

JUNE 9, 2024



# St. Monica CHURCH

## WELCOME

### Masses

**Saturday** | 4:00pm

**Sunday** | 9:00 and 10:45am

**Mon - Fri** | 8:00am

No Mass on Thursday

### Confession

**Saturday** | 3:15pm

### Parish Office Hours

**Mon - Thurs** | 8:00am - 5:00pm

**Friday** | 8:00am - Noon

**Saturday & Sunday** | Closed

### Parish Clergy

**Pastor** | Rev. John J. Mullee

**Retired, In Residence**

Rev. Theodore Marszal

**Deacon** | Stan Drozell

### Pastoral Staff

#### Parish Catechetical Leader

Sister Helene Skrzyniarz, SSJ-TOSF

srhelene@saintmonicachurch.net

**Director of Liturgy & Music** | Molly Grunau

**Business Manager** | Claudio Zanin

**Office Manager** | Susan Shepka

**Pastoral Council Chairman**

Joseph Ungarsky

**Finance Council Chairman** | Bill Simon

**Webmaster** | Bob Soeder

### Bulletin Announcements

Email: srjoyce@saintmonicachurch.net  
by NOON on Friday the week before.

### Additional Contacts

**St. Benedict** | (216) 662-9380

**Early Learning Center** | (216) 475-3633

**OCFCU** | (216) 663-6800

TENTH SUNDAY IN ORDINARY TIME

# A KINGDOM DIVIDED CANNOT STAND.

— MARK 3:25 —



## OUR MISSION

We, the parish of St. Monica, work to create a Christlike family, welcoming all people where one encounters a loving God, by serving the spiritual, educational and social needs of the community.

**13623 Rockside Road, Garfield Heights, OH 44125**

**Office: (216) 662-8685 | Fax: (216) 662-1245**

**Website: saintmonicachurch.net**

# PASTORAL SCENE

## Pastoral Scene

### Why Forgive? It's Good for Your Health

Although I have always believed that it is important to forgive others, even if it is 70 times x 70, I never thought of forgiveness as a way to improve my health. After all, who hasn't been hurt by the words or actions of another? Being hurt can cause us to feel angry, become anxious and depressed, withdraw from others, and become so wrapped up in the wrong we are suffering that it seems impossible to enjoy the present. Holding a grudge often brings anger and bitterness into our relationships and new experiences.

Dr. Loren Toussaint, Ph.D., a professor of psychology at Luter College in Decorah, Iowa authored a study of 'unforgiveness', and here is what he found. Subjects who chose to continue holding a grudge had heightened levels of cortisol (the stress hormone) which lead to a number of mental and physical health problems. They also were more depressed, had elevated blood pressure readings, a weaker immune system, and low esteem. The individual who chooses not to forgive may be the one who pays most dearly for holding a grudge.

Forgiveness means different things to different people. However, it generally involves a decision to let go of the resentment and hurt inflicted. Forgiveness does not mean forgetting or excusing the actions of the person (or persons) who caused the hurt, but forgiveness provides peace of mind and a way to improved health!

Although forgiveness does not guarantee reconciliation, re-establishment of the broken relationship, or a change in the other person's behavior, it takes away the power that the other person may wield in your life. One does not have to be 'present' to the other person to forgive. As I have scrolled through the incidents of my life, I have forgiven many by just telling God that I forgive them and asking that God bless them. If you have ever held an object so tightly that your hand cramped and locked, forgiving another is akin to opening your hand to relax the muscles that cramped and remove the object you held.

Forgiving someone does not necessarily mean you have to reconcile with them or continue a relationship with them. "Forgiveness is experienced inside one's skin," writes Toussaint. "It is the cleansing of your sense of resentment and allowing you to heal."

As I close this Pastoral Scene, I cannot help but be reminded of the many times Jesus healed others physically, with the opening statement, "Your sins are forgiven." Is it any wonder that medicine today sees the value of forgiveness in our lives? We feel its effects in Confession no matter how long we have been away from the healing touch of Jesus's words and His blessing through the hands of the priest. So, go and be healed!

Forgiving others, and also myself,  
Sister Helene

## This Week's Highlight



### Divine Mercy Holy Hour

There will be a Divine Mercy Holy Hour this Sunday, at 2:30PM in Church with Eucharistic Adoration, the Chaplet of Divine Mercy, and Benediction.

All are welcome!

