

Sunday,
September 1,
2024

PARISH OF THE HOLY EUCHARIST



SENIOR LUNCHEONS RESUME!

September 19
Sacred Heart, 11:30 am

More details in the
bulletin next week!



22ND SUNDAY IN ORDINARY TIME

"He summoned the crowd again and said to them, 'Hear me, all of you, and understand.

Nothing that enters one from outside can defile that person; but the things that come out from within are what defile.'" -Mk 7: 14-15

SING WITH US!
See any of our
Music Ministers
after Mass.



Jen Runge, Director
Sacred Heart



Liam Scott
Holy Martyrs



Ron Siviski
Sacred Heart



Chip Carney
St. Gregory the Great

David Bartoletti
St. Gregory the Great



Duncan McFarland
St. Jude



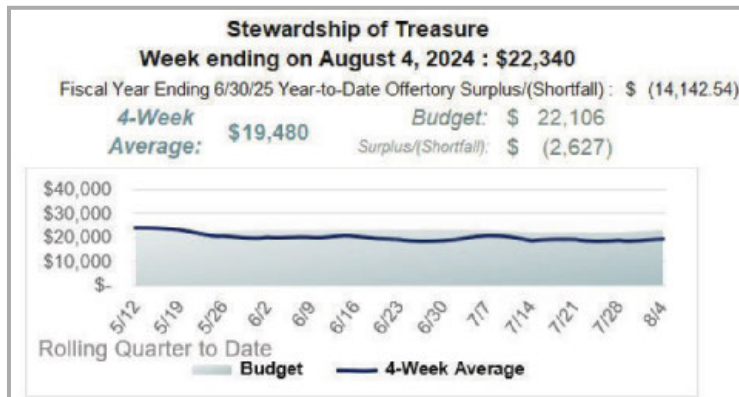
Parish Calendar ~ This Week and Upcoming

Saturday	Sunday / Monday	Tuesday		Wednesday
31 Memorial of the Blessed Virgin Mary CANCELLED - That Man is You 7:00 am <i>Sacred Heart</i> CANCELLED - Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i>	1 22nd Sunday of Ordinary Time Choir Rehearsal 8:00 am <i>St. Jude</i> Calix 7:00 pm <i>Holy Martyrs</i> 2 Labor Day Parish Office Closed AA Meeting 10:30 am <i>St. Gregory the Great</i> All Parish Group Meetings Cancelled	3 St. Gregory the Great, Pope, Doctor Centering Prayer Group 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</i>	ACTS Women's Retreat Team Meeting 6:00 pm <i>Holy Martyrs</i> Knights of Columbus 6:00 pm <i>Holy Martyrs</i>	4 Choir Rehearsal 7:00 pm <i>St. Gregory the Great</i> Together with Alzheimer's 7:00 pm <i>Sacred Heart</i>
Thursday	Friday	Saturday	Sunday	
5 Meals on Wheels 8:00 am <i>Holy Martyrs</i> St. Monica Club 6:30 pm <i>Holy Martyrs</i> AA & Al-Anon Meeting 7:00 pm <i>St. Gregory the Great</i>	6 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>	7 Memorial of the Blessed Virgin Mary That Man is You 7:00 am <i>Sacred Heart</i> First Saturday Confession & Rosary 8:00 am <i>Holy Martyrs</i> Eucharistic Adoration & Confession 8:45 - 9:45 am <i>Sacred Heart</i> Latin Mass 9:00 am <i>Holy Martyrs</i>	8 23rd Sunday of Ordinary Time (External Solemnity of St. Gregory the Great celebrated in Gray) Choir Rehearsal 8:00 am <i>St. Jude</i> FIRE 8:30 - 11:30 am <i>Holy Martyrs</i> Catechesis of the Good Shepherd 9:30 - 11:00 am <i>Holy Martyrs</i>	ACTS Summer Picnic 12:00 - 4:00 pm <i>St. Gregory the Great</i> Connected Catholics 2:00 pm <i>Holy Martyrs</i> Calix 7:00 pm <i>Holy Martyrs</i>

