



CHURCH OF THE BLESSED SACRAMENT

2119 STILLWATER AVE E. ST. PAUL | 651.738.0677 | CHURCH@BLESSEDSACRAMENTSP.ORG

SUNDAY, JULY 5, 2020

14TH SUNDAY IN ORDINARY TIME



"Come to me, all you who labor and are burdened, and I will give you rest." - Mt 11:28

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

©LPI



**Have a safe and Happy Independence Day Weekend!
Please note that the parish offices will be closed
on Monday, July 6th!**

Church of the Blessed Sacrament

Weighted Down

There's a Christian drama called *Baggage*. In the course of this monologue, the main character carries more and more (empty) luggage, slings, and backpacks, explaining how, through this and that scene, he collects baggage. You can see the actor start to be weighed down by what he's carrying, but it's so understandable why he does it: we all do the same. He tries unsuccessfully to unload that baggage onto others, but to no avail. In the climax of the script, the actor drops all of the bags with a huge sigh of relief. This image, while slightly kitschy, can be a helpful image for us as we consider this all too familiar Gospel text.



A myriad of scenarios can explain the weight that we hold deep within: it can be the confusion and anxiety about the current events we see on the news and social media; it can be discouragement about being furloughed; it can be the frustration from our children making poor life choices; it can be the shame from our secret, hidden addictive behaviors; it can be a powerlessness in confronting a tense relationship with a family member; it can be the regret we bear for failures or unresolved conflict from our past. The older we get it seems as though the more baggage we tend to collect. I think that's normal, but I also think that we have yet to learn how to let the baggage go ... just like the actor in the skit.

I remember distinctly a time when it seemed as though my heart was suffocated by the full weight of my sin history. I remember distinctly a weight on my chest that made it difficult to take a deep breath of fresh air that morning. I also remember walking into the Confessional with sweat beads coming down the side of my face. That morning, in Alma, Michigan, I made what seems to have been the confession of a lifetime! Ten minutes later, I walked out of that room, and I remember noticing that the pressure on my chest was gone! There was a lightness in my heart that I had long forgotten. I knelt in a pew to say my penance, but I had to hold my giggles back because a joy was erupting from my heart and I didn't want to disturb the other people in the chapel.

So, when Jesus says, "Come to me ... I will give you rest," I learned to take Him at his word. I took a leap of faith and laid my heart bare that morning ... and the rest that Jesus talks about was not threatening to me; it was actually inviting. The burdens that I was carrying ... He took them off my shoulders and emptied them on His cross. He replaced my burdens with the yoke of discipleship; in essence He said to me, "You've tried it your way; now try mine ... it will work out better for you in the long run." He has been true to His word ever since.

Maybe you've seen the picture on social media too ... it's a cartoon sketch of Jesus kneeling in front of a young kid. The young kid is holding his teddy bear tightly, and Jesus is hiding a much bigger teddy bear behind His back. Jesus is gesturing with His hand outstretched, but the response of kid is so poignant: "But I like mine"

Again, the same is true for us.

Our baggage has become our comfort and definition. We don't experience what Jesus promised because we fear, or we doubt. But Jesus is patient as He is persistent. The invitation will always be there. Grace is always available to us ... but it is "hidden" because we have hidden our faults, thinking that Jesus isn't "God enough" to know about them, let alone to forgive us for them. So, we go on living our lives of quiet desperation, hoping for relief, lacking the gumption to grasp for it. Weighted down, we lose our balance often, blaming this person or that scenario. We'd like to "rejoice heartily," but we think erroneously we are condemned to "labor and burdens." But just maybe, right before inconsolable despair envelops us when faced with our mountains of impossibilities, we can utter seven words — if even sheepishly — "I can't anymore; you can; please do."

Then just watch what Jesus will do ...

Br. John Marmion Villa

MESSAGES FROM OUR BUSINESS ADMINISTRATOR



Catholic Services Appeal Foundation

[CSAF] update:

We have now reached our goal for the CSAF campaign this year, that being \$21,358.

Congratulations! This annual campaign raises funds for a number of worthy organizations throughout the Twin Cities. This year's CSAF program is structured so that 50% of all funds pledged that **exceed** our goal comes directly back to our parish in the form of a rebate. Therefore, we will receive

back 50% of every dollar pledged going forward. Last year we reached a pledged amount of \$28,632. For more information on making a donation this year, either call the parish office or you can go directly to the following web site: csafspm.org.

