

CHURCH OF CORPUS CHRISTI

1919 North 2nd Street, Bismarck, ND 58501-1735
email: info@corpuschristibismarck.com
website: www.corpuschristibismarck.com
facebook: www.facebook.com/CorpusBismarck

Parish Office255-4600
Parish Center255-3104
Parish Fax..... 255-4616

WEEKLY LITURGY SCHEDULE

Saturday (Vigil of Sunday)4:00 p.m.
Sunday 8:30 & 10:45 a.m. and 6:30 p.m.
Spanish Mass (3rd Sunday) 1:00 p.m.
Monday12:10 p.m.
Tuesday 12:10 & 5:30 p.m.
Wednesday-Friday 7:00 a.m. & 12:10 p.m.

EUCCHARISTIC ADORATION

Tuesdays (12:45-3:15 p.m.); Thursdays (7:00 p.m.)

MISSION STATEMENT

***As disciples of Jesus, we live our faith
through Word, Sacrament, and Service.***

Rev. Paul D. Becker, Pastor 255-4600 (ext. 203)
Rev. Raphael Obotama, Parochial Vicar 255-4600 (ext. 211)
Rev. Terry Wipf, Parochial Vicar.....255-4600 (ext. 218)
Tracy Kraft, Parish Manager.....255-4600 (ext. 212)

PASTORAL MINISTERS

Cindy Anderst, Pastoral Care.....255-4600 (ext. 205)
Jennifer Braun, Music Ministry.....255-4600 (ext. 209)
Mariah Conner, Faith Formation255-4600 (ext. 219)
Mary Janusz, Pastoral Care255-4600 (ext. 220)
Patrick Hall, Confirmation(call office)
Sr. Ivo Schoch, Outreach Ministry255-4600 (ext. 208)

DEACONS: Michael Fix, Lonnie Grabowska, Rex McDowall

PARISH SUPPORT STAFF

Loretta Arntz, Bookkeeper 255-4600 (ext. 201)
Jane Bosch, Kitchen Manager..... 255-4600
Viola Bullert, Janitress 255-4600
Niel Heinze, Maintenance Technician 255-4600
Bridget Johnson, Administrative Secretary 255-4600
Colleen Reinhardt, Receptionist 255-4600



May 28, 2017

SACRAMENTS

Reconciliation - Saturdays at 3:00 p.m., Weekdays: 15 minutes prior to Mass or please call the pastor at 255-4600 for an appointment. If you are homebound and unable to come to the Church and need a priest to come to your home for confession, please call 255-4600 to set this up.

Baptism - The Baptism Preparation Program and Baptism Schedule are by arrangement. Please call the parish office at 255-4600 to register prior to your delivery date and the program director will return your call. Parents must be registered at Corpus Christi or have permission from their parish.

Marriage - Couples planning to be married should call the parish office at 255-4600 at least **9 months** in advance. Completion of required paperwork and taking the FOCCUS premarital inventory is also needed this early. This process is usually administered the fourth Thursday of each month from 7:00-9:00 p.m.

Natural Family Planning Classes are offered by the Bismarck Diocese. The methods offered are Billings Ovulation Method, Creighton Model Fertility Care System, Marquette Model and Sympto-Thermal Methods. If you have questions about NFP please contact the Diocese of Bismarck at 222-3035 or www.bismarckdiocese.com/nfp.

Persons wishing to learn more about the Catholic faith may call Tracy Kraft at 255-4600.

PARISH BULLETIN DEADLINE: Articles must be received by noon on Wednesdays (*typed format*).

PRAYER TREE: 255-4600

SEVENTH SUNDAY OF EASTER (THE ASCENSION OF THE LORD) MAY 28, 2017

PLEASE HELP!! GOD'S SHARE APPEAL

Each year during the Annual God's Share Appeal, we pause and consider all the great things that are accomplished in the name of Jesus! Each and every gift is important. No gift is too small and every gift is sincerely appreciated.

A number of people have contributed, but we have yet to receive from over 1500 families.
Please think about giving to God's Share.

