

### Mass Intentions

**MONDAY, SEPTEMBER 18, 2023** *Luke 7:1-10*

8:30am Private Intention  
12:10pm Anna & George Herman

**TUESDAY, SEPTEMBER 19, 2023** *Luke 7:11-17*

*St. Januarius, Bishop & Martyr*  
8:30am Private Intention  
12:10pm Mary Alice Meyer  
Gracia Hosillos

**WEDNESDAY, SEPTEMBER 20, 2023** *Luke 7:31-35*

*Sts. Andrew Kim Tae-gon & Paul Chong Ha-sang*  
12:10pm Marilyn Costanzo  
7:30pm Patricia & Edward Mills

**THURSDAY, SEPTEMBER 21, 2023** *Matthew 9:9-13*

*St. Matthew, Apostle & Evangelist*  
8:30am Private Intention  
12:10pm Private Intention (L-Happy Birthday)

**FRIDAY, SEPTEMBER 22, 2023** *Luke 8:1-3*

8:30am Private Intention  
12:10pm Luis Lizana

**SATURDAY, SEPTEMBER 23, 2023** *Luke 8:4-15*

*St. Pius of Pietrelcina, Priest*  
8:30am Suzy Cadet  
5:00pm Rene & Eric Mata  
Michael McDonald  
Peggy Simek (23rd Anniversary)  
Kristen Sykora (6th Anniversary)

**SUNDAY, SEPTEMBER 24, 2023** *Matthew 20:1-16a*

7:45am Anna & Michael Apollo (Living)  
9:00am Canonization of Frederic Ozanam  
Rosalie Rendu  
11:00am Anne Florio  
Deceased Members of the Cheverino Family  
Catherine O'Connor  
1:00pm Parishioners of Holy Name of Mary

### Next Sunday's Liturgy—September 24

**Readings for 25th Sunday in Ordinary Time**

**1st Reading: Isaiah 55:6-9** God thinks differently than we, so we lift up our hearts to know God's will.

**Psalm 145:2-3, 8-9, 17-18** God is closer than we think. All we have to do is look.

**2nd Reading: Philippians 1:20c-24, 27a** Paul prefers life in Christ to his own life on Earth.

**Gospel: Matthew 20:1-16a** Is God unfair? Or is God's justice better than ours?

**FOCUS: God rewards generously those who place their trust in Him.**

In the Gospel, the workers hired first entered into a legal contract with the owner. Those hired later were promised *what is just*. They trusted in the owner's concept of "just." Those hired last weren't promised anything, yet they went to work. The landowner was generous to all who labored for him, giving to all what he chose to give.

*Almighty and eternal God, protect the men and women who serve in our military. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. Amen.*

### Eucharistic Adoration

You are invited to pray in front of the Blessed Sacrament every Thursday following the 12:10pm Mass, until 6pm; and every Saturday from 7pm - 8pm.



### Priest Schedule of Masses

**Saturday, September 23, 2023**

5:00 pm Fr. Roger Velasquez

**Sunday, September 24, 2023**

7:45 am Fr. Map

9:00 am Fr. Mike Lombardi

11:00 am Fr. David Regan

1:00 pm Fr. Roger Velasquez

*Presider  
Subject  
To  
change*

*Learning to*  
**FORGIVE AND LET GO**  
*Matthew 18:21-35*



...Fr. David Regan

*"In every parish of the diocese, a Pastoral Council shall be established, if the diocesan Bishop, after consulting with the Council of Presbyters, so decides. The pastor presides over the Pastoral Council. The Pastoral Council is composed of members of the congregation together with those of the parish staff who have pastoral care by reason of their office. The Pastoral Council assists in promoting pastoral action in the parish."*

The Parish Pastoral Council is a consultative body, pastoral in nature, because it strives to discern the movement of the Holy Spirit among God's people in the parish. A Parish Pastoral Council gives its help to the pastor in fostering pastoral activity; it investigates, under the authority of the pastor, all those things which pertain to pastoral works to ponder them, and to propose practical conclusions about them. It is essential that Council meetings occur in the context of prayer and openness to the Holy Spirit, so that at all times the common good will prevail.