### STEWARDSHIP FOR MAY 26, 2024

Sunday Offering .....	\$ 4,960.50
St. Monica Fund.....	\$ 184.00
Misc. Special Envelopes.....	\$ 111.00

### STEWARDSHIP FOR JUNE 2, 2024

Sunday Offering .....	\$ 5,920.50
St. Monica Fund.....	\$ 1,174.00
Misc. Special Envelopes.....	\$ 115.00

Please note our average weekly expenses are \$13,546.00



## MASS INTENTIONS

### Sunday, June 9

#### 10th Sunday in Ordinary Time

9:00am Anthony, Rosa & Josephine  
Acino  
10:45am Veronica & Thomas  
Kvasnok

### Monday, June 10

#### Weekday

8:00am All Souls  
8:30am Exposition following mass

### Tuesday, June 11

#### St Barnabas, Apostle

8:00am Living & deceased  
Basiewicz Family Members

### Wednesday, June 12

#### Weekday

8:00am Michael Yacavone

### Thursday, June 13

#### St Anthony of Padua Priest & Doctor of the Church

No Morning Mass

### Friday, June 14

#### Weekday

8:00am Marissa Gabriel Kovach

### Saturday, June 15

#### Weekday

4:00pm Tracy Mahoney

### Sunday, June 16

#### 11th Sunday in Ordinary Time

9:00am Chet Bakwski  
10:45am People of the Parish



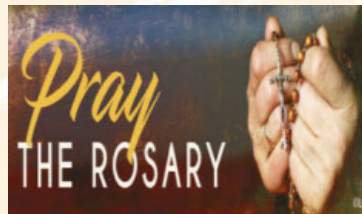
Our sincere sympathy and prayers are extended for the family and friends of:  
John A Chesney  
Who was recently buried.  
May he and all of our dearly departed rest in peace.

## SUPPORT OUR SEMINARIANS

Please pray for the Seminarians of the Cleveland Diocese  
Please join us in praying for the following seminarians this week:

Monday: William Myers  
Tues: Lucas Torres  
Wed: Brent Feorene  
Thurs: Andrew Herbst  
Friday: Kyle Hlad  
Sat: Andrew Turpin  
Sunday: *Pray for all Fathers*

**Join us every Thursday  
at 6:00 pm in Church  
as we pray the Rosary.  
All are invited.**



*Please Pray For the Parishioners Listed Below*

John Virzi, Jeff Virzi, Lisa Bielawski,  
Gaylene Bielewski, Joan Chamberlin, Sheldon Stein,  
Dorothy Hanzlick, Joanne Reddinger,  
Marianne Toma

*Please call the parish office if you  
would like to add a  
name to the prayer list.  
216-662-8685*



# THIS WEEK

## Activities CALENDAR

### Monday, June 10

4:00pm Walking Class (J)

6:00pm CWV Meeting (J)

### Tuesday, June 11

2:00pm Senior Meeting (J)

### Wednesday, June 12

3:00pm Set-Up Party at the Pavilion (p)

6:30pm G.A. Meeting (+)

### Thursday, June 13

5:00pm Party at the Pavilion (p)

### Sunday, June 16

7:30pm A.A. Meeting (c)



### Senior Meeting

The June Senior Meeting is this Tuesday, June 11th at 2:00 in the St. Joseph Room

Come join us for Bingo, refreshments and friendship.

**All Are Welcome**



Il Francesco Marico  
and Christopher O'Leary

## National Eucharistic Pilgrimage 2024

Leading up to the National Eucharistic Congress in July 2024, four Eucharistic Pilgrimages will travel across the country. The **St. Elizabeth Ann Seton Route** began in Connecticut on May 17, and will spend a week in Columbus June 24-30 before continuing on to Cincinnati and arrive in Indianapolis in July. There will be opportunities for Mass with Bishop Earl K. Fernandes, Processions, Eucharistic Exposition, and other events as the procession comes through the Diocese of Columbus.

Learn more at [National Eucharistic Revival - Catholic Diocese of Columbus \(columbuscatholic.org\)](http://NationalEucharisticRevival-CatholicDioceseofColumbus(columbuscatholic.org))



### \$1,000 Holy Name Monthly Raffle Winners - May

\$500.00 Louise Franz  
Ticket #0552  
Seller: Louise Franzolino  
Captain: Ben Welich

\$500.00 Stephie Ventura  
Ticket #2192  
Seller: Ken Prybor  
Captain: Ben Welic

1665 tickets were sold

Tickets for the June drawing can be purchased from any Holy Name member or in the parish office.

The next drawing will be Sunday, **June 30th** after the 10:45 Mass in the Church.