Mass Intentions for August 31 - September 8

Saturday, August 31 8:15 am SH 4:00 pm HM Fr. K MASS CANCELLED 4:00 pm SGTG VP †Robert & Cynthia Hoehl by the Kostin family 4:00 pm SH Fr. C †Berthier "Bert" Picard by Jean Hyland 4:00 pm SH Fr. C †Viola Palmacci by Daniel & Denise Chapman Sunday, September 1 8:00 am SH Fr. C *All POTHE Parishioners 8:30 am HM Fr. K †Pat Higgins by Barb Obar 8:30 am SGTG VP †George Clark by Peter & Barbara Wood 9:30 am SJ Fr. C †Joe Ryan by the Morrone family 10:30 am HM Fr. K †Alice & Larry O'Donnell by Kerry Pluto 11:00 am SH VP †Colette Tchuente by Caroline Nguembu Tagne 5:30 pm HM Fr. K †My mother, my siblings, & our children by Solange Tchatat Monday, September 2 Labor Day - Parish Office Closed 7:30 am HM Fr. K †Bert Agren by Mats & Lisa Agren 8:00 am SH Fr. M †Jack Cireco by Edward Johnson 12:15 pm SJ MASS CANCELLED Tuesday, September 3 7:30 am HM Fr. M †Wilfred Bilodeau by Michael & Theresa Beaulieu 10:00 am NH Fr. M *Intentions of the residents of Bay Square Wednesday, September 4 7:30 am HM Fr. K †John Cassesse by the Gilbert family	Thursday, September 5 8:00 am SH Fr. K †Don Hamalainen by John & Jeanne Collins Friday, September 6 7:30 am HM Fr. K *Special Intention 8:00 am SGTG Fr. M †Olga Myers by Gerald Myers Saturday, September 7 8:15 am SH Fr. M †Deceased family of David & Renee Daniels 9:00 am HM Fr. C †Sandy Coleman by the Fallon family 4:00 pm HM Fr. C †Dorothy & Donald Fredriksen by their family 4:00 pm SGTG Fr. K †Doris Mathew by Joseph Mathew & family 4:00 pm SH Fr. M †Michael Kostin by the Kostin family Sunday, September 8 8:00 am SH Fr. M †Fr. Bud Welsh by Catherine M. 8:30 am HM Fr. C †Julia Glynn by Helen Stanbro 8:30 am SGTG Fr. K †Audrey Burns by the Nicak family 9:30 am SJ Fr. M †Mark Francis Bastey by Megan Bastey 10:30 am HM Fr. C †Deceased family of Thomas & Elizabeth Griffin 11:00 am SH Fr. K †Signa Milliken by James & Gail O'Connell 5:30 pm HM Fr. C *All POTHE Parishioners NH—Nursing Home VP—Visiting Priest *Special Intention †Deceased
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Called to Discipleship ~ Through Stewardship and Service



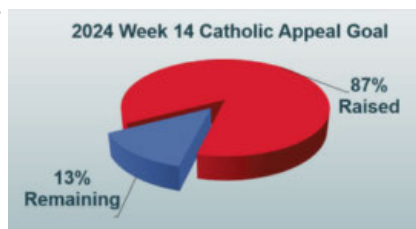
UPCOMING SECOND COLLECTIONS

September 1—POTHE Capital Campaign: This collection supports facility improvement projects with 100% of your donation directly funding these projects.

September 8—Catholic University of America: Since 1903, the National Collection – the only nationwide second collection taken for higher education in the U.S. – has been a critical source of funding for Catholic University. Thanks to the collection, the University has been able to educate thousands of young minds in both faith and reason, while upholding the highest standards of education and conducting critical research to serve dioceses, parishes, and pastors throughout our country.

September 15—Faith Formation Programming: This collection supports the Faith Formation department in hosting and participating in community/family-friendly events, providing supplementary books, and hosting dinners for the Oratory class (middle and high school).

2024 CATHOLIC APPEAL PROGRESS REPORT: Our Annual Diocesan Catholic Appeal, *United in Hope*, supports the ministries of our Church in Maine, which educate our youth and young adults, assist our parishes, comfort the sick, and bring the Good News of Jesus Christ to the people of God. For a full list of programming, please see the brochures in our churches. As of Week 14, your generosity has brought us to 87% of our goal. Can you help us reach 100%? FMI or to donate securely, visit portlanddiocese.org/giving.



FRIENDSHIP HOUSE MINISTRY—NEW SCHEDULE! Beginning this month, we will deliver our Friendship House Meal on the last Tuesday of the month. This means we will deliver on September 24. Please have food and pantry/toiletry donations to Holy Martyrs by 1 pm on **Tuesday, September 24**. FMI, to sign up for email updates, or to volunteer, please contact Regina Prince at our Parish Office, (207) 847-6890, or sign up online, pothe.org/friendship-house.



Welcome, Visitors!

Want to participate in our offertory collection? If you'd like to make your offering online, please scan the QR code.



