



# Saint Anthony Parish

15 Church Street  
White River Junction  
Vermont 05001

**Fifth Sunday of Easter**  
**May 7, 2023**

Reverend Cyrain G. Cabueñas  
Deacon John P. Guarino

Most Reverend Christopher J. Coyne  
Bishop of Burlington

## MASS SCHEDULE

**Weekend:** Saturday 4:00 PM  
Sunday 8:30 AM

**Weekday:** Monday & Friday 9:00 AM

**Holy Days:** Consult the parish bulletin.

## SACRAMENTS

**Reconciliation:** Saturday from 3:15 – 3:45 PM or by appointment.

**Baptism:** Parents must contact the parish for the necessary forms at least one month in advance.

**Marriage:** Couples must contact the parish at least six months in advance.

## PARISH CONTACT

You may contact the parish by email or phone. If we are unable to answer your call, please leave a message. Father is available for appointments at Saint Anthony Parish on Monday and Friday and at St. Francis of Assisi Parish in Windsor on Tuesday and Thursday. The phone number at St. Francis is 802-674-2157.

**Telephone:** 802-295-2225, ext. 3  
**E mail:** [stanthonychurch@vermontcatholic.org](mailto:stanthonychurch@vermontcatholic.org)  
**Website:** [stanthony.vermontcatholic.org](http://stanthony.vermontcatholic.org)

**Religious Education:** Diane Usher  
**Email:** [dmgu70@icloud.com](mailto:dmgu70@icloud.com)

## RECTORY CHAPEL

The rectory chapel is now open for visits on:

**Monday, Tuesday, Thursday & Friday from 10:00 AM to 3:00 PM**

## **MASS INTENTIONS**

<b>Saturday, May 6</b>	<b>4:00 PM</b>	<b>Rita Curran</b> by Mary Campbell
<b>Sunday, May 7</b>	<b>8:30 AM</b>	<b>The People of Saint Anthony Parish</b>
<b>Monday, May 8</b>	<b>9:00 AM</b>	<b>Carol Rivard</b> by her husband and family
<b>Friday, May 12</b>	<b>9:00 AM</b>	<b>In Thanksgiving to Saint Anthony</b> by J. L. D.
<b>Saturday, May 13</b>	<b>4:00 PM</b>	<b>Betty McKenney</b> by Nelson and family
<b>Sunday, May 14</b>	<b>8:30 AM</b>	<b>The People of Saint Anthony Parish</b>



## **SANCTUARY LAMPS**

will burn this week for  
**Carol Rivard**



A Sanctuary Lamp burning in front of the tabernacle may be sponsored for your intentions.  
A donation to help defray the cost of the candle is appreciated, but not necessary.  
Please contact the office for availability.

## **REMEMBER IN YOUR PRAYERS**

Charlotte King	Diane Reilly	Geoff Garrow
Frank Klymn	Roger Tatro	Dianne Hopkins
Elizabeth McArthur	Max Loper	Beverly Loper
	Heidi Whidden	

Please also remember any others who need our prayers.

## **PARISH SUPPORT**

Our weekly need to meet expenses:	<b>\$4,325.00</b>
Last Week's Collection	<b>\$2,738.00</b>

**At Saint Anthony Parish, we do not pass a collection basket during Mass. There are collection boxes by the tables at the entrance of the church. We appreciate your contributions for the support of our parish. Thank you!**

## A MESSAGE FROM FATHER CYRAIN:

As Christians we view life as a pilgrimage to the house of the Father. And Jesus in our gospel passage today reminds us that it is a journey home, and ultimately, God is our home. We belong to Him and will only be truly home when we are with Him.

Access to this home is not a walk in the park, however. It is marked by pit stops and detours. It is seldom a straight and smooth path. Our sinful pursuits fool us into believing that we can find home elsewhere. Because of this, we lose our way as Thomas articulates it: "Lord, we do not know the way."

