

18th Sunday in Ordinary Time

Then Jesus declared,
I am the bread of life.
Whoever comes to me
will never go hungry,

and whoever
believes in me
will never be
thirsty.



**ST. JOHN BOSCO
CATHOLIC CHURCH**
August 1, 2021

The Pastor Jots It Down

Dear Parishioners and Friends of St. John Bosco and St. Roalie Churches and School,

“Your love, O Lord sustains me. In the midst of all my troubles, your consolation gladdens my soul. As we share abundantly in Christ’s suffering, so through Christ we share abundantly in his consolation.” Ps 94:18-19

In a previous bulletin there was an article about the official prayer of the Church – the Liturgy of the Hours (LOTH), also called the Divine Office. Three books were mentioned: “Christian Prayer”, “Shorter Christian Prayer” and the 4 volume “The Liturgy of the Hours”.

Priests and deacons use the 4-volume set since it contains the entire office:

The Office of Readings – the first office of the day which has nocturnal roots

Morning Prayer – Lauds

Midday Prayer – Mid-morning, Midday, Mid-afternoon. One is chosen by the time of day it is prayed.

Evening Prayer – Vespers

Night Prayer – Compline. Traditionally prayed before retiring for the night.

Morning Prayer and Evening Prayer are the hinges and main offices of the day. The Salesian Community, by our rule book (The Constitutions) gather and pray morning and evening prayer together each day. During the intercessions, many times we mention the special needs of our schools, parishes, parishioners, students, friends and persons recommended to our prayers.

Many Catholics make it a point to use Morning Prayer and Evening Prayer from the LOTH (Liturgy of the Hours) for their daily morning and evening prayers. Some more do any number of combinations of the hours and a few more pray almost all the office daily.

One consistently powerful part of the Office of Readings for me is the responsory after the 1st and 2nd Readings.

The two lines above from the Book of Psalms were taken from the 1st Reading of this past Sunday’s Office of Readings. Beautiful words which concisely re-enforce the message of

the reading and can stand alone as beautiful material for meditating and pondering at anytime or throughout the day.

Here are some samples from this week’s Office of Readings:

- Be an example for all believers in speech and conduct, in love, faith and purity. In this way you will save both yourself and those who hear you.
- You should all be of one mind, caring for one another, kind, compassionate and humble; this you have been called to do so that you may obtain a blessing as your inheritance.
- The love of Christ overwhelms us now that we are convinced that he has died for all so that those now living might live no longer for themselves but for Him who died and was raised up for their sake.

If you want to experience the Divine Office without purchasing a book, there are resources for computer, tablet, and cell phone – go to www.divineoffice.org. There you will find both the words of the office and the audio. There are also links on that page for getting apps for your cellphone or tablet/iPad. The audio found on the internet link is a great way for spouses to pray together while listening to the Office.

Do check out these free Divine Office resources. There may be a way for you to begin getting into a daily rhythm of prayer, or bolstering an already achieved rhythm of prayer, or going beyond just using the prayers you first learned in learning to pray to a more mature type of prayer.

Whether we pray the Divine Office or not, it is important that we have a daily rhythm of prayer. For Catholic Christians the traditional rhythm of daily prayer is morning and night prayers, and prayers before/after meals.

Now is the time to check on one’s daily rhythm – to adopt one, or to enrich one’s current practice.

Happy Praying!

F. Mail

Growing in Holiness and Effective Prayer

Asceticism

A form or rule of life accepted by an individual as he or she struggles toward Christian perfection. The scriptural basis for ascetical practices is in the command to avoid the concupiscence* of the flesh, of the eyes and of pride of life (1Jn 2:16).



Asceticism is a disciplinary tool that puts order and harmony in the soul, expiates for sins and enables one to imitate the sacrificial life of Christ. It springs from God and seeks to overcome obstacles to union with God. Central to ascetical practices is the understanding that these practices and the negation of self they bring about are necessary for growth in Christ.

