Saint George Church - Worcester and Holden

June 25, 2023 - Twelfth Sunday in Ordinary Time

40 Brattle Street Worcester, MA 01606 Parish Office: 508-853-0183 Ext. 110 www.saintgeorgesparish.org

Parish Staff: It is our privilege to serve you.

Rev. Edward D. Niccolls, Pastor Ext. 112 Rev. Miguel A. Pagan, Assoc. Pastor Ext 117

Deacon Paul T. Audette Ext.113

Annie Doyle, Pastoral Outreach annie@saintgeorgesparish.org Ext.111

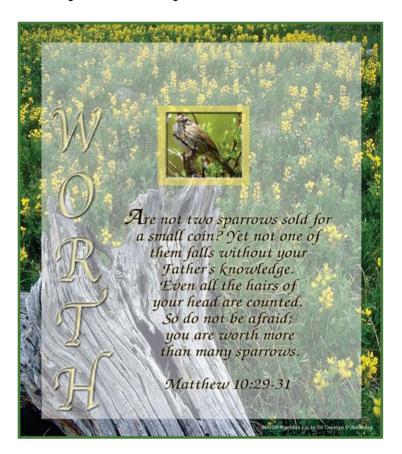
Patty LaBonte, Parish Admin Assistant office@saintgeorgesparish.org Ext.110 Fax 508-854-0864

Current Office Hours:

Monday—Thursday 8:30 AM - 2:30 PM

Online Giving: Kathy Hessel at: mkhessel@aol.com

For information regarding Pastoral Care of the Sick, Marriage Preparation, Confirmation, and Ministry Involvement, we invite you to call the Parish Office.



St. George Catholic Church

Baptism Information:

Please contact

Susan Pacek at 508-856-9960 or email: st.geobaptism@gmail.com

Eucharist Celebrated:

Saturday 4:00 PM

Sunday 8:00 AM and 10:00 AM

Live-Streamed Mass is offered on our parish website each Sunday at 10:00 AM.

Weekday Masses:

Monday, Wednesday and Friday at 8:00 AM Tuesday: 12:10 PM, and Thursday: 5:30 PM

Sacrament of Reconciliation:

Confessions are heard inside the church 2:30 PM—3:15 PM on Saturdays.

Tarish Mission Statement

We, the parish community of St George, celebrate the welcoming presence of Christ in our lives. Together with the universal Church, we are nourished and sustained through the Mystery of the Holy Eucharist, and we are inspired by the proclamation of the Word, guided by the Holy Spirit. We continually seek to grow in a deeper understanding of our faith, to respect the sanctity of human life, and respond to what Jesus asks of us in our time by sharing our gifts and participating in parish activities and outreach to others.

A Community of Ministries, June 25, 2023

From Your Pastor

CLERGY ASSIGNMENTS: Recently it was announced that on July 1, 2023, Fr. Miguel Pagan, our associate pastor, will become the pastor of St.

Denis Parish in Douglas. Also on July 1st, Fr. Thomas Hultquist, the pastor of Immaculate Conception Parish in Lancaster, will retire from his pastorate and will become a senior priest in residence here at St. George's. However, for the months of July and August, Fr. Hultquist will be here only on weekends to help out with our Mass schedule. He will take up residence here completely beginning in September. At a later time an associate pastor for our parish will be named and assigned.

DAILY MASS SCHEDULE: In light of this assignment, the Daily Masses for Tuesdays and Thursdays will be cancelled for the months of July and August with the hope of their returning to the Daily Mass schedule in the Fall. The Daily Masses for Mondays, Wednesdays and Fridays will remain the same at 8:00 A.M.

As the occasion presents itself, it is good to mention once again a formation process that is very important in the life of the Church - the Rite of Christian Initiation of Adults or RCIA as it is more commonly known. This process is available to adults who have never been baptized or to those who have been baptized but were never instructed or catechized after baptism. There are several stages of preparation in this process that help a person become a full-fledged member of the Catholic Church.

