



# Saint Anthony Parish

15 Church Street  
White River Junction  
Vermont 05001

The Nineteenth Sunday in Ordinary Time  
August 13, 2023

Reverend Cyrain G. Cabueñas  
Deacon John P. Guarino

Most Reverend Christopher J. Coyne  
Apostolic Administrator of the Diocese 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 SCHEDULE & INTENTIONS**

<b>Saturday, August 12</b>	<b>4:00 PM</b>	<b>The People of Saint Anthony Parish</b>
<b>Sunday, August 13</b>	<b>8:30 AM</b>	<b>For the Members of the Ducharme Family Who Are Sick by Felix &amp; Linda Ducharme</b>

### **The Assumption of the Blessed Virgin Mary *(Holy Day of Obligation)***

<b>Monday, August 14</b>	<b>5:00 PM</b>	<b>In Thanksgiving by Jaya Thadani</b>
<b>Friday, August 18</b>	<b>9:00 AM</b>	<b>Seminarian Giang Vu by Knights of Columbus</b>
<b>Saturday, August 19</b>	<b>4:00 PM</b>	<b>The People of Saint Anthony Parish</b>
<b>Sunday, August 20</b>	<b>8:30 AM</b>	<b>Pavol Zofaj by Joanne Needham &amp; Andy Johnson</b>



### **SANCTUARY LAMPS**

will burn this week for  
**Denise & Jean-Louis**



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	Heidi Whidden	Beverly Loper
Virginia Philbin		A. J Wegner

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>\$3,262.00</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:**

The gospel episode of Peter walking on the water, and sinking after a while, contains two important lessons for us. The first concerns Peter's faith. It was still a weak faith, but it was nevertheless genuine. It enabled him to step out of the boat in the middle of the sea and despite the huge waves, to walk on the water. Surely it shows an important truth: that with a modicum of faith, we can achieve extraordinary results.

The second lesson is - Peter started to sink because he took his eyes off Jesus and focused on the rough sea. His faith wavered when he realized what he was doing. We may not walk on water, but we do walk through tough situations. If we focus on the waves of difficult circumstances around us without looking to Christ for help, we too may despair and sink.

Life is a perilous journey, and we need the help of Christ to guide us. Peter's mistake was that he turned to Christ in real prayer only in moment of crisis and in danger of drowning. When all is going well, like Peter, we rely on our own strength and when everything else fails, prayer is the last resort.

If we leave our relative security behind and follow Christ with conviction, we will never be casualties of any storm or rough sea.

**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.



**RELIGIOUS EDUCATION:** Religious education registration forms have been mailed to families whose children participated last year. For families who are new to the program this year, forms are available on the tables at the entrance to the church. ***Please return all forms by August 12, 2023.***

**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.



**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.

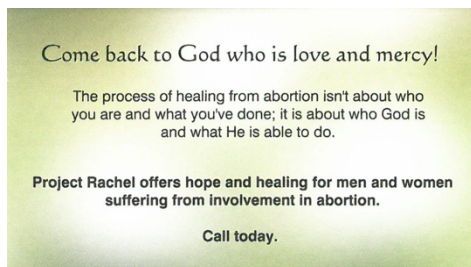
**Personal Items:** Toothpaste, Shampoo, Shaving items (razors and shaving cream), Body wash, Deodorant (men's/women's), Toothbrush, Body Lotion, Diapers (sizes 3, 4, 5 & 6) and Pull-ups (sizes 3T-4T).



**CHRISTMAS CRAFTS & BAKE SALE:** This annual event will be held again this fall. Please keep us in mind when you are making jam, jellies, pickles, preserves, etc. this season. A variety of homemade canned and baked goods are always welcomed. More details will follow in the coming weeks.

**COFFEE HOUR BY KNIGHTS OF COLUMBUS:** On Sunday, August 13, after the 8:30 AM Mass, the Knights of Columbus of St. Anthony's Council 2025 will be hosting a Coffee Hour in the parish hall. All are invited to attend and have a chance to say hello to fellow parishioners.

**KNIGHTS OF COLUMBUS AUGUST MEETING:** The K of C will have a brief meeting Sunday, August 20 at 6:30 PM in the parish hall. Ed Nuttal, State Membership Director will be making a presentation at the Meeting.



