



ST. BENEDICT PARISH

ST. MARY'S • ST. BRIDGET'S

Striving to know, love, and serve God in all others.

Today we celebrate the feast of the Transfiguration. It is a major feast in which Our Blessed Lord is revealed in splendor to Peter, James, and John. However, it is important to remember what happens just before this amazing scene. In the 16th chapter of Matthew's Gospel, we find this:

"From that time on, Jesus began to show his disciples that he must go to Jerusalem and suffer greatly from the elders, the chief priests, and the scribes, and be killed and on the third day be raised. Then Peter took him aside and began to rebuke him, 'God forbid, Lord! No such thing shall ever happen to you.' He turned and said to Peter, 'Get behind me, Satan! You are an obstacle to me. You are thinking not as God does, but as human beings do.'"

So, when we take that this is what just happened—that Jesus spoke openly of his suffering and death for the first time—we realize that in the Transfiguration, we have Jesus giving us a vision of the glory that follows from that suffering. Jesus gives his friends something that they won't understand yet in this. But it is like saying to them, "There is no day without night, no light without dark, no dawn without the sunset." Jesus, the amazing teacher that he is, does not only give us a part of the plan—he does not simply give us the bad news; he reminds us over and over that this is all done for our good.

We must remember this. As I have been getting used to life with you in our parish, it has occurred to me that what we proclaim in the Gospel is very challenging and provocative for us. It is demanding. In fact, it is undoable without God's assistance. But this should not, in any way, present itself as a discouragement. On the contrary, life in Christ is a joy—and that remains its purpose—to give us supreme happiness, to make our burdens light.

Peter got it wrong, and so may we. Human frailty and limitation may cause us to fail, but God's love and care does not fail. The Messiah must go and suffer, but through that suffering he will be glorified. What a leader! Christ is a leader who leads from the front, going first, to show us how to live for the fulfillment of our joy in our lives. And he is a leader who knows us so well that he reminds us of the great good and glory that will follow.

We participate in this. This is our life: that in Christ we share eternal glory. We will suffer trials and failures, we will hurt and cry, there will be challenges, but because we remain in Christ, as Peter himself puts it, "You will do well to be attentive to it [the Gospel], as to a lamp shining in a dark place, until day dawns and the morning star rises in your hearts." May we all do so well and be so transfigured, may we all during the night remember that day is dawning soon. May we, in knowing this, be made powerful in God's Holy Spirit.

