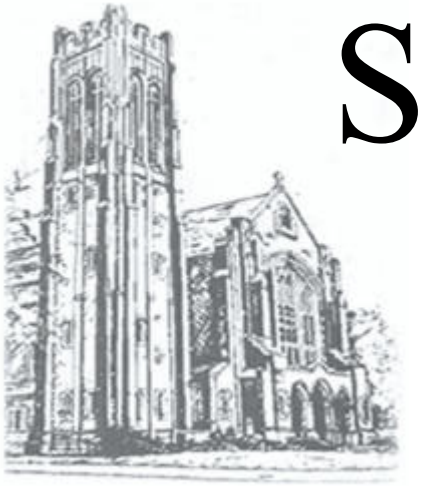


St. Elizabeth,

Mother of John the Baptist Roman Catholic Church

September 19, 2021

The Twenty - Fifth Sunday in Ordinary Time

4330 Shreve Avenue
St. Louis, MO 63115
Phone: (314)-381-4145
Fax: (314)-381-2212

Masses for the Lord's Day:

Saturday 4:00pm - in Church

Sunday 9:00am - in Church

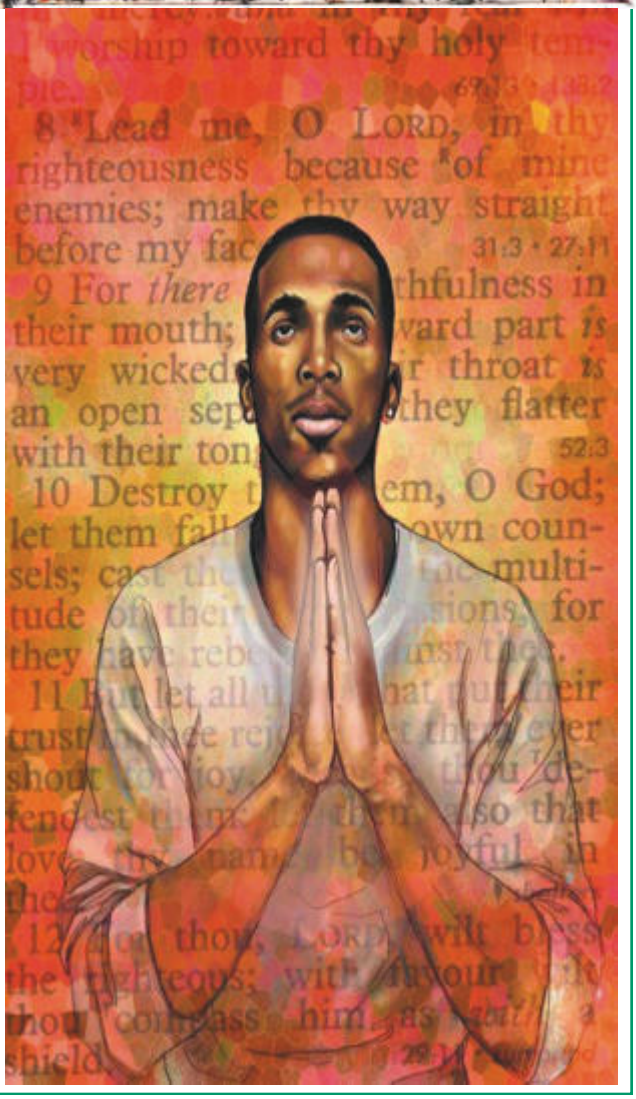
WEEKDAY MASSES:

Monday Private (SLCA)
Tuesday—Friday Private
Adoration
Reconciliation (Confessions)
Saturday 3:00-3:40pm in Church

Holy Days - See bulletin.
Chaplet of Divine Mercy - During Lent.
Rosary– During October.

I am the salvation of the people, says the Lord.
Should they cry to me in any distress, I will hear them, and I will be their Lord forever.

Entrance Antiphon



St. Elizabeth Directory

Ministers of Our Parish Family:

Father Steve Giljum, *Pastor*…….frsteve.semoj@gmail.com
Father John Vogler, *Retired.*
Seminarian Adam Pleimann …….. adampleimann@kenrick.edu
Seminarian Will Targy…….williamtargy@kenrick.edu
Marsha Norfleet, *Parish Secretary*…..marsha.semojb@gmail.com
Anita L.Williams, *Parish Nurse*….williamsanita542@yahoo.com
Johnnie Smith, *Facilities Manager*….goldvic2013@gmail.com
Simeon A.Layne, Jr. *Music Minister,4pm*...simeon.a.layne.jr@gmail.com
Michelle Williams, *Music Minister 9:00am*...ministermusic@aol.com
Tesha Stevenson, *Young Adult Miniser*…stevensontesha@gmail.com
Vickie Rainey, *Youth Minister*…….vickierainey@yahoo.com
Officer Kevin Carson, *Security*…….missouriprotection@gmail.com

Ministries to Our Parish Family:

St. Louis Catholic Academy (K-8) ……(314)389-0401
Sandra Morton, *Principal*……morton@slca-stl.org
St. Charles Lwanga Center—Father Art Cavitt...(314)367-7929
St. Vincent DePaul Society
St. Elizabeth Site: ……...……**(314) 932-7222**
Sunday Van Service **(None during pandemic)**

If you are interested in learning more about the Catholic Faith and St. Elizabeth Church, or in the sacraments of Baptism, Confirmation or Reconciliation, contact Fr. Steve. For Marriage, contact Fr. Steve at least 6 months ahead of time.

worldwide marriage encounter

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CANCELED DUE TO COVID-19

and the start of another season. We are excited to announce that our next **IN-PERSON** Encounter in the St. Louis, Missouri metropolitan area will be held the weekend of September 24-26, 2021, at the Courtyard Marriott Hotel in St. Peters, Missouri. We will have in place all the needed precautions to provide a safe environment for participants. For more information or to apply, go to wwme.org, or call Terry & Eric Engholm at 314-649-7317.