CALL FOR NEW CHOIR MEMBERS! Music ministry at POTHE provides beauty, joy, comfort, inspiration, and musical prayer for our liturgies and various parish celebrations. This is possible due to the generous sharing of time and talent of diverse and committed members. If you can carry a tune and want to learn, come sing with us! Rehearsals resume in earnest in September, making now the perfect time to reach out to the Music Ministers at each church. FMI or to express interest, visit www.pothe.org/sacredmusic or call Jennifer Runge, (207) 847-6884.



SOUP KITCHEN NEEDS VOLUNTEERS: The St. Vincent DePaul Soup Kitchen is open weekdays from 7:30 am to 1 pm. We are in need of volunteers to join our dedicated team on Tuesdays. Please consider sharing your time with those in need by volunteering for any of the Soup Kitchen's open hours. Thank you for your help! FMI, contact Jeanne at (774) 354-3334.

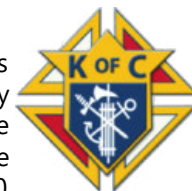


ST. VINCENT DE PAUL CLOTHING NEEDS: We continue to need men's and women's clothing for our clients who visit the Soup Kitchen. **At this time, we are only accepting lightweight, casual clothing.** As always, please donate items that are in good, clean condition. We have blue bins to collect donations at Holy Martyrs between the narthex and the parish hall, in the back of Sacred Heart, and now at the back of St. Gregory the Great! Thank you to all of our volunteers who support St. Vincent de Paul Mission. FMI: Evelyn, (207) 447-1086.



KNIGHTS OF COLUMBUS NEWS:

Tour of the ABBA Center—Council Brothers and Parishioners, your Parish of the Holy Eucharist Knights will be taking a tour of the ABBA Center at 1250 Forest Avenue, on the 2nd floor, Portland, on September 12 at 5:30 pm. If you are interested in joining us, please RSVP by September 5 to our parish office, (207) 847-6890 or pothe@portlanddiocese.org.



Meet and Greet Session #2—On Sunday, September 22, your Knights will host a meet and greet session at Sacred Heart hall from 1-3 pm. Refreshments will be served. More details coming soon!

Sept. Knight of the Month

Guard Charles Thurston

Sept. Family of the Month

Trustee Brother Donald Talbot and Wife, Claire

Parish of the Holy Eucharist p. 3

Sharing God's Word ~ Through Pastoral Life and Ministry

WOMEN'S ACTS RETREAT: You are invited to join us for a spiritually uplifting weekend! Set aside some time for God and yourself. Get away from your busy schedule and join women from our parish, like yourself, who are seeking God's answers to life, family, and eternity. This weekend will strengthen your faith, renew you spiritually, and begin friendships with some amazing women. Parish of the Holy Eucharist and Our Lady of Hope Parish are collaborating to offer this lay-led ACTS Retreat. All women aged 21 and older are encouraged to attend. Retreat will be held **Thursday evening, November 7 to Sunday morning, November 10**, at a beautiful lakeside retreat center in Winthrop. Retreat cost is \$195. Travel to retreat center and all meals are included. Cost should not be an obstacle for attendees; scholarship funds are available. Act now—space is limited. FMI and to register, visit <https://pothe.org/acts-retreat> or contact Cubby at (207) 577-7532. Put this on your calendar now—you owe it to yourself!!



TRIBUNAL PRESENTATION ON ANNULMENTS: The bond of marriage is unbreakable, according to Our Lord, "if it is lawful." But some marriages lack the necessary knowledge or consent to make those vows valid. When this happens, a member of the faithful can ask the Church to investigate and declare whether or not those vows really were valid and binding. When the Church finds they were not, these are called "declarations of nullity" or annulments. If you are divorced and remarried, are in an irregular marital situation, or have questions about the validity of a previous marriage, this is a great opportunity to learn more about ways of moving forward. Representatives from the Marriage Tribunal of the Diocese of Portland will offer this presentation on Tuesday, September 17 at 6 pm in the hall at Sacred Heart.

MAKING MUSIC, PRAYING TWICE OUTDOORS IN OCTOBER: Grab your kiddos (babies, toddlers, preschoolers) and join moms from the parish as we move and groove to upbeat songs tied to the liturgical church year. Bring your own batch of instruments to "play" with, a blanket to sit on, or use ours! You and your littles will grow as we pray twice while singing in praise of God! **Classes are held Fridays beginning October 4 at 10:30 am in the Mary Garden at Holy Martyrs.** Register now at www.poth.org/makingmusic. FMI, contact Jennifer Runge, Director of Sacred Music, jennifer.runge@portlanddiocese.org or (207) 847-6884.



