



# Epiphany of Our Lord Catholic Church

6596 Smiley Avenue  
St. Louis, Missouri 63139

## STAFF

### Pastor

Rev. Thomas M. Pastorius  
fathertompastorius@gmail.com

### Deacon

James Tetreault  
jtetreaultepiphany@gmail.com

### Pastoral Associate

Michael Rennier  
michaelrennier@gmail.com

### Music Director

Elizabeth Svancarek

### Plant Manager

John Ellison  
johnellison11@aol.com

### Parish Secretary

Trish Nerviani  
trishnerviani@aol.com

## MASS & SACRAMENTS

Sunday Masses: 8:00 & 10:30 am

Weekday Masses Monday, Wednesday

Thursday, Friday & Saturdays: 8:00 am

Tuesday Morning Prayer: 8:00 am

Tuesday Mass: 5:30 pm

Saturday Masses 8:00 am and 5:00 pm

Sacrament of Penance: Saturday,  
7:00-7:50 am or by appointment.

Tuesdays, 5-5:20 pm

Baptisms: Meeting first Thursday of the  
month. Preregistration required.

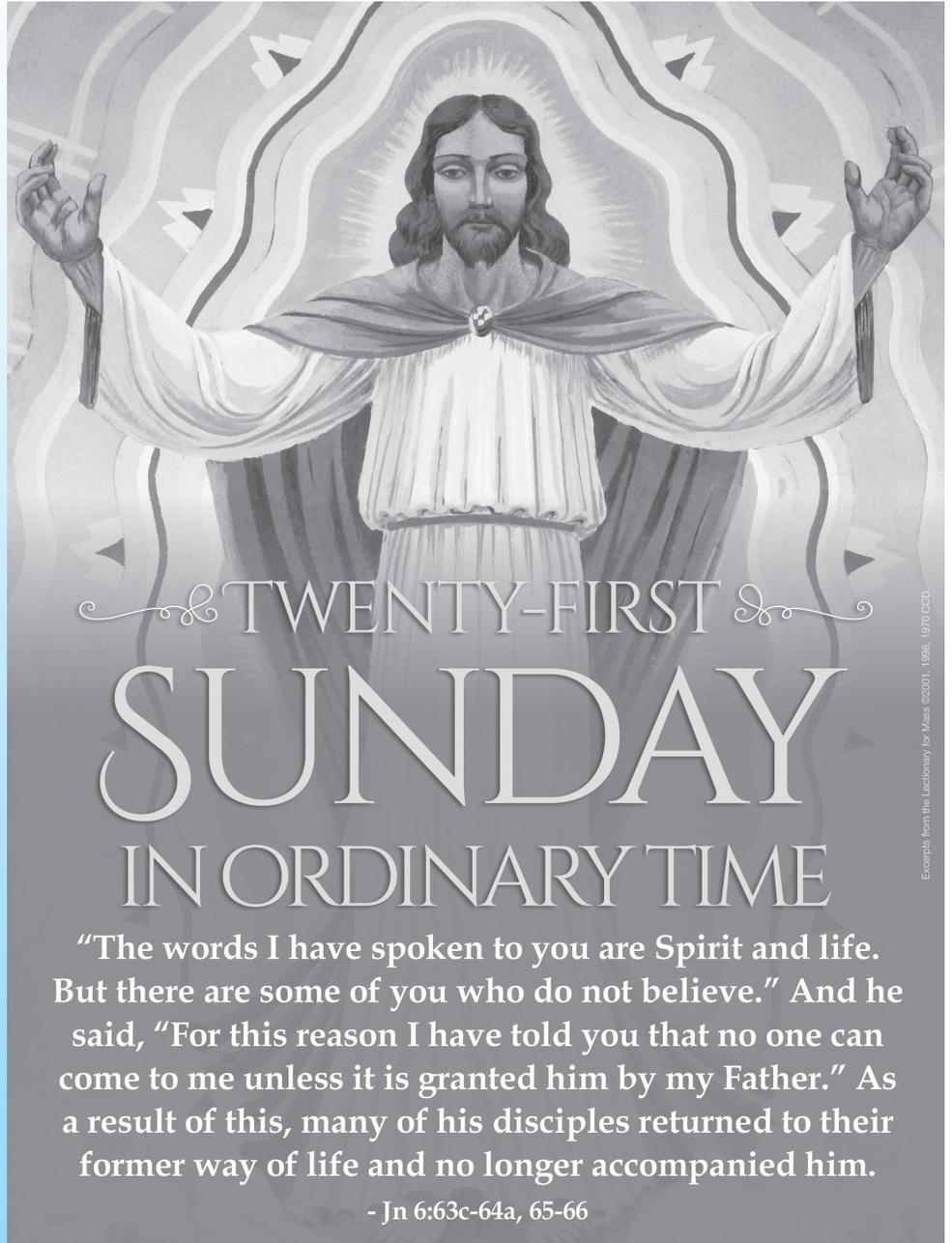
Marriages: Contact the priest at least 9  
months prior to the wedding date.

