

Sunday,
April 30,
2023

PARISH OF THE HOLY EUCHARIST



SUMMER CAMP REGISTRATIONS

See p. 5 for
descriptions

POTHE Vacation Bible Camp



VBC Registration



4TH SUNDAY OF EASTER

"Whoever enters through the gate is the shepherd of the sheep. The gatekeeper opens it for him, and the sheep hear his voice, as the shepherd calls his own sheep by name and leads them out."

- Jn 10:2-3



Making Music, Praying Twice: Movement in May

See p. 5 for description



Making Music Registration

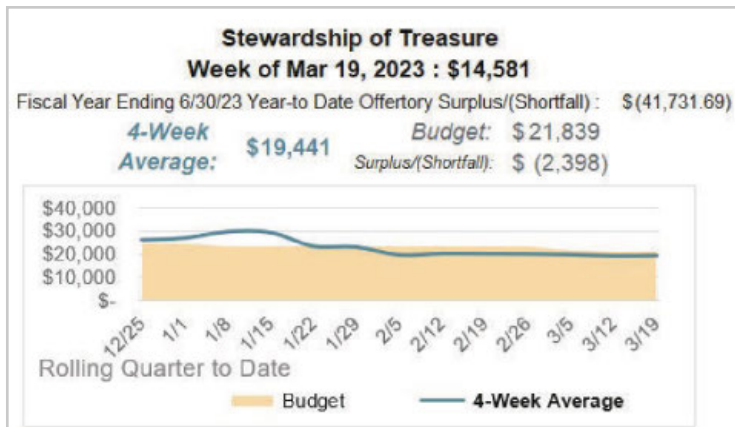
Parish Calendar ~ This Week and Upcoming

Saturday	Sunday	Monday	Tuesday	
29 That Man is You 7:00 am <i>Sacred Heart</i> Eucharistic Adoration 8:45 - 9:45 am <i>Sacred Heart</i>	30 Choir Rehearsal 8:00 am <i>St. Jude</i> FLAME 10:00 am <i>Sacred Heart</i>	1 AA Meeting 10:30 am <i>St. Gregory the Great</i> Eucharistic Adoration 12:00 - 8:00 pm <i>Holy Martyrs</i> Youth Schola 4:00 pm <i>Sacred Heart</i> Boy Scouts 6:30 pm <i>Sacred Heart</i> Holy is His Name Scripture Study 7:00 pm <i>Holy Martyrs</i>	2 Centering Prayer 9:30 am <i>Holy Martyrs</i> Catholic Homeschoolers 10:00 am <i>Holy Martyrs</i> Friends in Faith 10:30 am <i>Holy Martyrs + Zoom</i> Homeschoolers Band 4:00 pm <i>St. Gregory the Great</i>	FLAME 5:30 pm <i>Sacred Heart</i> Knights of Columbus 6:00 pm <i>Holy Martyrs</i> ACTS Women's Retreat Team Meeting 6:00 - 8:30 pm <i>Holy Martyrs</i>
Wednesday	Thursday	Friday	Saturday	Sunday
3 The Troops of St. George 6:00 pm <i>St. Gregory the Great</i> Choir Rehearsal 6:30 pm <i>Sacred Heart</i> 7:00 pm <i>St. Gregory the Great</i> Together with Alzheimer's 7:00 PM <i>Sacred Heart</i>	4 Moms Group 6:30 pm <i>Holy Martyrs</i> AA Meeting 7:00 pm <i>St. Gregory the Great</i>	5 Eucharistic Adoration 8:30 - 9:30 am <i>St. Gregory the Great</i> 3:00-6:00 pm <i>St. Jude</i> AA Meeting 7:00 pm <i>Sacred Heart</i>	6 That Man is You 7:00 am <i>Sacred Heart</i> Eucharistic Adoration 8:45 - 9:45 am <i>Sacred Heart</i> Traditional Latin Mass 9:00 am <i>Holy Martyrs</i> Philip Lamoureux Funeral 11:00 am <i>Holy Martyrs</i>	7 Choir Rehearsal 8:00 am <i>St. Jude</i> FIRE 8:30 am - 12:00 pm <i>Holy Martyrs</i> Alden Bouchard Baptism 12:00 pm <i>Sacred Heart</i> Connected Catholics 1:00 - 3:00 pm <i>Holy Martyrs</i>