Our hearts went with him. When the living presence of Jesus was taken from His followers, it was not that they were to have less of Him, but to have Jesus in a lovelier, more divine way. When He rose up to heaven, He took with Him, all their hearts, minds and love. So it is with us. He is gone up to heaven into the bosom of the Father, into the Father's heart of love. We ascend there with Him, with all our hearts and all our love and rest where He rests, in the Father's heart.

And so He was lifted. Lifted first from mother's womb to stable manger, to walk our human path. Lifted next for service, ministering to our human need. Lifted yet again to the cross, paying the debt for our human transgressions. Lifted finally in acclamation to heaven's throne, paving the way for human salvation.

FOOD PANTRY NEEDS FOR JUNE:

Pancake Mix
& Syrup



Weekly Mass Intentions

Monday, May 29- ✠ Gordon Lonning (12:10 p.m.)

Tuesday, May 30- ✠ Kathleen Matejcek (12:10 p.m.)
✠ Rose Gabriel (5:30 p.m.)

Wednesday, May 31- ✠ Angeline Miller (7:00 a.m.)
✠ Joe Schaff (12:10 p.m.)

Thursday, June 1- ✠ Mary Brendel (7:00 a.m.)
✠ Joan Klemmer (12:10 p.m.)

Friday, June 2- ✠ Raymond Goetz (7:00 a.m.)
✠ Ray Miller (12:10 p.m.)

Saturday, June 3- People of Corpus Christi (4:00 p.m.)

Sunday, June 4- ✠ Ardyce Hoffert (8:30 a.m.)
✠ John & Julianna Boechler (10:45 a.m.)

CONTRIBUTIONS (GENERAL FUND) - (2,247 households)

Adult Envelopes (361).....	\$16,281.17
Spanish Mass	\$ 109.63
Youth Envelopes	\$ 129.38
TOTAL RECEIVED (May 21)	\$16,520.18
1st Sunday	\$24,148.86
Electronic Contributions (144)	\$13,784.81
2nd Sunday	\$18,188.99
3rd Sunday	\$16,520.18
Electronic Contributions (100).....	\$ 9,331.81
Spanish Mass	\$ 109.63
4th Sunday	\$ 0

We appreciate your generosity which is part of being faithful stewards of Corpus Christi.

EUCCHARISTIC ADORATION. Tuesdays 12:45-3:15 p.m. (private, quiet time, incense free) with the chaplet of Divine Mercy at 3:00 p.m. All are welcome to spend time in Jesus' awesome Eucharistic presence. Eucharistic Adoration (Benediction, rosary and the Chaplet of Divine Mercy) is also available Thursdays with Father Terry from 7:00-8:00 p.m.

The office will be closed on Monday, May 29 to observe the Memorial Day Holiday. The 12:10 mass will be held as scheduled.

Keep the Promise Capital Campaign

The Capital campaign for Light of Christ Catholic Schools has now surpassed \$28 million pledged! A generous donor has blessed our campaign with a pledge to match all campaign pledges and donations up to \$2.5 million, now through May 31, 2017.

Please consider making a pledge to maximize your gift now. Thank you for your continued prayers and support for our Catholic Schools. For questions, call 701-354-7062 or email pledge@keepthepromise.net.

PLEASE CHECK OUT YOUR WEBSITE
www.corpuschristibismarck.com

Marriage Moments: Memorial Day: To serve country, spouse, or God is to give your life because of your love. Dying for a good cause is a great sacrifice, but sacrificing time and spending energy in the service of your beloved counts too. Serve your spouse in an unexpected way today.

Parenting Pointers: The 1st week in June is National Barefoot Week. Go barefoot with your child this weekend for an hour or a day. Feel the grass, dirt, stones, or pavement under your feet and delight in it together. Remember those who don't have shoes.



VACATION BIBLE SCHOOL 2017

*Created by GOD
built for a purpose.*

Imagine a world where curious kids become hands-on inventors who discover they're lovingly crafted by God.

May 31-June 2

Wednesday and Thursday
8:30 a.m. - 3:30 p.m.

Friday 8:30 a.m. - 1:00 p.m.