If we feel lost, not knowing which path to take, overwhelmed by the many voices of the world calling us to different directions, then we should find comfort in Jesus who is the Way. If we walk His path, He will lead us home.

If we feel confused, unsure of what to believe in, especially in a world where fake news and so-called alternative facts are being strategically peddled, we find assurance in Jesus who is the Truth.

If we feel tired and weary, drained by the culture of death that pervades our society, we should find strength in Jesus who is the Life. We should be nourished by His presence.

Jesus, the Way, the Truth, and the Life, has promised to bring us home and assures us: "I will come back and take you to myself, so that where I am, you also maybe." The question however is: "Do we want to go home?"

Like St. Augustine perchance we need to lay bare: "You have made us for yourself Lord, and our hearts are restless until they rest in you!!!"



**CONFIRMATION:** Congratulations to *Brody Carpenter, Carly Carpenter, Maxwell Cervinski, John Fogarty, Sebastian Hayes and Douglas Kussius* who were confirmed by Bishop Coyne this weekend, may they always give witness to Christ by lives built on faith and love.



**FIRST COMMUNION:** Congratulations to *Ella Goulet, Juliana da Cruz, Phoenix Zayne Newton, Evie Mae-Zhen Nguyen, Elise Lian Nguyen, Anna Claire Owens and Cooper James Swanson* who received their First Holy Communion this weekend. May they always remain close to the Lord in the Blessed Sacrament.

**LOW GLUTEN ALTAR BREAD:** Low gluten hosts for Communion are available to those who require them. When you come up to receive, let the minister know and they will get one for you.

**WEEKLY BULLETIN:** Our bulletin is on our website <https://stanthony.vermontcatholic.org>. For those who do not have online access and would like a copy of the printed bulletin, you may pick one up outside the parish office from the wooden box on the small porch near the office door. You will also find copies of the *Living Faith* booklet and the Vermont Catholic magazine.

**MASS INTENTIONS:** If you would like to have a Mass offered for your intentions, for loved ones living or deceased, or for a special occasion, please contact the parish office by email, phone, or drop a note in the collection box. Please include the name of the person for whom the Mass will be offered and who is requesting the Mass. Let us know if you want a specific day or if you would prefer the first available Mass, weekday, or weekend. We will do our best to accommodate your requests. Please include your contact information if we are unable to reserve the date you have requested. The customary offering is \$10.00. Thank you.



**Upper Valley  
Haven**

**THE HAVEN FOOD SHELF:** The Food Shelf is open to anyone in our community Monday - Thursday 9:00am - 4:30pm & Friday 9:00 - 3:00. Visit [uppervalleyhaven.org/foodshelffaq/](http://uppervalleyhaven.org/foodshelffaq/) for more information.

Saint Anthony Parish has long supported the Haven by collecting non-perishable food in the basket at the entrance to the church. Thank you for your contributions.

**Food Items:** Canned Tuna, Canned Chicken, Pasta, Canned Vegetables, Pasta Sauce, Soups or Broths, Canned Tomatoes, Macaroni & Cheese, Canned Fruit, Peanut Butter, Rice, Canned beans (black & kidney), Shelf-stable Milk, Instant oatmeal, and Pasta Sauce.

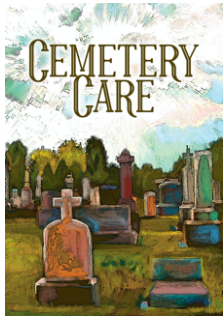
**Personal Items:** Toothpaste, Shampoo, Shaving items (razors and shaving cream), Body wash, Deodorant (men's/women's), Toothbrush, Body Lotion, Diapers (sizes 3, 4, 5 & 6) and Pull-ups (sizes 3T-4T).

**ASSISTANCE TO OUR NEIGHBORS IN NEED:** As a parish, we have opportunities to support those in our community who are in need, both through our prayers and our financial help. Saint Anthony Parish publishes the Haven's weekly list of needs in the bulletin and has collected food weekly for them. This parish project helps people year-round. We also have a fund that allows us to provide individuals and families financial assistance for emergency needs such as fuel, shelter, and other essentials. Donations to replenish our Assistance Fund allow us to continue to provide for these needs. A check made out to Saint Anthony Church marked "Assistance" will ensure your donation is used for this purpose. Thank you for your generosity.

