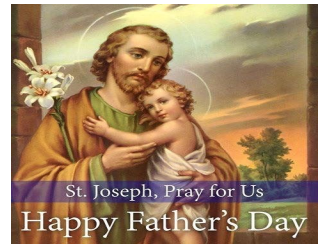




The Parish of the Holy Family Growing in Faith Together

11th Sunday in Ordinary Time

June 18, 2023



4100 Lyell Road

Rochester, New York 14606

www.theparishoftheholysfamily.org

email: pothf@outlook.com

Mission Statement:

The Parish of the Holy Family is devoted to sharing the kingdom of God: making disciples through word, worship, fellowship, service, and love.

Weekday Mass Times

Monday thru Friday 9:00AM

Vietnamese Mass :

Monday, Tuesday, Thursday, Friday
6:00PM

Weekend Mass Times:

Saturday	4:00PM
Sunday	9:00AM 5:00PM

Vietnamese Mass:

Saturday	8:00AM
Sunday	11:30AM

Office Phone Number:

(585) 247-4322

(585) 429-5111 (fax)

Office Hours:

Monday–Friday 9AM-3PM
(or by appointment)

Website:

www.theparishoftheholysfamily.org

Confession– Saturday 9-10AM

or BY APPOINTMENT: 247-4322

If you are seeking the following
Sacraments, please call the office.

Baptism

Marriage

RCIA

Reconciliation

From the Pastor

Dear friends, we have so much abundant goodness to be thankful for on what God has blessed us with in our parish! One of those blessings has been another fantastic cooperative effort among so many of our parishioners in helping us achieve our Catholic Ministries Appeal (CMA) goal for the 2nd consecutive year. Considering that this parish had never accomplished making the goal before these past 2 years, that makes it extra-special!

As the 2022-23 diocesan CMA campaign ended at the end of May, here are the final totals for our parish: 530 donors, giving \$136,978 in pledge money, which is 102.22% of our goal of \$134,000. Because of our going over the goal, we get back half of our overage, which means almost \$1,500 coming back to us to help our growing ministries here! You may recall that our goal had gone up considerably from the previous year's campaign: an \$11,000 increase from the previous \$123,000 goal, and we had gone over that previous goal by about \$7,000.

The diocesan goal was \$6,725,000 for the 2022-23 campaign. \$6,688,028 was raised, which was 99.45%, which, I believe, is the greatest amount of funds raised in the history of the CMA in our diocese! We are one of 60 parishes in our diocese to make its parish goal during this latest campaign. An incredible year indeed!

My deepest thanks to all of you who so generously donated to the CMA. Your sacrifice and care for the future of our parish and our diocesan church, in all of its many different ministries, shows a love & faith that is burning brightly in the hearts of so many of our parish's family members! As I've stated before, we rely on the diocese to help us in our parish's work to bring the love of Jesus through so many avenues in our community. Without diocesan help, our efforts would certainly bear much less fruit for the Lord.

As this past year's campaign's theme was "I Am With You Always," our successful CMA campaign underscores our shared responsibility to help one another be reminded of this great truth—of our Lord's ever-present love and care for us—through our own examples of faith & loving sacrifice in action. May we continue to grow in our ability to share the Good News through our loving words & deeds in the days to come! Have a great summer!

Blessings,

Fr. Steve

MASS INTENTIONS



Saturday/Sunday, June 17/18 Fathers Day

8:00AM-FM +Vietnamese Parishioners
4:00PM- +All Parishioners
9:00AM +Gary Musshafen by Glenn & Sandy Raymond
+Dominic DiPonzio by Tom & Annette Basset
+Giovanni Provenzano by Bonelli Family
11:30AM-FM +Vietnamese Parishioners
5:00PM- +Bill Entress by Barb Entress
+Lisa Liberatore by Gary & Carol Schmitz
+Bruno Gennuso by Wife Patricia

Preacher: Deacon Binh -4PM, 9AM, 11:30AM, 5PM

Monday, June 19 St. Romuald, Abbot

9:00AM- +Birthday Judy Kuhman by Husband Don & Family
+Mamie Lanza by Morning Mass Group
+Marie Fiorini by Ann Judge
6:00PM-FM +Vietnamese Parishioners