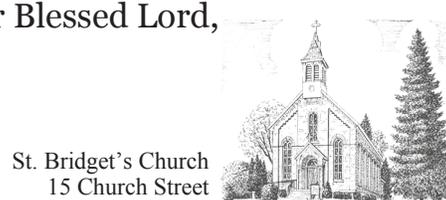
Your servant in Our Blessed Lord,

Fr. Michael



St. Mary's Church
95 North Main Street

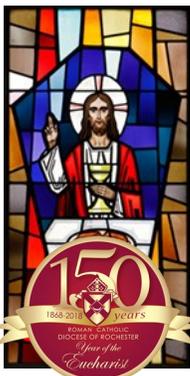
August 6, 2017



St. Bridget's Church
15 Church Street

DAY	MASS INTENTION	EVENTS
Sunday, August 6 The Transfiguration of the Lord	7:30 a.m. (SM) Kenneth Vallee by the family 9:00 a.m. (SM) Mary Pizzillo (Anniv.) by the family 9:30 a.m. (SB) Catherine Schultz by Jean & Bill Burlingame 11:30 a.m. (SM) Ronald Gleba (Anniv.) by his daughter, Lauren Burns	9:00 a.m. (SM) Pre-K Nursery in Pre-K Room in Dougherty Hall
Monday, August 7 Weekday <i>St Sixtus II, Pope, and Companions, Martyrs; St Cejetan, Priest</i>	6:45 a.m. (SM) <i>Word and Communion Service</i> 8:00 a.m. (SB) Manuel & Lily Ugarteche by Tula Warchol 9:00 a.m. (SM) Rita Boyle by the Genecco Family	
Tuesday, August 8 St Dominic, Priest	6:45 a.m. (SM) Jean Sherry by Jim & Anne Erdle 9:00 a.m. (SM) Mary Tierney Dodd by Suzanne Tierney	10:00 a.m. (SM) Prayer Shawl Group in the Yellow House
Wednesday, August 9 Weekday <i>St Teresa Benedicta of the Cross, Virgin and Martyr</i>	6:45 a.m. (SM) Thomas Curtin by June Lincoln 8:00 a.m. (SB) Kelly Ross Wilson by the Mangiamele family 9:00 a.m. (SM) <i>Word and Communion Service</i>	5:30 p.m. (SB) Confessions at St. Bridget's 7:00 p.m. (SM) Men's Prayer Group meeting in the Yellow House
Thursday, August 10 St Lawrence, Deacon and Martyr	6:45 a.m. (SM) Joseph Evangelista by the family 9:00 a.m. (SM) Kevin Brown by Jean Mercandetti	6:00 p.m. (SB) Yoga in the Church Hall
Friday, August 11 St Clare, Virgin	6:45 a.m. (SM) Mary Maio by Barbara & Roc Vitalone 8:00 a.m. (SB) <i>Word and Communion Service</i> 9:00 a.m. (SM) Alice Robeson by Bob & Maura Moore 2:30 p.m. (Continuing Care Center) The People of St. Benedict 4:00 p.m. (SM) Marriage of Conor Boyer & Nichole Zahn	
Saturday, August 12 Weekday <i>St Jane Frances de Chantal, Religious; BVM</i>	8:00 a.m. (SM) Vince Hayes by the Hayes family 5:00 p.m. (SM) Carolyn Zietkiewicz by Joe & Aline, Joe, Jake, & Matt Clement	8:00 a.m. (FLCC) 5K for Kalama 8:30 a.m. (SM) Divine Mercy Chaplet and Rosary in Church 3:30 p.m. (SM) Confessions in Church
Sunday, August 13 Nineteenth Sunday in Ordinary Time	7:30 a.m. (SM) Nick Valvano, Sr. by Lar & Lauri Humphrey 9:00 a.m. (SM) The Caccamise Family by Gwen & Gary Conners 9:30 a.m. (SB) Samuel Orlando by Dianna Orlando & family 11:30 a.m. (SM) Ed Tyler by the Joyce family	No Pre-K Nursery today due to festival prep 1:00 p.m. (SM) Confirmation Info Session in Halloran Chapel

Events listed as SM take place at St. Mary's, those listed as SB take place at St. Bridget's, and those listed as SMS take place at St. Mary's School



Today's Responsorial Psalm
The Lord is king, the Most High over
all the earth.
Psalm 97

Altar Memorials

This week, the Bread and Wine at St. Mary's will be offered in loving memory of Vince Hayes, requested by the family. The Sanctuary Lamp at St. Mary's will burn in loving memory of Onofrio Palermo, requested by all the family.

Marriage Banns

- III. Conor Boyer & Nichole Zahn
- II. Jentle Andre Powell & Ashley Marie Shetler
- II. Brian Conway & Kathryn Leinen
- II Patrick Pinkerton & Kelsey Haney
- I. Kyle Clement & Elizabeth Hetrick

Best Wishes!



2017-2018 G.I.F.T.

Mark your calendars for ten special sessions designed for everyone: individuals, couples, families, and people of all ages. Once again this year, these gatherings will be opportunities to engage in meaningful learning experiences that encourage authentic discussion while remaining topical and relevant to real life.

Monthly gatherings for everyone:

September 17
 October 15
 November 5
 December 3
 January 7
 February 11
 March 25
 April 22
 May 20
 June 10

Six additional extra-fun Saturday gatherings for young people:

September 30
 November 18
 January 20
 February 3
 March 10
 April 14

At these six sessions, we encourage parents to leave their children aged 3 through seventh grade for the evening. While the parents have a chance to reconnect, grab a bite to eat, or even take a nap, we will feed your kids and provide faith formation in an engaging and fun setting.

Look for more details in the next week's mailing or sign up now by visiting our website:

www.StBenedictOnline.org/gift

Question of the Week: How has the Holy Spirit brought understanding into your life?

Building the Church with the Holy Spirit, Block by Block

"Like living stones, let yourselves be built into a spiritual house to be a holy priesthood to offer spiritual sacrifices acceptable to God through Jesus Christ." 1 Peter 2:5

This summer we are reflecting on the various gifts and fruits of the Spirit that build up the Church. Our G.I.F.T. families have received a package of 16 wrapped blocks. Each week, one block is unwrapped and the gift or the fruit revealed. When you unwrap his week's block, you will find the word **AWE** on it.