**CATHOLIC MASS ON TV:** Those unable to attend Sunday Mass in person due to illness or medical conditions making them more vulnerable may view the celebration of Mass livestreamed at: <https://www.vermontcatholic.org/news/communication/tv-mass/> at 10:00 a.m. or watch televised Masses at:

WCAX-TV	(Channel 3)	5:30 a.m.
WNNE-TV	(Channel 13)	10:00 a.m.
CatholicTV Network	(Channel 166)	10:00 a.m.
EWTN	(Channel 38)	8:00 a.m. and 12:00 p.m.

Daily Mass may be found at <https://www.vermontcatholic.org/news/communication/tv-mass/> or on CatholicTV and EWTN.



## REMINDER REGARDING OUR CEMETERIES: Families are responsible for adhering to the following rules and regulations.

- All monuments, grave markers, planters and flower containers are the responsibility of the family.
- One monument is allowed per lot. All monuments shall be placed on foundations. Any corner markers are to be flush with the ground.
- Other structures including benches, fencing, curbs or cornerstones are not permitted on grave sites or along the boundaries of the cemetery.
- **Flowers or bushes may not be planted directly in the ground; they must be in planters placed directly to the right and/or to the left of the monument.** A hanging planter may be on a hook with the hook in the ground directly adjacent to the monument with the plant directly over the monument.
- **Gravesites are to be kept free of dead or faded decorations.** These are not to be disposed of on cemetery property. Cemetery personnel may remove items that are deemed outdated, broken, unsafe for maintenance operations, or otherwise not in keeping with the serenity of the grounds.
- **All flowers and decorations are to be removed by October 31st for fall cleanup. New items may be placed after November 15th. All items are to be removed by April 15th for spring cleanup and new items may be placed after May 15th.**
- Visiting times are during daylight hours, dawn to dusk. Loitering is not permitted.
- Water will be turned on by May 15th and shut off by October 31st, temperatures permitting.

## May 2023 PRAY FOR PRIESTS

*Please join us in praying for all our diocesan priests.*

### A Prayer for Priests

Gracious and loving God,  
we thank you for the gift of our priests. Through them,  
we experience your presence in the sacraments.


Help our priests to be strong in their vocation.  
Set their souls on fire with love for your people.

Grant them the wisdom, understanding, and strength  
they need to follow in the footsteps of Jesus.  
Inspire them with the vision of your Kingdom.

Give them the words they need to spread the Gospel.  
Allow them to experience joy in their ministry.

Help them to become instruments of your divine grace.

We ask this through Jesus Christ, who lives and reigns  
as our Eternal Priest. **Amen.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pope Francis	2 Bishop Christopher Coyne	3 Fr. Daniel Jordan	4 Father Thomas LaRussa, S.D.V.	5 Msgr. Richard Lavalley	6 Fr. James Lawrence
7 Fr. Steven Marchand	8 Fr. Thomas Mattison	9 Msgr. Reid Mayo	10 Msgr. John McDermott	11 Fr. Frederick McLachlan, S.S.E.	12 Fr. Jerome Mercure	13 Fr. Christopher Micalé
14 Fr. John Milanesi	15 Fr. Curtis Miller	16 Fr. Maurice Moreau, O.F.M., cap.	17 Fr. Thomas Mosher	18 Fr. Robert Murphy	19 Fr. Timothy Naples	20 Fr. Brian O'Donnell
21 Fr. Rogelio Organiza	22 Fr. Francis Privé	23 Fr. Marcel Rainville, S.S.E.	24 Fr. Charles Ranges, S.S.E.	25 Fr. Matthew Rensch	26 Fr. Kevin Rooney	27 Msgr. Peter Routhier
28 Priests who are having difficulty	29 Priestly and religious vocations	30 All our seminarians	31 All deceased priests	 <b>ROMAN CATHOLIC DIOCESE OF BURLINGTON</b>		