We will conclude with Mass and lunch for the whole family on Friday beginning at 12:00 p.m.

Who is it for?

Children in preschool - grade 5

Crew leaders (young people who have completed 5th grade) and adult leaders are needed to facilitate the activities.

Registration forms are on the parish website and downstairs in the lower gathering area.

Online registration is now open.



MUSIC MINISTRY OPPORTUNITIES



Do you like music? I am looking for teens (grade 7 or higher) and adults to join music ministry at Corpus Christi. If you sing or

play an instrument, please consider joining us. If you are interested, please email Jennifer at Jennifer.Braun@corpuschristibismarck.com or call her at 255-4600.

What's Going on Here This Week

- Tues. 5/30 Quilters, 9:00 a.m., Community Room
Eucharistic Adoration, 12:45-3:15 p.m., Chapel
- Wed. 5/31 Vacation Bible School 8:30 a.m. - 3:30 p.m.
- Thurs. 6/1 Toastmasters, 6:30 a.m., Community Room
Vacation Bible School 8:30 a.m. - 3:30 p.m.
Afternoon at the Movies, 1:00 p.m.,
Community Room
Eucharistic Adoration, 7:00 p.m., Chapel
- Fri. 6/2 Vacation Bible School 8:30 a.m.- 1:00 p.m.

Catholic Daughters will meet on **Tuesday, June 6 at 7:00 p.m.** at Cathedral. This will be the last meeting until September 5. For more information, please call Delores at 221-2818 or check out the website at bismarckcda.org.

St. Mary's Cemetery Fund Drive: The annual collection to help fund the only Catholic Cemetery in the Bismarck-Mandan area will take place the week of May 29, 2017. You will receive in your mail some updated information and an envelope to make your contribution to the Cemetery. St. Mary's Cemetery has provided 8,521 burials as of April 2017. Because of your generosity last year, we were able to begin our new section project which will provide an additional 988 burial lots. Please help us maintain this beautiful and prayerful place for our loved ones.

Vocation Views: Jesus summons us to spread the faith through the grace of baptism. Where are you being called to share your gifts? (Matthew 28:16-20)

Stewardship Thoughts: We are all stewards - managers of the many gifts God has bestowed upon us. Our challenge as Christians is to make good use of those gifts.

Stewardship Opportunities:

We are in need of a deacon assistant who would be willing to arrive 20 minutes early to help prepare the sacred vessels for one of our weekend masses each month. Please call the office and talk to Tracy Kraft at 701-255-4600.



The Holy Father Speaks... It is only the Holy Spirit who can teach us to say: "Jesus is the Lord." We must open our hearts in order to hear the Holy Spirit, and thus be able to bear witness to Christ. Be calm, I will not leave you orphans; I will send you an advocate, the Holy Spirit, to defend you before the Father. As we dwell especially on the Holy Spirit, the Paraclete, who accompanies us and gives us the assurance of being saved by Jesus. The Holy Spirit, the Gift of Jesus, is the traveling companion of the Church. Without the Holy Spirit, none of us is able to say it, to perceive it, to live it. Jesus, in other places in this long discourse, said of Him (the Holy Spirit): 'He will lead you into all truth, He will accompany you towards the full truth. He will bring to your remembrance all that I have said to you; He will teach you all things. That is, the Holy Spirit is the travelling companion of every Christian, and also the travelling companion of the Church. And this is the gift that Jesus gives us. We must open our hearts to the Holy Spirit; otherwise, He cannot enter in. The Holy Spirit is the great gift of Jesus, who does not lead us astray. The church calls the Spirit 'the sweet guest of the heart': He is there. But He cannot enter a closed heart. Ah, but where can one buy the keys to open the heart? No! That too is a gift. It is a gift of God: 'Lord, open my heart so that the Spirit can enter it, and I can understand that Jesus is the Lord.' This is a prayer that we should say every day: 'Lord, open my heart so that I can understand what you have taught us; so that I can remember your words; so that I can follow your Words; so that I can come to the fullness of the truth.' Let us ask ourselves if our hearts are truly open to the Spirit. Our hearts must be open, then, so that the Holy Spirit can enter, and so that we can hear the Spirit.