- One begins with the precatechumenate where (s)he has some spiritual conversation about God and the Church.
- Then the rite of acceptance into the order of catechumens is celebrated where the person is considered a member of the Church in a broad sense. During this time one becomes familiar with what the Church teaches, follows the Christian way of life and engages in liturgical prayer. This formation period concludes with the rite of election when the Church, in the name of the local bishop calls the catechumen to the eventual reception of the sacraments of initiation - Baptism, Confirmation and Eucharist. This rite of election takes place on the First Sunday of Lent.
- During the Lenten season, one continues in a period purification and enlightenment in order to spiritually prepare to celebrate the sacraments of initiation.
- At the conclusion of the Lenten season during the Easter Vigil the person receives the sacraments of initiation.
- 5. After receiving these sacraments one enters into a period called mystagogy that usually coincides with the 50 days of the Easter season. This time in one of deepening the new Catholic Christian's participation in their new faith community of the Church by meditating, praying, worshipping and doing works of charity. This period of mystagogy prepares the person for a lifelong relationship in his/her new faith life and emphasizes the importance of remaining close to the faith community of the Church to which (s)he now belongs.

If you or anyone you know is interested in knowing more about this process, please contact us here at the parish either by email (office@saintgeorgesparish.org) or by calling the Parish Office at 508-853-0183.

Fr. Niccolls

Mass Intentions



Saturday, June 24, 2023

4:00 PM In Memory of Angelo Gentile, 21st Anniversary Requested by the Gentile Family

Sunday, June 25, 2023

8:00 AM In Memory of Beatrice & Edward Jardus & Family Requested by Elizabeth Hanlon and Michael Jardus **10:00 AM** In Memory of Charles Brazile, 2nd Anniversary Requested by his Family

Monday, June 26, 2023

8:00 AM In Memory of Theresa Blair

Tuesday, June 27, 2023

12:10 PM In Memory of Richard Austekewicz

Wednesday, June 28, 2023

8:00 AM In Memory of Brendan Ritchie

Thursday, June 29, 2023

5:30 PM In Memory of Donald T. McClain, Birthday Remembrance. Requested by his wife, Angela McClain

Friday, June 30, 2023

8:00 AM In Memory of Thomas P. O'Keefe

Saturday, July 1, 2023

4:00 PM In Memory of Maria Wong and Tak Sing Hung Requested by Seraphina Wong

Sunday, July 2, 2023

8:00 AM In Memory of Patricia Cote Requested by Jim Sanford

10:00 AM In Memory of Armand Audette, Jr. Requested by Susanne Graves

We commend to your prayers Patricia Cote . David Allen Theresa Latino, and Jean Cronin May the angels lead them into paradise.





A German proverb says that fear makes WORD DEED afraid, our imagination can run wild, we the wolf bigger than it is. When we are

feel helpless and trapped and we fail to act. Just ask any kid who hides under the bed when he hears a scary noise in the middle of the night! The only sound he wants to hear is the reassuring voice of his mom or dad.

Faith leads us to the battle of life and death as we struggle with sin and grace. There may be moments when we are afraid, pinned down by sin, failure and the constant temptations to abandon the good fight. Overcoming fear means we rely on God, calling on His grace and strength to help us in moments of weakness and fear. God's Word and Sacrament reassure us that we have all we need and should not be afraid.

Fear can hold us back from practicing our faith. We are afraid of what others might think, or that our efforts will be rejected or may not be good enough. Let God worry about that. Do what you know is right, what God wants you to do. Your fears will disappear in the light of faith. ~James Gaffney © Pilot Bulletins



Parish Calendar

Saturday, June 24, 2023 5:00 PM - 7:00 PM Art Night Church Hall Church Hall 8:00 PM AA Meeting Sunday, June 25, 2023 After 8:00 & 10:00 AM Mass Coffee Shop Church Hall 10:00 AM Toddler & Children's Liturgy Church Hall Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 1:30 PM - 2:30 PM Gentle Yoga Church Hall Thursday, June 29, 2023 11:00 AM Faith Sharing Church Hall 6:00 PM Family Prayer Night Church Friday, June 30, 2023 Saturday, July 1, 2023 8:00 AM Rosary Group Church 8:00 PM AA Meeting Church Hall Sunday, July 2, 2023 **NO Coffee Shop**

Online Donating News

10:00 AM Toddler & Children's Liturgy

Our Online Giving vendor has changed!