PRAYER CORNER

APOSTOLATE OF PRAYER FOR PRIESTS

Saturday, August 31	Rev. Sahaya P. Remigius, SAC V. Rev. Claude R. Gendreau
Sunday, September 1	Our Holy Father
Monday, September 2	Rev. Patrick J. Finn Rev. Normand P. Richard
Tuesday, September 3	Our Holy Father
Wednesday, September 4	Rev. Michael Adebote, SMA Msgr. J. Joseph Ford
Thursday, September 5	Rev. James Doran Rev. Roger P. Chabot
Friday, September 6	Rev. Selvaraj Kasi, HGN Rev. Roland Bemgeh
Saturday, September 7	V. Rev. Richard C Malo Rev. Nathan D. March
Sunday, September 8	Bishop Emeritus 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 at (207) 847-6890 to include yourself on the list. If you want to add someone else, please ask permission from that person first.

PLEASE PRAY FOR OUR SEMINARIANS: Vin Nguyen, Ezekiel Banla, Evans B. Yongyee, Joseph Beale, Nick Hershbine, **Deacons:** Erin Donlon, Than Duc Pham, Hoa Tien Nguyen.

LET US KEEP THE KNIGHTS OF COLUMBUS AND FAMILY IN OUR PRAYERS: Brother Chip Metevier; Laurene, wife of Brother Dennis Dempsey; Nancy, wife of Brother John Walkenford; Brother Gerald Bose; Brother Charles Thurston; Luke Roy, son of Brother Mark Roy; Art Crowley, brother of Brother Mike Crowley; Brother Manen Clements and wife Pat; Brother James King; Cindy Carrier, wife of Brother Steve Carrier; Jeanne Madden, wife of Brother Chris Madden; Brother Paul Tracy.

PLEASE KEEP IN HEALING PRAYER: Marianne McNally-Purda, Gretchen Sayward, Edward Hartnett, Joe Becker, Kalee Gwarjanski, Peter Allen Longley, Marie McCann, Dolores Hartnett, Keith Stackpole, Charlie Pinette, Ann Marie Branigan, Ryan Holden, Denise Tibbetts, Bob Pigeon, Nancy Crouch, Doris Charest, Charlie Miller, Jack Laibinis, Sr, Tiffany Eaton, Gilman Michaud, Kelly Dupont, Jean Bissonnette.

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

FROM OUR DIRECTOR OF FAITH FORMATION

SWIMMING AND HUMILITY—PART 2

HE HAS CAST DOWN THE MIGHTY FROM THEIR THRONES

Fast forward four years from last week's article. I was a junior at Cheverus and it was the high school swim championships. It's important to know that in the world of swimming there's a marked difference between what we call club swimming and high school swimming. The state championship I describe earlier was a club event. Club events can be very competitive. Swimmers who swim for clubs swim six days a week, eleven months out of the year, two-three hours a day. US Swimming Clubs are the feed for the Olympics.

The high school league is a different culture entirely. High school swim season only lasts from November through February. A high school team will have many swimmers who are trying the sport for the first time. Many who swim for high school just train for swimming during those four months. Consequently, while high school swimming is a lot of fun, it's not as competitive as club swimming. Being a year round club swimmer, I was used to winning in high school swimming and my teammates had more or less come to expect it of me.

If that sounds somewhat cocky, you'd be right. Just wait and see what follows.

I was signed up for two individual events in the state meet: the 200 IM and the 500 freestyle. Swimmers are listed with "seed times" in the programs; a seed time shows what that swimmer's fastest time for this event is. While there are exceptions, you can usually rely on swimmers to be within a half a second of their seed time. In the 200 IM, I was seeded second next to another club swimmer. We were supposed to be within hundredths of seconds from each other. I knew this swimmer and knew that it would be competitive; consequently, I was sweating that event for weeks. Meanwhile, I barely thought about the 500 freestyle. By all accounts it looked like it was in the bag. I was seeded first, twenty seconds ahead of the next fastest swimmer. Even if I went slower than usual, it should be good enough to win.

The 200 IM went off first. As predicted, Phillip and I were neck and neck. I poured every ounce of energy I had into that race. When we touched the wall, both of us had dropped tremendous amounts of time and I had won by a hair.

Then the 500 freestyle happened. You know, that event I thought I didn't need to think about. I bombed it. My mind kept telling my arms to move, but I had drained everything I had into the 200 IM. I had nothing left for the race. Not only did I go much slower than my best, but the Bangor swimmer who was seeded second did well and beat me by a long shot. It wasn't even close.

