

Holy Child Church 240 S Main St, Mansfield, PA



Rev. Bryan Wright, Pastor Rita Hanson, Financial Secretary Cathy Asbury, Parish Secretary



Saint Mary of Czestochowa Church 144 St Mary's St, Blossburg, PA

# 17th Sunday in Ordinary Time July 30, 2023



#### **Rectory Office Hours**

9 AM – 2 PM Monday, Tuesday and Friday Cemetery Business Hours: By Appointment 237 S. Main St. Mansfield, PA 16933

Phone: 570-662-3568 Fax: 570-662-2113

Email: hlychild@ptd.net Web: holychildparish.com

#### MISSION STATEMENT: HOLY CHILD PARISH

United with the Pope, we the members of Holy Child Parish seek to be a welcoming church, which fosters spiritual development and expresses charity by living in word and deed the life of Christ. Under the leadership of the bishop, our goals are to implement effective ministries through word, worship, and the sacraments, to enhance the spiritual growth of our parish family, and to encourage, through works of love and faith, the unity of the Church.

#### **SACRAMENTS**

<u>Baptism</u>: Please call the church office to make arrangements to meet with the pastor and schedule the time and date of the ceremony.

<u>Reconciliation</u>: Confessions are heard on Saturday from 2:15 to 3:00 pm in Holy Child Church, on First Friday from 9 to 10 am in Holy Child Church, and on First Saturday from 10 to 11 am in Saint Mary of Czestochowa Church. For other times, call the office to make an appointment.

<u>Matrimony</u>: Couples planning to marry should contact their Pastor at least 6 months before the planned wedding date.

<u>Anointing of the Sick:</u> Anointing and Holy Communion are available to the infirmed and homebound. Families are asked to notify the church office to arrange a visit.

New Parishioners: Holy Child Parish welcomes you! New members are asked to register by contacting the Parish Office. Registration is a requirement for admission to our religious education programs and reception of the Sacraments of Baptism, First Penance, Confirmation, and Matrimony.

Weekly Adoration of the Blessed Sacrament

Holy Child:

3:00 pm Saturday

10:45 am Sunday

5:15 pm Thursday 8:00 am Friday

Saint Mary's:

8:30 am Sunday

#### **PARISH CONTACTS**

Director of Religious Education:

Darlene Buck: phone - 570-540-1332 email - catholic.dre.holychild@gmail.com

Good Neighbors: Tom Wierbowski 570-404-3028 Good Samaritans: Parish Office 570-662-3568

Health Ministry:

Dotty Welsh 570-662-2057

Knights of Columbus, MU Council: Scott DiMarco, Grand Knight,

srdimarco@hotmail.com

Knights of Columbus, Blossburg Council: Jim Weiskopff 570-662-7133

Ladies Guild: Patty Hutcheson 570-662-2034

Medical Equipment Loaning Program:

Dotty Welsh 570-662-2057 "Spare a Prayer" Prayer Chain:

Maryjane Seifried: phone - 570-549-7550

email - seifriedmaryjane@gmail.com

Dotty Welsh: phone - 570-662-2057

email - dhjrw@ptd.net

RCIA: Parish Office 570-662-3568 Holy Child Hall: 570-662-9996 St. Mary's Hall: 570-638-2783 Adoration of the Blessed Sacrament prior to all weekend Masses



#### LITURGY SCHEDULE

(THE DAILY MASS SCHEDULE IS SUBJECT TO CHANGE.)

Saturday, July 29 Saints Martha, Mary & Lazarus VIGIL: 17TH SUNDAY IN ORDINARY TIME

4:00 pm, Holy Child: † Parishioners

Sunday, July 30 17th Sunday in Ordinary Time 9:00 am, St. Mary's: † Floyd & Genevieve Stachowski

11:15 am, Holy Child: † Holy Souls in Purgatory

(by Dawn Egan)

Monday, July 31 Saint Ignatius of Loyola, Priest 12:10 pm, St. Mary's: † Gary Ruberto (by Tom & Marie Musingo)

<u>Tuesday, August 1</u> Saint Alphonsus Liguori, Bishop, Doctor of the Church

12:10 pm, St. Mary's: † Paul Harzinski (by Patty& Kathy)

Wednesday, August 2 No Mass Weekday

No Mass
Thursday, August 3

Weekday

6:00 pm, Holy Child: † Carol Dalton (by The Familly)

<u>First Friday, August 4</u> Saint John Vianney, Priest 8:30 am, Holy Child: † Benjamin Wierbowski and