**PROJECT RACHEL MINISTRY:** If you or someone you know is suffering after abortion, confidential, non-judgmental help is available from Project Rachel Ministry. Call or email: Phone: (802) 658-4118 Email: [ProjectRachel@vermontcatholic.org](mailto:ProjectRachel@vermontcatholic.org)



**BISHOP'S ANNUAL APPEAL:** The Appeal supports over 20 ministries and services throughout our diocese. If you have already received a pledge card in the mail, please send your gift directly to the diocese. There are additional brochures and pledge cards on the tables at the entrance of the church if you have not already received one and would like to make a gift to this important annual appeal. **To learn more or make a gift online visit:**

**[bishopsappealvt.org](http://bishopsappealvt.org).**

**As of July 19, 2023, our parish donations total \$14,194.84.  
This is 41% of our parish goal of \$35,032.00.**

### **DIOCESAN EUCHARISTIC REVIVAL: REQUEST FOR EUCHARISTIC TESTIMONIES:**

During the “Year of the Eucharist”, the Diocese of Burlington will be collecting testimonies of people’s faith in the Eucharist. Any Catholic can contribute a reflection. Throughout 2023, brief snippets will be published in the Inland See and on social media. Then at the end of the year, we will compile approved reflections into a book: A Snapshot of Eucharistic Faith in Vermont.

If you would like to contribute to this effort, please prepare a reflection (maximum one page type-written or two pages hand-written – please print legibly) using **one or more** of the prompts below. Please include your name, email/phone number (in case we need to contact you for clarification), and parish name and town. If you do not want your name included in the publication, please indicate so; otherwise, first name and last initial will be published.

#### ***Prompt Questions***

1. Why is the Mass important in your life?
2. How did I come to love the Mass in my life?
3. Have you ever experienced a closeness to God during Mass or Adoration outside of Mass? What was that experience like?
4. How does going to Mass effect the rest of my week?
5. How has Christ’s presence in the Eucharist changed your life?

Submissions can be emailed to [revival@vermontcatholic.org](mailto:revival@vermontcatholic.org) or mailed to:

Office of Worship  
RE: Eucharistic Testimony  
55 Joy Drive  
South Burlington, VT 05454



# NEWS FROM The Inland See

August 12–18, 2023

FOR THE DIOCESE OF BURLINGTON



## The Fullness of the Eucharistic Prayer

One of the most fascinating classes I had in graduate school was a course on the Eucharist. As we explored various Eucharistic prayers, it quickly became apparent that the prayer is meant to be understood as a unified whole, and our understanding of the Eucharist is diminished if we focus on only one or another part of the prayer.

I remember my professor posing this question: “How often do we pull out the Institution Narrative (the Consecration) as the most important part of the Eucharist Prayer? How often is the Consecration the point of focus so much so that it is separated from the rest of the prayer so that the rest of the prayer becomes a mumble of words?”

This really got me thinking, because I had thought of the Consecration as the moment in Mass. Understanding the fullness of the Eucharist Prayer, though, helps me set the Consecration in the proper context. Indeed, without the Consecration, the Eucharistic Prayer loses its meaning, but without the rest of the Eucharist Prayer, the Consecration loses its purpose.

The Eucharistic Prayer is an example of God’s superabundant graces given to us. It is miracle enough to have the Real Presence of the Christ through the Consecration. It would be enough to have the Consecration at Mass because we could still talk about the Real Presence, and we could still receive the sacramental presence of Christ at communion. But without the rest of the Eucharistic Prayer — specifically — without the few lines that are spoken immediately after the Consecration, the

Real Presence of Christ simply remains on our altars.

That is miracle enough, but God desires — and does — more. Only in embracing the fullness of the Eucharistic Prayer do we understand that the Church — as the Mystical Body of Christ — does something with the Real Presence of Christ. In remembering the events of the Paschal Mystery — the Passion, Death, and Resurrection of Jesus Christ — the Church offers that very presence of Christ back to God, the Father.

In calling to mind the events of the Paschal Mystery, we bring those same events to the present moment, and the Mystical Body of Christ offers all this, brought into the present moment in this particular Eucharistic celebration, to the Father. Here we have offering and sacrifice, and we begin to realize the Sacrifice of the Mass. Listen carefully, or you might miss it: “Therefore, O Lord, as we celebrate the memorial of the saving Passion of your son, His wondrous resurrection, and ascension into heaven, and as we look forward to His second coming, we offer you in thanksgiving this holy and living sacrifice” (Eucharistic Prayer III).

This is but one example of how the complete Eucharistic Prayer, taken as a single whole, offers a more complete picture of what happens at Mass.

