

IMMACULATE CONCEPTION CHURCH

Bringing all souls to Jesus through Mary, the Immaculate Conception.

ICC Parish Staff:

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2 Doyon Place
Fairbanks, AK
99701

(907) 452-3533

iccsecretary2@cbna.org
http://iccfairbanks.org

Parish Office Hours
Tues.-Fri. 10:00AM - 3:00PM

10.25.2020

Thirtieth Sunday

Parish Information

Mass Times:

Sat: 4:00 PM; Sun 7:30 AM; 10:00 AM

M. T. T. F. 12:10 PM at ICC

Wed: 5:30 PM followed by Adoration/Confession

Confessions:

11:30 AM—12:00 PM Immaculate Conception

Saturday 3:00 PM— 4:00 PM at Sacred Heart

Saturday 3:00 PM—3:30 PM ICC

Or please call the parish to arrange a time

Baptism: Call Dc. Sean Stack 907-452-3533

Marriage: Call six months prior to wedding date.

Love is Obedience

Of the three, love is the greatest; it never passes away. Because of this, Jesus commands us (Jn 14:23),

Whoever loves me will keep my word, says the Lord, and my Father will love him and we will come to him.

Love, then, fulfills the law because faith, belief in the law of Christ, works through love (Gal 5:6). In contrast, hate works through fear. This is our struggle, we were made to love, but when our love turns inward and focuses on our self, then it becomes hate for we fear giving of ourselves to another.

So St. John continues and tells us that perfect love casts out all fear (1 Jn 4:18) because divine love is gift-love and we willingly gift ourselves to another, without counting the cost of our gift to the other. We give ourselves freely, without cost. When we fear the cost of love and protect our love, we create hate for we fear to love with our whole heart, soul, body, and strength. We count the costs of love which diminish love!

Fear fills us, for we hate to empty anything of ourselves to honor another, even if they don't deserve it. This is hell. Love, however, frees us, so empty of all selfishness, we freely gift whatever we have to the other always. This is heaven!

Status of Operating Fund - (July 1, 2019 - March 15, 2020)

Includes CC Donations received

<http://giving.parishsoft.com/iccfairbanks>

Weekly Budgeted	\$5,895.13
Actual Collection **includes grants received**	\$4,759.00
Over/<Under> Weekly Budget	<\$1,136.13>
Year-to-Date Budgeted	\$88,423.95
Year-to-Date Actual Collections	\$97,760.90
Over/<Under> Yearly Budget	\$9,336.95
Expenses Budgeted for the year	\$88,423.34
Expenses for the year to date (includes Security)	\$99,430.34

**How you turned to God
from idols to serve the living
and true God to await his Son
from heaven, whom he raised**

*Faith Works
Through Love*

**"You shall love the Lord,
with all your heart,
with all your soul,
and with all your mind.**

Date	Mass Time	Intentions of ICC Parishioners	Priest	Feast Day	Activity
Sat. Oct 24	4:00 PM	Private Intention	Fr. Tom	St. Anthony Claret	Confession 3:00 PM
Sun. Oct 25	7:30am	Anthony&Virginia Roetzler+	Fr. Tom	30th Sunday Ordinary Time	
	10:00am	ICC	Fr. Tom		
Mon Oct 26	12:10PM	Monica&Ron Troendle Fam	Fr. Tom		Legion of Mary 5:30 PM
Tue. Oct 27	12:10PM	Private Intention	Fr. Tom		
Wed Oct 28	5:30PM	Tom Roetzler +	Fr. Tom		Holy Hour & Confessions 6:00 PM—7:00 PM
Thurs Oct 29	12:10PM	Private Intention	Fr. Tom		RCIA 7:00 PM—8:30 PM
Fri Oct 30	12:10PM	Private Intention	Fr. Tom		Voices in Wilderness
Sat. Oct 31	4:00 PM	Martin Keane +	Fr. Tom	Blessed Virgin	Confessions 3:00 PM
Sun. Nov 1	7:30 AM 10:00AM	John C Wood + ICC	Fr. Tom Fr. Tom	Solemnity of All Saints	

