



Last Sunday we learned of God's great love for us in all the readings, and that He brings us salvation through an open heart to receive the gifts of baptism and repentance. As such, we see that God will love us, even though we do not always love Him. But remember, if you give him only half your heart, He can make you only 50% happy!

The reason most of us are what we are -- mediocre Christians "up" one day, "down" the next -- is simply because we refuse to let God work on us. Because no one discovers anything big unless he humbles himself and sees his smallness before God, only then can he begin to perceive the image and likeness that was created in us. Only then may we begin to seek perfection in God.

We always seem to make the fatal mistake of thinking that it is what we do that matters; when really what matters is what we let God do to us. "Contemplation must not be lived as a form of self-absorption; it must enlarge your heart to embrace all humanity, especially those who suffer."

We have freedom only to give (our heart) away. To whom do you give yours? You give it either to your moods, to the hour, to your egotism, to creatures, or to God. The real test of a Christian is not how much he loves his friends, but how much he loves his enemies.

The essence of prayer is not the effort to make God give us something. Prayer, then, is not just informing God of our needs, for God already knows them. Rather, the purpose of prayer is to give God the opportunity to bestow the gifts He will give us when we are ready to accept them.

The person who thinks only of himself says only prayers of petition; the one who thinks of his neighbor says prayers of intercession; whoever thinks only of loving and serving God says prayers of abandonment to God's will, and this is the prayer of the saints.

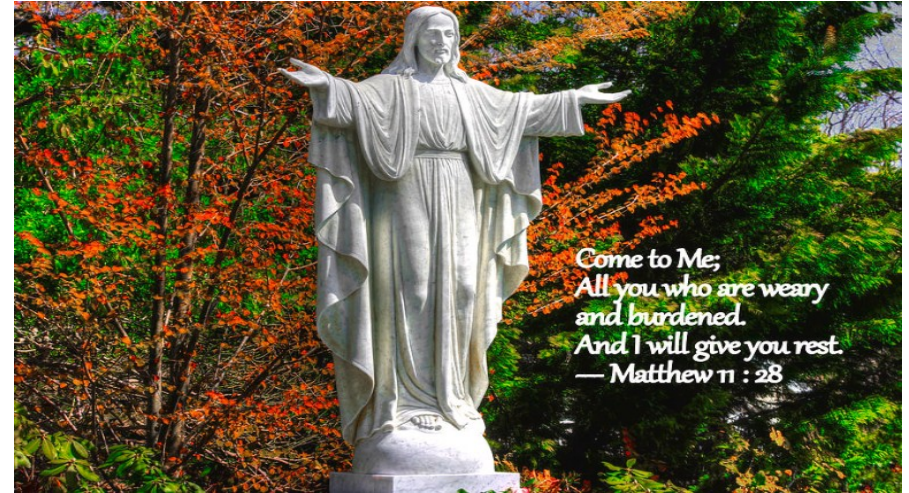
The Lord hears us more readily than we suspect. It is our listening to God that needs to be improved. And this Sunday, we will explore this skill in more detail as we contemplate God's Word.

Yours in Christ,
Deacon Hicks

HOSPITALIZED OR HOMEBOUND?

Contact Father or the parish office to continue receiving the pastoral care of the Church.

HOLY GHOST CATHOLIC CHURCH



120 W. Sequoyah Avenue
Vinita, Oklahoma
Mass: Sunday 10:00 am

PARISH STAFF

- REV. MICHAEL E. CASHEN, Pastor
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CONTACT US

Office Hours: Tuesday and Thursday, 10:00 am - 4:30 pm
Phone: 918.256.2281
E-mail: holyghostvinita@gmail.com
Website: holyghostvinita.org

COVID PRECAUTIONS

The pew section directly in front of the ambo is reserved for socially distanced seating.