Joe Granville (by Tom Wierbowski)

First Saturday, August 5

Weekday

9:30 am, St. Mary's: † Living & deceased members of the Rebecca & Kyle Chamberlain Family (by Scott & Theresa Delmotte)

VIGIL: THE TRANSFIGURATION OF THE LORD 4:00 pm, Holy Child: † Thomas, Emma, Wilbur & Janet Miller (by Bernie & Marie Sabol)

Sunday, August 6 THE TRANSFIGURATION OF THE LORD 9:00 am, St. Mary's: † Deceased 1963 class members

(by your classmates)

11:15 am, Holy Child: † Parishioners

THE SACRAMENT OF RECONCILIATION IS AVAILABLE IN HOLY CHILD CHURCH AT 2:30 PM ON SATURDAYS.



# The Sanctuary Light burns to remind us of the real presence of Christ reserved in the tabernacle. Week of July 30 - August 5, 2023

The Sanctuary Light in Saint Mary's Church burns this week for all living and deceased members of Holy Child Parish.

The Sanctuary Light in Holy Child Church burns this week in memory of Dave Jaquish by Nancy Jaquish

Call the parish office to request a Sanctuary Light intention. The donation is \$5 per candle.



Pray the Rosary Every Day

#### PRAYER LIST

PLEASE PRAY... We pray, always, for deceased parishioners, family, friends, and benefactors. May their souls and the souls of all the faithful departed rest in peace. For those serving our country: Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families in our time of need.

We ask this in the name of Jesus our Lord and Savior. Amen.

For those who need special prayers:

- \* Lydia Brennan
- \* Richard Faber
- \* Bernice Frederick
- \* Catherine Gallagher
- \* Tom MacBlane
- \* Tony Lupkowski
- \* Jane Mahonski
- \* Christopher Mortensen
- \* Howdy Moser
- Richard Niemczyk
- \* Ethel Sandstrom
- Lori Sherant
- \* Kenneth Simpson
- Yolanda Tacka

Please contact the parish office to add names of those who are in need of prayer due to sudden illness, upcoming surgery, hospital stay or those experiencing a hardship. To respect our parishioners' privacy, please ask and specify if their names are to be put in the bulletin, added to the prayer chain, or both.

To make a request on our "Spare a Prayer" prayer chain, contact: Maryjane Seifried at seifriedmaryjane@gmail.com or 549-7550 or Dotty Welsh at dhjrw@ptd.net or 662-2057. To add a name to the bulletin Prayer list, contact the parish office by phone, email or regular mail.

Our Lord is always listening.

If you or someone you know cannot get to Mass and would like to receive Holy Communion or a pastoral visit, please contact the parish office.



#### Parish Offerings Received July 17 - 23, 2023

 Sunday Envelopes:
 \$6,001.30

 Loose:
 521.00

 Church Dues:
 60.00

 Holy Days:
 25.00

 Parish Charity:
 482.00

 Total:
 \$7,089.30

Care & Education of Priests: 100.00 *Thank you for your continued support.* 



Our annual Parish Dinner will take place at Saint Mary's Hall in Blossburg on Sunday, August 27th from 11:30 am until 2:00 pm! Dinner will be \$15 for adults and \$7 for children 12 years old and younger.

#### Attention Volunteers!

We will have a quick meeting (10-15 minutes) this Sunday, July 30th, in St. Mary's Hall following the 9:00 am Mass. to get work areas delegated. If you were unable to attend the meeting on the 23rd, please come to this one.

The Mass schedule on Sunday, August 27th will be: 9:00 am, Holy Child Church 11:15 am, Saint Mary's Church

(Saturday's Mass will still be at 4:00 pm in Holy Child)



#### PARISH DINNER BASKET RAFFLE

Images of baskets will be used for preevent basket raffle ticket sales.

Please drop off baskets in the back of either Church by Sunday, July 30th.

The Basket raffle will begin shortly after July 30th and run until the day of the dinner!

Thank you to everyone for all your help!

Please return Raffle Ticket stubs

and payments to the parish office.

Checks should be payable to "Holy Child Parish".

See you on the 27th!