Tuesday, June 20

9:00AM- +Souls in Purgatory by Elaine
+Bill Entress by Wife & Family
+Sharon Westbrook by Tom & Annette Basset
6:00PM-FM +Vietnamese Parishioners

Wednesday, June 21 St. Aloysius Gonzaga ,religious

9:00AM- +Immacolata LaBella by Marg & Jim
+Marion Howard by Pam Allison
+Antonietta DiFilippo by Peggy Brown

Thursday, June 22 St. Paulinus of Nola, St. John Fisher St. Thomas Moore, Martyrs

9:00AM- +Edith Campanaro by Paul & Marie Campanaro
+Antonietta DiFilippo by Ann Saraceni
+Joyce Madonia by Ginny Heydens
6:00PM-FM +Vietnamese Parishioners

Friday, June 23

9:00AM- +Rose & John Frascatore by Micki & Lee
+Lena Scarfone by Tom & Annette Basset
+Montulli & Sorbello Families by Sal & Linda
6:00PM-FM +Vietnamese Parishioners

Saturday/Sunday, June 24/25

8:00AM-FM +Vietnamese Parishioners
4:00PM- +Anniversary Lucille Butler by Family
+Joyce Fair by Rich & Arlene
+Jane Riggio by Michael Riggio Family
9:00AM +All Parishioners
11:30AM-FM +Vietnamese Parishioners
5:00PM- +Salvatore Cordaro by Family
+Louise Vices Vinci by Anita
+Giovanni Provenzano by Bonelli family

Preacher: Fr. Steve 4PM, 9:00AM, 5PM Fr. Martin 11:30AM



Sanctuary Lamp

In Memory of: +Mary Emanuele+
by Linda & Patrick McGrain

In Memory of: +Lucille Butler+
by Family

In Memory of: +Antonino Bongiorno+
By Children & Grandchildren

Pastor - Fr. Steven Lape

x101 fr.steven.lape@dor.org

Parochial Vicar ~ Fr. Martin Truong

x143 fr.martin.truong@dor.org

Deacons

Deacon Binh-Yen Nguyen 247-4322

Binh-Yen.Nguyen@dor.org

Deacon Patrick Shanley 329-2046 Pat.Shanley@dor.org

Director of Faith Formation and Youth Ministry

Rose Dunning x 104 Rose.Dunning@dor.org

Regional Finance Director-

Christopher Frontale

Christopher.Frontale@dor.org

Music Rebecca Kemp

x137 Rebecca.Kemp@dor.org

Peggy Brown, Part-time Secretary

& Cemetery Coordinator

x100 Peggy.Brown@dor.org

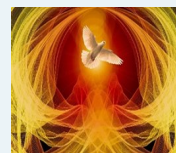
Susan Hosie, Bookkeeper

x108 Sue.Hosie@dor.org

Paul Lobene, Admin. Assistant

x107 Paul.Lobene@dor.org

Parish Staff



Parish Council Members

Tom Basset (585)-426-3110 / tatma5@aol.com

Robert Capellazzi (585) 738-8846

RPCapellazzi@rochester.rr.com

Joanne Sleight (585) 738-6779

josi8@frontiernet.net

Paula Arthmann/pma36@live.com

Joseph Nguyen

jnguyen6551@gmail.com

Anita Principi (585) 271-2919

apprincipi@msn.com

Kelly Winkworth

kelly.winkworth@gmail.com

Pam Allison

pallison789@gmail.com

Mitch Hetko

mitchh1@aol.com

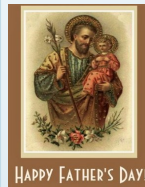
**WE NEED TO
TALK**





HOSPICE CARE VOLUNTEERS NEEDED

Mt. Carmel House, located at 288 Frisbee Hill Road in Hilton, is seeking kind, compassionate volunteers who are willing to care for and support members of the community who are on their final journey home to the Lord. No knowledge of hospice (end of life) care is needed; just your willingness and time. Training is provided. Please contact Heather Smith, Mt. Carmel House's Volunteer Coordinator, at 366-4949.