Mass Times & Intentions:

Monday, September 20th, Private
(St. Andrew Kim Tae-gon)
Patricia Sharp

Tuesday, September 21st, Private
(St. Matthew, Apostle)
Bertha Hogan

Wednesday, September 22nd, Private

Alicia Riley

Thursday, September 23rd, Private
(St. Pius of Pietrelcina)
Barbara Vital

Friday, September 24th, Private

Arlene Price

Saturday, September 25th, 3pm
Confessions

Saturday, September 25th, 4pm
People of the Parish

Sunday, September 26th, 9am
Larry Dunne

For further information,
Contact
Vivian Fox (314) 521-4301

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2021

SEMOJB Goal: $18,480

SEMOJB Challenge Goal: $28,000

SEMOJB 2021
Gifts to the Lord:

$28,112

Praise Him! Praise Him!
Praise Him!

Readings for the week of September 19, 2021

Sunday: Wis 2:12, 17-20/Ps 54:3-4, 5, 6-8 [6b]/Jas 3:16—4:3/Mk 9:30-37

Monday: Ezr 1:1-6/Ps 126:1b-2ab, 2cd-3, 4-5, 6 [3]/Lk 8:16-18

Tuesday: Eph 4:1-7, 11-13/Ps 19:2-3, 4-5 [5]/Mt 9:9-13

Wednesday: Ezr 9:5-9/Tb 13:2, 3-4a, 4befghn, 7-8 [1b]/Lk 9:1-6

Thursday: Hg 1:1-8/Ps 149:1b-2, 3-4, 5-6a and 9b [cf. 4a]/Lk 9:7-9

Friday: Hg 2:1-9/Ps 43:1, 2, 3, 4 [5]/Lk 9:18-22

Saturday: Zec 2:5-9, 14-15a/Jer 31:10, 11-12ab, 13 [cf. 10d]/Lk 9:43b-45

Next Sunday: Nm 11:25-29/Ps 19:8, 10, 12-13, 14 [9a]/Jas 5:1-6/Mk 9:38-43, 45, 47-48

Friends of the Poor Walk
Saturday, September 25, 2021
9 a.m. start

CANCELED DUE TO COVID-19

Bus departs St. Elizabeth, Mother of John the Baptist at 8 a.m.

Destination:
St. Clement of Rome Catholic Church
1510 Bopp Rd.
St. Louis, MO 63131

OFFERING TOTALS :

September 11th / September 12th, 2021

OFFERATORY..... $ 5,434.63

HEALTHWATCH

What is PTSD?

"Fear not, for I am with you; be not dismayed, for I am your GOD; I will strengthen you, I will help you, I will uphold you with my righteous hand" Isaiah 41:10

Post-traumatic stress disorder (PTSD) happens when some individuals have a certain reaction to witnessing or experiencing a shocking or upsetting event, including an injury or death on the battlefield, an instance of sexual assault , a school shooting, a natural disaster, or a car accident, according to the US Department of Veteran affairs (VA).

That experience do not necessarily have to be direct, first responders and medics for example, may develop PTSD after witnessing another person face a traumatic event. To be diagnosed with PTSD, the event that triggered the trauma has to have felt threatening to your life or wellbeing.

Symptoms of PSTD can be triggered by anything that leads the person to feel threatened, which is real subjective danger. Trigger can include noise, aroma, or a song. Typically, it tends to be emotionally related to the past.

When people with PTSD have flashbacks, they feel as though they are experiencing the trauma again. Flashbacks differ from intrusive memories, which are memories about the trauma that happened after the trigger stimulus, like a taste, a smell, and are the most common sump toms of the two.

People with PTSD will actively avoid thoughts, feelings, people, places or situations that remind them of trauma. Avoidance can lead to unhealthy behaviors. People may start to drink or use drugs or use them more frequently.

Feeling of hyper viligence oar arousal when people with PTSD becomes stuck in fight of flight mode and their nervous system is on high alert at all times.

People with PTSD who experience this symptom, may have trouble with concentration, and may experience sleeping problems. They may also may engage in destructive behaviors and have aggressive outburst.

People with PTSD may have a shift on how they view the world, others and themselves. They often feel they cannot trust themselves or others. They often feel the world is not a safe place.

Medical professionals say- self-education is the first step in identifying a proper treatment plain. There is counseling options and medication options. Group therapy may be another option.

Love, Peace and Good Health,
Nurse Anita

The 25th Sunday in Ordinary Time
September 19, 2021

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25TH ANNIVERSARY

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