Sometime this week, take 15 minutes and either on your own or with your family, and invite the Holy Spirit to come to your household:

Come, Holy Spirit.

Fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

Week of
 August 6
Awe

Then reflect on the following:

KNOW (Mind): What is Christian Awe?

The Holy Spirit's gift of Awe, also referred to as fear of the Lord, reminds us how small we are before the greatness of God and his love, and that we are called to abandon ourselves into his hand, abandonment to the arms of our good Father who loves us so much. When the Holy Spirit dwells in our hearts, offering us this Gift of the Spirit, he infuses us with consolation and peace, offering us hope.

Speaking of this gift, Pope Francis said: "It is precisely in experiencing our own limitations and our poverty... that the Holy Spirit comforts us and lets us perceive that the only important thing is to allow ourselves to be led by Jesus into the Father's arms." (General Audience, 6/11/14)

LOVE (Heart): Accepting the Gift of Awe into our hearts.

The gift of Awe shows us our true strength in life is found only in God. As infinitely loved children of the Father, we need to only open our hearts to allow the Father to share with us his goodness and mercy.

When we accept this gift of the Spirit, we follow the Lord with humility and obedience—not with an attitude of resignation or passivity—but one of the wonder and joy of being a child who knows they are served and loved by the Father. This gift stirs in us courage and strength, making us Christians who aren't submissive to the Lord out of fear, but those who are moved and conquered by his love.

SERVE (Hands): Putting our Awe in service of the church, humanity, and the world.

The gift of Awe provides a warning for those who live only for money, vanity, power or pride, revealing that none of these things will make one happy. They cannot be taken to the other side; we can only take the love that God gives us. So instead of focusing on worldly gain, we need to think of those we can help by sharing the love of the Lord in both word and deed: those in our family, neighborhood, and world. "Let us ask the Lord for the grace to unite our voice to that of the poor, to welcome the gift of [awe] and to be able to recognize ourselves, together with them, as cloaked in the mercy and love of God, who is our Father, our dad. Let it be." (Pope Francis, General Audience, 6/11/14)

Information about Confirmation

The Sacrament of Confirmation is a young Catholic's entry point into a fully-formed, mature faith in Christ. In our Diocese, preparation for this Sacrament is a two-year program, beginning no sooner than eighth grade.

To prepare for the Sacrament, candidates must attend the ten Sunday G.I.F.T. sessions and an additional six Confirmation preparation sessions. Confirmation preparation also includes participation in a retreat, service requirements, and regular Mass attendance. As the date of receiving the Sacrament of Confirmation draws nearer, the sponsors of each teen will become more involved in the process.

Parent & teen information sessions will be held on **Sunday, August 13** at 1:00 p.m. and **Tuesday, August 22** at 7:00 p.m. in the Halloran Chapel at St. Mary's Church. All unconfirmed youth in our Parish (including those who have completed year one) are invited to bring at least one parent and come to one of these two upcoming information sessions. More information, as well as registration information, will be available at that time.

School Supply Drive

Take advantage of the back-to-school sales. When you purchase what you need for your own child or grandchild, consider buying extras to share with a family in need. You may bring your donations to Church and leave them in the designated boxes, or you can drop them off in the PAC. Thank you.

47th Annual St. Mary's Summer Festival

Volunteers needed: If you can help with lawn sale set up on **Tuesday, August 15**, please call Marcia Webster at (585) 394-6836. Many hands make light work!



Garden Booth: Any plants you wish to donate to the garden booth can be dropped off at St. Mary's during the set up day, **Tuesday, August 15**.

Donations still accepted: Donations of theme baskets, craft items for the Country Store, and homemade food items for the Country Cupboard are still being accepted. For more information, please call Valerie Haynes at (585) 905-8018.



Super Raffle Tickets: are available in the PAC during regular business hours. Tickets are \$25 each and only 1,000 will be sold. Cash or checks can be accepted. Please make checks payable to St. Benedict Parish and write "Super Raffle" in the memo. The grand prize is \$10,000; 2nd Prize: \$1,000; 3rd Prize: \$750; 4th Prize: \$500; and 5th-7th Prizes are \$250. Tickets can only be sold to persons living in Ontario County or bordering counties



Festival Cake Booth: We are looking for about 30 or so parishioners to donate an hour, two, or more—whatever your schedule allows. We need people to make calls to fellow parishioners to bake, buy a cake, or make a monetary donation for the cake booth. We have over 2000 parishioners to call. Calls would be made from Saturday, August 19—Wednesday, August 23. Your help is greatly appreciated. Please contact Mark or Susan Pietropaolo at (585) 278-6502 or (585) 747-2597 with any questions or concerns. Thank you and God bless.