PLEASE REMEMBER IN YOUR PRAYERS



Doreen Reed; Helga Savage; Mason Edwards; Ralph Payner; Rocco Vicari; Jim & Sandy Harity; Rebecca Weatherford and family; Edie Del Cecato; all elected officials; Fred; Drew; Suki Ahn; Phillip Penpraze; Lily; Luna; Bishop Chad and clergy; Sandra Connelly & family; Dorothy Stella & family; Sally & family; May Walsh; Sr. Patricia Mayer; Jim Cross, Claudia Piatt; Gary Jones; Kitty Siebels; Myrna McGhie; Paulette Russell; Mike Weber; Dave and Brooke; Charles & Rebekah Addis & Family; Carissa & Natasha; Trace; Ashton Ishnook & Family, Gerry Walsh; Cindy & Joe Fields, Lorraine Salzman, Kay McLevey, Grayce and Bob Barnard, John Gregory, Emily, Peggy Mantei, Teri Walsh, Annette Chuckwu and family, Glen Imus, Kathy Geco+, Jullian, Bobby & Marlene Masick, Sharon Nowicki, Teri Landean, Jos. Luca Comperchio, and all names and intentions in our Book of Intentions. Prayer Intentions refreshed weekly. *Please call the office to add and/or remove a loved one to the prayer box.*

KC Pot of Gold Raffle Tickets being sold by the Knights. Call the office or come by to purchase tickets!

Oct 23—25 Engaged Encounter Retreat discern and grow to ensure you understand the duties, responsibilities, and commitments marriage takes. Cee.ak@hotmail.com 452-3701.

Nov 1 is All Saints Day we will have our normal Mass schedule

Nov 2 All Souls Day: Mass at 12:10 PM. We pray that Purgatory will be empty through our prayers.

Nov 6 First Friday Devotions 5:30 PM Mass

Nov 11 7:00 PM Veterans Day Mass at SHC

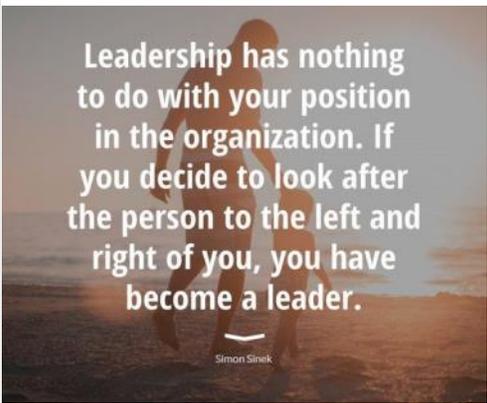
Masses for Poor Souls: November is the month we honor the souls of purgatory. If you want to have a mass said for a loved one who has passed or have a mass said for yourself or family for a holy death, this is a traditional Catholic Practice that allows God's grace to heal one from the consequences of sin. St. John Vianney writes,

What great power the Holy Souls in purgatory have over the heart of God! If we realized this fact and averted to all the graces that we can gain through their intercession, these souls would not be so forgotten!

Please put an envelope in the collection or come or call the office to have a mass said.

Nov 1 Time Change!

Oct 31 7:00 AM Knights of Columbus celebrate the beatification of Fr. McGivney from St. Joseph's Cathedral in Hartford, CT. for more information: https://www.kofc.org/en/events/father-mcgivney-beatification/index.html?utm_source=Aristotle-Knightline&utm_medium=email&utm_campaign=Aristotle-Knightline-2020-10-05



Leadership has nothing to do with your position in the organization. If you decide to look after the person to the left and right of you, you have become a leader.

Simon Sinek

Team Integrity **By Terri Atkins, B.M.**

Session 2: Leading Council Teams

I think it is interesting the first concept spoken about in this session is two fold

"The Image of Teams vs."

"The Experience of Teams".

In my experience, there is often a huge difference in these two concepts:

What I expect a team to be, often is a lot different than the reality.

The types of team's section outlined different types of teams within an organization or even within a team itself.

Different teams exist and each team along with each player makes the whole.

One team is Project Teams. I see our Soup Kitchen as a project team. All our volunteers are focused on the accomplishment of getting the hungry in Fairbanks fed. They also realize the soup kitchen is a place they can help and be accepted as part of the team for the greater good. The volunteers work very well together, and their work is tied to the mission of our parish.