Raffle Ticket





4th Annual 5K Race for Heart of Tioga Pregnancy and Parenting Support

SATURDAY, AUGUST 19, 2023

9:00 AM

HIS THOUSAND HILLS 458 PHIPPEN RD Wellsboro, Pa



#### ONLINE REGISTRATION AT: www.runsignup.com

**EVENT FEE through Online Registration: \$25** 

Online Registration Ends August 17, 2023
Kids 10 and under: \$12 or \$60- Family(same household)
Mail in registration available at www.heartoftioga.org

Registration day of event: \$30
Kids 10 and under: \$15 or \$75 - Family(same household)
Registration Opens at 7:30AM

POST RACE BREAKFAST FOR ALL PARTICIPANTS!

First 100 registrations receive a free T-shirt

Hope to See YOU there!



Don't forget your food pantry donations of *non-perishable* items. Boxes are in both churches for donations.

Thank you for your continue support of our Food Pantries.

#### MARIAN MINISTRIES UPCOMING EVENTS

St. Peter's Cathedral, Pilgrimage Saturday, August 5th.

Pilgrims will arrive in Scranton at approximately 10:15am, spend an hour in prayer at the Cathedral, and enjoy a guided tour with Msgr. Dale Rupert. Confessions will be available from 10:30-11:30 am. Lunch will be at Cooper's seafood restaurant, fol-



lowed by free time in Scranton before the Vigil Mass at 5:30pm. The group will return to Wellsboro at about 9 pm. We have room in our carpool for four or five more people, so contact Linda Sampson (570-404-2180) if you are interested.

Mt. Saviour Monastery, Day of Reflection Saturday, September 23rd, 9am-4pm

Mt. Saviour Monastery, located in Pine City, New York, is a lovely, peaceful place to connect with God - and it's close to home! All parishioners are invited to a Day of Reflection at Mt. Saviour,



beginning with Mass at 9am. One of the monks will address the group after Mass, followed by a presentation by Theresa Delmotte on "Angels" and their role in our daily lives. The group will join the Benedictine community for prayer at Noon (Sext) and again at 3pm for "None." Contact Linda Sampson (570-404-2180) if you are interested and watch the bulletin for more details. For more information about Mt. Saviour, visit their website at <a href="https://www.msaviour.org/">https://www.msaviour.org/</a>

Day of Reflection, St. Peter's Church Sunday, October 8th, 2pm-6pm

Mark your calendars now for an inspiring afternoon of prayer and reflection at St. Peter's Church. This year, we will welcome Mary Clare Hallman, our Diocesan Secretary for Parish Life, as guest speaker. Mary served for eight years as the Director of Evangelization in the Diocese of Syracuse. She worked closely with clergy and lay leaders to



form relationships and build trust in an effort to create vibrant parishes and form disciples of Jesus Christ. Mary is a passionate speaker and evangelist, as well as a veteran of the ChristLife program. The afternoon will include Mary's presentation, Eucharistic Adoration, Evening Prayer, and a buffet dinner. More details coming soon!



The Blessed Sacrament is reserved in the Tabernacle. Please be mindful of this and try to keep a Silent reverence.

SILENCE AND REVERENCE

#### THE ASSUMPTION OF THE BLESSED VIRGIN MARY

August 15, 2023 is the Solemnity of the Blessed Virgin Mary, which is a Holy Day of Obligation. The Schedule will be:

Monday, August 14th
6:00 pm Vigil Mass
Holy Child Church
Tuesday, August 15th
12:10 pm Mass
St. Mary's Church
There will NOT be a
12:10 Mass in St. Mary's on
Monday, August 14th.



#### News from the Knights

Parish Picnic Join us on Sunday, August 13th, following the 11:15 am Mass at

mory China Church. We will provide the main course, so please bring a dish to pass, your favorite picnic side-dish or dessert, and enjoy some hospitality, fellowship, and good food!



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ROSARY DURING ADORATION

The Knights have instituted a Rosary ministry! When there is a fifth Sunday in a month, the Knights of Columbus will lead the rosary during Adoration before all weekend Masses. Please join us this weekend, July 29th & 30th, and then on October 28th & 29th and December 30th & 31st.

#### THE GROUP ROSARY BESTOWS NUMEROUS GRACES

http://www.how-to-pray-the-rosary-everyday.com/group-rosary.html
Group Rosary prayer is the best way to pray the Rosary.
In Sacred Scripture, Our Lord says: "For where there are two or three gathered together in my name, there am I in the midst of them" - Matthew 18:20

This verse is often quoted to show the power of group prayer. This certainly would include praying a group Rosary but is not exclusive to the Rosary. Furthermore, many popes have encouraged group Rosaries.