Welcome! Thank you for choosing to worship with us today and we hope you will return often. If you do not belong to a parish, please consider choosing Corpus Christi as your church home. You may call the parish office at 255-4600 to register.

Date: June 3-4		June 3, 2017 4:00 PM		June 4, 2017 8:30 AM		June 4, 2017 10:45 AM		June 4, 2017 6:30 PM
Hospitality	1		1	Linda Heil	1	Kathy Howe	1	Amy Hornbacher
	2		2	Brian Steffi	2	Beverly Larson	2	Lauren Hornbacher
	3		3	Heather Steffi	3	Rita Mastel	3	
	4		4	Catherine Williams	4		4	
	5		5	Francis Williams	5		5	
	6		6		6			
Ushers	1	Yvonne Regnier	1	Kenneth Heil*	1	Anthony Silvernagel Jr.*	1	Gene Rivinius*
	2		2	Mike Hilbert	2	Yvonne Richter	2	Bev Rivinius
	3		3	Dave Schmitz	3	Dan Sauter	3	
	4		4	Linda Schmitz	4	Dale Schneibel	4	
	5		5	Ron Torkelson	5	Lonnie Zahn		
	6		6	Virginia Torkelson	6			
	7		7		7			
Lectors	1	Lisa Frank	1	Norita Kress	1	Rodger Wetzel	1	Emma Konieczka
	2	Imelda Long	2	John Kambeitz	2	Daryl Wanner	2	Todd Van Orman
Servers	1	Meghan Friese	1		1		1	Eliza Konieczka
	2		2		2		2	Edriana Konieczka
Eucharistic Min		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST		BODY OF CHRIST
	1-R	Terry Fugere	1-R	Dominic Volesky	R-1	Pamela Vetter	R-1	Doug Kostuck
	2	Mary Ann Metcalf	2	Mike Teevens	2	Shirley Bachmeier	2	Jane Greer
	3	Phyllis Lentz	3	Gerry Teevens	3	Doretta Bornemann	3	
	4	Donna Martel	4	Vernon Welder	4	Nancy Christensen	4	
	5	Les Witkowski	5	Joyce Welder	5	Carolyn Heintz	5	
	6	Suzanne Witkowski	6	Donna Schauer	6	Jeff Heintz	6	
	7		7		7	Rose Hollan	7	Father Paul
	8		8		8	Kathy Howe	8	
	9	Father Terry	9	Father Terry	9	Father Raphael		
	10		10		10	Phyllis Lentz		
	11				11			
	12				12			
	LG		LG		LG		LG	
		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST		BLOOD OF CHRIST
	1	Carol Thompson	1	Dean Anagnost	1	Jo Kralicek	1	Jim Luptak
	2	Elaine Thompson	2	Shawn Anagnost	2	Elizabeth Schatz	2	
	3	Clyde Thompson	3	Irene Goetz	3	Cathy Schatz	3	
	4	Larry Thelen	4	Debbie Best	4	Janet Spooner	4	
	5	Jerome Volk	5	Lynn Best	5	Daryl Wanner	5	
	6	Derek Theurer	6	Karen daSilva	6	Kyle Schatz	6	
	7	Deacon	7	Deacon	7	Deacon	7	Deacon
	8		8		8		8	
	9		9		9			
	10		10		10			
	11				11			
	12				12			

Can you help? The blank spaces mean we need more help in that ministry. Please come to the ushers room and sign in on the schedule to help. Thank You.



Corpus Christi Newcomers' Dinner
Wednesday, June 14
Social 5:30 - Dinner 6:00

If you have become a new member of Corpus Christi in the past year and have not had a chance to attend a newcomers' meal, Corpus Christi invites you to attend. We are hoping to meet all new parishioners who have registered here at Corpus Christi. This special time will allow you to meet with Fr. Paul, parish staff and others from our parish. The date is **Wednesday, June 14** with a Social starting at 5:30 p.m. and Dinner to follow at 6:00 p.m. Please RSVP by calling the parish office at 255-4600. If you have any questions, please contact Mary Janusz at 255-4600, or email at Mary.Janusz@corpuschristibismarck.com.