Father's Day Prayer

God our Father, you govern and protect your people and shepherd them with a father's love. You place a father in a family, as a sign of your love, care, and constant protection.

May fathers everywhere be faithful to the example shown in the Scriptures: steadfast in love, forgiving transgressions, sustaining the family, caring for those in need.

Give your wisdom to fathers that they may encourage and guide their children. Keep them healthy so that they may support a family.

Guide every father with the Spirit of your love that they may grow in holiness and draw their family ever closer to you.

Amen

St. Jude's Preschool Registration



Looking for a high quality preschool environment that prepares your child for Kindergarten?

For over 30 years, St Jude's preschool has established an excellent reputation with both families and local school districts. Our program is designed to foster children with a positive self-image and a love of learning that will last a lifetime.

St. Jude's Preschool currently has openings for the 2023-2024 school year. We offer a half day class for 3-year-old children on Tuesday and Thursday mornings, a half-day class for 4-year old children on Monday, Wednesday and Friday mornings, and a full-day 9 a.m. to 3 p.m. enhanced program on Monday, Wednesday and Friday for 4-year-old children.

For more information and to register, please contact Dianna Grant at (585) 615-9182.



Peter's Pence Next Week

Next week, there will be a 2nd collection to support the Pope's work in providing prompt emergency aid to our brothers and sisters around the world who are suffering from disease, oppression, war, and natural disasters. It is an annual collection known as "Peter's Pence," named after St. Peter, the 1st Pope. Please generously help our Holy Father's efforts.



The Parish of the Holy Family's Men's Club will be meeting on Wednesday, **June 21st, at 6:15pm.** This will be our last meeting till September. We will be having a

cookout, serving hot dogs, hamburgers, and Italian sausage. All men in the parish are welcome to join us. There is no charge for any men joining us for the first time. The cost for members is \$10. Please notify Bob Capellazzi at 585-738-8846 or email at rpcapellazzi@rochester.rr.com no later than Monday, June 19th. We hope to see many of you at this meeting.



PRO-LIFE REFLECTION

If only my anguish could be weighed...It would surely outweigh the sand of the seas.

—Job 6:2-3

Reflection: Those who have had abortions are more likely to be tempted by suicide. The mother may see death as the only way of being reunited with her child and escaping the daily pain that the abortion brings.

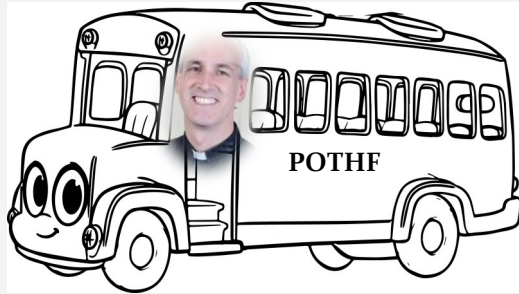
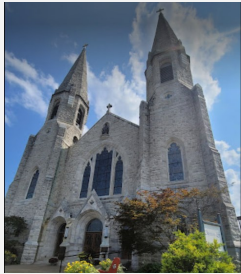
"I deprived my child of life," she thinks, "and therefore I don't deserve my own."

Prayer: Lord, send Your Spirit upon all who are tempted to suicide and refresh them with new hope.



Participation in Baptism Preparation Class is necessary before your child is baptized.

Please contact the office at least three months before the date you would like to celebrate this sacrament. Contact Sue Hosie at 247-4322x108 or Sue.Hosie@dor.org.



Special Parish Bus Pilgrimage

We're planning on a special parish bus pilgrimage to an area holy site! **On Tuesday, June 27th**, we'll be visiting Olean, New York, to see the beautiful Basilica of St. Mary of the Angels, loaded with awe-inspiring architectural styles, paintings, statues, and amazing stained glass windows! Although the parish goes back to 1852, the current church building was formally opened in September of 1915 by Venerable Fr. Nelson Baker, a Buffalo diocesan priest who is being considered for canonization. Famous 20th century monk & writer Thomas Merton had a life-changing experience here as well. You can also enjoy a little hike in the nearby park, along the Allegheny River, as well as shop in the nearby McCarthy's Emporium Christian Gift Store. You can bring your own lunch or enjoy one of the many great restaurants along the main street in Olean. We also hope to briefly stop at the popular cheese shop in Cuba, New York, a few miles east of Olean, just off of I-86. The suggested cost for the bus trip is \$40. We'll leave from our church parking lot on **June 27th at 9:45 a.m.** and return by 7 p.m. Seats are limited, so come to the Parish Office in person, Monday thru Friday, between 9 a.m. and 3 p.m. to RSVP. Phone reservations will not be accepted. Enjoy this very special tour!