Specifically, the Parish Pastoral Council's purpose is to enhance the process of:

- pastoral planning
- developing pastoral programs
- improving pastoral services
- evaluating the pastoral effectiveness of various programs and services

Although the Council is not a body which makes binding decisions, the recommendations of the Pastoral Council are to be taken seriously when grounded in prayer, discernment and communal wisdom.

The pastor is responsible for the final approval of Council recommendations concerning pastoral planning, programs, and services for the parish, as well as for their implementation. While the pastor is not obliged to follow the recommendations of the Parish Pastoral Council, it is understood that he ought to do so unless there is a compelling reason to do otherwise. If there is such a reason, the pastor should share this with the Council.

The Council does not deal with acts of administration. Acts of administration concern the daily operations of the parish,

which includes the implementation of the pastoral plan and policies, parish programming, budgeting and personnel matters.

Following are some of the pastoral activities which could constitute agenda items for the Parish Pastoral Council:

- instruction in the full range of the faith and catechetical formation
- multi-cultural dimensions and challenges
- programs promoting gospel values, including issues of social justice
- responsibilities to people with special needs
- Catholic education of children and young adults
- outreach to alienated Catholics
- evangelization
- programs of sacramental life and preparation
- promotion of Eucharistic devotion
- enhancement of programs
- promotion of prayer life (especially within families)
- effective participation in the liturgy
- methods of welcome, home visiting, building community
- motivation of the spiritual and corporal works of mercy
- efforts of special care for the sick and dying
- concern for the poor, the afflicted, the lonely, the exiled
- fostering of solid Christian family life and all matters of relationships in the parish.

Our Parish Council meets 4-5 times a year. Two weeks prior to a meeting there will be a notice in the bulletin with an email (Of a member). You may write to this person a question, concern, or idea. **The next Parish Council Meeting is on September 28. If you would like to vocalize a question, idea or concern please email: [christinamaria@post.com](mailto:christinamaria@post.com)**

*Heavenly Father, you are the light of the world, guiding our steps on your path. Thank you for the gift of the church, a community of your children that you have gathered together to worship, serve, pray and love. Give us strength to live as ambassadors for you in the world. Lord, bless your church and keep us pure, make your face shine upon us. Turn your face towards us and give us peace. Through Jesus Christ our Lord, Amen.*

### Banns of Marriage

#### Second Time:

Robert Strohlein (Blessed Sacrament, VS)  
 ♂ Diana DeSimpliciis (Holy Name of Mary)  
 John Brunjes (Our Lady of Lourdes, Malverne)  
 ♂ Ariana Ward (Holy Name of Mary)

### Financial Information

Weekly budget amount to meet parish expenses	\$13,882
Weekly offering of September 10, 2023	\$ 9,997
Faith Direct (average of weekly donation)	\$ 1,980
TOTAL of weekly offering & Faith Direct/Other	\$11,977
<b>Deficit</b>	<b>\$ 1,905</b>
Weekly offering of September 3, 2023	\$ 9,281

#### COLLECTION FOR ST. PIUS X ENRICHED LIVING FACILITY

On **September 16/17**, there will be a special Diocesan collection for retired priests who reside, or are recuperating at, St. Pius X Residence. The facility accommodates retired priests from our Diocese that require assistance with daily living, while still allowing them to serve as active, fully engaged members of the community. Donation envelopes can be found around the Church.

#### PILGRIMAGE STATUE OF OUR LADY OF THE MIRACULOUS MEDAL

Sign-up sheets for the Pilgrimage Statue of Our Lady of the Miraculous Medal can be found in front of the organ.

### Religious Education Registration for 2023-2024 is now open!



#### Faith Formation

*Please register your child as soon as possible as classes are near full.*

Registration forms and payment can be completed online at; <https://hnomary.org/faith-formation/>

For more information, or to register in person, please email; [hnmreligious@gmail.com](mailto:hnmreligious@gmail.com).

We will reply as soon as possible.

First day of class is **September 26, 2023**.



### SUNDAY, SEPTEMBER 17, 2023 AT 3:00PM, HNM CHURCH

#### Who may receive this sacrament?

- +Adults & children living with physical illness such as; cancer, Parkinson's, heart condition, Alzheimer's, diabetes, stroke, arthritis, etc.
- +adults & children living with disabilities
- +anyone recuperating from surgery or about to have surgery
- +anyone living with mental illness
- +anyone experiencing difficulties because of advanced age

This sacrament provides a special grace and strength to all those who receive it. One does not need to be in danger of death to be anointed. The anointing is done during a special Mass and is always a very meaningful experience.