St Benedict's Parish Support for July 29 & 30

Sincere thanks for your support of the parish and its ministries!

Attendance 1,491

Weekly Offertory Income* \$17,696

Weekly Needs budget in process

Overage (Shortage)

Year To Date

Offertory Income* \$93,478

Year To Date Need budget in process

Year To Date Overage (Shortage).....

*Regular Sunday Collection

ELECTRONIC GIVING PROGRAM

St. Benedict's is pleased to offer this safe and convenient option for you to contribute your Sunday offering to the Church automatically through your checking or savings account. Please contact the business office at 394-1220.

Are You Being Called to Service?

As Pope Francis said, "Service is the sign of true love. Those who know love know how to serve others." If you feel that you are being called to service and wish to make Christ present for others, please consider one or more of these service and/or volunteer opportunities.



The Blessing Room is currently in need of tuna, condiments, mayo, and pasta. They are also in need of volunteers for various duties. Call Sandi at 657-7200 or Sharon at 657-7730 for information or to volunteer.

CCIA Food Cupboard Wish List for the Week of...

*Aug 5th & 6th:*cereal, canned fruit, soup, jelly

Aug 12th & 12th: pork & beans, spaghetti sauce, mac & cheese, tuna

Aug 19th & 20th: cereal, canned fruit, pasta, canned vegetables (esp. canned peas)

Aug 26th & 27th: cereal, spaghetti sauce, mac & cheese, soup, pork & beans

Rosaries Wanted

Do you have a rosary that you are no longer using? Father Dominic has requested rosaries to distribute to the villagers in and near Kalama. Our goal is to collect 500 rosaries (fancy, simple, expensive, low cost, plastic, wooden, metal, glass, child or adult sized). Collection boxes are at the entrances of both Churches.



First Annual Bed Race

The first annual bed race for Family Promise of Ontario County was held Saturday, July 29 at the city pier in Canandaigua. Congratulations to our parish team of runners: Adrien, Chris, Claire, Andrew and Nick. The theme of our entry was "Powered by the Holy Spirit, Keeping Families Together." Many Thanks to Fernando for constructing our vehicle and to Mary for decorating it.



SCHEDULE

Tues, Aug 15	Wed, Aug 16	Thurs, Aug 17	Sun, Aug 20	Thurs, Aug 24	Fri, Aug 25	Sat, Aug 26
Lawn sale set up & plant drop off	Lawn sale & clothing boutique 7am—7pm	Lawn sale & clothing boutique 7am—7pm	Pancake breakfast 8:30am— 11:30am Chicken barbeque 12:30pm—sold out	Festival midway 5pm—11pm	Festival midway 5pm—11pm	Festival midway 1pm—5pm* *matinee—one price covers all rides 6pm—midnight Super raffle

ST. BENEDICT PARISH ADMIN CENTER:

95 N Main St., Canandaigua, NY 14424
(585) 394-1220 Fax (585) 396-3230

New Parish Emergency Number: (585) 364-2419

www.stbenedictonline.org
cstmaryc@dor.org

Parish Office Hours:

9 a.m. to 4 p.m. Monday, Wednesday and Friday

9 a.m. to 12 p.m. Tuesday and Thursday

Closed Daily from 12 p.m. to 1 p.m.

NEW PARISHIONERS:

Welcome to our Parish Family! We are so glad you are here! Please let us know you are here so that we can minister to your needs. Speak with a hospitality member, or call or email the parish office.

BAPTISMS

Visit our website to fill out our baptismal request form or contact **Deacon Claude** so he can discuss with you the steps to baptism for your children.

HOLY MATRIMONY

Engaged couples should contact the parish at least 6 months prior to desired wedding date. Marriage Preparation is required. Please call or email **Deacon Claude**.

BECOMING CATHOLIC (R.C.I.A.)

Call or email **Nick Laskowski**.