On-going project list

Here is a list of some projects that we are working on, along with their respective costs:

<u>Projects</u>	<u>Cost</u>
Installing a key fob system	\$ 1,500
Individual key fobs	\$ 10 each
Re-keying all exterior doors	\$ 700
Replacing church lighting controls	\$ 2,500
Addition of altar candle stands [2-4]	\$ 1,200
New concrete parish entrance	\$ 12,000+
Current [7 camera] surveillance system	\$ 220/mo. (\$ 2,640/yr.)
Soffit repair outside Robertson room	\$ 1,100
Re-stripping parking lot	\$ 450
Re-stenciling handicapped parking areas	\$ 300
Pruning trees @ rectory	\$ 600
Gutter covers @ rectory	\$ 300
Adding top soil around our facilities	\$ 350
Replacing shrubs @ front of church	\$ 300

We THANK YOU for any financial assistance you may be inclined to contribute towards these specific projects. God bless.

We have an exciting opportunity for you and your family. We welcome you to help sponsor a CFIC Mission child. You can choose to either have a child assigned to you, or you can simply have your contributions used in their general operations. We have it on good authority that over 99% of your contributions go toward the children's needs. Please consider joining a few other parishioners in supporting this worthy cause. More information can be found by logging in to their web site @:CFICNORTHAMERICANDELEGATION.COM or you can call the office and speak to either Father Benny or John Florin. Contributions can be either a one-time or on an ongoing basis.



*The Divine Mercy Chaplet is recited at
11:45am on Friday before Mass.
All are welcome to attend!*

HEALTH TIP

Five Wellness Tips to Manage Your Weight.

- 1. Slow Down & Eat Mindfully.** Where to start? Try to chew 30 times each bite to help you slow down and connect with your body's fullness cues.
- 2. Enjoy Moving.** It's important that you enjoy the exercise/movement you are doing. Plan some of your favorite active activities into your day; work in the garden, mow the lawn, take the dog for a walk, or explore a new walking path.
- 3. Try No Boxes or Wrapped Foods for a week.** Stick to whole foods and those without packaging. An apple has no packaging or nutrition label and is a great whole food!
- 4. Maintain your environment.** If you don't want to eat it, don't buy it! Keep your home stocked with options to help you feel good, and skip the items you know you don't need.
- 5. Get healthy sleep.** Try wearing blue-blocker glasses in the evening hours and limit screen time before bed. Try to stop eating at least two hours before bed to help ensure that your food is digested well and a good night of sleep.

Adoration Chapel update

We have successfully re-opened the Adoration Chapel on Mondays, Wednesdays and Fridays from 1:00pm-11:00pm. We must follow strict guidelines of minimizing the number of adorers allowed in the Chapel. Adorers are being asked to sanitize their space at the start of their visit. O come let us adore Him!

Personal Prayer Time & Adoration Time

The church will be available for private/personal prayer
Monday - Friday from 9:00 am - 2:00 pm.

Prayer of Spiritual Communion

"My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever be separated from you."



S
T
A
F
F

- PARISH ADMINISTRATION 651-738-0677**
Rev. Benny Mekkatt, Pastor ext. 11
John Florin, Business Administrator ext. 10
Joy Hoffman, Administrative Coordinator ext. 12
Deacon Jerry Saladin.....952-607-9636
PASTORAL MINISTRY 651-738-0677
Carol McKenna, Parish Nurseext. 15
FAITH FORMATION 651-738-0677
Connie Hill, Director..... ext. 14
MUSIC
Jan Meulemans, Director.....651-307-7865
PRAYER LINE
 Please call Carol McKenna.....651-492-2778
CHURCH EMAIL: Church@blessedsacramentsp.org
PARISH COUNCIL: parishcouncil@blessedsacramentsp.org

S
A
C
R
A
M
E
N
T
S

- BAPTISM** - Participation in the Baptism preparation program is a prerequisite for Baptism. Schedule with the Parish Office.
RECONCILIATION- Saturday 3:00-3:45pm
 By appointment on other days
MATRIMONY- Make arrangements with the pastor at least six months before the date.
ANOINTING OF THE SICK - Please call the parish office if you or a family member is going to be hospitalized. Also, if you are home-bound and wish to receive the Eucharist or a friendly visit, please call the parish office.
LOW-GLUTEN HOSTS ARE AVAILABLE- Please come to the Sacristy before Mass to arrange to receive one.

P
R
A
Y
E
R

- Blessed Sacrament Adoration, Wed. & Fri. 1-11pm
- The Rosary is said just prior to all weekend Masses.