Another team is Specialized Teams. These are what we have in the finance council. The representatives on our council have professional associations in different fields that helps the team make good decisions for the church. For example, our building is over 100 years old, so we have an experienced engineer on our team. We also have an auditor and an accountant on our team to help understand and make the best decision concerning the financial and building aspects we need to deal with.

Our finance council is also a cohesive council because they have formed into a small community, understand the mission, and listen to the community. By listening to the community, the committee knows what parishioners want and what they either like or dislike about our parish for improvement.

We also have Expedient Teams which are what we use for major building projects. They are formed for a specific need and disbanded when complete and the after-action project report is done.

Strategic Teams also exist at our parish. The Legion of Mary and the Knights of Columbus strategically work to accomplish their purpose which is to advance the mission of bringing all souls to Jesus through Mary. They live what they preach, and love what they do because they have a commitment to their strategic team. They have a love of Jesus and express that love by being a disciple of Christ through their organization.

One thing we need more of at our parish is:

Critical Thinking.

This thinking is open to input, imagination and creativity. To be better critical thinkers, we need to learn to ask the hard questions and listen to different answers. We need to use more open-ended questions to discern what is most important.

Remember Critical thinking is not discerning what is right and wrong; it defines and discerns between what is right and right.

The virus is not going to wait, so we shouldn't wait for meetings until the virus is completely gone to be involved in our parish. The length of the virus is still very unknown; yet, we must continued to have the needed meetings at our parish to create a healthy team attitude.

Here's what I think integrity is: it's choosing courage over comfort. Choosing what's right over what's fun, fast, or easy. And practicing your values.

Brene Brown

"I used to pray that God would feed the hungry, or do this or that, but now I pray that he will guide me to do whatever I'm supposed to do, what I can do. I used to pray for answers, but now I'm praying for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things."

- Mother Teresa

Soup Kitchen

For those of you unfamiliar with the our operation, we currently serve anywhere from 550 to 650 meals per week.

Typically we serve 300 to 400 hot meals and drinks Tuesday through Friday using food that is generously donated by Fairbanks Memorial Hospital and the Fairbanks Food Bank.

Saturday and Sunday, in addition to hot meals and drinks, we also provide roughly 250 sack lunch meals since our soup kitchen is the only place for people to get food in town on weekends.

Deli meat

Cheese

Mayonnaise

Peanut Butter/Jelly

String Cheese

Baby Carrots

Celery:

Trailmix

Chips/Pretzels

Pudding/Fruit Cups

Bottled Water:

Eggs

Ziploc bags, Sandwich size

Ziploc bags, Snack size

Brown Lunch Bags

Disposable Spoons

Napkins

Donate: 9—2 PM Mon—Friday or call

If you would like to donate any of these items in any quantity, please check with the soup kitchen to see what our current needs are. The kitchen can be reached via e-mail at iccsoupkitchen@cbna.org, by phone at 452-3533, ext. 22, or in person at ICC between the hours of 10am and 2pm typically.

Your gifts of time, talent, and treasure are greatly appreciated not just by the soup kitchen, but especially by the people we serve. Your donations are making a great difference in their lives!

Angelus Message; Pope Francis
Dear Brothers and Sisters,
Good morning!

This Sunday's (9.6.20) Gospel passage (Mt18:15-20) is taken from Jesus' fourth discourse in Matthew's account, known as the discourse on the 'community' or the 'ecclesial' discourse.

Today's passage speaks about fraternal correction, and invites us to reflect on the twofold dimension of Christian existence. Community demands safeguarding our communion — that is, the unity of the Church. And the personal which obliges attention and respect for every individual conscience.

To correct a brother who has made a mistake, Jesus suggests a pedagogy of rehabilitation. And Jesus' pedagogy is always a pedagogy of rehabilitation.

He always tries to rehabilitate, to save. And this pedagogy of rehabilitation is articulated in three passages.