Family and friends are welcome, as well as caregivers, who are so very important in the lives of the aging, sick and disabled. All caregivers will be remembered at the Mass and will receive a special blessing for strength and courage in their ministry.



Fr. Regan's Formation Series on Mary continues...

### *The History, Theology and Developments Regarding Mary, as Mother of God*

**Saturday, September 30  
6:45 Holy Hour, followed by  
Catechesis on Mary**





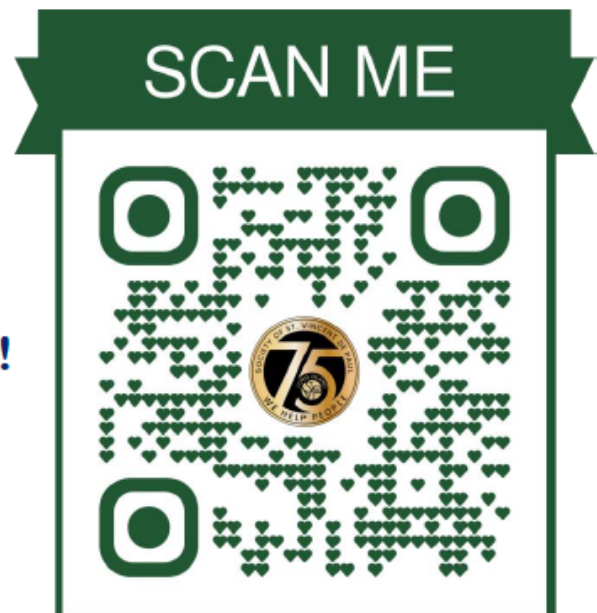
**THE 15<sup>th</sup> ANNUAL FRIENDS OF THE POOR WALK**  
**“TOGETHER WE GO FAR...”**

**The Society of St. Vincent de Paul Long Island invites you to join us to Walk or make a donation to help.**

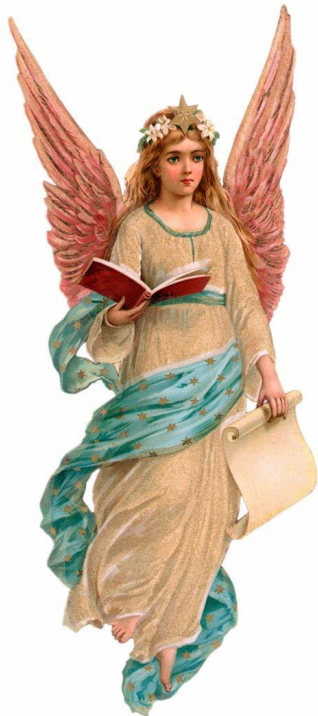
**Sat, Sept 30, 2023 @ Cedar Creek Park, Seaford**  
**Check-In: 8:30 AM**  
**Walk Start: 10AM**

**SCANNING the QR Code  
brings you to the Walk Main  
Event Registration Page-Find  
YOUR conference page there!**  
**Any questions, please call:**  
**516.822.3132**

**Or Go to our Website at:**  
**[Svdpli.org/walk](https://Svdpli.org/walk)**



**You are welcome to send your donation made out to:**  
**Society of St. Vincent de Paul @ HNOM**  
**65 East Jamaica Avenue**  
**Valley Stream, NY 11580**



## ***Angels in the Bible***

### **HNM Bible Study-Fall 2023**

If you are interested in learning more about angels,  
please join us for a 7 week study as we read and discuss  
the roles of angels in the Bible, in Church  
and as God's messengers.