"I am love and Mercy Itself. There is no misery that could be a match for My mercy, neither will misery exhaust it, because as it is being granted - it increases. The soul that trusts in My mercy is most fortunate, because I Myself take care of it."

Saint Faustina

QUOTE OF THE WEEK

GAMES NIGHT

JUNE 24th



Come and enjoy a relaxing, fun time for all ages on our parish "Games Night" on Saturday, **June 24th, from 6 to 9 p.m.** in our Parish Life Center. You can play classic board games, card games, trivia games, and even outdoor games of bocce and washer toss (weather permitting) with your family, friends, and fellow parishioners. There will be pizza and refreshments, along with some background music to enjoy as well. The event is free, but we just ask that you RSVP through our Parish Office by stopping by or calling 247-4322. We hope you can join us for the fun!



We will be having our next Coffee hour on Sunday June 25th, after the 9:00 a.m. Mass in the Parish Life Center.

We hope you will join us. If you are able to contribute a baked good, please call Karen Kobel at 469-7396.

The Parish Life Center doors will be open at 8:30a.m. for drop off of baked goods.

A Prayer For Graduates

All powerful and ever-living God, we give thanks to you for all those who are graduating grade school, high school, and college at this time of year. You have blessed them with many skills, talents, friendships, and wisdom to reach this important point in their lives. Through their educational accomplishments, continue to challenge them to help make this world a better, more-faith-filled, and more loving world to live in.



Help them as they either continue in educational pursuits or enter into a field of work. For those seeking employment, help them to find suitable work with fair wages in a healthy work environment. Fan the flame of faith within them as they take their next steps. Strengthen them in a spirit of service to help their brothers and sisters around them. Most of all, instill in them a greater desire to always seek to do your will, in whatever endeavors they engage in, that they constantly strive to please you through all they say and do. Let the goal of Heaven always be in their mindset as they work and plan to achieve their individual goals. Grant this through Christ our Lord. Amen.



A SPECIAL PLACE FOR PRAYER AND RETREAT

For more than 5 decades, Notre Dame Retreat House, overlooking beautiful Canandaigua Lake, has served people of faith with thousands of retreats and days of prayer. Men, women, couples, youth, and clergy from within our diocese and beyond our boundaries have enjoyed the wonderful grounds for prayer, spiritual presentations, Masses, meals, rest, and reading, just to name a few activities. As this prayer center will be transitioning from the Redemptorists religious order to a newly formed Lay Council of volunteers on August 1st, you are invited to consider making a retreat for rest and renewal in your faith journey, especially during the weeks following the August 1st transition. We hope that you'll take a few moments to visit the Notre Dame Retreat House website at NotreDameRetreat.org or call 585-394-5700 for more details on retreat opportunities and info about the transition.



Notre Dame Retreat House (Canandaigua, NY)

Offers a **FREE One—Day Retreat**
August 19

Space is limited, so please call 585-394-5700 or email ndre-treat@rochester.rr.com to reserve your ticket (s).

We anticipate this event to fill quickly!!

Visit : <https://notredameretreat.org>
For more details.



BEREAVEMENT SUPPORT GROUP

The Bereavement Support Group will be meeting on , at 7:00 P.M. in the Parish Life Center. Meetings are held on the third Tuesday of every month from September through June.

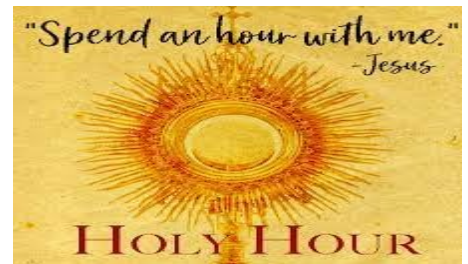
Support from others who have experienced loss is what can help begin the healing process. Whether your loss is recent or not, please consider joining us for one or all of the sessions.