EMERGENCY CONTACTS

Fr. Valentine Ndebilie	St. Mark, Pryor	918.825.4186
Fr. Samuel Perez	Sacred Heart, Miami	918.542.5281
Fr. Valerian Gonsalves	St. Elizabeth, Grove	918.786.9312
Fr. Leonard Higgins	St. Catherine, Nowata	918.534.3420

THE HOLY POST

14th SUNDAY IN ORDINARY TIME

July 9, 2023

TODAY'S READINGS

FIRST READING: Our Savior is a peacemaker, who rules to the ends of the earth.
(*Zechariah 9:9-10*)

PSALM: "I will praise your name for ever, my king and my God."
(*Psalms 145*)

SECOND READING: "Whoever does not have the Spirit of Christ does not belong to him."
(*Romans 8:9, 11-13*)

GOSPEL: "Take my yoke upon you and learn from me."
(*Matthew 11:25-30*)

As we come here today to celebrate the Eucharist, the burdens of life may weigh heavy on our minds, our hearts, and our bodies. We may be tired from working. We may be anxious about the health of a family member. We may be mourning the loss of a loved one. We may be just plain weary, physically or emotionally. In today's Gospel, Jesus encourages the crowds, "Come to me, all you who labor and are burdened, and I will give you rest." Let us turn to the Lord for comfort, for his yoke is easy and his burden light.
- Pastoral Patterns

QUESTION:

Who can I reach out to this week in an effort to lighten their burden?

RELIGIOUS EDUCATION



... is on summer break!

OKTOBERFEST - Oct. 14

Vendor registration now open!

More info available on our website at holyghostvinita.org.

Please save cleaned gallon milk jugs, paper sacks for ticket counting, and all sizes of baskets for Silent Auction items.

SAINTS & SPECIAL OBSERVANCES

SUNDAY: 14th Sunday in Ordinary Time
TUESDAY: Memorial of St. Benedict, Abbot
FRIDAY: Memorial of St. Kateri Tekakwitha
SATURDAY: Memorial of St. Bonaventure

PARISH SCHEDULE

SUNDAY July 9
14th Sunday Ordinary Time 10 am
RCIA after Mass

WEDNESDAY July 12
---NO MASS---

SUNDAY July 16
15th Sunday Ordinary Time 10 am

WEDNESDAY July 19
Weekday Mass 6 pm

SUNDAY July 23
16th Sunday Ordinary Time 10 am

WEDNESDAY July 26
Weekday Mass 6 pm

RCIA

If you, a family member, or a friend is interested in learning more about the Catholic faith, please speak with Father Cashen for info on the next RCIA class.

SACRAMENTS

Confession: By appointment only. Call 918.256.2281.

Baptism: Contact Father several weeks in advance.

Marriage: Contact Father 6 months prior to wedding. Do not schedule a date before talking with Father.

PRAYER LIST

Jeanette Crowell, Roben Carter, Gail Curley, Desiree & Caleb Curry, Mae Davis, Ann Geyer, Karen Janssen, Nancy Keene, Tate Riney, Roseline Brown Sparks, Alice Nolen-Walston, Debbie Page, Jimmie Sooter, Lynnda Sooter, Jimmy Sweeney



OUR MILITARY

Navy: Jason Williams

Marines: Gage Gardner

Air Force: Zerek Alvarez,

Eric Wilks, Adam Crane,

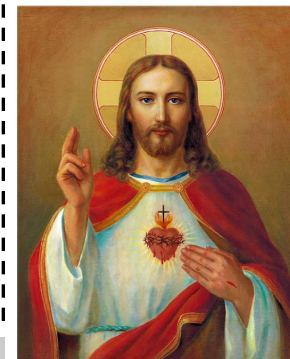
Cale Schumacher, Michael

Ecterhoff, Tiffany Calabasa

*Eucharistic Revival
and Devotion to the
Sacred Heart of Jesus*

July 29, 2023

PRESENTED BY
FR. PETER SHULTS, OSB



The day begins with Mass at 8:30 a.m. and ends after adoration around 3:00 p.m. Lunch is included. The cost is \$30 if prepaid, or \$35 if paid at the door. Preregistration required and seating is limited. Register by calling 405-878-5656 or email retreats@monksok.org. Or register and pay online at www.monksok.org.

PARISH MEMBERSHIP

Welcome to our parish! Registration forms are available in each entrance to complete and give to Father. Notify the office with any address, phone or e-mail changes. *Thank you!*