Mass Intentions for April 29 to May 7

Saturday, April 29 8:15 am SH Fr. M †Patricia Becker by Jan Reynolds 4:00 pm HM Fr. M †Sr. Sylvia Comer, RSM by Mary Lou Lancaster & family 4:00 pm SGTG Fr. C †David Maurice by Anne Maurice 4:00 pm SH Fr. K †Deceased family & friends of Peter & Cindy McCabe by Peter & Cindy McCabe	Thursday, May 4 8:00 am SH Fr. K †Bill Hughes by Lewanne Hughes
Sunday, April 30 8:00 am SH Fr. K †Deceased family & friends of Donna Curtis by Donna Curtis 8:30 am HM Fr. M †Ryan Rogers by Sharon Leskani 8:30 am SGTG Fr. C †Kathy O'Wrill by Jackie Royles 9:30 am SJ Fr. K *Angel Martinez, Anna Martinez & Earl Salazar by Priscilla Quintana 10:30 am HM Fr. M †Mary T. Honan by Charlotte O'Donovan 11:00 am SH Fr. C *All POTHE Parishioners 5:30 pm HM Fr. M †Elizabeth Bachelder by Kathy Coster	Friday, May 5 7:30 am HM Fr. K *Special Intention for Kevin by his family 8:00 am SGTG Fr. C †Barbara Roy by R. J. Grzymala
Monday, May 1 7:30 am HM Fr. K *Special Intention 8:00 am SGTG Fr. C †Nicholas Greene by Mike & Theresa Beaulieu 8:00 am SH Fr. M †Nancy Beaton by Michael Lynch	Saturday, May 6 8:15 am SH Fr. M *Strengthening Family Life by a parishioner 9:00 am HM Fr. C †Mary T. Honan by Cynthia Morris & Albert Melton 4:00 pm HM Fr. K †Dolores Sweeney by Chris & Kim Kralik 4:00 pm SGTG Fr. M †Joseph & Anna Popadak by Deacon Dennis & Beverly Popadak 4:00 pm SH Fr. C †Dolores Bilodeau by Denise & Daniel Chapman
Tuesday, May 2 7:30 am HM Fr. C †Jo Luncher by a friend 8:00 am SH Fr. M †Margaret Hogan by Ian & Jackie Sellick	Sunday, May 7 8:00 am SH Fr. C †Don Hamalainen & Bill & Lucia Donovan by Carol Hamalainen 8:30 am HM Fr. K †Karen Heuissler by Lynn Berardelli 8:30 am SGTG Fr. M †Rev Charles Ilhoff by Maggie & Fran Holnaider 9:30 am SJ Fr. C *All POTHE Parishioners 10:30 am HM Fr. K †Dr. Don Gove by Mary T. Honan 11:00 am SH Fr. M †Souls in Purgatory by a parishioner 5:30 pm HM Fr. K †Susan L. Berger by John Berger
Wednesday, May 3 7:30 am HM Fr. K †August & Gertrude Benziger by Chris Shaw	VP—Visiting Priest *Special Intention †Deceased

Called to Discipleship ~ Through Stewardship and Service



SECOND COLLECTION: On April 29/30, POTHE will hold a second collection for Catholic Home Missions, which offers financial support to missionary activities that strengthen the Catholic Church in the United States, and in its territories and former territories. Catholic Home Missions educates American Catholics about mission needs and invites them to assist fellow Catholics in the practice of the faith.

HAITI DOOR COLLECTION: Our next Haiti door collection, which supports our sister parishes in Haiti, will be held on May 6/7. The POTHE Commission on Social Justice and Peace has recently received correspondence from all three sites of our sister parish in Haiti. The USA/Haiti Parish Twinning Program in the towns of Meyer (including the parish community center) and Marbial is improving and becoming more normal. It is the Commission's hope that we will continue to maintain regular communication with our sister parish and the sisters at the community center. Please continue to support our sister parish in Haiti with your prayers and generous financial support in the scheduled Haiti door collections.