PRAYER TREE

Everyone can use more prayer. Anyone, regardless of age, can request a prayer for any purpose—spiritual, physical, emotional health, loss of a loved one, or family problems.

To activate the Prayer Tree, call the parish office at 247-4322 with the person's first name and a brief description of their need. Soon, many people will be praying for your concern. *Anyone who would like to be a part of this ministry can call the parish office.*



LOOKING FOR LITURGY VOLUNTEERS

We're looking for people to serve at Masses as lectors, funeral servers, and Extraordinary Ministers of Holy Communion. If you are interested in helping our parish family in these important roles of ministry, please see Fr. Steve for more details concerning training and requirements.



EVERY TUESDAY EVENING BIBLE STUDY

will meet at 7PM in person in the Library . No previous Bible Study experience is required. Feel free to join us any evening and see if it meets your needs.



Looking for Altar Servers



We are hoping to build up once again our list of altar servers to assist at weekend Masses. Those baptized Catholics who are in 4th grade or older and have received 1st Communion are invited to serve in this role.

If you or someone you know is interested, please contact Fr. Steve.

Lord, hold our troops in Your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen.

Dominic Bushen, Army
James Calamita, Army
Anthony Calamita, Army
Martin DeBock, Army
Russell Montante Jr., Air Force
Michael Rigoni, Navy
Ethan Stott, Army
Jason Bosch, Navy
Christopher Decker, Navy
Quinn Calder, Army
Jason Mickelson, Navy

Shawn Bunton, Army National Guard
Vincent Le, Marines
Daniel Davis, Army
Antonio Garbanzo, Marines
Aimee Muscato-Bateman, Army
Michael Shott, Army
Evan Stott, Navy
Andrew Zani, Army
Anthony Gionta, Army
Ryan Principi, Air Force
Timothy Vara, Navy



If you have someone in the Military, please send their name to Paul Lobene at:
Paul.Lobene@dor.org and they will be added to our list.



Food Cupboard Weekly Needs:

- Canned Peas
- Canned Beans



Food Cupboard hours:

Tuesday, Wednesday & Thursday
10 a.m. to Noon
or by appointment



Deacon Pat,

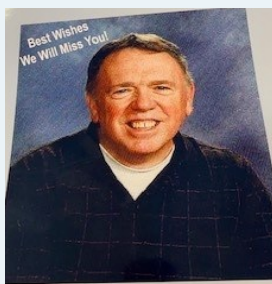
May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face,

and rains fall soft upon your fields. And until we meet again,

May God hold you in the palm of His hand.



PRAYER FOR TODAY

Father God, I believe that You created me for a special purpose, and that You have a perfect plan for my life. I ask that You fulfill Your purpose for me and help me to do my part by earnestly seeking You daily through prayer and Your Word. Thank You that as I seek You each day, You will guide me along the best pathway for my life. In Jesus name. Amen.

WEEKLY EVENTS

June 18, thru June 25, 2023

Sunday June 18-Fathers Day

Monday June 19-Office Closed

7PM Bible Study (Zoom)

Tuesday June 20

7PM Bereavement Group PLC

7PM Bible Study-LIB

Wednesday June 21

6:30PM Men's Club Dinner/MTG. -PLC

Thursday June 22

1PM Women's Faith.-LLMR

6:30PM Faith & Film Night-PLC

7PM Blue Army-CH

Friday June 23

Saturday June 24

5:30PM Nocturnal Adoration-CH

Sunday June 25

Church-CH
Parish Life Center-PLC
Parish Life Center/Library-LIB
Office Building-Upper Level
Conference Room-ULCR
Office Building-Lower Level
Main Hall-MH
Office Building-Lower Level
North Room-LLNR
Office Building-Lower Level
South Room-LLSR



NEW YOU CAN USE



The Family Zone



Family Dinner Discussions from the Sunday Scriptures: In the Gospel of Matthew, on June 18, we hear the phrase "the harvest is abundant, but the laborers are few." How can we share God's abundance with others and be a "laborer?" Talk about how your family can share God's love and light with the world!



