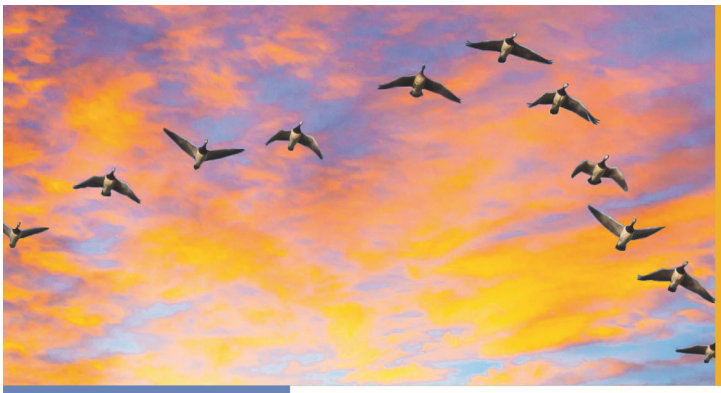

Mend your ways, encourage one another, agree with one another, live in peace, and the God of love and peace will be with you.

2 Corinthians 13:11

THE MOST HOLY TRINITY

JUNE 7, 2020

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The People of God, called to form the Christian Community of . . .

THE CHURCH OF THE TRANSFIGURATION

Tarrytown, New York 10591

PARISH OFFICE: 914-631-1672
268 South Broadway, Tarrytown N.Y. 10591
pastortransfig10591@gmail.com *Website:* www.transfiguration-tarrytown.org
Parish Office: transfigurationsec@gmail.com

Rev. Emiel Abalahin, O.Carm., Pastor
Mrs. Elizabeth Rooney, Administrative Asst.
Elite Accounting Services, LLC
Ms. Eileen Wiseman, Lay Trustee
Mr. Dan Lucia, Head Usher
Rev. Stephen Huy Tran, O.Carm., Parochial Vicar
Mrs. Mariana Dalsass, Coordinator of Religious PREP
Ms. Ksenia Lowenfels, Director of Music Ministry
Mrs. Rosemary Plunkett, Lay Trustee

Parish Office Hours: Monday thru Thursday 9:00 am to 4:00 pm
Friday: 9:00 am to 1:00 pm

RELIGIOUS EDUCATION: 914-631-2380
transfigurationprep@gmail.com

TRANSFIGURATION REGIONAL SCHOOL
914-631-3737
40 Prospect Avenue, Tarrytown N.Y. 10591

THE SACRAMENT OF THE ANOINTING OF THE SICK AND MINISTRY TO THE SICK & ELDERLY
The Sacrament of the Anointing of the Sick is a sacrament of healing., expressing love of God and our Church for the sick, our shut-ins and the elderly. Please call for more information

THE SACRAMENT OF THE EUCHARIST
Saturday, Evening: 5:00 pm
Sunday: 8:00 am, 10:00 am, 12:00 pm
Weekdays: Monday through Friday: 7:15 & 9:00 am (Day Chapel)
Weekends: Saturday morning: 9:00 am (Day Chapel)
Holy Days of Obligation: 7:15 am, 9:00 am, 12:10 pm & 7:30 pm.

THE SACRAMENT OF RECONCILIATION (Confession)
Saturday: 4:00 - 4:30 pm Other times by appointment

THE SACRAMENT OF BAPTISM
The Sacrament of Baptism is administered on the last Sunday of each month at 1:30 pm except during Advent and Lent.
Please call for further information.

THE SACRAMENT OF MATRIMONY
The Sacrament of Matrimony is celebrated for parishioners. The couple are to contact the priest at least six (6) months prior to the ceremony. Please call for more information.