There are two sides to ascetical theology, denying oneself and following Christ. The former calls for fasting, watchfulness, chastity and self-discipline; these are seen as the means of purifying the soul from its passions and are the necessary means of growing in love of God.

- * Concupiscence refers to a general tendency, inclination or attraction to evil, but more specifically, it refers to the desires and inclinations toward bodily and fleshly pleasures. Passion or concupiscence is not evil in itself, except when unethical acts done under its impulse are chosen and given free consent. Concupiscence radically disrupts our emotional life and can be the cause of severe emotional disturbance.

Mortification

The free and deliberate self-imposition of forms of suffering, pain or self-denial, in order to suppress immoral and sinful inclinations, thereby drawing closer to God and increasing one's holiness of life. Acts of mortification are acts in which the person turns against sinful tendencies and toward God as our security against them. Mortifying acts are part of our Christian life, for they enable us to participate vicariously in the sufferings of Christ: "Whoever wishes to be my follower must deny his very self." (Lk 9:23).

Mortification brings about a detachment from material and bodily goods, and it implies a deepened attachment to spiritual goods and higher moral values. Mortification turns the person to seek the joy that is related to charity, fraternal love and discipleship with Christ. Mortification is important because it gives us an awareness of the ever-present nature of sin. It conditions us to be able to bear the burdens of Christian life in the world, by striving for the salvation of the world and the building of the kingdom. It promotes the virtue of penance, by which we call upon God for His grace to make us strong in our weakness.



THE
BEST
TIME
YOU
WILL
SPEND
ON
EARTH.

-MOTHER TERESA



A Beginner's Guide to Adoration

by CAITLIN SICA

The first time I went to adoration I was a sophomore in college, and it was unintentional.

Really. I was on vacation with a group of friends, but I made sure to check online for the nearest Mass schedule. I pulled into the parking lot at 10:20—10 minutes to spare, life was good. Except...the parking lot was empty. I walked to the front of the church—the doors were locked. I looked at the sign out front and realized I had missed Mass. Slightly panicked; I wasn't sure what to do. I walked around for a bit and then remembered that this parish had perpetual adoration.

Restless

I walked up the hill to this tiny little chapel, opened the doors, and stepped inside. It was dark, chilly, and extremely quiet. I slid into a pew, knelt, and began to pray. I thought I could hear myself thinking. I looked down at my watch...3 minutes had passed. 3 minutes? I could hardly believe it. I looked next to me at the only other person who was in the chapel—a monk, who was sitting, barefooted, eyes closed, and smiling.

He made it look so easy, so peaceful. I, on the other hand, was in agony. I had promised myself I would stay in adoration for an hour—since that's about how long Mass was. I closed my eyes, tried to relax. "Pray, Caitlin," I coached myself, "it's not

that hard." I opened my eyes. Another 5 minutes had gone by. 52 minutes to go, but who was counting?

Then it dawned on me that my whole attitude was wrong. God wasn't forcing me to be there, to spend an hour with Him because I had missed Mass. I was choosing to be there. Did I want to be there? Did I want to spend time with Jesus? I did. So, I asked God for the grace to let me sit there with Him, in silence, peacefully.

Body, Soul, Blood and Divinity

I gazed upon the monstrance, containing Jesus — body, soul, blood, and divinity — and smiled at the intimacy of it all. I closed my eyes for the third time and prayed. This time, when I opened my eyes an hour had gone by! Halleluia! I was filled with joy—not because I had fulfilled my made-up requirement, but because God had stilled my heart.

I left that chapel filled with a peace, contentment, and joy unlike anything I had felt before.

While it would be six months until I would attend adoration again, God had placed something on my heart—a desire to know Him more fully in the most Blessed Sacrament.

Today, I am a much different person than I was the first time I sat in adoration. I no longer dread the form of prayer but desire it. I try to go to adoration several times a month. Sometimes, I can sit peacefully and

sometimes my heart is more restless. But every time, I am grateful for the opportunity to sit and gaze upon the Lord.