*"Let the Church always be a place of mercy and hope,
where everyone is welcomed, loved and forgiven." ---Pope Francis*

SOUNDS OF SILENCE (SOS). After a suicide...there are people who understand. The Sounds of Silence Support Group meets at the Serenity Center for Loss and Healing at Parkway Funeral Service, 2330 Tyler Parkway. The summer schedule will be June 20, July 18, and August 15 at 7:00 p.m. The facilitators are Brenda Bergan and Kathleen Dwyer. On these days, there will be **"Open Sessions"**. If you have questions, please call Brenda at 426-1021.



Children's Movies on FORMED

With our parish subscription to FORMED, all parishioners have access to a variety of children's videos in both English and Spanish. In this Easter season, we would recommend an excellent video "He is Risen". Join Brother Francis as he celebrates the resurrection of Jesus Christ in this moving animated presentation!

"He is Risen" is a wonderful reminder of the reality of God's power and presence! All ages would enjoy watching this video.

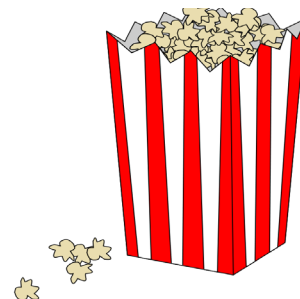
To access FORMED you will need the parish code for Corpus Christi. This is located on a flyer outside the parish office or you can get it by calling the parish office at 701-255-4600.

AFTERNOON AT THE MOVIES

Please join us for popcorn and the movie **"The Thirteenth Day"**, on Thursday, June 1 from 1:00-3:00 p.m. in remembrance of the 100th anniversary of the apparitions at Fatima. This will be held in Community Room.

In a world torn apart by persecution, war, and oppression, three children in Fatima, Portugal, were chosen by God to offer an urgent message of hope to the world. Based on the memoirs of the oldest seer, Lucia Santos, and many thousands of independent eye-witness accounts, **The Thirteenth Day** dramatizes the true story of three young shepherds who experienced six apparitions of Our Lady between May and October 1917. Our Lady gave a secret to the children told in three parts, from a harrowing vision of hell, to prophetic warnings of future events, including the advent and timing of the Second World War, the spread of Communism, and the attempted assassination of the Pope.

All are welcome; if you have any questions, please contact Cindy Anderst in the parish office at 255-4600.



Lotus (Looking Onward To Understanding and Serenity) is a group for men, women and young adults who have experienced a death. The LOTUS Summer Support Group will meet in the summer on the 4th Tuesday of each month: (June 27, July 25, August 22) for men and women at 1:00 p.m. and 7:00 p.m. at Parkway Funeral Service, 2330 Tyler Parkway.



SUNDAY, MAY 28, 2017

SOLEMNITY OF THE ASCENSION OF THE LORD What goes up also comes down

Whether your church community celebrates the Ascension of Jesus today or did so last Thursday, it's tempting to think of only half of the meaning of the event, the part about Jesus being exalted to God's right hand where he exercises dominion over everything in heaven and on earth. The Ascension also celebrates what comes *from* God, especially the Spirit Jesus promises before he was lifted up, and the command he gives to make disciples. So we shouldn't be left, as the disciples were in the story of the Ascension, merely staring up toward heaven. We have work to do on earth, the Spirit to strengthen and empower us while we do it, and the return of the Lord to look for when it's all over.

TODAY'S READINGS: *Acts 1:1-11; Ephesians 1:17-23; Matthew 28:16-20 (58)*. "Why do you stand looking up toward heaven?"

MONDAY, MAY 29 EASTER WEEKDAY Hang in there

So many times in the gospels the disciples fail to understand or believe in Jesus fully that when they finally come out with an unqualified statement of faith, you would think Jesus would be more approving. But instead he counters with a promise that the road ahead will get tougher, not easier, because of their willingness to follow him. His final assurance, though, is that in the end they will return to him, overcome all obstacles, and have peace. Persevering leads to life forever with Christ.