Follow Diocese of Burlington Pray for Priests on social media:

facebook.com/dioburlington  
twitter.com/dioburlington



# NEWS FROM The Inland See

May 6–12, 2023

FOR THE DIOCESE OF BURLINGTON

## Eucharistic Adoration & The Mass

As I'm reading the Eucharistic Testimonies that are coming in from around the Diocese, I'm continually struck by and grateful for the impact that both the Mass and Eucharistic Adoration have had on the lives of many Catholics. Today, I want to highlight the important relationship between the Mass and Eucharistic Adoration — whether that adoration happens in front of a closed tabernacle or during Eucharistic Exposition of the Blessed Sacrament in a monstrance.

To be clear, the Church speaks of the preeminence of the celebration of Mass over all other activities in which the Church engages, including Eucharistic Adoration:

The celebration of the Eucharist is the center of the entire Christian life. ... 'The other sacraments, all the ministries of the Church, and the works of the apostolate are united with the eucharist and are directed toward it. For the holy eucharist contains the entire spiritual treasure of the Church, that is, Christ himself. ...'

— *Holy Communion and Worship of the Eucharist Outside of Mass (HCOM), 1.*

Speaking specifically of the worship outside of Mass that one offers to Jesus Christ in the Eucharist, the Church says that "the celebration of the eucharist in the sacrifice of the Mass ... is truly the origin and the goal of the worship which is shown to the eucharist outside of Mass" (HCOM, 2). In other words, the worship that we offer in Adoration outside of Mass both flows from and returns to the celebration of Mass.

How, then, does our time in Adoration flow from the Mass? Simply put, our personal prayer in Adoration is an extension of our personal prayer that we offer at Mass. Indeed, in the Mass, we offer our "sacrifice of praise and thanksgiving" in union



with the Sacrifice of Christ who offers Himself in a sacramental way back to God the Father. Our prayers and petitions are offered on the altar and are taken up into Christ's very prayer to God the Father. That our prayer — our "sacrifice of praise and thanksgiving" — can be continually offered in the presence of Christ in the Eucharist in Adoration outside of Mass is truly a gift. I use the image of the

votive candle that is lit at Mass which symbolizes our prayers continuing even though the Mass may have ended and we leave the Church. In a sense, those attending Adoration become the candle; their prayer becomes an extension of the prayers offered at Mass. In this way, our prayers in Eucharistic Adoration can never be seen as separate from what we do at Mass; our prayer at Adoration flows from our prayer at Mass.

How does our time in Adoration return us to the Mass? Adoration always points us back to the Mass because it is in the Mass that our prayers become most effective and it is in the Mass that we find sacramental union with God. It is true that Adoration allows us to pray in the presence of Christ in which we feel spiritually united to God, but Adoration should cause us to hunger for more — for sacramental communion with God. At Mass, not only do we pray in the presence of Christ, but our prayers are joined to the prayer and Sacrifice of Christ. In that joining, we find that full spiritual and sacramental communion which is expressed by receiving communion.

Let us always be mindful, then, that our prayer of Adoration before the Blessed Sacrament is an extension of what we are called to do at Mass and should always leave us yearning for that spiritual and sacramental union that only the miracle of the Mass can offer us.

— *Josh Perry is the director of the Office of Worship for the Diocese of Burlington.*

# Upcoming Events



05|08 MONDAY

## Bereavement Support Group

*St. John the Evangelist, St. Johnsbury • 5:15 pm*

All are welcome to join. In order to encourage discussion, these meetings are confidential.



05|10, 17, 24, 31 WEDNESDAYS

## Good News Bootcamp

*St. John Vianney, S. Burlington • 6:45 - 8:30 pm*

Please join us in discussing how we as Catholics can bring healing, transformation, virtue, and enthusiasm to our world. See topics on our website at [stjohnvianneyvt.org/good-news-bootcamp](http://stjohnvianneyvt.org/good-news-bootcamp).