Funerals: To be arranged by contacting  
the Parish Office.

Change of Address or Telephone

Number: Please call the Parish Office.

Bulletin Deadline: 4:00 pm Monday.



## Twenty-first Sunday in Ordinary Time August 23, 2015

Phone: 314-781-1199

Fax: 314-645-8760

Sacramental Emergency After Hours Line: 314-260-6261

[www.epiphanystl.org](http://www.epiphanystl.org)

## From the Desk of Fr. Pastorius,

### 1. Faith & Family Programming

With the beginning of the school year comes the beginning of our Faith and Family Programming. We have something literally for everyone to help them grow in their faith. Please feel free to encourage people from other parishes to join us. Each program will be having an open house on Tuesday September 1<sup>st</sup> starting at 6:30. Come and learn about all these great programs.

### 2. Questions about Marriage Continued...

**Q: Shouldn't same sex marriage be allowed, because it doesn't harm anyone else?**

**A:** If things are OK as long as they don't harm anyone else, then anorexia and bulimia must be OK because they don't harm anyone else. If anorexia and bulimia aren't OK even though they don't harm anyone else, then "not harming anyone else" isn't enough to make a thing OK. This isn't a good principle, because it rules in too much.

### 3. Thinking about Becoming Catholic, Need to Receive First Communion or Confirmation as an Adult

If you have been thinking about becoming Catholic now is the time to join our upcoming R. C. I. A. program. Meetings will be held Sunday Mornings from 9:15 to 10:15 in the Rectory. This is also the program that Catholics adults who have not received First Communion, First Reconciliation, or Confirmation. Please contact Michael Rennie in the parish office for more information.

### 4. Homecoming Raffle Ticket

The major difference between a successful homecoming and a poor one is not the weather but rather the amount of raffle tickets we sell. While we desire good weather (so please pray for it), there is a certain point in the raffle ticket selling process where the money we make keeps going up while our costs don't. A successful selling out of our raffle tickets helps us be prepared for when our next a/c unit goes out and/or allows us to repave our parking lot in the future.

God bless, Fr. Tom

## Spiritual Ponderings

## Helping Fallen Away Catholics

We have been exploring the idea of Fallen Away Catholics and how to bring them back to the Church with the help of Sr. Theresa Aletheia Nobel FSP book: *The Prodigal You Love: Inviting Love Ones Back to the Church*. This week though I would like to do something a little different. I found an old handout that a counselor gave me entitled "How approachable are you?" I would like to share it with you today because I think it can help us be more approachable to people especially our loved ones who have left the Church.