The new online giving vendor is "Our



Church Hall

Sunday Visitor". Email instructions on how to register with Our Sunday Visitor were sent and a letter was mailed to you if you had a ParishSoft account. We are here to assist you.

Visit St. George Website: https://saintgeorgesparish.org/
If you have any questions please contact: Kathy Hessel at: mkhessel@aol.com or Patty LaBonte at 508-853-0183 or send an email to: office@saintgeorgesparish.org

Do you like to draw or enjoy making art?
Come join open studio event once a month!
Saturday, June 24th, 2023 ART & PIZZA
5:00 - 7:00 PM in the Church Hall



Bring your own materials & drop in to doodle, finish a project or work in your sketchbook.

For teens to adults (ages 13+).

Questions: contact Parish Office 508-853-0183

Bulletin Item Due Dates:

Postings are due **10 days before the Sunday Bulletin**.

Please submit items at least 10 days before the Bulletin date.

E-mail our Parish Admin Assistant Patty LaBonte at office@saintgeorgesparish.org The best way to book or reserve a Mass is to call our office: 508-853-0183.



Partner's in Charity St. George Church donated \$78,430.00, our goal is \$95,000.00 83% of our goal.

Please consider donating. Thank you for helping! Our agencies and ministries are faces of hope to so many people. Your pledge or one-time gift is a tangible way to be a 'face of Christ and his helping hands' to the world through your support of the agencies and ministries which rely on this appeal for the funding each year. And you, in turn, share in the joy of bringing hope into the lives of those we serve. Please visit Partners-Charity.net to view the online video showing some of the many charities, ministries and educational programs that rely on your generosity.

To donate you can place your donation in the collection basket at Mass, by using the Partners in Charity envelopes in the pews, or text the word "donate" to 84576 to access the online giving page, donate online at www.Partners-Charity.net or call in a pledge at: 508-929-4366.

Checks payable to: Partners in Charity and mail to: Partners In Charity 49 Elm St., Worcester, MA 01609.

Join us for Coffee Shop Club After 8:00 AM & 10:00 AM Masses



\$1.00 each

June 25 - Mike Doherty, John Beahn & Team July 2 -No Coffee Shop 4th of July Weekend.

July 9 - Steve Toole and Team
July 16 - Dave Walsh and Team

Coffee Club meetings are 2nd Sunday every other month.
Contact Andy Fish: andy@andyTfish.com or 508-901-7813

Line Dancing!

Line Dance Classes

St. Anne Church located on 130 Boston Turnpike, Shrewsbury, MA

Parish Center 7:00 - 8:00 PM Every Thursday until end of June.

No experience or registration is necessary. Come and have fun! Pay as you go, cost is \$10 per session. Bring your water bottle and dancing shoes. There will be different genres of music and lots of fun! Your dance instructor is Mary Dragon.

Contact Ellie at 508-757-5154 x 12

with questions and to be added to the email list.

SAVE THE DATE Mini-Retreat for Women this Fall

The Commission for Women of the Diocese of Worcester invite you to join a Mini-Retreat this Fall on:

Saturday, October 28, 8:30 AM to 1:00 PM at St. Anne's Church in the Parish Hall. Located on 130 Boston Turnpike, Shrewsbury.

This retreat will be led by Sarah Hart, a leading figure in contemporary Catholic music today.

Further information and a registration form may be found at https://worcesterdiocese.org/2023-morning-retreat-invitation or you can send an email to the Commission at:

worcesterdiocese.org/2023-morning-retreat-invitation or you can send an email to the Commission at:

https://worcesterdiocese.org/2023-morning-retreat-invitation or you can send an email to the Commission at:

https://worcesterdiocese.org/2023-morning-retreat-invitation or you can send an email to the Commission at:

https://worcestercommissionforwomen@gmail.com
or email Susan at susanzybert@gmail.com

Prayer Before or After Mass

Grant, O Lord, that we may always revere and love your holy name, for you never deprive of your guidance those you set firm on the foundation of your love. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

Notice from the Diocesan Office of Healing and Prevention

If you have been abused or victimized by someone representing the Catholic Church, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out. Contact Judith Audette, Diocese of Worcester victim assistance coordinator, at (508) 929-4363.