**Beginning Wednesday, September 13, 2023**  
**7:15pm in the Convent, Room 1**

*-or-*

**Thursday, September 14, 2023**  
**9:45am in Parish Outreach, 2nd Fl.**

Fee of \$15.00 covers the cost of the book. Any questions, please call:  
Deacon Clyde (516-791-9509) or Barbara Clarke (516-872-8415)



**St. Januarius—Feast Day: September 19** Legend has it that Januarius and his companions were thrown to the bears in the amphitheater of Pozzuoli, but the animals failed to attack them. They were then beheaded by Emperor Diocletian's persecution of 305. *"A dark mass (believed to be the blood of St. Januarius), that half fills a hermetically sealed four-inch glass container, and is preserved in a double reliquary in the Naples cathedral, liquefies 18 times during the year...Various experiments have been applied, but the phenomenon eludes natural explanation....", Catholic Encyclopedia.*



*Are you searching? Is God calling you . . .*  
*Are you interested in becoming a Catholic?*  
*Do you know anyone who may be interested in becoming*  
*a Catholic and wants to learn more about our Faith?*  
*Have you been baptized but never received the Sacraments*  
*of First Communion and Confirmation?*  
*Are you planning to be married but have never received*  
*your Confirmation?*

## **Rite of Christian Initiation of Adults may be the answer for you!**

A team of parishioners hold weekly meetings for adults who are interested in receiving the Sacraments of Initiation – Baptism, First Communion, and Confirmation. At these meetings, information about the Catholic faith is shared with the group in an informal and relaxed setting. The weekly Scripture readings are studied to see how they guide us through life in the 21st Century. Please call the rectory at 825-1450 or email [hnmrcia@optonline.net](mailto:hnmrcia@optonline.net) for more information. Our first meeting will be on Wednesday, September 20, 2023 at 7:00pm.



# Holy Name of Mary's Art Exhibit

September 30, after the 5pm Mass

October 1, after all Masses

All parishioners are invited to browse our Art Exhibit in the gym after all Masses on Saturday, September 30th and Sunday, October 1st.  
You will be amazed at the artwork from your fellow parishioners!

Would you like to display your own artistic creations for others to enjoy?  
If you have drawings, paintings, sculptures, architectural designs, or other works of art that you have created, this is your opportunity to show off your talents!

We require a small fee of \$10.00 per Artist.  
You can begin setting up in the Gym on Saturday, September 30th, after 3:00pm.  
Tables will be available. If you are interested in selling any of your artwork, clearly display a price tag, or simply display them for all to admire!

*You will be responsible for setting up and removing your artwork at the close of the exhibit.  
If you have any questions, please call Renee Socci at 516-426-2946.*



## EAGLE SCOUT PROJECT

Thank you to Eagle Scout, Gabriella Burke, for restoring the area around the WWII Monument at the corner of Holy Name of Mary School.  
If you have a chance, stop by and have a seat on one of the new benches, enjoy all the new landscaping and become familiar with the names of the men from our parish who died during WWII.

A special thanks to Kathy Bogel, Ace Landscaping and the Knights of Columbus for their support of this project.

### *HNM School Registration*

Join in the Spirit at Holy Name of Mary School, an AdvancEd Accredited School. To register your child for Nursery (full day, age 3), Pre-K (full day, age 4), Kindergarten (full day, age 5) or Grade 1 through 8, contact our School Office to make an appointment at 516-825-4009, or visit [www.hnomschool.org](http://www.hnomschool.org) for registration materials and details. Before and after school care is available for all registered students. Follow Holy Name of Mary School on Instagram and Facebook @ hnomschoolvalleystream.

### *Baptism Schedule*

Baptisms in English are scheduled on the second and fourth Sunday of every month at 3pm. Baptisms in Spanish are scheduled on the second Saturday of every month at 12 noon. Please call the Parish Office for available dates. Baby's birth certificate and signed sponsor forms from godparents are required.

### *Remember In Prayer*

#### **All Those Who Are Sick**

*Father of Goodness and love, hear our prayers for the sick members of our community and for all who are in need...*

Roseanne Blando, Annie Bottone  
Roseann & Frank Chirico, Flo Facibene  
Theresa Greier, Anthony Ippolito, Kevin Lynch  
Ivette Merded, Anita Napolionello, Nial Pace  
Jane Pope, Donald Romano, Victor Santiago  
Nicholas Sinish, Mary Lou Shannon

(Names will remain on the sick list for **four weeks only**. If you would like to have the name listed again, please notify the Parish Office.)