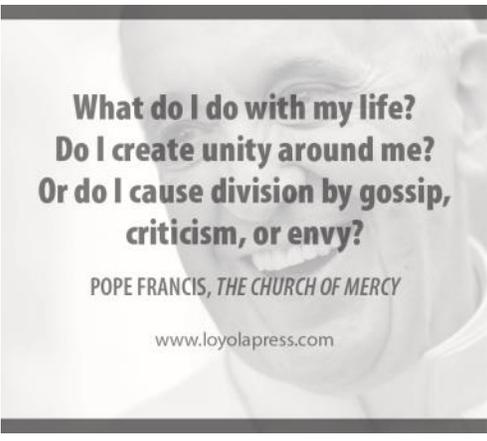
In the first place he says: **"tell him his fault, between you and him alone" (v. 15)**, that is, do not air his sin in public.

It is about going to your brother or sister with discretion, not to judge him or her but to help realize what he or she has done.

How many times have we had this experience: someone comes and tells us: 'But listen, you were mistaken about this. You should change a little in this regard'.

Perhaps in the beginning we get angry, but then we say 'thank you', because it is a gesture of brotherhood, of communion, of help, of rehabilitation.

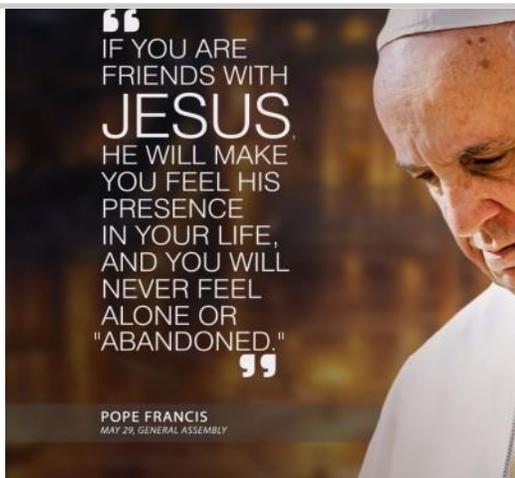
Perhaps in the beginning we get angry, but then we say 'thank you', because it is a gesture of brotherhood, of communion, of help, of rehabilitation.



What do I do with my life?
Do I create unity around me?
Or do I cause division by gossip,
criticism, or envy?

POPE FRANCIS, THE CHURCH OF MERCY

www.loyolapress.com



It is not easy to put this teaching of Jesus into practice, for various reasons.

There is the fear that the brother or sister may react badly; at times you may lack sufficient confidence with him or with her. And other reasons.

But every time we have done this, we have felt it was precisely the way of the Lord.

However, it may happen that, despite my good intentions, the first intervention may fail.

In this case it is good not to give up and say:

'Make do, I wash my hands of it'. No, this is not Christian. Do not give up, but seek the support of some other brother or sister. Jesus says: **"If he does not listen, take one or two others along with you, that every word may be confirmed by the evidence of two or three witnesses" (v. 16).**

This is a precept of Mosaic law (Deut 19:15). Although it may seem a disadvantage to the accused, in reality it served to protect him against false accusers another scourge in our society today.

Jesus goes further:

The two witnesses are called not to accuse and judge, but to help.

'But let us agree, you and I, let us go talk to this man or woman, who is mistaken, who is making a bad impression.

Let us go as brothers and speak to him or her'. This is the attitude of rehabilitation that Jesus wants from us.

In fact, Jesus explains that even this approach — the second approach, with witnesses — may fail, unlike Mosaic law, for which the testimony of two or three witnesses was enough to convict.

Indeed, even the love of two or more brothers or sisters may be insufficient, because that man or woman is stubborn.

In this case Jesus adds **"tell it to the church" (v. 17)**, That is, the community. In some situations the entire community becomes involved.

There are things that can have an impact on other brothers and sisters: it takes a greater love to rehabilitate the brother. But at times even this may not be enough. And Jesus says:

"And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector" (ibid.).

This expression, seemingly so scornful, in reality invites us to put the brother in God's hands.

Only the Father will be able to show a greater love than that of all brothers and sisters put together.

This teaching of Jesus helps us a great deal, because when we see a mistake, a fault, a slip, in that brother or sister, usually the first thing we do is to go and recount it to others, to gossip.

And gossip closes the heart to the community, closes off the unity of the Church.

The great gossip is the devil, who always goes about saying bad things about others, because he is the liar who seeks to separate the Church to distance brothers and sisters and not create community.