PARISH COUNCIL

Chairperson: Melanie Soberon

Council Members: Brent Hall (Vice Chairperson), Bill DiBacco (Secretary), Nicholas Bober, Brian Carl, Caryl Favro, Paula Foster, Donna Mathis, Chris Neubecker, Natalie Ruppel, Andy Yudichak, Bob Cownie, Sara M. Bodine, and Laura Barone

Ex officio members: Fr. Clifford Dorkenoo, Dawn Burdick, Ann Marie Deutsch, Deacon Claude Lester, and Andrew Uttaro.

St. Mary's Church

95 N. Main St., Canandaigua, NY 14424

St. Bridget's Church

15 Church Street, Bloomfield, NY 14469

Father Michael Costik,

Parochial Administrator.....x34.....Fr.Michael.Costik@dor.org

Father Clifford Dorkenoo, Parochial Vicar....Fr.Clifford.Dorkenoo@dor.org

Father Kevin Murphy, Senior Priest

Deacon Claude Lester,

Social Ministry and Sacramental Minister.....x15.....Claude.Lester@dor.org

Dawn Burdick,

Pastoral Associate, G.I.F.T. Coordinator....x39....Dawn.Burdick@dor.org

Nick Laskowski, Faith Form Co-Coordinator .x37. Nick.Laskowski@dor.org

Emily Spinelli, Faith Formation Co-Coordinator .x42.Emily.Spinelli@dor.org

Andrew Uttaro, Youth Ministry Coord.....x41..Andrew.Uttaro@dor.org

Maureen Horrocks, Receptionist.....x10.....Maureen.Horrocks@dor.org

Amy Corron, Bulletin Editor, Parish Life Coord. x 11...Amy.Corron@dor.org

Anthony DiPrima, Financial Director.....x25.....Tony.Diprima@dor.org

Patricia Simmons, Business Mgr.....x13.....Pat.Simmons@dor.org

Helen Vallee, Asst. to Business Mgr....x24.....Helen.Vallee@dor.org

Rich Clayton, Joe Schrader & Laurent Paré, and Ed Rex

Maintenance.....x18.....Rich.Clayton@dor.org

Cemeteries.....x 33

St Mary's School

16 E. Gibson St., Canandaigua, NY 14424.....(585) 394-4300

www.stmaryscanandaigua.org

Ann Marie Deutsch, Principal.....x16...Ann.Marie.Deutsch@dor.org

Pam Negley, Donna Kamholtz, SMS Sec... x 17smcdcs@dor.org

A

Nell Adams
William Aikins
Baby Anthony
B
Sheryl Barry
Shirley Bement
Albert Benivegna
Alicen Bentley
Anna Bomwell
Jeanette Bouquin-Boesler
Dennis Bowler
Shannon Breen
Richard Brocklebank
Bob Bucceri
Kristy Buella
Evelyn Bugg
Renee Burin
Sara Burns
Lucille Burrill
Virginia Buskus

C
Pramod Carpenter
David Capone
Douglas Carr
Avery Lynn Casella
Jodee Case-Rizzo
Ben Cassarino
Dennis Walter Castle
Cheryl Cecere
Michelle Cleaves
Lois Clovis
Ginny Coniss
Mark Conover
Terrence Constable
Todd Cook
Matthew Coons
Charlene Cowell
Carol Creswell

Pauline Crosier
Bruce Currier
Travis Curtis
D
Joe D'Agostino
Brenda D'Angelo
Joe Deats
Bernice Delforte
Karen DeSeyn
Teresa DiLella
Kevin Dillon
Sue Dobies
Mike Doran
E
Jeanne Erdle
Jim Erdle, Sr.
F
Caryl Favro
Nicole Favro
John & Joan Fleming
Anne Fiorentino
Marilyn Fisher
Nicky Forgione, Jr.
Diane Fudalik
G
Ian Galek
Christopher Gallagher
Deborah Genovese
Robert Genovese
Andrew German
Kathy Gilbert
Elodie Graham
Suzanne Greenwood
Audree Greiner
Anne Griffith
Lacey Pietropaolo
Gulick
H