The Anima Christi is a prayer you can pray after receiving the Eucharist.

ANIMA CHRISTI

Soul of Christ, sanctify me.
 Body of Christ, save me.
 Blood of Christ, inebriate me.
 Water from the side of Christ, wash me.
 Passion of Christ, strengthen me.
 O good Jesus, hear me.
 Within your wounds conceal me.
 Do not permit me to be parted from you.
 From the evil foe protect me.
 At the hour of my death call me.
 And bid me come to you,
 to praise you with all your saints
 for ever and ever.
 Amen.
 Roman Missal, Thanksgiving after Mass



Our Summer Religious Education Program will be from July 10th -21st starting at 8:30a.m. and ending at 12:00 noon. This program is available to all students entering Grades K-6 for the 2023-2024 school year. Details will follow in future bulletins.





Attendance/Financial

Budget: \$12,000	Total: \$11,911
Variance: \$(89.00)	YTD Actual: \$600,478
YTD Budget: \$600,000	YTD Variance: \$478
Attendance: 1104	

Free Film for June

Our very successful "Faith & Film" series continues on **Thursday, June 22nd, from 6:30 to 9 p.m.** in the Parish Life Center. It's an entertaining way to grow in faith and enjoy friendship with light refreshments. This month's free feature will be the highly praised 2006 film **"Amazing Grace,"** which tells the inspiring story of William Wilberforce, whose passion and perseverance helped lead to the abolishing of slavery in 18th & 19th century England. Multi-Oscar nominee Albert Finney plays Wilberforce's minister John Newton, who gained fame as a former slave ship captain and later composed the beloved hymn which bears the title of this soul-stirring film. This powerful drama focuses on a man's quest to discover God's will in his life and his hunger for true justice. Multi-Oscar nominee Benedict Cumberbatch co-stars in this film that's rated PG for adult themes.



Please RSVP by calling 247-4322, so that we may know how many seats and refreshments to prepare, as well as be able to contact you if bad weather postpones our event. Bring a friend and we hope to see you there!

REGISTRATION REQUEST FORM

It is always a great joy to welcome new members to our Community.



Are you interested in becoming a member of the Parish of the Holy Family Community or would you like further information on our parish? Please cut out this registration form and place it in the collection basket.

A member of our Welcoming Committee will then contact you to complete the Registration Form and/or share information with you.

Name _____

Address: _____

Phone _____ Best time to call: AM PM

E-Mail _____

FORMED

... provides the very best Catholic content from more than 60 organizations to help parishes, families and individuals explore their faith anywhere. Supporting thousands of movies, children's programs, eBook's, audio, parish programs and studies direct to your browser, mobile or connected device.

To register for FORMED, Please visit

<https://formed.org/>

- Choose "sign up"
- Choose "I belong to a Parish Organization"
- Enter "The Parish of the Holy Family" and you will see "4100 Lyell Road Option, in the dropdown. Please select.
- Create an account with your name and email address
- Choose "sign-up"