Masses for the Week

SATURDAY-June 6, 2020
Peter Kelly req. by the Lanzetta family
SUNDAY– June 7, 2020
Irene Selkaitas req. by Karen Stanhope
Robert Horner req. by the Edelson family
Bridget & John Brennen req. by Mary Gorman

MONDAY
The Parishioners of Transfiguration
Joseph Borstelman req. by Ann Miele
TUESDAY
Marie Rose Nolan req. by the Rooney family
John Prescott req. by the Prescott family
WEDNESDAY
A Special Intention
THURSDAY
A Special Intention
FRIDAY
A Special Intention

SATURDAY
Mary Cerniglia req. by Eleanor, Rob & Jenna Sorrentino

SUNDAY
Louis & Rafaella Rella req. by the Belber family
Bernadino Fastiggi req. by Mrs. Fastiggi
John Del Carpine req. by Ada Del Carpine & children

The Sanctuary candle burning in the Church this week is in memory Rita Satriani Costa req. by Dennis Satriani

The Sanctuary candle burning in the Chapel this week is for all those fighting injuctice.

The Shrine candle is burning this week is for all police officers.

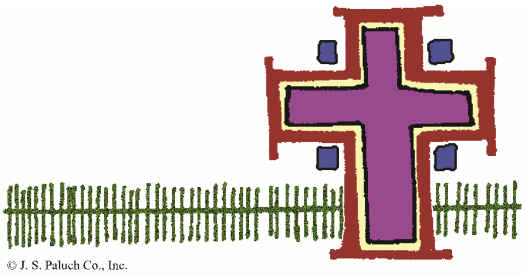
Readings for the Week

Sunday: *The Most Holy Trinity; Julian Calendar Pentecost*
Ex 34:4b-6, 8-9; Dn 3:52-55; 2 Cor 13:11-13; Jn 3:16-18
Monday: Tenth Week in Ordinary Time
1 Kgs 17:1-6; Ps 121:1bc-8; Mt 5:1-12
Tuesday: *St. Ephrem*
1 Kgs 17:7-16; Ps 4:2-5, 7b-8; Mt 5:13-16
Wednesday: 1 Kgs 18:20-39; Ps 16:1b-2ab, 4, 5ab, 8, 11; Mt 5:17-19
Thursday: *St. Barnabas*
Acts 11:21b-26; 13:1-3; Ps 65:10-13; Mt 5:20-26
Friday: 1 Kgs 19:9a, 11-16; Ps 27:7-9abc, 13-14; Mt 5:27-32
Saturday: *St. Anthony of Padua*
1 Kgs 19:19-21; Ps 16:1b-2a, 5, 7-10; Mt 5:33-37
Sunday: *The Most Holy Body and Blood of Christ; Flag Day*
Dt 8:2-3, 14b-16a; Ps 147:12-15, 19-20; 1 Cor 10:16-17; Jn 6:51-58

The Most Holy Trinity

June 7, 2020

God so loved the world that he gave his only Son.
— *John 3:16a*



HOLY TRINITY

The Father is my trust, the Son is my refuge, the Holy Spirit is my protection. O holy Trinity, glory to Thee.
—Byzantine Horologion, Troparion at Nocturns, sixth century

ON A SUMMER'S DAY

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.
—John Lubbock

JUNE

And what is so rare as a day in June? Then, if ever, come perfect days.
—James Russell Lowell

The Suscipe: A Prayer for All Occasions

BY TERESA CODA MAY 18, 2020—BUSTED HALO.COM

While I'm not sure if I believe in the cliche of "love at first sight" as far as human relationships go, I've definitely fallen in love with places, ideas, items, and foods at the moment of my first encounter (Yosemite, the Celtic concept of thin places, a glass juicer that my mother-in-law passed down to me from her grandmother, and Ben and Jerry's Phish Food, to name a few!).