RED CROSS BLOOD DRIVE:

The POTHE Knights of Columbus are sponsoring a blood drive at Holy Martyrs on May 11 from 1-6 pm. To schedule an appointment, please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](https://www.redcrossblood.org) and enter KOCF. Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](https://www.redcrossblood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.



Be a HERO,
 It's in your BLOOD !

Blood Drive Sponsored by  Parish of the Holy Eucharist
Knights of Columbus

KNIGHTS OF COLUMBUS • COUNCIL #15791: Thank you, for your continued support of our Council through your participation in the CLYNK recycling program, sponsored by Hannaford stores. Empty CLYNK bags are available at the rear of each church. Please return filled green recycling bags to any Hannaford. Proceeds from this program benefit needy and worthy causes of the Knights of Columbus Council 15791. For more information about the Knights of Columbus in our parish, email Chris at cmaddenkofc15791@gmail.com. We meet the first Tuesday of the month at Holy Martyrs beginning with fellowship and fraternity at 6:30 pm followed by a business meeting at 7:00 pm. To become a Knight, visit www.kofc.org/joinus.



MONTH OF APRIL

Knight of the Month

Trustee/PGK Mike Crowley

Family of the Month

Lecturer George Spino & Family

ST. VINCENT DE PAUL CLOTHING DONATIONS: We are now collecting men's and women's lighter weight jackets, sweaters, pants, and tops along with shoes and sneakers. The men would appreciate baseball cap donations. We can **only accept clean, usable casual clothing**. We are **not accepting heavy coats and jackets** since spring has arrived! Donations can be dropped off in the blue bins in the hallway between the narthex and hall at Holy Martyrs or in the back of Sacred Heart church.



Thank you to all who have helped clothe the clients at St. Vincent de Paul. For more information, contact Evelyn at (207) 447-1086.

FRIENDSHIP HOUSE: Friendship House is a temporary home in South Portland for men recovering from substance abuse. The first Wednesday of the month, we bring your donations to the men. Last month parishioners generously donated three hardy casseroles and an Easter Ham with lots of fresh vegetables. The men who received this food were appreciative, grateful, and sincerely asked us to thank you all. The date of our next meal for Friendship House is Wednesday May 3; please help if you can. We will be in the Holy Martyrs parking lot from 2:00 - 3:00 pm that afternoon to collect your contributions, but you are welcome to drop them off in the kitchen Monday or Tuesday prior during business hours. Checks are also welcome at Friendship House, 390 Lincoln St., South Portland ME. Thank you for whatever you can do. Email or call with questions, dpnicklas@gmail.com or (207) 272-0951.



Sharing God's Word ~ Through Pastoral Life and Ministry

WHAT IS AN ACTS RETREAT?: Hurry—act now! Reserve your spot today for this special weekend! The Women's Retreat will be held Thursday evening, May 18 to Sunday morning, May 21, at a beautiful lakeside retreat center in Winthrop. Retreat cost is \$175. Travel to retreat center and all meals are included. Cost should not be an obstacle for attendees; scholarship funds are available. We ask all our parishioners to pray for those women who are still discerning whether to attend the retreat. For more information and to register, visit <https://pothe.org/acts-retreat>, contact Cathy at camullaney@gmail.com, or contact the POTHE office, (207) 847-6890.



PSALTERIUM INSTITUTE CHOIRS IN CONCERT



The Psalterium Institute choral ensembles will conclude the 2022-2023 season with a special evening filled with beautiful choral music from ancient Gregorian Chant through modern choral selections, featuring the Psalterium Institute Chamber Choir, Psalterium Boy Choir, and Magnificat Girl Choir. Join us Friday, May 12, 6:30 pm at Sacred Heart church. *Suggested Donation is \$10.00.* For more information about the Institute, visit www.psalteriuminstitute.org.

MOMS GROUP: You're invited to join an evening POTHE Moms Group for casual social time, as we journey together in supporting each other through prayerful conversation rooted in traditional Catholic teaching. We meet the first Thursday of the month from 6:30 pm to 8:00 pm at Holy Martyrs in the upper room above the church hall. Our next meeting will be Thursday, May 4! Please reach out with any questions to Alana: alanabarrera11@gmail.com or Michelle at mmabelwass@yahoo.com.