Holy Hour to Pray for Priests

Immaculate Conception Church 353 Grove Street Worcester Friday, July 14th, 2023 7:00 PM - 8:00 PM

The holy hour of prayer for priests consists of time for silent adoration, a short reflection, the rosary and benediction.

Please join us to pray for our priests.

Repeats every second Friday of each month.

ZOOM Rosary

Urban Missionaries from Our Lady of HopeIf you would like to join via Zoom for a weekly Rosary:

Every Sunday, 6:00 PM via ZOOM

Send an email to mailbox@urbanmissionaries.com and put "Rosary" in the subject line.

A ZOOM link will be sent to your email.

Saint George Saturday Rosary Group

You are invited to attend our once a month Saturday morning Rosary Group.

First Saturday of every month.

Currently, we are meeting in the

Church at 8:00 AM July 1st, 2023



If interested, please contact Jim Hachey at 508-579-9623

Family Prayer Night Thursdays 6:00 PM

In the Church, there is a gathering of people who pray for all families. The Divine Mercy Chaplet and the Rosary are prayed. This is a wonderful opportunity to learn to pray the Rosary. Eucharistic Adoration is also a part of this wonderful time of prayer on the first Thursday and Friday of each month.



Support group for those attempting to recover from drugs.

Our Lady of Lourdes, Parish Hall 1290 Grafton St, Worc.

Meetings are every Friday from 7:00 - 8:00 PM

National Helpline: 1-800-662-4357 Massachusetts Helpline: 1-855-523-1426

Deacon Paul Audette James Martin

In this excerpt from his book Becoming Who You Are (Part II), James Martin SJ treats a subject that all of us can relate to: the true self hidden behind all the masks and entanglements each of us wraps around it. Once one peels away all those layers and obstacles, the path to holiness becomes clear: simply be who you are: "Now I should note that business is a fine vocation for a great many people - many of my friends, in fact. The point is not that business is somehow bad, but rather that this life was pretty much the opposite of what I wanted to be doing. Yet I had created, over many years, this persona, this other self, which I thought would be pleasing to everyone: to my family, my friends, my professors. And this 'false self,' separated from my true desires, was sure that a life in corporate America was the right path. This false self was sure about everything... I love what Richard Rohr, the Franciscan priest, says about this in his book Adam's Return: 'Our false self is who we think we are. It is our mental self-image and social agreement, which most people spend their whole lives living up to - or down to."



Eucharistic Adoration in the Church

The Thursday evening and Friday morning Eucharistic Exposition & Adoration will be:

<u>Thursday, July 6th, 2023</u> 6:00 PM to 7:00 PM <u>Friday, July 7th, 2023</u> after 8:00 AM Mass-10:00 AM. Come join us in prayer and to spend time in the presence of Jesus.

Worldwide Marriage Encounter

As you devote your life to God and to your SPOUSE, you will see many miracles, wonders, and a renewal in your relationship. One way to devote your life to God and your spouse is to sign up and attend a Worldwide Marriage Encounter experience. You will learn ways/tools to renew and revitalize your relationship.

August 11-13, 2023 in CT Sept. 22-24, 2023 in Huntington, NY. October. 20-22, 2023 in VT

Worldwide Marriage Encounter sponsors a variety of in-person and virtual marriage experiences, some on weekends and some on seven weekdays. Couples explore their relationship with each other, God and the Church. Registration is limited; there is a \$100 application fee. For more information or to apply, call Joe & Ginny Vatelle at 978-870-5646 or https://wwmema.org/

Pilgrimage to Ireland

Our Lady of Hope/St. James Church South Grafton

Pilgrimage to Ireland will be led by Fr. Anthony Mpagi and Fr. Derek Mobilio on April 8-19, 2024. Trip visits Galway, Glenstal Abbey, the Aran Islands, Our Lady of Knock Shrine, Cobh, Glendalough and Dublin. Tour includes round trip airfare, hotel accommodations for 10 nights, 9 dinners and 11 breakfasts, transportation on a private motor coach, and admission fees as per itinerary.

Double Occupancy Price per Person: \$4,750.

More information and to sign up, contact Fr. Derek Mobilio email: fr.mobilio@gmail.com or call 508-556-0553



Religious Education

Growing Together in Faith" Sarah Kelly, Administrator Phone: 508-852-1784

sarah.kelly@saintgeorgesparish.org

Welcome to St. George Religious Education Registration!