May we more fervently join in the entire Eucharistic Prayer with our hearts and minds, remembering that through this prayer, the mission of the Church is accomplished.

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



### Eucharistic TESTIMONIALS

“Spend time with Jesus. Give Him your worries, thanks, and struggles. Then sit in silence and pay close attention to what He says in your heart. When we are still and listen, we can hear what had previously been unheard due to static in our life. It is in this stillness that God will reveal Himself to you and transform you!”

— **Valerie Parzyck**, Parish Catechetical Leader, St. John Vianney, S. Burlington

Read the full Eucharistic Testimonial and others at: [vermontcatholic.org/eucharistic-testimonials](http://vermontcatholic.org/eucharistic-testimonials)  
Submit your Eucharistic Testimonial to: [revival@vermontcatholic.org](mailto:revival@vermontcatholic.org)

# Upcoming Events



## 08|16 – 08|30 WEDNESDAYS Wednesday Reflection Series

*St. Anne's Shrine, Isle La Motte • 11:15 am*

Join us for Mass at 11:15 am followed by the presentation. Lunch is available in the cafeteria after the presentation, or you can bring your own picnic lunch.

**FOR MORE INFO: (802) 928.3362 or [sas@sse.org](mailto:sas@sse.org).**

08|16 Fr. Michael Carter, SSE

*St. Justin Martyr on the Eucharist*

08|23 Fr. David Theroux, SSE

*180 Years of Edmundite Ministry Since 1843*

08|30 Fr. Richard Myhalyk, SSE

*The Life of St. Edmund of Canterbury*



## 08|16 WEDNESDAY St. Michael Church Summer Lecture Series

*St. Michael, Brattleboro • 5 - 7 pm*

A program on the saints pictured in the stained glass windows will be presented in the church by a number of visiting priests, artisans and teachers starting on Wednesday, June 28. The program begins at 5PM with evening prayer followed by the presentation.

08|16 Father Michael Pierz, Pastor of Blessed Sacrament Church in Greenfield, Massachusetts will discuss St. John the Baptist



## 08|17, 09|14, 10|19 THURSDAYS Spanish Mass

*St. Peter, Vergennes • 7 pm*

Fr. Timothy Danaher, O.P., Campus Minister at

Dartmouth College, will be offering Spanish Mass at 7 pm.



## 08|19, 09|16, 10|21 SATURDAYS The Chosen — Movie Night and Potluck

*St. John the Baptist, Enosburg Falls*

*5 - 6:45 pm*

Come join us for a movie night and potluck dinner every third Saturday of the month. We will watch an episode of *The Chosen* together and have food and fellowship!



## 08|20 SUNDAY Burlington Concert Band at St. Mark Parish

*St. Mark, Burlington • 5 pm*

All are invited for an evening of music on our back lawn. Bring your own chairs, blankets, and picnic basket. Weather Permitting!



## 08|26 SATURDAY Ascension Church Furnace FUNdraiser Live Auction & Raffle

*Ascension, Georgia • 11 am - 3 pm*

Things are heating up with a live auction and raffle fundraiser to support Ascension Parish's new furnace project! Light lunch items, raffle & silent auction will be available throughout the day. You may preview the live auction items from 11 am to 1 pm. The live auction will be held from 1-3 pm, by auctioneer Mike LaChance. **FOR MORE INFO: Call Jean (802) 782-6491 or Alice (802) 524-3330.**



## 08|27 SUNDAY Knights of Columbus Pilgrimage Mass at St. Anne's Shrine

*St. Anne's Shrine, Isle La Motte • 12:15-2:30 pm*

Mass followed by the ceremony for the Installation of State Officers for the 2023-2024 fraternal year and an end-of-summer cookout. Lunch will include burgers, dogs, home-made potato salad and coleslaw, chips, dessert, condiments, and water & cold drinks. There is a suggested Donation of \$7 per person for the cookout (make your own family discount for multiple kids). Any net proceeds from donations will benefit the charitable work of K. of C. District 1 councils. The collection at Mass will benefit St. Anne's Shrine. RSVP for the lunch by going to the K. of C. State Chaplain's Blog: [ubipetrusvt.com/shrine2023](http://ubipetrusvt.com/shrine2023).



## 09|02, 10|07 SATURDAYS First Saturday Mass and Devotions

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

Please join us every first Saturday for First Saturday confession, Mass, and devotions. Confessions from 7:30 to about 7:50. The Holy Sacrifice of the Mass at 8 am, followed by the devotional prayers. All are welcome!