TODAY'S READINGS: *Acts 19:1-8; John 16:29-33 (297)*. "In the world you will have trouble, but take courage, I have conquered the world."

TUESDAY, MAY 30 EASTER WEEKDAY Get the job done

The approaching Pentecost is a good time to reflect on Jesus' journey on earth as well as our own. It is a time to think about what we've accomplished and reflect on what we will be leaving others after we're gone. Jesus was confident that he had finished the work he was commissioned to do. Can each of us say the same? What will your legacy be? In what ways have you glorified God during your tenure on earth? Take into account family, community, church, and the world. Are you satisfied with the part you've played in bringing God's message of hope and love to the least of your brothers and sisters? There's still time. There is this moment, and the next, and the next . . .

TODAY'S READINGS: *Acts 20:17-27; John 17:1-11a (298)*. "I glorified you on earth by finishing the work that you gave me to do."



Invest just five minutes a day, and your faith will deepen and grow—a day at a time.

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WEDNESDAY, MAY 31

FEAST OF THE VISITATION OF THE BLESSED VIRGIN MARY Need a lift?

In the presence of such good news and so great a mystery as Jesus and his gospel, how, as the hymn goes, can we keep from singing? The meeting of Mary, pregnant with Jesus, and Elizabeth, who is expecting John the Baptist, gives birth to Mary's great song of praise to God, who has done such great things for her and her people: casting down the proud and mighty, lifting up the lowly, feeding the hungry, and showing mercy. When has God lifted you up? What do you have to sing about?

TODAY'S READINGS: *Zephaniah 3:14-18a or Romans 12:9-16; Luke 1:39-56 (572)*. "Sing aloud, O daughter Zion . . . Rejoice and exult with all your heart, O daughter Jerusalem!"

THURSDAY, JUNE 1 MEMORIAL OF JUSTIN, MARTYR Will you testify?

Jesus said there is no greater love than to lay down your life for your friends. In the early church, plenty of Christians did just that for the sake of the gospel. Their willingness to die led many who dismissed Christianity to look again. New friends in Christ were born from their courage. So the martyr called Justin came to faith in the second century. A professional philosopher, he was swayed by the "only safe and worthy philosophy" for which people around him were willing to die. As a church apologist, his own life was soon poured out for the sake of the gospel. How can you witness to your faith today?

TODAY'S READINGS: *Acts 22:30; 23:6-11; John 17:20-26 (300)*. "I pray not only for these, but also for those who will believe in me through their word."

FRIDAY, JUNE 2 MEMORIAL OF MARCELLINUS AND PETER, MARTYRS Love your life away

It's a bit jarring for Catholics to think of Rome, the center of the church, as a hostile place, but it was for many early Christians, such as Marcellinus and Peter, who died in the persecutions perpetrated by Roman emperors. We may have few details of their lives, but we do know the church has always venerated them, and so we remember them, too, as some of the first witnesses to the Christian faith. They testify both to the ancient roots of our faith and to its unbroken tradition. They stand as people who gave themselves entirely to God. You, too, can do the same. Practice turning over your heart to God and you will find yourself not far from God's realm.

TODAY'S READINGS: *Acts 25:13b-21; John 21:15-19 (301)*. "Lord, you know everything; you know that I love you."

SATURDAY, JUNE 3 MEMORIAL OF CHARLES LWANGA AND COMPANIONS Be steadfast

People in power have been known to overstep their bounds and ask for more than is their rightful due. Such demands rarely turn out well—at least in the short run—for anyone who refuses the unfair request. Case in point: Charles Lwanga and hundreds of other Ugandan teens who were tortured and executed in the 19th century after their chieftain grew jealous of their devotion to Christianity and ordered them to denounce their faith. As the young men burned in a massive pyre, their torturers were assured of their victims' deaths only when the martyrs stopped praying. Pray for the spiritual gifts of fortitude and piety when you are asked to do something that violates your deepest faith.