We are so excited to work with the children of our parish. We offer classes for children in grades 1-10. We prepare students for the sacraments of 1st Reconciliation and 1st Communion (typically in Grade 2), and Confirmation (typically in Grade 10).

The cost for the program is \$100 per student with a family cap of \$200. There is an additional fee of \$50 for those students in a sacramental year (1st Communion and Confirmation). As an example, if a family has 3 children in classes they would pay \$200 for their religious education fees, plus \$50 per any child making their 1st Communion or Confirmation.

Students in Grades 1-8 meet weekly, and have the option of registering for Tuesday afternoons 4:30-5:30 PM OR Sunday mornings 9:00-10:00 AM. Confirmation I & II students (typically grades 9 & 10) meet approximately once a month on Sunday mornings 11:00-12:00 PM, after attending the 10:00 AM Mass together. All meeting dates and the online registration can be found on our parish website:

https://saintgeorgesparish.org/religious-education

If you have any questions, please reach out to Sarah Kelly at: sarah.kelly@saintgeorgesparish.org



Young Adult Weekly Pick-up Volleyball & Hangout

St. Christopher Church located on: 950 West Boylston Street, Worcester Every Friday, at 6:00 PM starting June 16 to the end of August.

All young adults (ages 18+) are invited to join us for weekly pick-up volleyball. If you are looking for a fun way to meet up with other young adults in the area, then this is perfect for you! There is no commitment or formal sign-ups but if you would like to receive text/email updates in the summer feel free to sign up:

www.neworcester.org/young-adult-summer-volleyball



Baptismal Announcements

The community of St. George's Parish welcomes:

Joseph Robert Scranton Wesley LeMont Barthold

May God Bless you, your families and godparents as you Journey in faith with all of us at St. George's Church.

Baptisms in the Church Family

If you, a family member, or friend is interested in receiving the Sacrament of Baptism, we invite you to contact us today: Susan Pacek by either: 508-856-9960 or st.geobaptism@gmail.com





Youth Ministry Gathering
Please Contact Kevin Browne
for next gathering.

Open to grades 7-12 Please email Kevin: kevin.browne@saintgeorgesparish.org

THE FAMILY CONNECTION

Cooperation or competition? Our need to be competitive confronts us with interesting questions. Is it always necessary to have the last word in an argument? Can we sometimes admit that another person may have a valid point of view, even when it contradicts our own? Can we help others accomplish their goals? Do we look at our family members as obstacles to overcome or do we appreciate them simply for who they are?









GRANDPARENTS:

All interested grandparents are asked to pray for the safety and well-being of their grandchildren. Copies of Grandparent Prayers are available on the back table in the Church Hall under the bulletin board. Contact Ruth at 508-852-5658 or email: ruthviens@outlook.com

Grandparents make memories that the heart holds forever.



Accompanist Needed in South Grafton Our Lady of Hope/St. James Catholic Church 89 Main Street in South Grafton

Organist, pianist or guitar player is needed for the 9:00 AM Sunday Mass every week. Singing as well is helpful but not required. Must know Catholic Mass and traditional hymns and be able to commit to weekly service. Paid position.

If interested or questions, please contact Pam Cross at p.cross@shoplegacy.com or call 978-265-7264

A Community of Ministries





St. George Parish Outreach

Ann Doyle 508-450-4134 annie@saintgeorgesparish.org



In the Hour of Need Family Shelter

Thank you to everyone who contributed to our annual week of service at IHN! As you might know, our service ended Sunday morning June 25 at 9AM. Together we give thanks for the opportunity to serve the six families who currently live in the shelter. Your continuing prayers for them are greatly appreciated. More details of our work will be included in next week's bulletin.

Your Help is Needed to Feed the Hungry



Special Needs for July are: Jelly, Cereal and Soup (Flip top if possible)





The last weeks of each month are especially difficult for folks coming to our 3 food pantries lately. Government assistance (SNAP & WIC) has been decreased and inflation is stretching family food budgets.

All types of food donations are always welcome and can be left in the "Outreach Collection Area" just outside the entrance to the Church Hall on the basement level.