5 Ways to be Successful in Adoration

Have you ever gone to adoration? Have you tried, but felt defeated like I first did, and occasionally still do? Here's a list of 5 ways to be successful in adoration:

1. Be Patient

I was recently talking with a group of friends about their experiences of adoration. A lot of them expressed the same frustration—that sometimes, time seems to stand still, 5 minutes seem eternal. Have you ever been out of shape and tried to go for a one-mile run? Suddenly, 5 minutes into the run, you're huffing and puffing, and you realize you've only gone one block. Rather than focusing on the success — you just ran for the first time in months!! — we tend to focus on the defeat. Adoration can be a bit of a workout... for your soul. So set yourself up for success. If it's been awhile, or your first time, 5 minutes of sitting with Jesus is a good goal. Slowly increase your time—you'll be amazed at how God increases your capacity to be with Him!

2. Bring Scripture

Reading scripture is always a good thing but is especially helpful and meditative during adoration. There are many prayer books and apps that contain daily scripture readings. I particularly like reading the Psalms and reflecting on a verse that speaks to me on that given day. As I read scripture, I ask myself: How is this scripture speaking to my heart? What changes is God asking me to take? How will I go about making those changes? I make this part of my prayer.

3. Pray the Rosary

The rosary is a beautiful prayer, one that many saints have prayed. St. Louis de Montfort said “When the Holy Rosary is said well, it gives Jesus and Mary more glory and is more meritorious than any other prayer.” What better way to give Jesus and

Mary glory than to pray the rosary in front of the Blessed Sacrament? There are many guides and apps you can print/download to help guide you through this form of prayer.

4. Listen to Praise and Worship Music

When I'm the only one in the Church or chapel, I love to start adoration by listening to praise and worship music. “Restless” and “I Shall Not Want” by Audrey Assad, “Lay it Down” and “Lord, I Need You” by Matt Maher, are just a few of my favorite songs to listen to during adoration. The music and the lyrics help me quiet myself and turn my thoughts to God.

5. Be Okay with Silence

It's so easy to go a whole day without silence. We get in the car and turn on the radio, we have our phones, with days' worth of music, in our pockets, and at the end of the day there's Netflix. Even if we are in a quiet environment, we are usually accustomed to checking our phones—for a text, the latest Facebook drama, the trending hashtag on Twitter, the newest picture on Instagram, the list goes on.

Don't get me wrong, I fall prey to every one of those habits. Which is why, when I'm sitting in adoration, I can find it difficult to focus. I've become so accustomed to the business of the world, that being truly still, truly silent, can seem uncomfortable, foreign. But that discomfort is ok, good even. In Audrey Assad's “Restless” she sings “And I'm restless, I'm restless, 'til I rest in You.” I find this sentiment to be so true when I am in adoration. Sure, the first few minutes I am restless as I begin to wind down. But eventually, I am filled with insurmountable peace. Allow yourself to sit in silence and to just be with Jesus.

In an apparition to St. Margaret Mary Alacoque, Jesus spoke these beautiful words: “I have a burning thirst to be honored by men in the Blessed Sacrament.” Go to adoration, even if it's just for 5 minutes. Jesus desires to be with you, to have you gaze upon Him, as He so lovingly gazes upon you.

<https://lifeteen.com/blog/a-beginners-guide-to-adoration/>

Announcements

Thank You

to everyone who helped to make

Father Craig Spence's Ordination

a true spiritual occasion.

Ushers Needed!

Ushers have the responsibility to greet parishioners and visitors as they enter church. Their ministry is to assist others by handing out materials needed for liturgical functions, assist worshipers in finding a seat, taking up the collection, selecting a family for the gift offering, directing those who are receiving communion and helping in other areas where needed.

The ministry is open to anyone (male or female) over the age of 18.

If you are interested in being an usher, call the church office (504.340.0444) or email (office@saintjohnboscochurch.org) your name, phone number, and preferred Mass.

Adoration Volunteers Needed



Exposition of the Holy Eucharistic Jesus begins Mondays after 7am Mass for 112 continuous hours, until Jesus is reposed at midnight on Saturday, following the Friday 11pm hour.