## 09|02, 10|07 SATURDAYS First Saturday Devotions

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

Mass at 8 am, Holy Rosary and Confessions at 8:30 am. The Blessed Virgin Mary asked the three children at Fatima in 1917 that these devotions be followed to bring peace to the world.



## 09|02, 10|07 SATURDAYS First Saturday Devotions

*Holy Family, Essex Junction • 8 am*

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



## 09|03, 11|01 SUNDAYS Eucharistic Healing Service

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

Benediction and Exposition of the Blessed Sacrament on the first Sunday of every month with Fr. Harlow.



## 09|06 – 10|27 WEDNESDAYS or FRIDAYS Unlocking the Mystery of the Bible

*Our Lady of Angels, Randolph*

*Wednesdays: 6:30 - 8 pm*

*Fridays: 9:45 am - 11:15 am*

Unlocking the Mystery of the Bible helps you get the "big picture" by showing how fourteen narrative books of the Bible tell the complete story from Adam and Eve to Christ and the Church. Presenter Jeff Cavins shows you how to read the Bible so that you can actually understand it. This eight-session study program includes video presentations that explore all twelve time periods of The Bible Timeline Chart.



## 09|10, 11|08 SUNDAYS Monthly COSP Knights of Columbus Fund Raising Breakfast

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

Supporting Parish and Community outreach programs.



## 09|29 – 10|02 FRI, SAT, SUN, MON Light of the World Retreat

*Holy Family Parish Hall, Essex Junction*

Parishioners from all parishes are welcome.

Information and registration available at Essex Catholic Light of the World Retreat or email questions to [ecc.engage@gmail.com](mailto:ecc.engage@gmail.com). There is no registration fee.



## 10|08 SUNDAY Fourth Annual St. John Henry Newman Night

*Holy Family, Essex Jct. • 4 - 8 pm*

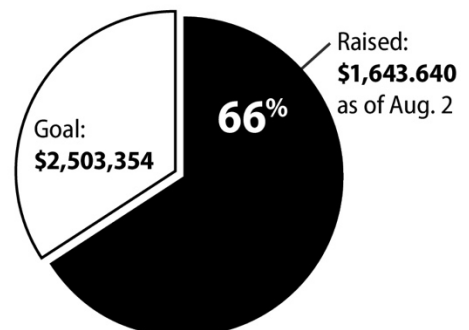
An Evening in Honor of St. John Henry Newman, featuring solemn sung vespers, a first class dinner and dessert catered by Bill Rensch and the Knights of Columbus, and two presentations on the life and works of St. John Henry Newman. RSVP required: [vermontnewman@gmail.com](mailto:vermontnewman@gmail.com).

For the full listing of events, please visit the diocesan Events Calendar at [vermontcatholic.org/events](http://vermontcatholic.org/events).



BISHOP'S  
ANNUAL  
APPEAL

Progress: 66% to goal





**Sunday, Aug 13, 2023**

**Value your vocation**

Immigrant Catholic families faced the nightmare of living one step away from ruin in the 19th century, when only the least desirable and most dangerous jobs were available to them. Knights of Columbus founder Michael McGivney had to leave seminary to support his family after his father's death. Ordained later, McGivney determined to build a community dedicated to protecting vulnerable families and spent his priesthood promoting the valuable vocation of the laity. Continue the legacy with your own vocation, religious or lay, equally valued and necessary.

NINETEENTH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: 1 Kings 19:9a, 11-13a; Romans 9:1-5; Matthew 14:22-33 (115). *"At once Jesus spoke to them, 'Take courage, it is I; do not be afraid.'"*

**Monday, Aug 14, 2023**

**Holiness becomes you**

Maximilian Kolbe is best known for the manner of his death—he volunteered to die in the place of a stranger, who was a man with children, at Auschwitz during World War II. But his path to sainthood began at the age of 10 when his exasperated mother said to her troublemaker son, "I do not know what will become of you!" The Blessed Mother stepped in with a couple options—appearing to the boy in a vision and offering him purity or martyrdom. He gave her the surprising answer: "I choose both." Remarkable conversion, however unlikely, is possible—in others and yourself. Believe it!