SUNG TRADITIONAL LATIN MASS: Our First Saturday Mass will be at 9 am on May 6 at Holy Martyrs with fellowship to follow. Prior to Mass, Confessions will be heard beginning at 8 am with recitation of the Most Holy Rosary at 8:05 am. Also, Joe Moreshead will offer a teaching on the Latin Mass at 8:15 am. For more information on the Traditional Latin Mass, visit <https://www.unavocemaine.org/>.

PRAYER CORNER

APOSTOLATE OF PRAYER FOR PRIESTS

Saturday, Apr. 29	Rev. Joseph R McKenna Rev. Gregory P. Dube
Sunday, Apr. 30	Rev. John F. O'Hara V. Rev. Louis J. Phillips
Monday, May 1	Rev. James Doran Rev. Hyacinth N. Fornkwa
Tuesday, May 2	Rev. Ramundas Bukauskas, OFM Rev. Fredrick H. Morse
Wednesday, May 3	Rev. Paul E. Coughlin
Thursday, May 4	Rev. John P. Davis Msgr. J. Joseph Ford
Friday, May 5	Msgr. Andrew Dubois Rev. Kyle L. Doustou
Saturday, May 6	Rev. Roger P. Chabot Rev. C. James Martel
Sunday, May 7	Bishop Robert P. Deeley, JCD

WHY WE ASK FOR PRAYERS: We know God hears all our prayers. Many of us have known the power of His answers. As a faith community, we are called to pray for each other, which is why we publish a list of people in need of healing in the bulletin. Please call our parish office (207) 847-6890 to include yourself on the list. If you want to add someone else, please ask permission from that person first.

LET US KEEP THE KNIGHTS OF COLUMBUS AND FAMILY IN OUR PRAYERS: Brother Gary Potvin; Cynthia, sister-in-law of Grand Knight Chris Madden; Brother Chip Metevier; Father Ray Picard; Laurene, wife of Brother Dennis Dempsey; Anne Theriault, sister-in-law of Brother George Spino; Brother Mark Bastey; Nancy, wife of Brother John Walkenford; Brother Gerald Bose; Brother Joe Mathew and wife Doris; Brother Charles Thurston; Luke Roy, son of Brother Mark Roy; Art Crowley, brother of Brother Mike Crowley; Brother Manen Clements and wife Pat; David Shaw, brother of Brother Richard Shaw; Brother James King; Cindy Carrier, wife of Brother Steve Carrier; Yvonne, wife of Brother Chuck Devine; Brittany and Brandon Walkenford, grandchildren of Brother John Walkenford; Holly Spino, sister-in-law of Brother George Spino; Brother Peter LaRoche; Natalie Bonnell, widow of Brother John Bonnell; Jon Walkenford, son of Brother John Walkenford; Samuel Winkeler, son of Brother Tim Winkeler; Brother Peter Roger.

PLEASE KEEP IN HEALING PRAYER: Edward Hartnett, Joe Becker, Liz Chandler, Kalee Gwarjanski, Peter Allen Longley, Marie McCann, Bill Stanbro, Dolores Hartnett, Keith Stackpole, Charlie Pinette, Ann Marie Branigan, Ryan Holden, Jeannine Gaillard, Denise Tibbetts, Bob Pigeon, Nancy Crouch.

PLEASE PRAY FOR OUR SEMINARIANS: Andrew Bailey, Erin Donlon, Hoa Nguyen, Vin Nguyen, Than Pham, Matthew Valles, Lam Vo.

Sharing God's Word ~ Through Faith Formation and Pastoral Life

FROM OUR DIRECTOR OF FAITH FORMATION

Swimming and the Spiritual Life: Embrace the Cross

The third lesson swimming taught me about the spiritual life: sometimes it's supposed to hurt.

I remember when I first started swimming. I was eight years old and had taken swim lessons. In swim lessons, the goal is just to teach you how to swim, not to build up your stamina. It's different on a swim team, but I didn't know that. I remember the first practice I had, where I came home really tired. I complained to my dad, "Practice was really hard today," to which he responded, "It's supposed to be. That's how you build up your muscles and get faster." That concept hadn't occurred to me, and I wasn't sure I liked it.