05|12, 19, 06|02, 09 FRIDAYS

## The Chosen Season 3

*St. Elizabeth Parish Hall, Lyndonville • 5 - 7:30 pm*

Join us for dinner at 5; the show will start at 5:30. If you can't make it for dinner, no worries — just come for the show! Note: we will not meet on Memorial Day weekend.



05|13 SATURDAY

## Bingo for St. Ambrose/St. Peter Youth Ministry

*St. Peter, Vergennes • 5 - 9 pm*

Doors open at 5 pm, Bingo starts at 6 pm. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. This event is sponsored by St. Ambrose & St. Peter's Youth Ministry to benefit the on-going program costs and the upcoming trip to Rome.



05|14 SUNDAY

## Vergennes Council Knights of Columbus Breakfast Buffet

*St. Peter, Vergennes • 8 - 10 am*

\$10/adults, \$6/children 8-12 (\$32 family maximum).



05|14 SUNDAY

## Monthly COSP Knights of Columbus Fund Raising Breakfast

*Christ Our Savior, Manchester • 9 am - 12 pm*

Supporting Parish and Community outreach programs.



05|20 SATURDAY

## Walk to Mary

*Isle La Motte • 9 am - 2 pm*

Join us for a 2.3 mile walk from St. Joseph, Isle La Motte to St. Anne's Shrine starting at 9 am, praying the Holy Rosary and Divine Mercy Chaplet while we walk. When we get to the shrine, there will be Mass at 11 am, a break for lunch, then Stations of the Cross for Life at 1 pm. For those who cannot walk with us and would still like to participate, there will also be a Holy Hour of Adoration at St. Anne's Shrine starting at 9:30 a.m. **FOR MORE INFO: contact Janice (802) 848-3834, [janicegodin@myfairpoint.net](mailto:janicegodin@myfairpoint.net) or Renee (802) 370-2231 or [rjpatterson1962@gmail.com](mailto:rjpatterson1962@gmail.com) with any questions.**



05|20 SATURDAY

## St. Peter's Cemetery Committee — Bingo

*St. Peter, Vergennes • 5 - 9 pm*

Doors open at 5:00 PM, Bingo starts at 6:00 PM. This is a family friendly event. All cash prizes, 50/50 raffle. Refreshments sold. This event is sponsored by St. Peter's Cemetery Committee to benefit the on-going efforts for cemetery improvements.



05|21 SUNDAY

## "No Other Lake" Film

*Holy Family Parish Hall, Essex Jct. • 2 - 4 pm*

Join us for a viewing of the documentary film "No Other Lake" produced by local Vermonters, Jordan Rowell and Duane Peterson III. A panel discussion will follow the viewing of the Documentary. Sponsored by Vermont Mercy Associates.



06|03 SATURDAYS

## First Saturday Devotions

*All Saints, Richford • 7:30 - 9:30 am*

Confessions from 7:30 to 7:50, followed by Mass at 8 am, then devotional prayers. All are welcome!



06|03 SATURDAYS

## First Saturday Devotions

*St. John Vianney, S. Burlington • 8 am*

Mass at 8 am, followed by Rosary and Confessions at 8:30 am.



06|03 SATURDAYS

## First Saturday Devotions

*Holy Family, Essex Junction • 8 am*

Every first Saturday starting with Confessions and the Rosary at 8 am followed by Mass at 8:30 am.



06|03 SATURDAY

## First Saturday Devotions

*Our Lady of Ephesus, Jamaica • 10 am*

Every first Saturday starting with confessions followed by a Mass at 10:30.



06|04 SUNDAY

## Eucharistic Healing Service

*St. John the Evangelist, St. Johnsbury • 3 pm*

Benediction and Exposition of the Most Blessed Sacrament, first Sunday of the month with Fr. Harlow.