**1. Smile. A warm, inviting smile can put anyone at ease, and it also makes you look like you're having a great time. Smiling makes people want to be around you and get in on the fun.**

- If you catch someone's eye, be sure to give a little smile, and be sure to smile often during small talk. It lets people know you appreciate talking to them.
- Smile with your eyes. When you do make eye contact, don't stare or glare. Instead, soften your eye expression and make your eyes "smile" or "twinkle" to show that you're friendly and interested in talking to the other person.
- If you're not sure how to smile with your eyes, get in front of a mirror and practice smiling without using your mouth. For most people, the eyes are actually more important than the mouth in considering whether or not a smile is genuine.

**2. Open up. When people are uncomfortable in a situation they have a tendency to close off from others and display closed body language. If you'd rather not be left alone, live it and show it.**

- Be curious about the people around you. Don't be afraid to ask people questions and start conversations.
- Be ready for conversation. If someone starts a conversation with you, be receptive.
- Make sure you're displaying your openness by angling yourself toward other people, sitting or standing with an upright (but not stiff) posture, and uncrossing your arms.
- Observe in what ways others are open to you, or have been in the past. Try to get into their mindset and learn from their openness.

**3. Use your eyes. Your eyes are not only your window to the world, they're also other people's window into you. If you bury your head in a book, stare at the floor, or look up at the ceiling, you close that window.**

- Scan your environment with your eyes, and don't be afraid to make eye contact with people.
- You want to give direct eye contact, but not too much. The key to great eye contact is knowing when to look away and when to return to someone's eyes - like after you finish a sentence or when they are beginning to speak.

**4. Consider what your body is projecting. We all speak with body language, and you don't have to actually say anything to communicate a message to others. Unfortunately, your body may not always say what you want it to.**

- If you are saying "I'm too busy" or "Leave me alone" with gestures like crossed arms or downward eye contact, it's likely people will not interact. Other people watch your body for cues, so it's important to pay attention to what cues you're displaying.

*Continued on page 3*

## LIVING OUR FAITH

*Continued from page 2: Spiritual Ponderings Helping Fallen Away Catholics*

- b. Hold yourself with a tall, open stance. Smile when you make eye contact with someone. Hold your body in a relaxed and easy and others will flock to you.
- c. Avoid your phone. We all need to send a text once and while, but if you consistently check your phone no one will want to interfere with your busy self. To look approachable you must be accessible.
- 5. Beware of self-comfort gestures. It's okay to feel nervous, bored or unhappy, but if you really want to socialize and meet people you should be careful not to appear to have any of these negative emotions.**
  - a. If you pay attention to what your body is saying, you can avoid putting up these barriers.
  - b. Avoid touching your hand to your face, especially putting it over your mouth. If you have a drink, holding your glass by your mouth can give people the impression that you're not interested in talking to them.
  - c. Metronomic gestures, such as foot tapping, can signal impatience or boredom, so people may think you don't have time to talk or aren't interested in conversation.
  - d. Don't cross your arms, as it may make you appear cold and distant.
  - e. Other nervous habits – picking at your cuticles or biting your fingernails for instance – can also make you appear distant or lost in thought.
- 6. Approach others. If people aren't approaching you, why not go to them? Nothing makes you look more outgoing and approachable than actively seeking out people and talking to them.**
  - a. Be open minded. A lot of times the reason why we don't approach anyone is because we're being overly judgmental of our surroundings as a defense mechanism. Let yourself appreciate others and truly believe that you can have a great conversation with anyone.
  - b. Talk about whatever. Although no one likes a babbler, when you're engaging in a conversation, the act is more important than the content. Don't worry about whether or not you're saying the right things.
  - c. Focus on using your language clearly and talking about things that you think are interesting and the rest will follow.
  - d. If you're in an environment where you don't know anybody, the longer you wait alone, the more uncomfortable you're bound to feel. See how to talk to strangers for more advice on swiftly joining in the social cheer.
- 7. Address any deeper issues. The best way to look approachable is to actually enjoy yourself in social interactions. If you always feel anxious in social settings, you need to get over your anxiety.**
  - a. Talk to friends and family about your social anxiety. Sometimes just letting it all out helps you understand your problems more.
  - b. Ask someone you trust to give you advice about overcoming anxiety. Maybe you have a friend that's really come out her shell recently - try to learn what worked for her and what may work for you.
  - c. Seek out social situations. The only way to get to know yourself better and to reduce anxiety for the long term is to put yourself in situations that are outside of your comfort zone. Maybe make a few daily goals, like talking to a welcoming stranger in the coffee shop, or starting a conversation with someone you feel attracted to.
  - d. Consider professional help. If you feel overwhelmed by improving your social skills, it's not a bad reflection on you to seek professional help - you should be proud of yourself for taking a step. Everyone needs a little extra sometime, and professionals have a wealth of advice and experience to offer.

