conception, 4 p.m. for couples celebrating special anniversaries
- 10/20-22: *Eucharistic Congress St. Mary's Oneonta is chartering a bus, \$50/person; register by September 7. (<https://nyseucharisticcongress.org>)

*Our Lady of Martyrs Shrine, Auriesville

SUNDAY, JULY 23, 2023

Mass Attendance: 45

Collection: \$1750.00