06|06 TUESDAYS

## Our Lady's Kitchen — Bethel

*St. Anthony, Bethel • 11 am - 1 pm*

Free meal! Come one, come all!



06|16 FRIDAY

## Worldpriest Rosary Relay

*Cathedral of St. Joseph, Burlington • 11:30 am*

Join people around the world in praying the Rosary. Bishop Coyne will lead the Rosary and it will be live-streamed on the Diocesan website as well as aired on Our Lady of Perpetual Help radio.



06|23 FRIDAY

## Diocese of Burlington Theology of the Body Formation Day

*Blessed Sacrament, Stowe • 8 am - 5 pm*

For more information, contact Daniel Lacourge at [dlacourge@vermontcatholic.org](mailto:dlacourge@vermontcatholic.org).

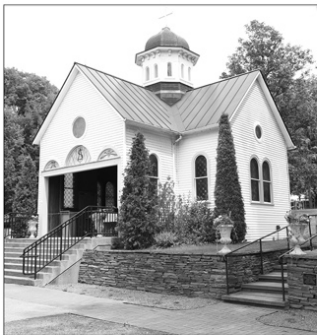


07|21, 22, 23

## Steubenville East 2023

Open to all rising 9th grade students up to just graduated seniors. **FOR MORE INFO:**

[vermontcatholic.org/event/steubenville-east-2023](http://vermontcatholic.org/event/steubenville-east-2023).



## 5-Day Silent Retreat • St. Anne's Shrine, Isle La Motte

*Retreat begins Sunday, June 11 at 7 pm and concludes Friday, June 16 at 1 pm.*

The Society of St. Edmund will be conducting a 5-Day Directed Retreat in the Ignatian tradition. Using principles from the Spiritual Exercises of St. Ignatius of Loyola, retreatants are invited

and co-discerners of the Spirit during the retreat. Applicants should be comfortable maintaining an atmosphere of silence and be able to share their prayer experience with a Spiritual Director in a daily meeting of about forty-five minutes.

The cost is \$550 per person which includes private room and all meals. A \$250 non-refundable deposit is due with application which can be obtained by calling Joe Gallagher at (802) 928-3362 or via email at [jgallagher@sse.org](mailto:jgallagher@sse.org). Space is limited due to private bedroom accommodations and married couples attending will be assigned to separate cabins.

to contemplate scripture passages in a silent environment, celebrate daily Eucharist and meet with a Spiritual Director each day. Spiritual Directors are specifically trained for this type of retreat and will serve as companions



**Sunday, May 07, 2023**

### **Appointed to the task**

We see them in some of our parishes standing near the presider at Mass: men dressed sort of like priests but with a diagonal or odd-looking stole. What are deacons for, we may wonder?

Deacons assist priests in visiting the sick and provide service in the parish community. They can preach, witness marriages, perform Baptisms, and preside at funeral services outside of Mass. While they're ordained clergy, they may also be married and serve without pay. The permanent diaconate is a special call for those "filled with the Spirit and wisdom." Know someone who fits this description? Encourage him to apply.

FIFTH SUNDAY OF EASTER

TODAY'S READINGS: Acts 6:1-7; 1 Peter 2:4-9; John 14:1-12 (52).

*"Brothers, select from among you seven reputable men, filled with the Spirit and wisdom, whom we shall appoint to this task."*

**Monday, May 08, 2023**

### **Sanctity can't be rushed**

Of the approximately 10,000 canonized saints, there are only 11 from the United States, and only three of those were U.S.-born. Of course, part of the reason is that the United States is a relatively young country. Give it time, Blessed Teresa Demjanovich would likely say, because she believed her calling was to remind everyone that they are called, regardless of vocation, to be a saint. Born in New Jersey in 1901, Demjanovich is one of a growing list of American candidates for sainthood and the first to be beatified on American soil. She was a Sister of Charity for only two years before dying at the age of 26. Take to heart her message that everyone is called to a life of holiness and aspire to join her on that list.