In time, there was a certain degree of work and feeling tired that I had come to accept as part of the sport, but there were limits. When I started swimming longer events like the 500 freestyle (about a 5-6 minute race), everyone was always talking about pacing. "You can't go out too fast or you'll be too tired to finish. You have to hold back a little." In principle, that's good advice, but I took full advantage. I'd come to the end of the 500 not quite fresh as a daisy, but not spent either.

I don't remember the particulars of the race, but there was one day where I decided to go for broke. I went out fast and just tried to keep the pace up. I was in so much pain through most of that event; my arms were burning, my chest was heaving, but I was determined to keep plowing through. Unsurprisingly, I shattered my previous best time.

I realized then that being willing to dig in until it hurts is what separates the top tier from the middle tier. Until that point, I had the attitude that it wasn't supposed to hurt. Once I accepted that, I grew as a swimmer by leaps and bounds.

The same is true of the spiritual life. Great joy can be found in loving Our Lord and being loved by Him. When I was first starting to pray and live the faith in earnest, that joy was what I was focused on. But as Mother Teresa puts it, real love is love that costs us. We should love until it hurts. Just as realizing in the world of swimming that sometimes it should hurt and require me to dig deep, the same is true of the spiritual life. Living a devout life means being prepared to dig deep for God, to give until it hurts the way He gave to you on the Cross. A whole new world opens up for you when you're willing to embrace the Cross and realize that the goal is not to live in heaven on earth; it's to fight under Our Lord's banner here in order to gain the eternal reward later.

—Joe Moreshead



PLANNING YOUR CATHOLIC FUNERAL SEMINAR:

POTHE will be hosting a seminar on Tuesday, May 16 at 1 pm at Holy Martyrs church on planning your Catholic funeral. Jim Boulet, director of Maine Catholic Cemeteries, will discuss topics such as planning a funeral, Catholic cemeteries, Church teaching on cremation and the benefits of pre-planning.



For more information or to RSVP, email pothe.faithformation@portlanddiocese.org or call the parish office at (207) 847-6890.

MAKING MUSIC, PRAYING TWICE "MUSIC AND MOVEMENT IN MAY":

Calling all wiggly littles! Join other moms and their children 5 and under for faith-filled music and movement classes outside in the Mary Garden at Holy Martyrs church in Falmouth. Music and themes to celebrate the Easter - Pentecost liturgical season. Classes meet Fridays at 10:15 am starting May 5 through June 2. Register at www.pothe.org/makingmusic



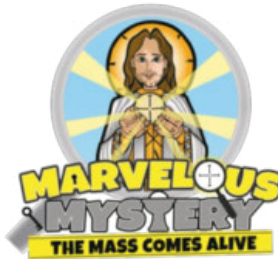
MAY CROWNING AND PROCESSION:



Join us at Holy Martyrs church May 7 for the May Crowning in conjunction with our final family catechesis class for the year, following the 10:30 am Mass. One of the children will crown the statue of Mary that is usually in the chapel, after which we will process with the statue around the block in her honor. For more information, email pothe.faithformation@portlanddiocese.org.

VACATION BIBLE CAMP:

Vacation Bible Camp will take place July 17-21 at St. Gregory the Great, 9 am to noon. (Please note, this is a change from previous years in which VBC was held the fourth week of July.) The theme this year will be on the Mass. CatChat writes, "Kids will develop a new appreciation for the Catholic Mass and will deepen their love for Jesus in the Eucharist through faith teachings, catchy music, fun games, crafts, and more." To register go to



<https://pothe.org/vacation-bible-camp>.

OUR LAST FIRE (FAMILIES IN RELIGIOUS EDUCATION)

SESSION: A reminder that our last FIRE (Families in Religious Education) class is Sunday, May 7 from 8:30am-12:30pm at Holy Martyrs and will include classes, Mass, our May Crowning and Mary Procession, followed by lunch and fellowship.