Please, brothers and sisters, let us make an effort not to gossip. Gossip is a plague more awful than Covid! Let us make an effort:

NOT TO GOSSIP!
Message given by Pope Francis 9.6.2020
http://www.vatican.va/content/francesco/en/angelus/2020/documents/papa-francesco_angelus_20200906.html

"Have the courage to be truly happy!"

Pope Francis

Kind words can be short
and easy to speak,
but their echoes are
truly endless.

sanctaveritas.com

Reading Pope Francis' reflection on gossip creates conscientious reflection. Are we surprised and chastened that he is so direct about the 8th Commandment: Don't Bear False Witness. That is Don't Gossip, Slander, Insult, Detract, Calumniate, and Back-bite?. His words about gossip are convincing: cut our conscience.

He himself is a victim of gossip and knows the pain that rudeness and rashness inflict.

Gossip presents itself in subtle and obscure ways. Our conversations begin joyfully and then turn into negative, critical, attacks on others even those we do not know. To break this destructive habit, St. James instructs us (Jm 1:19—21)

Let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

Put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

St. James is stern because our words fill our hearts; and if we are vicious and vindictive in speech, our hearts will be filled with bitter poison.

Solidarity is critical. We are not opponents seeking victory to decimate our adversaries; we are allies seeking victory not over each other but victory over Lucifer the cause of sin and slander. Lucifer is our opponent. We are united in Christ to seek justice to help the other person not destroy them with our words. So St. James writes:

**"GREAT HOLINESS
CONSISTS IN CARRYING
OUT THE LITTLE DUTIES OF
EACH MOMENT."**

ST. JOSEMARIA ESCRIVA

BE FAITHFUL TO THE

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless.

Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world (Jm 1:26-27).

As Christians, we acknowledge Christ, the image of God, living in others. United in Christ we are equal; we all have been created equally in divine dignity. No one has more claim to human dignity than another, for it does not come from ourselves. God gives it to all equally, though not all receive it equally.

False witness refuses to see another person as someone who is loved by God unconditionally; and more importantly, each of us are perfectible. We can change and be transformed by grace to fully reflect the divine imprint in which we were made

Slander is a sword that cuts. Oddly, the real victim of slander is not the one who is attacked, but the attacker. The attacker reveals their own character which has been infected with the lies of the father of lies and so fosters slander because

- ♦ They fear, they are not good enough,
- ♦ They want to make themselves feel better about their image,
- ♦ They protect their vulnerabilities,
- ♦ Sadly, they find fulfillment by putting other people down,
- ♦ Ultimately they ignore dignity.

It is easier to tear others down, than to build ourselves up, than to face ourselves and grow in wisdom. Again St. James instructs us (Jm 3;16-18).

For where jealousy and selfish ambition exist, there will be disorder and every vile practice. But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere. And a harvest of righteousness is sown in peace by those who make peace.

**BE STRONG, BUT
NOT RUDE; BE KIND,
BUT NOT WEAK;
BE BOLD, BUT NOT
BULLY; BE HUMBLE,
BUT NOT TIMID;
BE PROUD, BUT
NOT ARROGANT.**

Steps to Stop Slander

1. Realize it is gossiping in the moment
2. Don't ask leading questions or respond to them.
3. Defend the person, put the other person in a different perspective, see the good points of the person. We all have negative sides, see the good-side!
4. Ask them why are you telling me this?
5. Pray for the person that is disparaging another and pray for the person disparaged.

St Gertrude the Great said

"The more we pray for someone, the more that blessing rests on him, for no prayer made in faith remains unanswered, even if the manner of its answering is hidden from us."

Praying for another whose faults are obvious or even hidden reminds us of the other person's humanity: prayer exposes their dignity as a child of God. It creates a different perspective on the situation.

When we pray seek not see it as I want to see it; but as God sees it.

We are immensely loved by God Who is our Father and Who wants us to be brothers in sisters through our Divine Brother Jesus Christ.

That we are all human beings on our way to God, we all need fraternal correction at times. It is part of our path to the narrow gate. If our behavior falls short of that fraternal love we are to have for each other, God our Father and his mercy is there to help and heal us.

"I am convinced that if each one of us would purposely avoid gossip, at the end, we would become a saint!

It's a beautiful path!"