#### **All Those Who Have Died**

*Please remember in prayer the recently deceased, of our parish and for those who mourn their loss.*

*We also remember all the souls in Purgatory.*  
Blanche C. Bessette, Gwendolyn Horne  
Richard Koch, Brian McQuade

### *St. Vincent de Paul Message*



The challenge in today's Gospel, is to forget how others have behaved toward us and to look to God's way of loving and forgiving. Our focus must be on God. Is there a neighbor or friend of yours who is in temporary need because of a loss of a job or an illness? Please leave a message for the Society of St. Vincent de Paul...we want to help!

**Pantry Needs: Paper towel, toilet tissue, pasta sauce, juice, evaporated milk, canned meats/pasta, tuna, soup, cooking oil, laundry detergent, soap, toothpaste**  
**Please remember the poor boxes as you leave Church today. These generous offerings help the Society of St. Vincent de Paul assist families in need in our own parish. Thank you!**

### *Eucharistic Minister Schedule*

**Saturday, September 16, 2023**

**5:00pm**

**HOST} R. Murray, F. Russo**

**Sunday, September 17, 2023**

**7:45am**

**HOST} A. Paul, K. Paul**

**9:00am**

**HOST} R. Abiuso, C. Aguaviva**

**11:00am**

**HOST} J. Salcedo, C. Salcedo**



# Welcome to Our Church

If you and your family recently moved to Valley Stream and wish to become registered parishioners of Holy Name of Mary Church, (or maybe you attend Mass regularly and have never registered), please visit the Parish Office to fill out a short registration form. Using our envelope system is the only way to have all your donations recorded.

***Loose checks are not recorded, they must be placed in your registered parishioner envelope.***



## CATHOLIC HIGH SCHOOLS OPEN HOUSE SCHEDULE DIOCESE OF ROCKVILLE CENTRE

*You are invited to explore the benefits of a Catholic High School Education.  
Enjoy a visit and tour...save the dates!*

**St. Mary's High School**  
Sunday, September 24, 2023  
2pm-4:30pm  
516-627-2711  
[www.saintmaryshs.org](http://www.saintmaryshs.org)

**Chaminade High School**  
Saturday, October 14, 2023  
10am-2pm  
516-742-5555  
[www.chaminade-hs.org](http://www.chaminade-hs.org)

**Holy Cross High School**  
Sunday, October 15, 2023  
12pm-4pm  
718-886-7250  
[www.holycrosshighschool.org](http://www.holycrosshighschool.org)

**St. Anthony's High School**  
Saturday, September 30, 2023  
9am-12pm  
631-271-2020  
[www.stanthonyshs.org](http://www.stanthonyshs.org)

**Kellenberg Memorial High School**  
Saturday, October 14, 2023  
10am-1pm  
516-292-0200  
[www.kellenberg.org](http://www.kellenberg.org)

**Holy Trinity Diocesan High School**  
Saturday, October 21, 2023  
10am-1pm  
516-433-2900  
[www.holytrinityhs.org](http://www.holytrinityhs.org)

**Our Lady of Mercy Academy**  
Sunday, October 1, 2023  
10am-1pm  
516-921-1047  
[www.olma.org](http://www.olma.org)

**Sacred Heart Academy**  
Saturday, October 14, 2023  
11am-2pm  
516-483-7383  
[www.sacredheartacademyli.org](http://www.sacredheartacademyli.org)

**St. Dominic High School**  
Sunday, October 22, 2023  
1pm-4pm  
516-922-4888  
[www.hs.stdoms.org](http://www.hs.stdoms.org)

LEARNING...  
LOVING...  
LIVING...  
**CHRIST!**

**St. John the Baptist High School**  
Sunday, October 15, 10am-1pm  
631-587-8000  
[www.stjohnthebaptistdhs.net](http://www.stjohnthebaptistdhs.net)







...P. David Regan

*"En cada parroquia de la diócesis, se establecerá un Consejo Pastoral, si el Obispo diocesano, después de consultar con el Consejo de Presbíteros, así lo decide. El párroco preside el Consejo Pastoral. El Consejo Pastoral está compuesto por miembros de la congregación juntos con aquellos del personal parroquial que tienen cuidado pastoral por razón de su cargo. El Consejo Pastoral ayuda a promover la acción pastoral en la parroquia."*

El Consejo Pastoral Parroquial es un organismo consultivo, de naturaleza pastoral, porque se esfuerza por discernir el movimiento del Espíritu Santo entre el pueblo de Dios en la parroquia. Un Consejo Pastoral Parroquial presta su ayuda al párroco para fomentar la actividad pastoral; investiga, bajo la autoridad del pastor, todas aquellas cosas que pertenecen a las obras pastorales para reflexionar sobre ellas y proponer conclusiones prácticas sobre ellas. Es esencial que las reuniones del Consejo se realicen en un contexto de oración y apertura al Espíritu Santo, para que en todo momento prevalezca el bien común.