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Parish of The Holy Eucharist, ME

04-0669

Parish Information ~ Celebrating the Sacraments

OUR PRIESTS AND DEACON



Pastor:
Fr. Steven Cartwright



Parochial Vicar:
Fr. Peter Kaseta,
O.F.M. Cap.



Parochial Vicar:
Fr. Paul Marquis



Senior Deacon:
Dennis Popadak

OUR FAITH FORMATION AND ADMINISTRATIVE STAFF



Director of
Faith Formation:
Joe Moreshead



Coordinator of
Sacraments:
Kim Lovett



Coordinator of
Family Life:
Kalee Gwarjanski



Director of
Sacred Music:
Jen Runge



Director of
Communications
& Technology:
Joyce Hale



Receptionist/
Administrative
Assistant:
Jonnie Clark



Business
Coordinator:
Oisín O'Searcoid



Bookkeeper:
Terrie Casavant



Handyman:
Dave Therrien



Facilities
Maintenance
Technician:
Chip Metevier



Facilities Maintenance
Manager:
Steve Tuttle

Our Mission

We are the Parish of the Holy Eucharist, a Catholic community called to discipleship, seeking deeper communion with God, each other, and our neighbors by celebrating the Sacraments, sharing God's Word, and serving all in need.

Our Churches

Holy Martyrs: 266 Foreside Road, Falmouth

Sacred Heart: 326 Main Street, Yarmouth

St. Gregory the Great: 24 N. Raymond Road, Gray

St. Jude: 134 Main Street, Freeport

Our Parish Office

Address:

Parish of the Holy Eucharist
266 Foreside Road
Falmouth, ME 04105

Phone: (207) 847-6890

E-mail: pothe@portlanddiocese.org

Website: pothe.org

Parish Facilities Emergency Phone: (207) 310-7638

Our Cemetery

Holy Cross Cemetery

75 Smith Street, Yarmouth
Contact Michele at (207) 773-5796

Our Eucharistic Adoration Schedule

Monday:

12:00 pm - 8:00 pm Holy Martyrs (except holidays)

Friday:

8:30 am - 9:30 am St. Gregory the Great

3:00 pm - 6:00 pm St. Jude

Saturday:

8:45 am - 9:45 am Sacred Heart

Our Confession Schedule

Saturday:

8:00am Holy Martyrs, 1st Saturday of the month

8:45-9:45 am Sacred Heart

2:30-3:30 pm Sacred Heart, St. Gregory the Great,
and Holy Martyrs

Or by appointment

Our Mass Schedule

Sunday Masses	Daily Masses
Saturday (Anticipatory):	Monday:
4:00 pm Holy Martyrs	7:30 am Holy Martyrs
4:00 pm St. Gregory the Great	8:00 am St. Gregory the Great
4:00 pm Sacred Heart	8:00 am Sacred Heart
Sunday:	Tuesday:
8:00 am Sacred Heart	7:30 am Holy Martyrs
8:30 am Holy Martyrs	8:00 am Sacred Heart
8:30 am St. Gregory the Great	Wednesday:
9:30 am St. Jude	7:30 am Holy Martyrs
10:30 am Holy Martyrs	Thursday:
11:00 am Sacred Heart	8:00 am Sacred Heart
5:30 pm Holy Martyrs	Friday:
BULLETIN SUBMISSIONS:	7:30 am Holy Martyrs
Items are due 10 days prior to publication. Submit to	8:00 am St. Gregory the Great
pothe@portlanddiocese.org .	Saturday:
	8:15 am Sacred Heart
	9:00 am Holy Martyrs 1 st Sat. of the month

Sacramental and Pastoral Care

Wishing to Become Catholic: Please contact the parish office and ask for Faith Formation.

Sacrament of the Anointing of the Sick: Please call the parish office with the name, condition, address, and phone number of the person who is in need.

Communion to the Homebound: Please email Kim Lovett, kim.lovett@portlanddiocese.org.

Sacrament of Baptism for Infants: Please contact our parish office as soon as your child is born.

Sacrament of Marriage: Please contact the parish office at least 6 months in advance of the desired date of your wedding.

Making Funeral Arrangements: Please contact the funeral home, and they will assist you in making arrangements for the church.