To further demonstrate that the group recitation of the Rosary is indeed powerful are the words of Blessed Pope Pius IX, "Give me one million families praying the Rosary and the world is saved." He also said, "If you desire peace in your hearts, in your homes, in your country, assemble every evening to recite the Rosary."

This theme of families, groups, countries, and even armies praying together is carried forward by the words of Pope St. Pius X when he said, "Give me an army saying the Rosary and I will conquer the world."

Clearly these Pontiffs were encouraging, no, *beseeching* people to pray the Rosary together in groups or a group Rosary.

The Rosary is not only efficacious for personal spiritual growth and special graces, the Rosary is also <u>powerful enough</u> to end war and even save the world!

Besides the pontiffs, saints have encouraged the formation of group Rosary prayer groups. St. Louis Marie de Montfort is the most prominent of them.

He saıd...

"When people say the Rosary together it is far more for-

midable to the devil than one said privately, because in this public prayer it is an army that is attacking. It is very easy to break a single stick, but if you join it to others to make a bundle, it cannot be broken. In union, there is strength." In his book The Secret of the Rosary you can read St. Louis Marie de Montfort's list of group Rosary benefits...

- 1) Normally, our minds are far more alert during public prayer than when we pray alone.
- 2) When we pray in common, the prayer of each one belongs to all. We make one great prayer together, so that if one person is not praying well, someone else in the same gathering who prays better may make up for his deficiency. In this way, those who are strong uphold the weak. Those who are fervent inspire the lukewarm.
- 3) One who says his Rosary alone only gains the merit of that one Rosary. But if he says it together with others, he gains the merit of each Rosary. This is the law of public prayer.
- 4) Public prayer is far more powerful than private prayer, to appease the anger of God, and to call down His mercy. Holy Mother Church, guided by the Holy Ghost, has always advocated public prayer in times of public tragedy and suffering.
- 5) If the faithful pray five decades of the Rosary in company with others, whether in public or private, they may gain an indulgence of ten years, once a day. A plenary indulgence can be gained on the last Sunday of the month—with the addition of detachment from venial sin, confession, Communion, a visit to the church and prayers for the intentions of the Pope—if they perform such recitation at least three times in any of the preceding weeks. (From the older version of the Raccolta)

Many parishes pray a group Rosary after or before Mass in front of the Blessed Sacrament reserved in the tabernacle and of course there is great benefit to this practice as well. In fact, a plenary indulgence is attached to it. Below is an abbreviated entry from the 1968 revised *Enchiridion Indulgentiarum*, also referred to as the Raccolta, number 48, provided in English by Catholic.org.

"Recitation of the Marian Rosary - A plenary indulgence is granted, if the Rosary is recited in a church or public oratory or in a family group, a religious community or pious association; a partial indulgence is granted in other circumstances. The gaining of the plenary indulgence is regulated by the following norms...

- •The recitation of a third part only of the Rosary suffices (with the addition of the Luminous Mysteries, this is now a fourth of the Rosary); but the five decades must be recited continuously.
- •The vocal recitation MUST be accompanied by pious meditation on the mysteries.
- •In public recitation the mysteries must be announced in the manner customary in the place; for private recitation, however, it suffices if the vocal recitation is accompanied by meditation on the mysteries."

The benefits and graces involved when you pray a group Rosary together are amazing. We need these graces in our world today. It is our hope that all people will begin praying the Rosary with their families, in their neighborhoods which is known as block Rosaries, and in their parishes.

There was a time in the United States when bishops led huge Rosary rallies. These rallies were so large in fact that they gathered crowds that numbered in the tens of thousands.

#### **Group Rosary The Formula**

When the Rosary is prayed in a group, one person leads the Rosary and the rest of the group responds. Often the leader will <u>announce the mystery</u> accompanied by a brief meditation before each decade.

The prayers for a group Rosary are divided as follows...

#### **Apostles Creed**

Leader: I believe in God, the Father Almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord. Who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He rose again. He ascended into heaven and sits at the right hand of God, the Father Almighty. From thence He shall come to judge the living and the dead.

**Response:** I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

#### **Our Father**

- **L.** Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven.
- **R.** Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

#### Hail Mary (10 times per mystery)

- L. Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus.
- **R.** Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

#### Glory Be

- *L*. Glory be to the Father, and to the Son, and to the Holy Spirit.
- **R.** As it was in the beginning, is now, and ever shall be, world without end. Amen.