Específicamente, el propósito del Consejo Pastoral Parroquial es mejorar el proceso de:

- planificación pastoral
- desarrollar programas pastorales
- mejorar los servicios pastorales
- evaluar la eficacia pastoral de diversos programas y servicios

Aunque el Consejo no es un organismo que tome decisiones vinculantes, las recomendaciones del Consejo Pastoral deben tomarse en serio cuando se basan en la oración, el discernimiento y la sabiduría comunitaria.

El párroco es responsable de la aprobación final de las recomendaciones del Consejo relativas a la planificación, programas y servicios pastorales para la parroquia, así como de su implementación. Si bien el párroco no está obligado a seguir las recomendaciones del Consejo Pastoral Parroquial, se entiende que debe hacerlo a menos que exista una razón imperiosa para hacerlo de otra manera. Si existe tal razón, el pastor debe compartirla con el Consejo.

El Consejo no se ocupa de actos de administración. Los actos de administración se refieren a las operaciones diarias de la parroquia, que incluyen la implementación del plan y las políticas pastorales, la programación parroquial, el presupuesto y los asuntos de personal.

A continuación se presentan algunas de las actividades pastorales que podrían constituir puntos de agenda para el Consejo Pastoral Parroquial:

- instrucción en toda la gama de la fe y catequesis formación
- dimensiones y desafíos multiculturales
- programas que promuevan los valores del evangelio, incluyendo temas de justicia social
- responsabilidades hacia personas con necesidades especiales
- Educación católica de niños y jóvenes.
- alcance a los católicos alienados
- evangelización
- programas de vida sacramental y preparación
- promoción de la devoción eucarística
- mejora de programas
- promoción de la vida de oración (especialmente en el seno de las familias)
- participación efectiva en la liturgia
- métodos de acogida, visitas domiciliarias, construcción de comunidad -motivación de las obras de misericordia espirituales y corporales
- esfuerzos de atención especial a los enfermos y moribundos
- preocupación por los pobres, los afligidos, los solitarios, los exiliados
- fomentar una sólida vida familiar cristiana y todos los asuntos de relaciones en la parroquia.

Nuestro Consejo Parroquial se reúne 4-5 veces al año. Dos semanas antes de una reunión habrá un aviso en el boletín con un correo electrónico (De un miembro). Puede escribirle a esta persona una pregunta, inquietud o idea. La próxima reunión del consejo parroquial será el 28 de septiembre. Si desea expresar una pregunta, idea o inquietud, envíe un correo electrónico a: [christinamaria@post.com](mailto:christinamaria@post.com)



# MISA A LA VIRGEN DE LAS MERCEDES

**Domingo, 24 de Septiembre, 1:00 PM**  
 55 E Jamaica Avenue, Valley Stream, NY 11580  
 Santo nombre de Maria (Holy Name of Mary) Iglesia Catolica

El compartir sera en la cafeteria de la Iglesia Despues de la Misa  
 90 S. Grove Street, Valley Stream, NY 11580



## LA 15ª CAMINATA ANUAL –AMIGOS DE LOS POBRES

**“Juntos Vamos Lejos ...”**

**La Sociedad de San Vincente de Paul le invita a unirse a nosotros para caminar o hacer una donacion para ayudar.**

**Sabado, 30 de Septiembre Parque de Cedar Creek, en Seaford**

\* Inicio de registro: 8:30 AM

\* Inicio de la caminata: 10 AM

**ESCANEAR el código QR lo lleva a la página de registro del evento principal de la caminata. ¡Encuentre SU página de conferencia allí! Cualquier pregunta, por favor llame al: 516.822.3132**