Needed are committed adorers for end of summer:

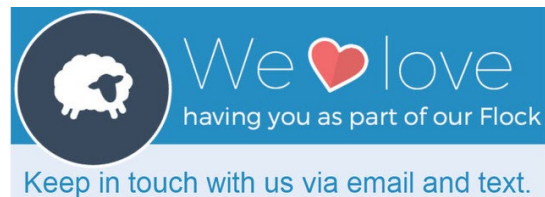
4 AM on Fridays and 10 PM Thursdays

Seeking partners for

9 PM Fridays and noon Thursdays

To visit or volunteer an hour each week, inquire to Edie Meaux, Chapel Coordinator, at EdithMeaux@Cox.net or StJohnBosco@AdorationServants.org.

AdorationServants.org.



Religious Education Information

REGISTRATION FOR RELIGION CLASSES & CONFIRMATION

Registration for PREP (CCD) grades 1 thru 8 and Westbank High School of Religion, grades 9 thru 11 will be held on the weekend of August 21st and 22nd in the Chapel before and after all Masses.

If you are entering your junior year in High School and would like to make your Confirmation this coming year, then you should also register at this time.

All registrants should bring a copy of their Birth Certificate, Baptism Certificate and First Communion Certificate (if you are in high school). Please bring copies, not originals, as there is no way to make copies in the Chapel.



RCIA

**Do you want to learn more about the
Catholic Faith?**

Thinking about becoming Catholic?

Want to make your First Holy Communion
and receive the sacrament of Confirmation?

Call for more information
or to register for the 2021-2022 RCIA Program.

St. Rosalie 340-1962

St. John Bosco 340-0444

Announcements

Come Lord Jesus Bible Study Program



Are you looking to gain a greater understanding of Sunday Readings, including Gospels and the Old Testament? Come check it out! Members grow in sanctification through prayer, Scripture, Eucharist, and Christian community. **Meetings are every Wednesday & Thursday at 6:30pm!**



***Reminder ~
Rosary prayed every
Thursday at 10:30am***

Sanctuary Candle

*In Memory of
Adele & Odele DeSoto*

Bread & Wine

*In Memory of
Joyce Sonnier*

St. John Bosco Catholic Church

Served by the Salesians of Don Bosco

2114 Oakmere Dr. Harvey, LA 70058

office@saintjohnboscochurch.org

504.340.0444

Fr. Mark Hyde, SDB

Pastor

Fr. George Hanna, SDB Fr. Wilgintz Polynice, SDB

Parochial Vicars

Kevin Steel, Deacon

Current Mass Schedule

Monday - Friday: 7:00am

Saturday: 8:00am

Saturday Vigil: 5:30pm

Sunday: 9:00 & 12:00 Noon

Mass Intentions

Saturday, July 31

8:00am Parishioners of St. John Bosco

5:30pm +Jacqueline Guillot

+Wayne Delaune

+Joyce Sonnier, MOD 8/1

+Peter John Paul Nguyen

+Joseph Lai Duc Anh

+Abdon & Quiaoit Families

+Jim McKenna

Conversion of Sinners

+Mary Ann Ramos

Sunday, August 1

9:00am +Lourdes Bacuta

Noon All Souls in Purgatory

+John D. Spano

+Fr. Don Delaney, sdb, MOD

+John Ricard

+Fr. Ernest Faggioni, sdb

+Phanxico Savio Lai Quoc Trang

Monday, August 2

7:00am For the soul of Giuse Phuong

Tuesday, August 3

7:00am For the soul of Giuse Phuong

Wednesday, August 4

7:00am +Joseph DeBlanc, Jr., AOD 8/5

Thursday, August 5

7:00am Happy Birthday Mike Brehm

Friday, August 6

7:00am For the soul of Giuse Phuong

*"Trust all things to Jesus in the
Blessed Sacrament and to Mary
Help of Christians, and you
will see what miracles are."*

- Don Bosco