EASTER WEEKDAY

TODAY'S READINGS: Acts 14:5-18; John 14:21-26 (285). *"We will come to him and make our dwelling with him."*

**Tuesday, May 09, 2023**

### **Advantage from adversity**

On this day in 328, 30-year-old Saint Athanasius was elected the new bishop of Alexandria. If that seems young, it was. Even though he helped win the day at the Council of Nicea—taking on Arius and others who denied Christ's full divinity—his elevation as bishop instigated years of struggle with political and ecclesial foes. At issue: Athanasius' stubborn refusal to water down anything in the Nicene Creed. Thus, in the 45 years Athanasius served as bishop, he was exiled a total of five times, 17 years in all. May Athanasius provide a lesson for us all about turning adversity into advantage. While in exile, he did much writing—including a definitive biography of Saint Anthony that would influence other future saints, including Augustine.

EASTER WEEKDAY

TODAY'S READINGS: Acts 14:19-28; John 14:27-31a (286). *"It is necessary for us to undergo many hardships to enter the Kingdom of God."*

**Wednesday, May 10, 2023**

### **A mighty pen**

On this day in 1990 the famed Southern writer Walker Percy died, one of the clarion voices of reason in the troubled climate of his day. He lived through Jim Crow, being born near the height of it, and wrote with the power of his deep Catholic faith to issues of the day. A graduate of medical school, Percy would in the end become

one who probed minds and hearts with the pen—including his own. He famously said, "A fine writer's thoughtful analysis of his own trials and errors is valuable indeed." May we emulate his admirable introspection.

EASTER WEEKDAY

TODAY'S READINGS: Acts 15:1-6; John 15:1-8 (287). *"Whoever remains in me and I in him will bear much fruit, because without me you can do nothing."*

**Thursday, May 11, 2023**

### **Rejoice and be glad!**

Doesn't everyone seek a bit of joy? Jesus tells his disciples, "Remain in my love ... so that ... your joy may be complete." Our tradition uplifts those who are joyful even amid setbacks. The concept of the Paschal Mystery points to resurrection—joy—hidden in even the darkest times. Pope Francis often encourages church leaders to show some joy, and he reminds the faithful that God "created us because he wants us to be happy." Jesus' first miracle enabled wedding guests to drink wine and celebrate. Does your faith in God bring you joy? Let others see it.

EASTER WEEKDAY

TODAY'S READINGS: Acts 15:7-21; John 15:9-11 (288). *"I have told you this so that my joy might be in you and your joy might be complete."*

**Friday, May 12, 2023**

### **Here's to good friends**

Saint Teresa of Ávila had a deep understanding of the value of friendship, not only with God but with one another. "What a great favor God does to those he places in the company of good people," she wisely wrote. Negative people can actually affect your well-being on every level: spiritually, mentally, emotionally and physically. Numerous studies conclude that surrounding yourself with good people boosts self-esteem, helps you bear stress and grief more effectively, encourages healthy behavior, and increases your chances for a longer and happier life. Your time is a valuable—and limited—resource. Surround yourself with friends and associates who will do you good. Then return the favor.

EASTER WEEKDAY

TODAY'S READINGS: Acts 15:22-31; John 15:12-17 (289). *"I have called you friends."*

**Saturday, May 13, 2023**

### **Holy East and West**

When's the last time you called a priest "Swami" instead of "Father"? If the priest was today's commemorative, Benedictine Father Bede Griffiths, you would be correct using the title. Griffiths (1906-93), a British-born priest, was sent to India in 1955 to establish a Benedictine monastery. There he studied Indian spirituality and incorporated into the monastery cultural elements of a Hindu ashram. He became known to his congregants as Swami Dayananda, a name that means "bliss of compassion." Watch a three-minute trailer of the film documentary of Father Bede's life and teaching, *A Human Search*.

EASTER WEEKDAY

TODAY'S READINGS: Acts 16:1-10; John 15:18-21 (290). *"Because you do not belong to the world, and I have chosen you out of the world, the world hates you."*

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



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