Oh usted puede ir ha la pagina del internet:  
[Svdpli.org/walk](http://Svdpli.org/walk)

Usted es bien venido, ha enviar so donación ha esta dirección:

Society of St. Vincent de Paul, 65 E. Jamaica Ave., VS, NY 11580

**SCAN ME**



## COLECCIÓN PARA ST. INSTALACIONES PARA UNA VIDA ENRIQUECIDA DE PÍO X

Los días 16 y 17 de septiembre, habrá una colecta diocesana especial para sacerdotes jubilados que residen o se están recuperando en la Residencia San Pío X. La instalación acoge a sacerdotes jubilados de nuestra Diócesis que necesitan ayuda con la vida diaria, y al mismo tiempo les permite servir como miembros activos y plenamente comprometidos de la comunidad. Los sobres de donación se pueden encontrar en la Iglesia. Por favor tome uno y considere hacer una donación.

## ESTATUA DE PEREGRINACIÓN DE NUESTRA SEÑORA DE LA MEDALLA MILAGROSA

Las hojas de inscripción para la Peregrinación de la Imagen de Nuestra Señora de la Medalla Milagrosa se pueden encontrar frente al órgano.

Estás invitado a orar frente al Santísimo todos los jueves después de la misa de las 12:10, hasta las 6:00 horas; y todos los sábados de 7 pm-8 pm.

# Growing in FAITH™



## Meditations

### St. Padre Pio

Born to farmers in 1887, in southern Italy, Francesco Forgione joined the Capuchin Friars at the age of 15, taking the name "Pio."



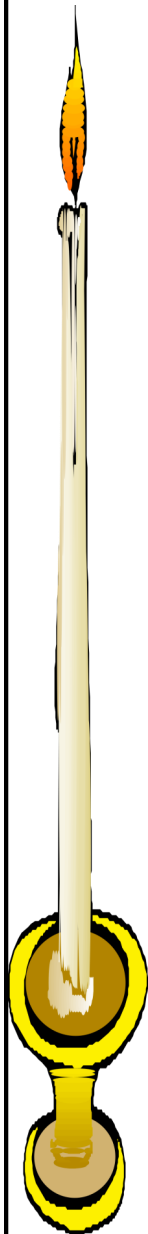
In 1918, St. Pio received the five wounds of Our Lord's Passion, called the stigmata, in his body. Renowned for his preaching, holiness, and charity, thousands flocked to him for Confession and spiritual direction. Amidst his suffering, he continued to labor for the spiritual and physical well-being of others, founding a hospital that still operates today.

### Perfect is possible

Jesus said, "...be perfect, just as your heavenly Father is perfect" (Matthew 5:48).

Perfection to Jesus means loving God with all our hearts, praying for our enemies, and taking care of the poor. Love and service is the true measure of perfection.

*"Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor"*  
Romans 12:9-10.



## Seven virtues for successful Catholics

**Practicing virtues** – habitual and firm dispositions to do good – leads to long-lasting interior freedom, joy, and peace. The following seven virtues, with God's grace, can help you do that:

**Faith** enables our belief in God and all that He has revealed through Scripture, Tradition, and the Church's teachings. Reciting the Creed, especially at Mass, is an act of faith.

**Hope** is the desire for Heaven and trust in God's promises to us. Trusting in the Lord even in trials and asking for forgiveness for sins are acts of hope.

**Charity** enables us to love God above all things and our neighbors as ourselves. True love is when we

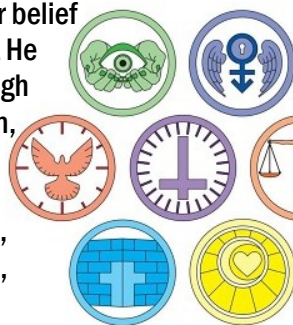
wish – and act for – the authentic good of others.

**Prudence** is the virtue that helps us to discern our true good in every circumstance and to choose the right means of achieving it.

**Justice** helps us respect others' rights and give to each his due. We owe God our worship. We are made in His image, so we owe each other respect.

**Fortitude** strengthens us to follow Christ in the world, even if it's unpopular and uncomfortable.

**Temperance** properly orders our desire for pleasure, so that we appreciate earthly goods in moderation and value heavenly goods most. Observing the one-hour fast from food before receiving the Eucharist is an act of temperance.