Barb Haight
Sue Hall
James Hamilton
Al Harter
Jim Harvey
Joyce Hatcher
Liz Hedger
Jennifer Hefner
Lloyd Heise
Mike Heise
Noelle Henning
Connor Hicks
Ted Horrocks
Bennett Hudson
I
John Inness
J
Adam Jemmott
Dawn Jensen
Eric Johnson
Jeff Johnson
Jerry Johnston
Patt Jones
K
Chris Keely
Christine Kimmerly
Nancy Kolb
Robert Kubiak Jr.
L
Phil Lahue
Natalie Lawler
Nicholas LeGrett
Kitty Loeper
Mary Jane Lortscher
Lorraine Lowden
James and Liz Lowe
Hope Lowman
Baby Lucas

Joseph Lynch
Teresa Lynch
M
Bob Mack
Mary Malinowski
Claire Maney
Michael Mapes
Jim Marianacci
Alicia Marney
Esther Martin
Jay Mayeu
Janet McCloud
Elli McDermott
Robert McGlynn
Shelby McGlynn
Barbara & James
McKee
Terry McKenna
Genevieve McWilliams
Liz Michaels
Art Miller
Cathy Miller
Cindy Miller
Karen Miller
Ron Milton
Ken Moore
Virginia Lee Mosely
Carolyn Muldoon
N
Lauren Nevil
Gordon Nicholson
O
Mary O'Brien
P
Susan Paoli
Ed Pasciak
Cindy Peck
Jeanetta Pharis

Frank Pontera
Q
Buddy Quayle
R
Joe Rafter
Ann Recker
Barbara Redman
Shannon Reeves
Rick Revier
Tom Revier
Wendy Rex
Ryder Thomas Rexford
Frank Rutallie
S
Pam Sage
Cori Sandoe
Beverly Savage
Finn Schafran
Joan, Donald, &
Charles Scheibener
Regina Schmitt
Barbara Schram
Rita Schuster
Deb Scorse
Charles Scott
Phyllis Scott
Fred Searles
Peter Seiler
Justin Serbent
Kelly Shannon
Eugene Sharp
Scott Shinkle Family
Laurie Skinner
Cindy Skrypek
John Skrypek
James Smith
Mary & Ralph Smith
Morgan Smithling

Tom Socha
Barb Spohn
Patricia Stauffer
James Sullivan
Natalie Swift
T
Sandra Tambe
Steve Tempest
Abby Terhune
Nancy Barnett Tighe
Ethel Toner
V
John Valeska
Angela Vallachi
Michael Vallachi
Oretta Valvano
Jonathan Vanderwall
Janet VanGelder
Cheryle Vine
Annette Vitalone
W
Lloyd Wade
The Walczak Family
John Warmuth
Barbara Wasson
Ed Watson
Sophie Watson
Marie Webster
Tim Welch
Abbe Widmark-Crowell
Curt & Betty Working
Virginia Wyffels

Please Pray for Our Sick and Their Caregivers

5K for Kalama

This is our fourth year of the 5K for Kalama! Each year, it is so exciting to see local runners and parishioners join in the festivities of the morning to unite for a worthy project. The last two years at FLCC, we've seen athletic teams from FLCC participate, local high school athletes gearing up for the coming season come out, and this year we will have the Rochester Marathon winner, Kip from Kenya, also joining the run! The race grows each year and we'd like this year to be the biggest turnout yet! The 5K will be held on **August 12** at Finger Lakes Community College on their Cross Country course, making it a trail race. Kids ages 12 and under run for free and there will be a mile loop option for those who may want to opt out of the 5K distance. All funds raised are going directly to benefit the Kalama Project that assists in building the K-8 school, educational scholarships and subsidizes the expenses of the health clinic. Visit <https://runsignup.com/Race/NY/Canandaigua/Kalama5k> to sign up.



Would you like to know more about Catholicism? Have you thought about becoming Catholic? Do you know someone that might be interested in Catholicism?

Join us for any of our RCIA information meetings **Sunday, August 27** at 10:15 am in the Parish Administration Center (P.A.C.) or **Wednesday, August 30** at 7:00 pm in the P.A.C. If these dates do not work for you or you have any questions, please contact Nick Laskowski at (585) 394-1220 x 37 or Nick.Laskowski@dor.org.