MEMORIAL OF MAXIMILIAN KOLBE, PRIEST, MARTYR

TODAY'S READINGS: Deuteronomy 10:12-22; Matthew 17:22-27 (413). *"The Son of Man is to be handed over to men, and they will kill him, and he will be raised on the third day."*

**Tuesday, Aug 15, 2023**

**Without a doubt, love reigns**

Thanks to Thomas the Apostle—that so-called "Doubting Thomas"—Catholic tradition has its earliest account of Mary's Assumption. This tradition holds that, just as Thomas was elsewhere when the other apostles were visited by a resurrected Jesus, he'd likewise been away when Mary, surrounded by the apostles, drew her last earthly breath. As Thomas returned to Jerusalem, three days after Mary's burial, it is said that he saw her gloriously lifted into the heavens. This time, it was the other apostles' turn to doubt Thomas. With great skepticism, tradition tells us, they opened her tomb and found it empty. Pope John Paul II, quoting Saint Francis de Sales, insisted that Mary died "in love, from love, and through love." Love like Mary today.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY (HOLY DAY OF OBLIGATION)

TODAY'S READINGS: Vigil: 1 Chronicles 15:3-4, 15-16; 16:1-2; 1 Corinthians 15:54b-57; Luke 11:27-28 (621); Day: Revelation 11:19a; 12:1-6a, 10ab; 1 Corinthians 15:20-27; Luke 1:39-56 (622). *"He has cast down the mighty from their thrones, and has lifted up the lowly."*

**Wednesday, Aug 16, 2023**

**Infectious faith**

An oft-forgotten holy figure, Saint Roch died on this day in the 14th-century Holy Roman Empire, having lived a distinctive life from his birth. He is traditionally regarded as having been conceived by a miracle and later became an ascetic said to have

worked miracles. The patron saint of dogs, he is said to have been healed from the plague by a dog that brought him bread while he was recovering. He modeled for the world a divine confidence in the face of pestilence, which inspired great faith in God among his peers. Having survived a pandemic ourselves, will we trust God with our future as Saint Roch did?

TODAY'S READINGS: Deuteronomy 34:1-12; Matthew 18:15-20 (415).

*"Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."*

**Thursday, Aug 17, 2023**

**Harvest is plenty**

Farmers and home gardeners are often busy in mid-August if their crops have done well. It is a time of intense work: harvesting, processing, selling, canning. The spiritual parallel is often made: Our missionary impulse is to plant the seeds of faith in word and action, in hopes that the seeds bear fruit. When times seem difficult, it is heartening to look around for signs of fruit, of God's love made manifest. Take a moment to revel in the witness of a Christian you know who makes God's love visible.

TODAY'S READINGS: Joshua 3:7-10a, 11, 13-17; Matthew 18:21—19:1 (416). *"How often must I forgive [my brother]?" ... Jesus answered, 'I say to you, not seven times but seventy-seven times.'"*

**Friday, Aug 18, 2023**

**Moved by movies**

As the weekend emerged in the last century as a two-day break in the workweek for leisure and spiritual pursuits, filmgoing became a major form of recreation. At its height in the 1930s, 65 percent of the U.S. population went to the movies weekly. "Going to the movies" may now simply mean clicking on a streaming app, but watching films remains a popular weekend pastime. Over the years the Vatican has recognized film as a valuable art form deserving of "praise and support." With that in mind, in 1995, in honor of the 100th anniversary of cinema, the Vatican named 45 important films worthy of watching. Make your way through this fascinating list on a given weekend, and enjoy a guilty pleasure, without the guilt.

TODAY'S READINGS: Joshua 24:1-13; Matthew 19:3-12 (417). *"They fought against you, but I delivered them into your power."*

**Saturday, Aug 19, 2023**

**It's humanitarian nature to help**

According to the U.N., this year a staggering 117 million people will be driven from their homes by war, violence, and poverty. Two billion people don't have access to sanitary water at home. World Humanitarian Day, celebrated today, commemorates the lives of the men and women serving in some of the most challenging situations in the world. The voiceless victims of war and poverty need help to alleviate their suffering and draw attention to their plight. Donate to a humanitarian organization like Catholic Relief Services. Do some humanitarian work in your community. Contact your elected leaders and let them know you're concerned.

TODAY'S READINGS: Joshua 24:14-29; Matthew 19:13-15 (418). *"Let the children come to me, and do not prevent them; for the Kingdom of heaven belongs to such as these."*

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



©2023 TrueQuest Communications. TakeFiveForFaith.com; mail@takefiveforfaith.com. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. For more information about TAKE FIVE and our regular contributors, go to PrepareTheWord.com. **Free daily email and app available online at TakeFiveForFaith.com/subscribe.**