### Why do Catholics Do That



### Why do Catholics attend Mass on holy days of obligation?

Throughout the year, the Church celebrates six feasts that honor a central mystery of our faith with extra enthusiasm.

These days are so important that all Catholics are required to attend Mass to celebrate. They are listed on the US

Conference of Catholic Bishops' website, <http://www.usccb.org>.

All Sundays are also holy days of obligation.

We live the third commandment to honor the Sabbath by

attending Mass every Sunday. Celebrating these holy days is a reminder that we belong to God.





## Finding time for powerful prayer

If you struggle to find time to pray, try these three tips:  
**Prioritize.** Much unseen good depends on prayer, and it's as critical to our souls as breathing is to the body. Jesus corrected St. Martha because she lost sight of "*the one thing... needful*" (Luke 10:41-42). Reserve time for daily prayer. Treat it as an important appointment – because it is.  
**Set boundaries.** Jesus dismissed the crowd in the evening and "*went up into the hills to pray*" (Matthew 14:23). Give

God your undivided attention in prayer for whatever time you can. Be fully present, minimizing distractions. Let the world wait while you spend time with the One who loves you most.  
**Activate your work.** Few of us have the luxury of being able to spend all day in prayer but we can make a morning offering, giving our day to God's service. Entrust all the events, tasks, and concerns of the day to God's mercy and providence. This way, our work is made holy and can help bring souls to Christ.

### from Scripture

#### Matthew 20:1-16a, The generous landowner

In this Gospel reading, Jesus told a parable in which He compared God's kingdom to a vineyard in the charge of a generous landlord. In the parable, the landlord hires groups of workers at various times of the day. All agree with the landlord to work for a "fair wage." The vineyard is God's kingdom and God is the generous landlord. Some Bible scholars propose that the earlier groups of workers represented the Jewish people, who had followed God's laws for thousands of years, while the Gentiles were the latecomers. The workers also stood for those whom God calls at various stages of life: from infancy, adolescence, adulthood, and old age. Then the landlord paid the laborers, beginning with the five o'clock workers. It must have shocked Jesus' listeners to hear that the landlord paid those who worked one hour as if they'd worked for twelve hours. Clearly, God's idea of a "fair" wage is not the same as ours. What is important is not how many hours we've served God, but if we answered Him when He called us.

### FEASTS & CELEBRATIONS

**September 1 – St. Giles (710).** Shrouded in mystery, St. Giles was a hermit who lived near the Rhône River in France. His fame as a miracle worker drew crowds and disciples to him. Eventually, St. Giles became abbot of a monastery.

**September 8 – Nativity of the Blessed Virgin Mary.** Mary's birth brought her parents joy, and we are joyful too – because Mary brings salvation to all of us with the birth of Jesus.

**September 14 – The Exaltation of the Holy Cross (c.326).** St. Helena, mother of Emperor Constantine, discovered what is believed to be the Cross of Christ while on pilgrimage in Jerusalem. Constantine built the Basilica of the Holy Sepulcher on the site.

**September 28 – St. Wenceslaus (929).** Raised by his devout grandmother, St. Ludmilla, "The Good King" St. Wenceslaus worked to end Christian persecution in Bohemia, encouraged German missionaries, built churches, and cared for the sick and poor. He was martyred by a group of dissatisfied nobles, led by his brother, Boleslaus.

### Q & A

#### What's the proper way to show reverence before I receive Communion?

In days past, everyone approached the altar, knelt at the altar rail and received the host on our tongues. That was prescribed as a posture of reverence to show respect and adoration for the Body and Blood of our Lord.

The bishops in the United States have decided that we may approach the altar and stand to receive Communion. When we approach, we are to bow as a gesture of reverence before we receive the consecrated host from the priest, deacon, or extraordinary minister of Holy Communion.

Today we can receive the host either on the tongue or in the hand. To receive in the hand, we place one hand, palm up, on top of the other to form a "throne." We can also receive Holy Communion in the form of precious Blood. When Holy Communion is offered under both kinds we repeat the bow of our heads before receiving each one.

Genuflection is appropriate at other times. For example, we genuflect before the tabernacle containing the Blessed Sacrament.

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