Pope Francis

This article was adapted from Ruth Baker: Poison of Gossip.
<https://catholic-link.org/the-poison-of-gossip-according-to-pope-francis/>

For the world to believe that Jesus is Lord, it needs to see communion among Christians. If, on the other hand, the world sees divisions, rivalries and backbiting, regardless of the cause, how can we evangelize?

Pope Francis

We will hold in class for Sacramental Prep only:

**First Communion Classes at SHC
Sunday from 9:30 AM – 10:35 AM**

Sacramental Prep class will be \$30 per family.

**Classes will start September 20th
Confirmation Classes**

**Sept 30 7:00 PM—8:30 PM
Wednesday Evenings at SHC.**

Since Catholics live evangelization according to their personal state of life, evangelization begins with personal discernment.

The initial discernment of a Christian involves a personal understanding of how the gifts of the Holy Spirit have nurtured the faith of that individual and how those gifts are to be lived in building up the Body of Christ, the Church.

The New Evangelization: What Is It?

While evangelization involves the personal discernment and contribution of each Catholic, evangelization is always an ecclesial act, an act of the Church established by Christ.

If we ever try to supplant the hierarchy of the Church with our own vision of the Church, we have broken from the body of Christ. This inversion of structure damages the unity and

community of the Church for the Catholic Church is not merely a hierarchical organization of power, but is the Family of God, Who is our Father and Jesus is our Brother and we are united to each other.

We must profess clearly our belief and allegiance to the one, holy, Catholic, and apostolic Church. This evangelical profession declares that within the Church, we the children of God encounter the living Christ. Hence, our witness to evangelization is a witness of the Church:

God's Family and our unity as brothers and sister united by one Father.

The Church is not an extraneous dimension of evangelization, but is the Community of Christ. Christ intended believers to be united as a family of faith, a family that would worship in harmony the mysteries of the Kingdom of God, experiencing true communion.

We are challenged today because we are confronted with movements that promotes a personal, private, and isolated relationship with Christ apart from the Church and the authority given to the Church. These attitudes remove the necessity of the Church: her divine teachings, sacraments as covenants, and the sacred worship.

Division results and factions of power-struggles develop.

New groups form separated from the One True Church. These then places emphasis on the group or individual concerns: one's emotions, or social conditions, rather than on Jesus Christ and his concerns. He called us to be one so we experience intimately the unity of his love.

Each member of the Church must discern in union with the Church how he or she is to live his or her vocation. Evangelization therefore presumes that each member of the Church has a clear sense of his or her Catholic identity, vocation, and role. We are to live our faith in an explicit manner being united to Christ through his Mystical Body.

Area Mass Times

Sacred Heart Cathedral

Sat. 4:30 PM Livestreamed
Sun. 8:00 AM; 11:00 AM Livestream
1:00 PM Spanish
Mon-Friday. 7:30 AM

Immaculate Conception

Sat. 4:00 PM; Sun. 7:30 AM 10:00 AM
M, T, T, F. 12:10 PM Wed 5:30 PM
All Masses livestreamed

St. Raphael

Sat. 6:00 PM; Sun. 9:30 AM
T, Th. 9:30 AM; W. 5:30 PM

Saint Nicholas, North Pole

Sat. 5:00 PM; Sun. 9:00 AM & 12:00 PM
M, T, Th, F. 9:00 AM; W 6:30 PM

St. Mark University Parish

Sun. 5:30 PM at Sacred Heart

Good Shepherd, Ft. Wainwright

9:00 AM Sunday

Our Lady of Snows, Eielson AFB

Sun. 10:30 AM
T-F. 11:30 AM

**Our sharing in the
Body and Blood of Christ
has no other purpose
than to transform us
into that which we receive.**

St Pope Leo the Great (c. 400-461) Doctor of the Church

ADORATION TIMES

Immaculate Conception

Wed 5:30 PM Mass
6:00 PM - 7:00 PM Adoration
with Confessions

First Friday Devotions

5:30 PM Mass
6:00 PM - 6:00 AM Adoration
6:00 AM Patriotic Rosary
7:00 AM Benediction & Mass

Sacred Heart Cathedral

Thursdays 8:00 AM - 12:30 PM
Saturdays 2:30 PM - 4:00 PM

Good Shepherd

Thursday 6:00 PM - 7:00 PM
(Most weeks)