Here is what someone who recently went through RCIA has to say: *"Converting to Catholicism is something I have thought about for a few years, and just never had the courage to fully explore. I am grateful that I was led to the Church at the time that I was. The RCIA program gave me a passion and excitement for my faith that I have never felt before. I genuinely did not want classes to end. I will be forever thankful for the connections I made with my fellow converts and the other sponsors, the lessons learned, and the spiritual guidance I received during this process. This is truly one of the best decisions I have ever made."* ~ Andrea Cronkrite

7 Ways to Slow Down*—Week 5 of 7

5. *Do one thing at a time*—Most of us recognize that we cannot do everything at once, but often we subconsciously refuse to accept that. We think we're being more efficient when we multi-task, but the truth is, we're being less productive. We have to choose between many options when deciding what to do on any given day or in any given hour, so it's important that we focus on one thing at a time. Remind yourself that what you've chosen to focus on now is the most important thing at this time.

*Source: *Dynamic Catholic Newsletter*, July 2017

Readings for the Week of August 6, 2017

Sunday: Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/2 Pt 1:16-19/Mt 17:1-9

Monday: Nm 11:4b-15/Ps 81:12-17/Mt 14:13-21

Tuesday: Nm 12:1-13/Ps 51:3-7, 12-13/Mt 14:22-36 or 15:1-2, 10-14

Wednesday: Nm 13:1-2, 25--14:1, 26-29a, 34-35/Ps 106:6-7ab, 13-14, 21-23/Mt 15:21-28

Thursday: 2 Cor 9:6-10/Ps 112:1-2, 5-9/Jn 12:24-26

Friday: Dt 4:32-40/Ps 77:12-16, 21/Mt 16:24-28

Saturday: Dt 6:4-13/Ps 18:2-4, 47, 51/Mt 17:14-20

Next Sunday: 1 Kgs 19:9a, 11-13a/Ps 85:9-14/Rom 9:1-5/Mt 14:22-33



KnightLine

Over the next several weeks, the KnightLine will be a series to cover the "Domestic Church" in response to many people asking, "What is the 'Domestic Church' and what are the Knights of Columbus doing to help build it at St. Benedict's?" The K of C has always been an organization dedicated to the well-being and support of Catholic family life. The family is the first and primary place where we experience and are formed in our Catholic faith. By building upon our current programs and activities, the K of C continues to promote the family as a "Domestic Church" where husbands and wives, parents and children, grow in their knowledge and practice of the Catholic faith. There will be a series of programs this year that our Council will be promoting to do just that. The first one started last Sunday with a '5th Sunday Rosary Program' at St Bridget's. Other programs will follow.

For information about the K of C and our mission and activities, please contact Brian Moser at (585) 690-0200 or bmoser2012@gmail.com.

African Students Express Appreciation, Part 2

FROM: Kenyatta Methodist University, Nursing School, Meru

Dear benefactors,

Greetings from Kenya. I am happy to update you about progress in academics and also to express my appreciation for your financial support.

We are looking forward to completion of the first year in nursing school. The first academic year will end by end of this month and the second year will begin in early September.

As I reflect on the success of academic activities this year, I always thank God for the blessings bestowed through your generosity. My dream of nursing career would never be realized without your financial support. I cannot thank you enough for your generosity. I am happy to be a nurse and loving care for the sick is my priority.

During this year, we have been able to cover medical related courses like Physiology and anatomy, medical biochemistry, microbiology and immunology. We were also able to cover other common courses including sociology, anthropology and communication.

As we proceed to the second year in nursing school, I am focusing on more experience with clinical experience. Our interaction with patients in medical wards will expose me to skills and practice in nursing profession.

I request you to kindly continue supporting my education. I will always work hard to pass my examinations and be promoted to the next year. So far, my grades are impressive and professors are happy with my hard work.

*May God bless you abundantly for your generosity to me.
Sincerely yours, Caroline*



CAROLINE is completing the second semester of her first year in Nursing. At the end of the four year program, she will earn a Bachelor's of Science in Nursing and Public Health. Each year we pay \$4000. for her tuition. To help with paying her tuition, please contact Deacon Claude.

Kid's Corner

Sharing the Gospel

In today's Gospel Peter, James, and John saw Jesus transfigured. He was changed. Rays of light came from his body like the rays of sunshine come from the sun. His clothes were dazzling white. Each time God forgives you, he sends rays of love to cleanse your soul. When you forgive others, you send rays of love to their souls. Forgiveness fills your body and soul with happiness.



Prayer

Father, I am thankful for my dazzling white soul of forgiveness.

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City, State East Bloomfield, NY / Canandaigua, NY

File Name: 06-0088

Phone: 585-394-1220

Contact/Editor: Amy Corron, Bulletin Editor
stbenedictcommunications@gmail.com