Hope For Housing Cards Help Prevent Family Homelessness

Hope for Housing is a non-profit program developed by our parishioner Matt Ryan.



Matt has left us with this legacy which utilizes the collective buying power of 30 congregations to raise money for the prevention of family homelessness.

These Gift Cards for local retailers, including Big Y, CVS, Dunkin' Donuts, Hannaford, Panera, Shaws, Stop & Shop Target, Starbucks, and TJ Max are purchased in bulk, which in turn are sold to members of participating congregations who receive the full value of the card. The retailers donate 2-10% of all sales to the Hope for Housing program. By purchasing gift cards for **your use** at local retailers, you can help to stabilize families by providing counseling and support.

Please buy "**Hope for Housing Cards**" available after all Masses. See Dave and Sue Genereux in the Church Hall after Mass. Any questions call them at: 978-833-0306

NEW PARISHIONERS WELCOME!

We are honored and delighted to welcome you. Contact Annie Doyle at 508-450-4134 for an introduction to our ministries, our needs, and your interests. We would enjoy talking with you!

Call the Parish Office with questions at 508-853-0183.

June 15, 2023

Dear Parishioners and Friends,

I write this letter to describe some of the recent Parish Outreach activities that are happening because of your generous support to our parish and this ministry.

Outreach work might be invisible at times because it no longer happens solely in a parish office. It happens in the homes of our homebound and grieving parishioners, as well as in the apartments of our refugee families. Hours are spent each week at the Mustard Seed Catholic Worker Food Pantry and Thursday night meal service. Last week we were at the IHN shelter for more than 100 hours of service. Our volunteers also work at the Loaves and Fishes Food Pantry and right here in our church where they donate food, sell Hope For Housing Cards, fill cars with donations, and prepare hundreds of meals for hungry neighbors in our inner city. As you might imagine, many hours are spent in the car traveling from place to place and delivering donations!

The Outreach Ministry is honored to be able to bring Holy Communion on Sunday mornings to eight and sometimes more community members who are no longer able to be with us at Mass.

The Funeral Mass of Christian Burial for deceased parishioners and friends of St. George Parish is planned and coordinated through our Outreach Ministry. It is such a privilege to be able to be present to families during this difficult time in their lives.

Thanks to advances technology our Parish Outreach Ministry is "on call" at all times. We are able to answer emergency calls and to quickly respond to and serve those in need

It is an incredible joy and privilege to have served as your Parish Outreach Coordinator for these past 21 years! I pray that I might be granted a few more years to be of service.

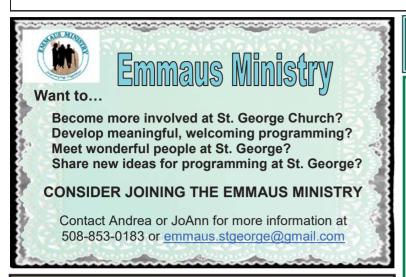
God's Peace and Thank You All,

Annie Doyle

Eucharist and Prayers for the Sick

Especially during these difficult times, please call to let us know if a family member or neighbor is hospitalized, homebound or ill. Call Ann Doyle at 508-450-4134. We want to be with you in prayer and support. We can perhaps arrange a visit and possibly bring Eucharist. Remember that due to HIPAA regulations, unless you allow the hospital or health care institution to release information and list St. George's as your religious affiliation, we are not informed that you are a patient. Thank you for your understanding.

Our Parish Vision: To welcome all, build connections to Christ and one another, and live our faith as true disciples of Jesus.



Faith Sharing Groups

If you are interested in learning more about Fatih Sharing group, or interested in becoming involved, please contact JoAnn. Meetings will resume again in September in the Parish Center, Room 107.



If interested in joining a group, please contact JoAnn.

Handicapped Accessible. Call JoAnn Nally at 508-527-6973



The best medicine for an aching heart or anxious mind is being surrounded by the love and support of family. In the face of crisis, important decisions,

difficult problems or serious illness, those who care the most for us can offer words of comfort, hope and direction as we set aside our fears and try to move forward. There is no substitute for the solid ground of love in the stormy seas of life.