### Other Tips

- 1. Don't immediately turn away if someone looks at you. Look into their eyes for a brief second then look away. It will make the other person more interested in you.
- 2. In a social situation, offer to help out in some way. Sometimes having a specific task may help you feel more focused than just standing around feeling awkward. It's a great way to meet others and be sociable without having to feel like you don't know what to do. Excellent tasks: cutting vegetables, washing dishes, keeping the music going, picking up used plates, etc. At the same time, don't over-focus and use the task as an excuse for not engaging in conversation.
- 3. If you're in a social situation with someone you have a crush on, just be a little extra careful not to come across as 'hot on their heels'. Talk to others and look at everyone.
- 4. Aside from body language, other elements of your appearance can affect how approachable you look. Dressing in clothing in light/bright colors with textures that look soft to the touch (think velvet, cashmere, angora, corduroy) will make you stand out more in a crowd and look more approachable.
- 5. Position yourself for conversation. If you're standing up, but everybody else is sitting down (or vice versa) people will find it difficult and somewhat awkward to talk to you. If you want to talk to someone, or if you are interacting with someone, position yourself so you can comfortably speak.
- 6. When you talk to a person don't tilt your face away from them. It makes things more awkward than if you were looking them in the eye.
- 7. Reading a newspaper, using your phone or listening to music with headphones can ease the monotony of a long train ride, but in situations where you want to look approachable lose these props.

# LITURGIES & SCHEDULES

## MASS INTENTIONS FOR THE WEEK

### Sunday, August 23

8:00 am Parishioners  
10:30 am John E. Woehrle

### Monday, August 24

8:00 am Enrollees & Benefactors of  
Epiphany Memorial Fund

### Tuesday, August 25

8:00 am Morning Prayer  
5:30 pm Joseph LeGrand

### Wednesday, August 26

8:00 am James Flynn

### Thursday, August 27

8:00 am Betty Rauth

### Friday, August 28

8:00 am Katie Bach

### Saturday, August 29

8:00 am Pastor's Intentions  
5:00 pm Dan Nerviani

### Sunday, August 30

8:00 am Frank Stochla  
10:30 am Parishioners



## PLEASE PRAY FOR THE HOMEBOUND & SICK OF OUR PARISH

John Lutz	Dominic Caputa	Kathy Kennebeck
Mary Hipskind	Kathy Hatfield	Matthew Joganik
Gloria Murabito	Edward Joganik	Ethan Sonderman
Dave Hanneken	Christine Weber	Michael Wesby
Dick Suntrup	Daniel Barr	Anita Gillam
	Ken Wisniewski	

## READINGS FOR THE WEEK OF AUGUST 23, 2015

Sunday:	Jos 24:1-2a, 15-17, 18b/Eph 5:21-32 or 5:2a, 25-32/Jn 6:60-69
Monday:	Rv 21:9b-14/Jn 1:45-51
Tuesday:	1 Thes 2:1-8/Mt 23:23-26
Wednesday:	1 Thes 2:9-13/Mt 23:27-32
Thursday:	1 Thes 3:7-13/Mt 24:42-51
Friday:	1 Thes 4:1-8/Mt 25:1-13
Saturday:	1 Thes 4:9-11/Mk 6:17-29
Next Sunday:	Dt 4:1-2, 6-8/Jas 1:17-18, 21b-22, 27/ Mk 7:1-8, 14-15, 21-23

**MEN'S SPIRITUAL DISCUSSION** The St. Joseph's Men are back! Beginning Tue, Sep 8th, we will meet on the 2<sup>nd</sup> Tue of each month from 6:30-8 pm to relax, read Pope Francis' *Joy of the Gospel*, and maybe enjoy a beer (in moderation, of course!). Men of all ages are welcome to join us in the rectory for what promises to be a thoughtful discussion and time with friends.