Normally this would be a, "win some lose some" kind of situation, except that Cheverus and Bangor were neck and neck for the state championship. When the final score was counted, Bangor won by six points. Had I focused on the 500 freestyle and swum at least close to my usual time, we would

have won our first class A swim championship ever.

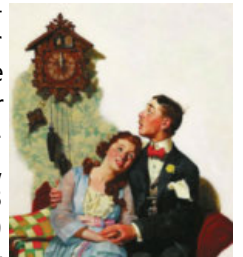
God casts down the mighty from their thrones. In those times when we start to get proud, God has a way of reminding us of our own poverty and weakness. This is a good thing, it keeps us humble and when we're humble, we're more open to God's grace, and we're more charitable to other people. No one likes these little reminders, but it's these reminders that keep us from becoming proud and (frankly) from turning into jerks. Praise God!

—Joe Moreshead

NEW! CATECHESIS OF THE GOOD SHEPHERD: CGS is Montessori-style catechesis for ages 3-6, introducing essential elements of the Catholic faith. This trusted curriculum is used worldwide and we are excited to offer it to you! Classes are twice a month on Sunday mornings at Holy Martyrs church, once within FIRE and once following the 8:30 am Mass. For more information, full schedule, and to register please visit www.pothe.org/cgs.



GOD, LOVE, AND MARRIAGE—EVERYTHING YOU NEED TO KNOW BEFORE YOU START DATING: Once again, Joe Moreshead and Kalee Gwarjanski will be teaching a week-long course for teens on love, relationships, and where God fits into it all. The course runs for four nights in a row beginning on **Monday, September 9 through Thursday, September 12. Students in grades 6-8 meet 6:30-7:30 pm. Students in grades 9-12 meet 7:30-8:30 pm.** We'll cover why God gave us these feelings to begin with, what our moral responsibilities are, how to date, and how marriage and family life work. FMI and to sign up, contact Joe Moreshead, pothe.faithformation@portlanddiocese.org.



POTHE CHALICE PROGRAM: Attention all families! We invite you to join us in praying for our priests and seminarians in the diocese of Portland. Each family can sign up to take a chalice to display in their home for a week. Over the course of the week, your family gathers each day to pray together for priests and to read about one of our local priest heroes, Fr. Gabriel Druillettes, known as the apostle to the Abenakis. To sign up for a week or FMI, please email



FIRE—FAMILY CATECHESIS:

The first class meeting is September 8 at Holy Martyrs beginning with Mass at 8:30 am. For a complete listing of class dates, times, format, and registration information, visit pothe.org/fire.






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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



Business
Coordinator:
Nicole Clavette



Bookkeeper:
Terrie Casavant



Director of Pastoral
& Liturgical Life:
Regina Prince



Handyman:
Dave Therrien



Facilities
Maintenance
Manager:
Steve Tuttle



Director of
Communications
& Technology: Joyce
Hale



Director of
Faith Formation:
Joe Moreshead



Coordinator of
Sacraments:
Kim Lovett



Coordinator of
Family Life:
Kalee Gwarjanski



Faith Formation
Assistant: Kate
McGrath Holmquist



Facilities
Maintenance
Technician:
Chip Metevier



Director of
Sacred Music:
Jen Runge

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

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:

8:00 am 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

Saturday (Anticipatory):

4:00 pm Holy Martyrs

4:00 pm St. Gregory the Great

4:00 pm Sacred Heart

Sunday:

8:00 am Sacred Heart

8:30 am Holy Martyrs

8:30 am St. Gregory the Great

9:30 am St. Jude

10:30 am Holy Martyrs

11:00 am Sacred Heart

5:30 pm Holy Martyrs (quiet Mass)

BULLETIN SUBMISSIONS:

Items are due 10 days prior to
publication. Submit to
pothe@portlanddiocese.org.

Daily Masses

Monday:

7:30 am Holy Martyrs

8:00 am Sacred Heart

12:15 pm Saint Jude

Tuesday:

7:30 am Holy Martyrs

Wednesday:

7:30 am Holy Martyrs

Thursday:

8:00 am Sacred Heart

Friday:

7:30 am Holy Martyrs

8:00 am St. Gregory the Great

Saturday:

8:15 am Sacred Heart

9:00 am Holy Martyrs 1st Sat.
of the month

Sacramental and Pastoral Care

Becoming Catholic:

Please contact
pothe.faithformation@portlanddiocese.org

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. **If calling after hours**, when voicemail message begins, press 7 to leave a message for the on-call priest.

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 Matrimony: 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.