A couple of years ago, I experienced instant enrapture with a particular prayer. Leaving the home of a neighbor, I noticed a plaque hanging above her entryway table and I paused to read it. My friend told me that she prays the engraved words every time she leaves the house, and I immediately understood why. The prayer, which I later found out is St. Ignatius of Loyola's Suscipe, is the little black dress of prayers: versatile, trustworthy and comforting, it's now my go-to prayer. I say it when I'm sad, afraid or having a hard time letting go; I say it when I'm grateful and feeling humbled; I say it when I need help. It goes like this:

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

Here's why I turn to this prayer, over and over again:

Letting go

The prayer begins with a calling out to God to take and receive all my liberty, memory, and understanding, "my entire will / all I have and call my own." As someone who often struggles with letting go of everything from my minor preferences to my personal vision of how the world should unfold, these words constantly shake me up and then help me get a better grip on reality, reminding me that I am not in charge of the universe. For instance, I spend a lot of time worrying about my future. Will my current work projects end successfully? Will my loved ones stay healthy and happy? Will my five-year plan unroll in the way I have planned? When I get wrapped up in these questions, the opening stanza of the Suscipe brings me back to earth and helps me relinquish my need for control.

Giving thanks

After calling us to give everything back to God, the Suscipe succinctly tells us why: because none of it was ours to begin with. The reminder that God has "given all to me" moves me to gratitude in an instant. Instead of worrying about whether my daughter will have a long, healthy, and meaningful life, I

simply give thanks for her life. Rather than feeling anxious about how my professional trajectory will proceed, I feel grateful for the opportunities that I have had thus far and for the people, experiences and skills that have led me to them. The Suscipe reveals to me that gratitude is the antidote to anxiety, as peace replaces racing thoughts during my moments of prayer.

Asking for help

The Suscipe ends by prompting us to ask for God's love and grace. This movement recalls the simple act of breathing: As I exhale, I let go of my clinging need for control, my wants and my personal will, and then as I inhale, I fill myself up with God's goodness. Recently, I've been feeling particularly destabilized as I've experienced many of the negative repercussions of the current coronavirus pandemic: job instability, loss of long-anticipated plans, and concern about the health and well-being of my loved ones. The closing of the Suscipe tells me that even if I lose *everything* (which I likely won't!), I will still have God's love and grace. And that is enough.
Just over fifty words, the Suscipe is brief. But by moving me to complete three major actions — letting go, giving thanks, and asking for help — it transforms my mindset and softens my heart with each recitation.

Teresa Coda Teresa Coda works as a director of faith formation at a Catholic church. She has a master's degree in Divinity from Harvard Divinity School where she studied theology and pastoral care and counseling. She lives in Providence, Rhode Island, with her husband.

SUNDAY MASS

9:30 AM IN THE CHURCH PARKING LOT

- Please come in your car.
- Obey the Ushers
- Maintain Social Distancing Rules
- Communion **will not** be distributed until we have been given permission to do so.

PLEASE PRAY FOR:

Our Military:

Anthony Correia, Nick O'Kelly

Our Essential Workers

Our parents who are expecting

Our Sick:

Nancy Anderson, Justin Baker, Anne Duggan Baker, Robert Barretta, Michael Capasso, Gary Cherico, Sal DiPillo, Philip Famelio, Maria Fikar, Norbert Godin, James Kelly,Michael Mahoney, Elizabeth Molnar, Andrew Nicholson, Joan Rand, Frances Rea, Maria Schluter, Robbie Thompson, August Zagrobellny, All those who are suffering from cancer. All those who are suffering with covid-19.

Our Deceased:

Margie Arduino, Neil Armentano, Carole Bergen, Edith Marie Champigny (mother of Fr. Richard Champigny O. Carm.), William Duggan, Bernie Farrell, James Farrelly, Tom Lauro, Albert & Lucille Lombardi, Joe Kirsh, Bill Kolb (Sr. Betty's brother), Jesusa Marco, Barbara Mahoney, Marie "Angie" Minick, Deborah Moss, Edward Parczyk, Teresa Pejkovic, Judith Rose Rovere, Audrey Prescott, Lucy Smithward (mother-in-law of one of our Carmelite staff), Hugh Stein, Teresa Nga-Tran, Diana Walpuck

All the priests of the archdiocese who have died, especially of covid-19.

DIVINE MERCY CHAPLET and BLESING WITH THE BLESSED SACRAMENT

In the Church parking lot on Sunday at 3:30 pm.

You may also follow via Facebook live at facebook.com/transfiguration-tarrytown.

PLEASE JOIN US IN PRAYER