TODAY'S READINGS: *Acts 28:16-20, 30-31; John 21:20-25 (302)*. "There are also many other things that Jesus did."

Growing in FAITH™

Discovering **hope and joy** in the Catholic faith.

June 2017

Church of Corpus Christi

One Minute Meditations

St. Joseph Cafasso

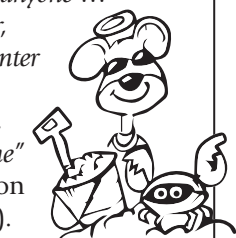
St. Joseph was born in Castelnovo d'Asti in Italy to peasant

parents. From a young age, he was known for his humility in prayer. He entered the seminary in Turin, and was ordained in 1833. He went on to study and teach in the university of Turin. He combated the heresy of Jansenism and urged devotion to the Holy Eucharist. He was an excellent preacher, confessor, and retreat master. One of his pupils was St. John Bosco.

God as Father

In Jesus' day, many people felt God was so holy, his name was unutterable. Imagine their surprise when Jesus taught them to call God Abba, which means, "Daddy"! When you pray, remember you're addressing a loving Father who is eager to help.

"Behold, I stand at the door and knock. If anyone ... opens the door, [then] I will enter his house and dine with him, and he with me"
(Revelation 3:20).



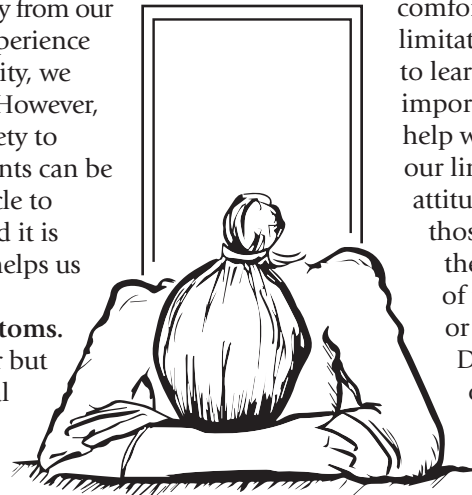
Don't let anxiety cloud your world

The peace Christ promised to his followers is not intended to eliminate all anxiety from our lives. When we experience feelings of insecurity, we will feel anxious. However, allowing our anxiety to cloud our judgments can be the greatest obstacle to receiving grace and it is that grace which helps us to cope.

Know the symptoms. Anxiety is like fear but dwells on personal inadequacy and insecurity rather than real and imminent danger. Common symptoms of anxiety are nervousness, mental unease, tension, or a desire to avoid a particular situation or person. When you can't determine a specific, reasonable cause for these feelings, it may be anxiety.

Ask for help. Work to understand your strengths and become comfortable with your limitations. While stretching to learn new skills is important, so is asking for help when confronted with our limits. If negative attitudes or opinions of those asked result, see them as expressions of their own viewpoints or personal problems. Don't demand more of yourself than you can give and be ready to ask for help.

Be pleased with your best. Anxiety results when we fear failure and the possible loss of approval or respect of others. Instead, refuse to fear imperfect results or others' judgment. Make the most of your talents, do your best, and respect yourself for your effort.



Why Do Catholics Do That?

There are several reasons for this practice. Adding water to the wine represents the union of Jesus' humanity with his divinity. It also recalls Christ's Passion, when water and blood flowed from his side (John 19:33-35).

Why does the priest add water to the wine at Mass?

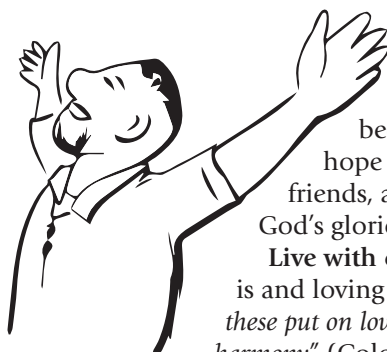


The priest adds water in imitation of Christ who, it is believed, used wine mixed with water as a common cultural practice in Jesus' day. Finally, the union of the wine and the water stands for the union of Christ and his people.