## OUR PARISH THIS WEEK

### Monday - Saturday August 24-29

- 7:30 am - Rosary, Church

### Sunday, August 23

- 10:00 am - Bible Study, CMR
- 11:00 am - Liturgy with Children, RBB

### Monday, August 24

- 7:00 am - 5:00 pm - GSA, Msgr. Sullivan Field
- 7:00 am - 5:00 pm - GSA, Gym
- 5:30 pm - Fit Factor, UH
- 7:00 pm - Boy Scouts, Upper Hall

### Tuesday, August 25

- 7:00 am - 5:00 pm - GSA, Msgr. Sullivan Field
- 7:00 am - 5:00 pm - GSA, Gym
- 6:30 pm - Covenant Night, Church

### Wednesday, August 26

- 7:00 am - 5:00 pm - GSA, Msgr. Sullivan Field
- 7:00 am - 5:00 pm - GSA, Gym
- 5:30 pm - Fit Factor, UH
- 6:30 pm - Bells Practice, Church
- 7:30 pm - Choir Practice, Church

### Thursday, August 27

- 7:00 am - 5:00 pm - GSA, Msgr. Sullivan Field
- 7:00 am - 5:00 pm - GSA, Gym
- 7:00 pm - Youth Group, UH
- 7:30 pm - Prayer Group, Church

### Friday, August 28

- 7:00 am - 5:00 pm - GSA, Msgr. Sullivan Field
- 7:00 am - 5:00 pm - GSA, Gym
- 3:30-6:30 pm - Dance, UH

### Saturday, August 29

### Sunday, August 30

- 10:00 am - Bible Study, CMR
- 11:00 am - Liturgy with Children, RBB

## OUR OFFERING FOR THE WEEK OF AUGUST 15-16, 2015

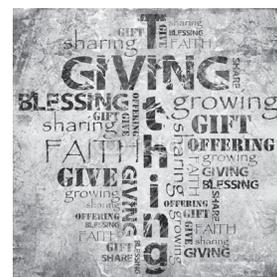
### Online Donations

General Fund ..... \$999.50  
Maintenance & Repair .... \$25.00

### Sunday Collection

Envelope ..... \$3,914.00  
Loose ..... \$133.25  
Total ..... \$4,047.25

Assumption..... \$222.00  
Latin America..... \$5.00  
Maintenance & Repair .... \$83.00  
Votive..... \$46.50  
Debt..... \$15.00 ..... \$637.00(YTD)  
Tuition Assistance..... \$2.00 ..... \$329.00(YTD)  
Endowment Fund..... \$ ..... \$(YTD)



# PARISH COMMUNITY NEWS, NOTES & EVENTS

## Lectionary: 122 Gospel Jn 6:60-69

**Spiritual Reflection:** The announcement of the Eucharist cracked His followers wide open. No wonder there has been such a division of sects in Christianity when each man decides for himself whether he will accept a segment of the circle of Christ's truth or the whole circle. Our Lord Himself was responsible for this; He asked a faith too much for men; His doctrine was too sublime. If He had been only a little more worldly-minded, if He had only allowed His words to be treated as figures of speech, and if He had only been less imperative He might have been more popular. - Fulton Sheen

### Spiritual Questions

1. Can Jesus if, He was God, allow people to stop following Him because they misunderstood his teaching?
2. How much wisdom is in Peter's confession?
3. How had they come to believe that Jesus was the Holy one of God?
4. What role does popularity play in whether something is true?
5. What role does one's ability to understand play in whether or not something is true?