For account creation or log-in support, please email,

Paul Lobene at: Paul.Lobene@dor.org



Lạy Chúa Giêsu Thánh Thể rất yêu dấu của lòng con! Con tin chắc chắn rằng chính Chúa cao cả đang ngự thật trong cung lòng nhỏ hèn của con. Lạy Chúa, con xin hợp với Mẹ Maria, với tất cả các thần thánh và với mọi tạo vật, để sắp mình khiêm cung thờ lạy Chúa là Đấng Tạo Hóa toàn năng. Con xin tôn thờ và thán phục oai quyền tuyệt đối của Chúa trên con. Lạy Chúa Giêsu Thánh Thể, con sắp mình thờ lạy Chúa. Lạy Chúa Giêsu Thánh Thể rất yêu dấu của lòng con! Chúa yêu con quá, nên đã hạ mình trở nên của ăn khiêm hèn để nuôi sống đứa con bé bỏng này. Trước Tình Yêu vô cùng bao la ấy, con chỉ còn biết hợp với Mẹ Maria, và nhờ Mẹ lập đi lập lại ngàn vạn lần rằng "Chúa yêu ơi, con thiết tha yêu mến Chúa, con yêu Chúa hết trái tim con, hết linh hồn con, hết trí khôn con, và hết sức lực con". Xin Chúa nhận lấy lòng con yêu Chúa, tuy bé nhỏ thật, nhưng con xin dâng lên Chúa trọn vẹn, cốt để đền đáp lại phần nào món nợ Tình Yêu Chúa đang trút đổ trên con. Chúa ơi, Chúa hãy chiếm thủ trái tim nhỏ hèn con đi! Chúa hãy bảo vệ những tâm tình của nó, để từ nay không một tạo vật nào có thể phân rẽ nó ra khỏi Đấng đã yêu nó đường ấy. Ôi lạy Đấng đang ban toàn thể khối lửa hừng hực ái ân trên con! xin toàn thiêu con đi, để con được thuộc trọn về riêng một mình Chúa thôi. Lạy Chúa, con yêu Chúa; con yêu Chúa tha thiết.

Lạy Chúa Giêsu Thánh Thể rất yêu dấu của lòng con! Chúa đã dựng nên con, bảo tồn con, và tràn đổ trên xác hồn nhỏ hèn của con muôn ngàn hồng ân như thác lũ. Nhưng tất cả mọi hồng ân chan hòa ấy cũng không quý bằng chính Chúa. Và Chúa ơi, chính Tình Yêu vô cùng lớn lao của Chúa đã khiến Chúa ban chính mình Chúa cho con. Ôi vĩ đại thay tình yêu của một Thiên Chúa toàn năng! Ôi tình yêu cuồng nhiệt của một Tạo Hóa! Đấng Thánh vô cùng đang giam mình trong vật hạn hữu, Đấng Toàn Năng đang tự hạ làm của ăn nuôi loài thụ tạo yếu hèn; Đấng Toàn Thiện Toàn Ái đang ấp yêu và tìm yêu đương nơi trái tim thơ mọn rất dễ bội bạc con đây! Chúa ơi, con cảm ơn Chúa! Mẹ ơi, xin cảm ơn Chúa giúp con với! Lạy Chúa yêu đương, xin thương nhận lấy lòng biết ơn rất chân thành từ đáy tim con. Xin Chúa dạy con luôn biết sống ngoan thảo xứng với lòng biết ơn đòi buộc. Xin Chúa làm cho cả cuộc sống còn lại của con cứ thồn thức và vang dội mãi tiếng lòng ân ái và tri ân đối với Đấng đã nuôi con bằng chính Thịt Máu chí thánh và quý báu vô cùng của Ngài. Lạy Chúa, con cảm ơn Chúa; con cảm ơn Chúa thật lòng.

Lạy Chúa Giêsu Thánh Thể rất yêu dấu của lòng con! Chúa đang ngự trong cung lòng bé mọn của con. Tình yêu cực độ của Chúa như thúc giục con, "Con xin sẽ được, tìm sẽ thấy, và gõ sẽ mở." Lạy Chúa, xin Chúa ban cho con biết luôn ở lại trong Tình Yêu Chúa. Xin Chúa ban cho con biết yêu Mẹ Maria say sưa. Xin Chúa ban cho con luôn mạnh mẽ ham ước làm thánh. Xin Chúa ban cho con biết yêu anh em con như Chúa yêu con. Và Chúa ơi, muôn ngàn ơn khác nữa cần cho Giáo Hội, cần cho các linh hồn, cần cho tổ quốc, cần cho gia đình và mọi người thân yêu của con, xin Chúa cũng thương ban nữa. Sau hết, xin Chúa cứ ở lại mãi trong trái tim nhỏ hèn của con; Chúa đừng bỏ con nhé! Thiếu Chúa, đời con sẽ mất tất cả hạnh phúc và hy vọng. Lạy Chúa, con yêu Chúa tha thiết. Xin Chúa ở lại mãi với con, ở lại mãi với con cho đến đời đời. Amen.