**All proceeds are used for parish maintenance**

**Entrance Chant** 593 Lift Up Your Hearts

**First Reading** Genesis 3:9-15

After the man, Adam, had eaten of the tree, the LORD God called to the man and asked him, "Where are you?" He answered, "I heard you in the garden; but I was afraid, because I was naked, so I hid myself." Then he asked, "Who told you that you were naked? You have eaten, then, from the tree of which I had forbidden you to eat!" The man replied, "The woman whom you put here with me—she gave me fruit from the tree, and so I ate it." The LORD God then asked the woman, "Why did you do such a thing?" The woman answered, "The serpent tricked me into it, so I ate it."

Then the LORD God said to the serpent:  
"Because you have done this, you shall be banned  
from all the animals  
and from all the wild creatures;  
on your belly shall you crawl,  
and dirt shall you eat  
all the days of your life.  
I will put enmity between you and the woman,  
and between your offspring and hers;  
he will strike at your head,  
while you strike at his heel."

**The Responsorial Psalm** Psalm 130:1-8

**R. With the Lord there is mercy, and fullness of redemption.**

Out of the depths I cry to you, O LORD;  
LORD, hear my voice!  
Let your ears be attentive  
to my voice in supplication.

**R. With the Lord there is mercy, and fullness of redemption.**

If you, O LORD, mark iniquities,  
LORD, who can stand?  
But with you is forgiveness,  
that you may be revered.

**R. With the Lord there is mercy, and fullness of redemption.**

I trust in the LORD;  
my soul trusts in his word.  
More than sentinels wait for the dawn,  
let Israel wait for the LORD.

**R. With the Lord there is mercy, and fullness of redemption.**

For with the LORD is kindness  
and with him is plenteous redemption  
and he will redeem Israel  
from all their iniquities.

**R. With the Lord there is mercy, and fullness of redemption.**





# READINGS & SONGS

## Second Reading 2 Corinthians 4:13 – 5:1

Brothers and sisters: Since we have the same spirit of faith, according to what is written, I believed, therefore I spoke, we too believe and therefore we speak, knowing that the one who raised the Lord Jesus will raise us also with Jesus and place us with you in his presence. Everything indeed is for you, so that the grace bestowed in abundance on more and more people may cause the thanksgiving to overflow for the glory of God. Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal. For we know that if our earthly dwelling, a tent, should be destroyed, we have a building from God, a dwelling not made with hands, eternal in heaven.

## Gospel Mark 3:20-35

Jesus came home with his disciples. Again the crowd gathered, making it impossible for them even to eat. When his relatives heard of this they set out to seize him, for they said, "He is out of his mind." The scribes who had come from Jerusalem said, "He is possessed by Beelzebul," and "By the prince of demons he drives out demons."

Summoning them, he began to speak to them in parables, "How can Satan drive out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand; that is the end of him. But no one can enter a strong man's house to plunder his property unless he first ties up the strong man. Then he can plunder the house. Amen, I say to you, all sins and all blasphemies that people utter will be forgiven them. But whoever blasphemes against the Holy Spirit will never have forgiveness, but is guilty of an everlasting sin." For they had said, "He has an unclean spirit."

His mother and his brothers arrived. Standing outside they sent word to him and called him. A crowd seated around him told him, "Your mother and your brothers and your sisters are outside asking for you." But he said to them in reply, "Who are my mother and my brothers?" And looking around at those seated in the circle he said, "Here are my mother and my brothers. For whoever does the will of God is my brother and sister and mother."

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## Offertory Chant 655 These Alone Are Enough

## Communion Chant I Am the Bread of Life

And I will raise you up, and I will raise you up, and I will raise you up on the last day.

1. I am the Bread of life. You who come to me shall not hunger; and who believe in me shall no thirst. No one can come to me unless the Father beckons.
2. The bread that I will give is my flesh for the life of the world, and if you eat of this bread, you shall live for ever, you shall live for ever.
3. Unless you eat of the flesh of the Son of Man and drink of his blood, and drink of his blood, you shall not have life within you.
4. I am the Resurrection, I am the life. If you believe in me, even though you die, you shall live for ever.
5. Yes, Lord, I believe that you are the Christ, the Son of God, Who has come into the world.

Text: John 6; Suzanne Toolan, SM, b.1927  
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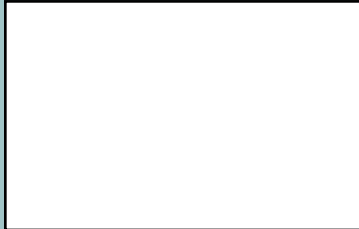


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