The Christian life is richer with virtues

A virtue is a disposition to do the good. Virtues help us to perform good acts and give the best of ourselves. God gives us the theological virtues – faith, hope, and charity – to help us live as his children.

Live with faith. Through the gift of faith, we can believe in God, in all he has revealed, and all the Catholic Church teaches. Living by faith means our thoughts and actions are based on these convictions. "... For we walk by faith, not by sight" (2 Corinthians 5:7).



Live with hope. Believing that all things are possible with God, Catholics hope for a better world, hope that we will become the people God created us to be and hope we unite with him in Heaven. Family, friends, and the world around us are savored as God's glorious gifts.

Live with charity. Charity is loving God for who he is and loving others because he asked. *"And above all these put on love, which binds everything together in perfect harmony"* (Colossians 3:14).

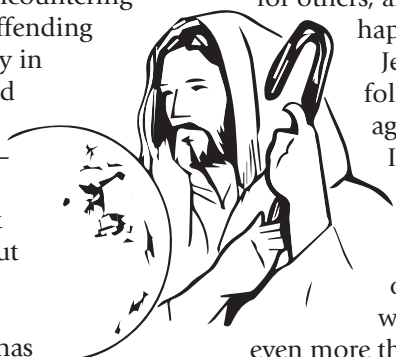
from Scripture

Matthew 10:26-33, Keep calm and trust God

In today's Gospel reading, Jesus told his disciples not to fear encountering persecution, but to fear offending God, who has the final say in judging us. We offend God when we deny his love and refuse – through sin – to love him and others. Our faithfulness to Christ will bring us to Heaven, but it will also bring us into conflict.

Conflict with the world has always been a part of the Church's experience. Even in the United States, we face efforts to undermine Catholic beliefs and values. These attacks don't hurt us physically, but they

can eat away at our faith, our respect for others, and ultimately, our happiness.



Jesus' advice to his followers 2,000 years ago applies to us today. Instead of being afraid, we can trust God, who watches over all the details of our lives and who wants us in Heaven

even more than we want to be there. God won't make all our problems disappear, but he will give us the strength and grace needed to get through them, especially through daily prayer and the sacraments.

Q & A

What is the history behind the Solemnity of the Sacred Heart?

Devotion to the Sacred Heart has been present since the time of the early Church. The Church



Fathers considered Jesus' Heart to be the source of the sacraments of Baptism and the

Eucharist, symbolized by the blood and water that flowed from Jesus' side at the Crucifixion. The devotion continued into the Middle Ages when Pope Innocent VI instituted a Mass for the Sacred Heart.

However, its great popularity as a devotion resulted from the visions of St. Margaret Mary Alacoque, a young nun at the Visitation convent at Paray-le-Monial, France. On December 27, 1673, St. Margaret received the first of four great visions of Christ, in which he asked her to spread the devotion and described the practices connected to it. He revealed his great love for us, saying, "Behold this Heart which has so loved men that It spared nothing ... to prove to them Its love." At first her efforts were rejected, but in 1765 – seventy-five years after her death – Pope Clement XIII officially approved the devotion.

Feasts & Celebrations

June 4 – Pentecost (1st century). After the Resurrection and Ascension of Jesus, the Holy Spirit was given to the Church at the first Pentecost. When the apostles received the Holy Spirit, the "new age" of the Church was born.

June 6 – St. Norbert (1134). St. Norbert lived in twelfth century Prémontré, France. He is known for founding the Norbertines to combat heresies and religious indifference. The Norbertines successfully converted heretics, reconciled enemies, and rekindled the faith in indifferent believers.

June 11 – Trinity Sunday. Today, we celebrate the Trinity – one of the great mysteries of our Faith. The Trinity is one God in three Persons: the Father, Son, and Holy Spirit.

June 18 – Corpus Christi Sunday. Corpus Christi is the solemnity on which we celebrate the transformation of the bread and wine into Jesus' Body and Blood in the Holy Eucharist. In response to the need for a feast devoted solely to the Eucharist, Pope Urban IV ordered a Church-wide celebration for Corpus Christi in 1264.



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