#### Fatima Prayer

*All:* O my Jesus, forgive us our sins. Save us from the fires of hell, lead all souls to heaven especially those in most need of thy mercy.

#### Hail, Holy Queen

- All: Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope, to thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this vale of tears; turn, then most gracious Advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb Jesus. O clement, O loving, O sweet Virgin Mary!
  - L. Pray for us, O holy Mother of God,
  - **R.** that we may be made worthy of the promises of Christ.

#### "Let Us Pray" from the Breviary

All: Let us pray, O God, whose only begotten Son, by His life death and Resurrection, has purchased for us the reward of eternal salvation. Grant we beseech Thee that while meditating upon these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord. Amen.

#### St. Michael Prayer

All: Saint Michael the Archangel, defend us in the day of battle. Be our safeguard against the wickedness and the snares of the devil. May God rebuke him we humbly pray and do thou O Prince of the Heavenly Host cast into hell Satan and

all the evil spirits who prowl throughout the world seeking the ruin of souls.

Start your own group Rosary! The best way to pray any time is with a group of people.

#### Group Rosary ideas include...

- Youth groups
- Families could gather for a Rosary potluck each month
- Visit nursing homes and see if you can establish a time to pray the Rosary with a group of people that would like to pray the Rosary with others.
- Pray the Rosary with your parish club i.e. Legion of Mary, Prayer Shawl Ministry, etc.
  - Catholic schools can start Rosary Clubs

Jesus taught that praying with others is especially powerful as He is there within our midst during these times. This especially is true for the Rosary. Whenever you have the opportunity, pray the Rosary with others.

#### THE HIDDEN KING: THE JEWISH ROOTS OF ST. JOSEPH

What is your image of St. Joseph? A poor, humble carpenter, or the hidden King of the Jews? An elderly widower, or a man in his prime, the chaste spouse of Mary? The mere legal guardian of the child Jesus, or the earthly shadow of the heavenly Father?

In this series, Dr. Brant Pitre takes the popular figure of Saint Joseph and open up the mysteries of his hidden identity, his relationship with Mary, and his role as the earthly foster-father of Jesus. In it, you will learn about:



- How Joseph was the Hidden King of the Jews
- Why Joseph was a threat to the Fake King Herod
- Why Herod Murdered his own Wife, three Sons, and the Infants in Bethlehem
- Why Joseph Accepted Mary's Jewish Vow of Virginity
- How Joseph Hid the Virgin Birth from Satan
- Joseph's Relation to the "Brothers" of Jesus
- Apocryphal Legend of the Elderly Joseph
- The Biblical Age of Saint Joseph
- The Persecution of Joseph's Family
- How Joseph is the earthly Shadow of Jesus' heavenly Father

Many books on Saint Joseph focus on apocryphal legends and private revelations. In this Bible Study, Dr. Pitre focuses on what we can learn about Saint Joseph from the Bible, ancient Jewish and Roman history, and the living Tradition of the Church. As you will discover, although Joseph is silent in pages of the New Testament, when looked at through ancient Jewish eyes, he stands with Jesus and Mary at the very center of salvation history.

So, if you already have a devotion to Joseph, or if you just want to understand what the Bible really teaches about the man who was closest to Jesus, then this Bible Study is for you.

This Study will meet in Holy Child Hall following the 11:15 am Mass beginning on Sunday, July 30th. Due to the Parish Picnic, Parish Dinner and Labor Day, the study will not meet on August 13th, 27th or September 3.

### MARK YOUR CALENDAR

 July 28-30: Drop off Dinner Raffle Baskets in both churches or in the parish office



- July 29 & 30: Knights of Columbus lead Rosary during Adoration of the Blessed Sacrament before all Masses
- July 30: The Hidden King: The Jewish Roots of St. Joseph with Dr. Brant Pitre
- August The Health Ministry and Ladies' Guild will NOT meet during August. See you in September!
- Aug 3: Finance Council meeting beginning with 6:00 pm Mass in Holy Child Church
- Aug 6: The Hidden King: The Jewish Roots of St. Joseph with Dr. Brant Pitre
- Aug 10: Parish Pastoral Council meeting beginning with 6:00 pm Mass in Holy Child Church
- Aug 13: Parish Picnic following 11:15 am Mass
- Aug 13: The Hidden King will NOT meet

## FORMED

#### **Week of July 30 - August 5, 2023**

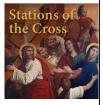
IGNATIUS OF LOYOLA

This film brings to life the story of St. Ignatius of Loyola, the founder of the Jesuits. Often called "The Saint of Second Chances," St. Ignatius was transformed from a self-obsessed sinner to a loyal and passionate soldier-saint.