St. Nicholas

Wednesday 7:00 - 8:00 PM

UP COMING EVENTS

Schedule of Events:

Oct 17 Latin Rite Mass Fr. Robert 6:30 PM SHC
 Oct 18 12:00 PM Healing Service at ICC (anointing of sick and confessions.)
 Nov 1 All Saints Day is a Sunday
 Nov 2 All Souls Day: 12:10 PM Mass; Nenana 5:30 PM
 Nov 6 First Friday Devotion: 5:00 PM Rosary, 5:30 PM Mass, 6:00 PM—6:00 AM Adoration, 6:00 AM Patriotic Rosary, 7:00 AM Mass.
 Nov 9 Dominican Rite Mass Fr. Dismas 6:30 PM at SHC
 Nov 11 7:00 PM Veterans Day Mass at SHC Sponsored by the Knights of Columbus

Knights of Columbus: Charity, Unity, Fraternity in our Lord The World's largest Catholic Fraternal Service Organization.

Do you want to become a Knight?



It promotes

- Life from conception till natural death.
- Assists the sick, homeless, and needy
- Prayer and virtuous lifestyle by example
- It supports our parishes and diocese

Guided by the principles of charity, unity, and fraternity, members of the Knights of Columbus work to overcome the hardships that people face in their parishes and communities.

Healing a Two Way Street

Healing, an incredible word of hope, reveals the devastation that hurting has on one's soul. Hurting people have no hope and so they impose their pain, misery, and afflictions on others because they themselves, lacking hope, despair over their incurable wounds.

Healing, however, creates a different attitude. It is not a disposition of desolation, but the character seeking consolation. Healing, then, is a give and take, an exchange in which one receives as well as responds.

One must first want healing from their hurt; otherwise they stay victimized in their pain. The pain and pressure controls them, instead of the pain and pressure becoming stepping stones to cross over.

Inner healing happens when we choose to stop wallowing and start seeking. Once our heart moves us to seek inner healing, then we allow others to touch the very places of pain only to console, comfort, and create new beginnings.

New beginnings happen when necessary endings have taken place.

First, define what that incurable wound is; once we have isolated that area of pain, we start to prune, clip, and curtail those behaviors that continue to infect our wound.

Then the healing begins. Then the hopelessness stops. Then the pathway to healing opens up. Now true healing happens for we find peace —shalom — we are at rest with our pain for we actively seek to rest to restore what was lost.

Voice in the Wilderness Charismatic Prayer

Friday Night 6:30 PM

*Healing comes to us
 through prayer.*

Prayer ministry is powerful for those suffering from isolation and desolation.

Learning to pray through music and meditation brings healing and comfort.

FRUITS OF SELF-CONTROL



- MASTERING OF MOODS
- WATCHING YOUR WORDS
- RESTRAINT OF REACTIONS
- STICKS TO A SCHEDULE
- MANAGES MONEY WISELY
- MAINTAINS GOOD HEALTH

BLESSED POPE JOHN PAUL II



"From Mary we learn to surrender to God's Will in all things.
 From Mary we learn to trust even when all hope seems gone.
 From Mary we learn to love Christ her Son and the Son of God!"

Legion of Mary Meetings 5:30 PM Mondays

Being Legion of Mary inspires us to fill our souls with the Holy Spirit as did Mary at the Incarnation

The Legion of Mary inspires legion members to pray daily. Having prayed, Legion members may want to become active and evangelize others.

Are You Called?

Healing Plans:

1. Start thinking of a healing plan.
2. Create a written plan so that behavior aligns with self-worth.
3. Break the plan down into achievable steps so that each month, week, day leads you to the larger goal.
4. Pick a date to implement the plan with a realistic schedule to stop doing what creates the pain and start doing what heals the pain.
5. Set-backs happen, it takes time to heal especially if one has suffered for months or years. Stay committed despite the setbacks.
6. Do not be afraid to ask for help and counsel. Healing is a two way street and experts help direct the progress.
7. Stay accountable and have an accountability partner whom you talk to on a weekly or monthly basis.

From: Greg Popcak Family Counseling



Grace Minder
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