**LIFETEEN** *To sin or not to sin? There are a lot of questions.* Attention all highschoolers! Have you ever wondered what a sin really is? Or wondered what is the difference between mortal and venial sin? Look no further. Join us on Wednesday, August 26<sup>th</sup> from 7-9pm at Bishop DuBourg High School. Questions? Contact Lauren at 314.288.8873 or [lauren@saintlouislifeteen.org](mailto:lauren@saintlouislifeteen.org). More information can always be found at [saintlouislifeteen.org](http://saintlouislifeteen.org).

**Thank you** I would like to express my gratitude to my parish family for all the prayers I received during my time of illness. I'm very grateful for all the thoughts and prayers.  
*George Limpert*



I Jessica Hollis, Epiphany & David Griffin, Epiphany. Wedding here Saturday, September 12, 2015 @ 1:00 pm.

**Prolife** "Set me as a seal upon your heart, as a seal upon your arm; For Love is strong as Death." - Song of Songs 8:6 (NABRE © 2010 CCD. Used with permission.)

**NEW HYMNALS** We are excited to be purchasing beautiful new hymnals! The Saint Augustine Hymnal has all of your favorite hymns and contemporary songs. It is a high quality, hardcover hymnal and includes the Sunday lectionary. It will not only create less waste but it will save us thousands of dollars each year over our current hymnals.

The purchase price for this year, however, is more expensive. Will you consider donating to help purchase a hymnal? For \$20, we will dedicate a memorial inscription into a hymnal in honor of anyone you choose. Years from now, if the time comes to replace these hymnals, you may take yours home to keep. *To donate, simply complete the information and return to the parish office along with a \$20 check. Hymnal Donation* in honor/memory (*please circle one*) of:

Inscription Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

**Homecoming** is just four weeks away and we need your help to make it a huge success! Please stop by the tables near the baptismal font to sign up to work a booth or call the parish office, 781-1199 for more information. Please contact Mark Palardy at 645-6962 to sign up to work one of *the game booths*.

**Set Up** Please plan to join us beginning Wednesday, September 16<sup>th</sup> at 5:30 pm to set up booths.

**Our Parade** will take place on Saturday morning at 11 am. *We are looking for anyone with a convertible or antique car who would like to drive their vehicle in the parade.*

**\$10,000 Raffle** Don't forget to get your \$10,000 raffle ticket. Purchase a whole ticket with ten spots for \$100 or 1 spot on a ticket, at \$10 a spot, for a fraction of the prize money.

**Advanced Ride Tickets** are now for sale. Tickets can be purchased through the parish office, Monday through Friday from 8 am - 3:30 pm. The cost is:

\$35 for 50 tickets *in Advance*

\$40 for 50 tickets *day of Homecoming*

\$18 for 24 tickets *in Advance*

\$20 for 24 tickets *day of Homecoming*

Advanced ride tickets will be for sale through Wednesday, September 16<sup>th</sup>.

To purchase a raffle ticket, ride tickets, to enter your vehicle in the parade or to volunteer to work at homecoming, please contact the parish office at 314.781.1199.

**Friday, September 18<sup>th</sup>: 6-11 pm**

**Dinners from 5:30-8 pm**

**Saturday, September 19<sup>th</sup>: Noon-11 pm;**

**Parade @ 11 am**

**Dinners from 4:00-8:00 pm**

**Rides-Games-Music-Bingo-Food & More**

**LASM Trivia Night** Save the date for Lindenwood Area Senior Ministry's 4<sup>th</sup> Annual Trivia Night on Saturday, October 10<sup>th</sup> at 7pm at Timothy Lutheran Church. Begin recruiting your trivia team now! \$20/person, tables of 8 at \$160. Support our ministry by becoming a \$60 round sponsor or by donating a silent auction item! For details contact the LASM office at 647-4591.