Rev. Barnabas M. Thiệp, CMC

Trích "<https://dongcong.net/ChuaGiesu/TiengLong/24.htm>"

June 25, 2023 12th Sunday in Ordinary Time

First Reading: Jeremiah 20:10-13 /Second Reading: Romans 5:12-15/Gospel Reading: Matthew 10:26-33

"All through my childhood I used to hear old soldiers of the First World War speak of the endless horrors of a battle in which the whole genius of the strategist seemed to consist in filling the shell holes with living soldiers until the enemy had run out of ammunition. They told how, thanks to a wound or a period of leave, they would go back for a few days or weeks 'to the rear,' and how what they saw there - acts of cowardice, petty betrayals, a dubious sense of well-being - helped them to return, if not without fear, at any rate without regret, to the fire-scorched fraternity of the front line." (From Be Not Afraid, by Pope John Paul II)

To be on the front line for Christ can also be a fearful experience, but fear need not be debilitating. "Fear not" and "Be not afraid" are recurring messages sent from heaven, so God must know how easy it is for us to look and to live on the dark side of life. Since we are social creatures, desiring friendly relationships and the support of others, we are greatly influenced by the acceptance or rejection of those around us. Holding strong beliefs which result in moral behavior which a secular world often considers offensive can often result in our being disliked by others, and can cause them to withhold their friendship and support. Sometimes they even oppose us, and this hostility can spark fear in our heart. Yet we should not give over control of our lives to others out of fear.

Being a follower of Jesus calls us to be counter-cultural. It requires us to live and communicate values that the world does not understand, or appreciate, and which it sometimes resists with hostility. It is hard for us who love Jesus to accept the fact that many in the world reject Jesus, His values and His character. Sometimes we are surprised when we, too, are confronted with hostility because we follow Jesus and allow Him to live in and through us. The days leading up to the crucifixion were threatening and fearful and the disciples experienced a similar fear of hostility. After the crucifixion, the followers of Jesus were threatened, abused, and even killed. So, it is not unusual if we experience similar opposition and fearful situations as followers of Christ.

Yet fear need not be debilitating for us. The disciples left the crucifixion in fear and hid themselves in a room making sure the door and windows were closed and locked. Forty days later, we see these same disciples standing in the center of Jerusalem proclaiming that this Jesus who the people killed was both Lord and Christ. What transformed this fear into boldness?

The person who lives in us, Jesus the Son of God, can give us the perspective we need to face and conquer fear, if we listen to Him and stop listening to our fears. In love, and in anticipation of the trials we would face we were given the Holy Spirit to indwell, or live within us. Because all power has been given to Jesus, He can provide the power to change us from fearfulness to boldness. He can help us overcome threatening situations because Jesus has overcome the world. The following passage is very helpful: ". . . fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand." (Isaiah 41:10) This is just one of the many promises the Father has given us to dissipate our fear. It is a promise reiterated again and again by His heavenly messengers, by Jesus, and by his Holy Spirit. If we listen, we will find that the front line of spiritual warfare need not be a fearsome place, but can be a wonderful "fire-scorched" community of brave followers of Jesus. Perhaps we should memorize one or more of these promises so that the Holy Spirit can bring it to the forefront of our mind and transform our fear to boldness.



Ingredients

Coleslaw



- 1/2 of a 3 lb. head green cabbage, halved
- 1 (1/4 lb.) Carrots, peeled
- 1/4 of a 1/4 lb. red onion, peeled
- 1/2 cup Pure Cane Granulated Sugar
- 1/4 cup salt
- 2 Tbsp chopped Italian Parsley
- 1/3 cup Mayonnaise
- 1/4 cup Apple Cider Vinegar
- 1/8 tsp ground white pepper
- 1/4 tsp celery seed

Spring-Summer Recipes

- Shred cabbage into fine strips using mandoline, avoiding core; add to bowl. Slice red onion into thin strips using mandoline; add to bowl with cabbage.
- Shred carrot into bowl with cabbage mixture using large hole box grater. Add sugar and salt; toss to combine. Let set 15 min.
- Rinse cabbage mixture under cold water in a colander; drain well on paper towels until dry.
- Add cabbage mixture, parsley, mayonnaise, vinegar, white pepper, and celery seed to large bowl; toss to combine. Chill.