STATIONS OF THE CROSS BY SAINT ALPHONSUS LIGUORI

The Augustine Institute presents a beautiful meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum, chanting the traditional Catholic hymn Stabat Mater to aid your prayer.



SAINT JOHN VIANNEY | CATHOLIC SAINTS

Join Dr. Ben Akers and Taylor Kemp as they discuss St. John Vianney, the Cure d'Ars and patron saint of parish priests.



Our parish has a FORMED subscription!

To set up your free account visit formed.org/signup and use zip code 16933 to search for and select our parish.

#### **SUMMERTIME DRESS**

Visitors to St. Peter's Basilica, the Sistine Chapel, or the Vatican Museums are required to abide by the official dress code, which requires that men wear long pants and shirts with at least short sleeves (no sleeveless shirts, no shorts.) Women in these locations may wear trousers, capri pants, skirts and dresses, however they cannot be shorter than knee length and shoulders must be covered. Bare shoulders and short skirts are not permitted. See <a href="https://www.papalaudience.org/dress-code">www.papalaudience.org/dress-code</a>. If this is the dress code at St. Peter's Basilica and the Sistine Chapel, it seems reasonable to abide by the same standards in our own church during Divine worship. By doing so, we show our respect for God as well as one another.

#### **SCRIPTURE READINGS**

Sunday, July 30: 1 Kgs 3:5, 7-12 Ps 119:57, 72, 76-77, 127-130 Rom 8:28-30 Rom 8:26-27 Matthew 13:44-52

Rom 8:26-27 Matthew 13:44-52

Monday, July 31: Ex 32:15-24, 30-34 Ps 106:19-23 Matthew 13:31-35

Tuesday, August 1: Ex 33:7-11; 34:5b-9, 28 Ps 103:6-13 Matthew 13:36-43

Wednesday, August 2: Ex 34:29-35 Ps 99:5-7, 9 Matthew 13:44-46

Thurs August 3: Ex 40:16-21, 34-38 Ps 84:3-6a, 8a, 11 Matthew 13:47-53

Friday, August 4: Lv 23:1, 4-11, 15-16, 27, 34b-37 Ps 81:3-6, 10-11 Matthew 13:54-58

Saturday, August 5: Lv 25:1, 8-17 Ps 67:2-3, 5, 7-8 Matthew 14:1-12

Sunday, August 6: Dn 7:9-10, 13-14 Ps 97:1-2, 5-6, 9 2 Pt 1:16-19 Matthew 17:1-9

#### HEALTH MINISTRY NOTES

Hit the road Jack and do come back! To help improve your brain health lace up your sneakers and hit the road. Science has shown that walking outdoors is powerful medicine for your brain and your mood. Just remember to check the National Weather Service air quality rating before you start. Walking stimulates the release of numerous feel good proteins, oxygen, neurotransmitters and other needed nutrients for your brain. These allow your brain to boost creativity, grow new brain cells and also enhance your mood and memory. This may reduce the risk of dementia and cognitive decline. Walking also decreases brain-damaging stress. How can you be stressed when noticing a beautiful sunset or cloud in the sky, seeing a beautiful flower in bloom, a fawn and it's mother, the sound of children laughing or stopping to say hello to a friend along the way? So hit the road and remember to come back with a joyful and thankful heart!



# **Religious Education**

Registration is now open for the 2023-2024 Religious Education program! Registration Forms are in both churches and Dar Buck, Director of Religious Education, will be at all Masses this weekend for anyone who has questions.



The River Valley Regional YMCA, Tioga County Branch Summer Day Camp will be held in Holy Child Hall June 12th through August 18th

Monday - Friday, 6:00 am - 6:30 pm each day.

#### A SCOOP BACK IN TIME





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Ph. 570-662-2034





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#### Papa the Butcher

Meat-Deli-Seafood Monday - Saturday 9:00 am - 6:30 pm Closed on Sunday

Lunch 11-1 pm - Dinners 4 pm-Sold Out 95 West Wellsboro, Street, Mansfield, PA 570-662-7885

### Wilston Funeral Home & Cremation Service

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(570) 662-2000 wilstonfuneralhome@outlook.com Tyler Currie, Funeral Director Alleviate the burden on your family, call or stop in to preplan or lock in today's prices!



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