Everyone comes to a crossroads in life. Some choices and decisions are life-changing and fear can hold us back. Faith is challenged by doubt, or love is challenged by rejection and we look for some sign that we are on the right road. The risks are real, but we need to choose. It is then that we can most help each other find what we need to step forward, to choose wisely and know that we are not alone. A sounding board, a voice of reason, and a promise of prayer give us more than enough to make the journey that lies ahead. We go with God and we go with one another. ~James Gaffney © Pilot Bulletins





Spiritual Growth Ministry Corner

Ministry Leader: Bonnie Moran Saintgeorgespiritualgrowth@gmail.com

Many of us have been hurt by someone as we journey through life - an acquaintance, a friend, a relative. Does the memory of that pain still linger? Do you want to get back at that person? Do you avoid the one who has wounded you?

The words we say each time we pray the 'Our Father' - Forgive us our trespasses as we forgive those who trespass against us" take on greater meaning as we ponder a particular hurt we have experienced. The words God spoke to Moses- "The Lord, the Lord, a merciful and gracious God, slow to anger and rich in kindness and fidelity" cause us to think- "is that the way I should be? Is that the way to reach my final goal-heaven?

In the New Testament readings and gospels we continually are exposed to the parables and actions of Jesus as He taught His followers the way of forgiveness offered in the spirit of love and mercy. A few examples familiar to us include a father forgiving his prodigal son, Jesus telling Peter to forgive not seven times but seventy times seven times, a master forgiving a servant's debt but that servant failing to forgive the debt of one who worked for him. Hearing about that, the master severely punished the first servant. A final example of the importance of forgiveness is given to us by Jesus when He was dying on the cross. He speaks these words, "Father forgive them for they know not what they do."

In addition to the positive spiritual effects of forgiveness a search into the physical effects adds other important benefits. The American Psychological Association tells us that research has shown that forgiveness leads to reduced anxiety, depression and major psychiatric disorders, as well as fewer negative physical health symptoms and lower mortality rates.

All this and heaven too! Hard as it may be to forgive the pain we have been carrying, the spiritual and physical benefits far outweigh the difficulty of the task.

Spiritual Growth Committee members: Bonnie Moran – Chair; Deacon Paul Audette, Joan Talbot; Patti Walsh; Helen Hurley, and Kyle Lewandowski. Fr. Niccolls, Fr. Pagan as ex officio members.



Prayer to Saint Michael the Archangel

St. Michael the Archangel, defend us in battle. Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.





www.purinton.com

508-829-4333 www.sunnysideford.com

111 Lancaster Street Worcester

(508) 756-4689





- Skilled Nursing Physical Therapy
- Occupational Therapy Speech Therapy
- HHA's Licensed Social Worker

We Accept Most Insurances including Medicare & Mass Health

65 Water St. Fl 2 Worcester, MA 1-888-292-1809 (Toll Free) Intake Dept • www.centuryhomecare.com

AD SPACE AVAILABLE



All-Time Grilling Faves

- 4 Butcher's Cut Top Sirloins (5 oz.) 4 Air-Chilled Chicken Breasts (5 oz.)
- Boneless Pork Chops (6 oz.)
- Gourmet Jumbo Franks (3 oz)
- Potatoes au Gratin (2.8 oz.)
- Caramel Apple Tartlets (4 oz.)
- 1 jar Omaha Steaks Seasoning (3.1 oz.)
- 8 FREE Omaha Steaks Burgers (5 oz.)

73375STR separately \$248.93 \$999 SPECIAL INTRODUCTORY PRICE

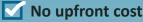
Get 8 FREE Burgers

18,640 of your neighbors

within 25 miles have gone solar with Sunrun*

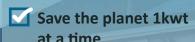


JASON AZZI





www.solarbyjazzi.com





603-560-3999

@ Solarbyjazzi acebook.com/Solarbyjazzi Jason.Azzi@Sunrun.com HIC 180120



Good Feet

America's Arch Support Expert



Don't let foot pain stand in your way!

7 Boston area locations

www.goodfeet.com/locations/boston



Richard Mansfield, Ricky Mansfield **Funeral Directors**

> 1158 Main Street, Holden 508-829-4434

100 Worcester Road, Sterling 978-422-0100

Advanced Funeral Planning www.milesfuneralhome.com



WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

REQUEST A FREE QUOTE

(855) 401-9893