M
A
S
S
R
E
A
D
I
N
G
S

- Sunday, July 5**
Fourteenth Sunday in Ordinary Time
 Zec 9:9-10/Rom 8:9, 11-13/Mt 11:25-30
 † Shelli Kane
 Parish Mass
- Monday, July 6**
Saint Maria Goretti, Virgin & Martyr
 Hos 2:16, 17b-18, 21-22/Mt 9:18-26
- Tuesday, July 7**
Weekday
 Hos 8:4-7, 11-13/Mt 9:32-38
 Cooper & Thomas Families
- Wednesday, July 8**
Weekday
 Hos 10:1-3, 7-8, 12?Mt 10:1-7
 † Mary Jo Anastasi
- Thursday, July 9**
Weekday/St. Augustine Zhao Rong, Priest and Companions, Martyrs
 Hos 11:1-4, 8e-9/Mt 10:7-15
 Kathy Anderson
- Friday, July 10**
Weekday
 Hos 14:2-10/Mt 10:16-23
 † Rev. James P. Herrmann
- Saturday, July 11**
St. Benedict, Abbot
 Is 6:1-8/Mt 10:24-33 (Morning Readings)
 † Nicholas Chavez
- Sunday, July 12**
Fifteenth Sunday in Ordinary Time
 Is 55:10-11/Rom 8:18-23/Mt 13:1-23
 Alexander Ayala
 Parish Mass

Church of the Blessed Sacrament

SCHEDULE FOR THE WEEK

July 5—July 12

The celebration of public Masses has resumed for a limited number of participants!

Please sign up online or call the parish office!

Other Schedule Information:

- Sacrament of Reconciliation resumes on Saturday 3:00 - 3:45 PM in the building or call for an appointment.
- Livestream Mass—Tuesday-Friday at Noon, Saturday at 4:00 PM and on Sunday at 9:00 am on Facebook or watch later on our You Tube channel link via our website.
- Parish offices will be closed on Monday, July 6th in observance of Independence Day.

FINANCE

Gifts of Treasure

June 27/28, 2020

Sunday Envelopes & Plate:	\$ 1,768.00
Utilities:	\$ 45.00
Other Operational Income:	\$ 75.00
Total :	\$ 1,888.00

A very special welcome to Flocknote!

Blessed Sacrament has adopted a new way to communicate with our parishioners. You will see significant changes in our website and in our emails to you. We pray that you feel inspired and informed by our church.



In our efforts to contact the parishioners over the last several weeks we have found many phone numbers no longer in service. If you have dropped your landline and would like to update this information, please contact Joy in the parish office. If you would like to change your communication preferences or update **any** of your contact details, please contact the parish office with any address or preference changes.



Stay Connected this Summer

- . Por favor, póngase en contacto conmigo para cualquier actualización en español.
- . Our website is getting a NEW LOOK and will be launched mid-July. It will be a great tool to evange-

lize and inform our current and new members. We are a vibrant and welcoming parish, unified in the Eucharist. Our Love of God in worship fuels our Love of *all* Neighbors. Watch for our redesigned website and share your feedback!

. Visit FORMED.org and watch “The Search.”

Study guides available.

. Read “Combatting Racism” on the website www.usccb.org.

Start the conversation!



Fourteenth Sunday in Ordinary Time

FAITH FORMATION



Faith Formation Next Year

Early registration opens on July 15 and closes August 22. We are excited to offer Family Formation for the 2020-2021 school year. Parents, be empowered as the primary educators of your children.

Learn and teach the faith all year, with or without any quarantine.

✠ Two sessions (with capacity limits) are available: 1st and 3rd Wednesday evenings or 2nd and 4th Sunday mornings. All will attend a monthly family-led Mass. We plan for Catechesis of the Good Shepherd during both sessions as well as a NEW weekday morning option. Confirmation prep and Youth Group depends on you! Parents, expect to volunteer and expect blessings! **Ask questions now! Spaces could fill up.** Learn more and register on July 15th.



Parent Connect

During changes and transitions, we continue to pray for one another and plan for next year. All families interested in Faith Formation for 2020-2021 should attend an **Open House Meeting on Wednesday July 15th from 6:00 to 7:00 pm.** Please call or email Connie if you have a conflict.



Parents, Receive more than you give by getting trained to teach the faith to our youth.

New for 2020-21:

Confirmation prep is open to Grade 8 and up.

Youth Ministry is open to confirmed High School students.

Both student groups need your leadership.

Contact Connie today!



Marian of Saint Paul

Assisted living memory care
OPENING SPRING 2020
(651) 793-2100
CerenitySeniorCare.com



Affordable, Quality Care
for the Whole Family

1790 7th St E, St Paul
651-735-0595



Residential • Commercial
FOUR GENERATIONS STRONG

651-779-6823
GLENN ROESKE STEVE ROESKE
www.sunrayplumbing.com



Bank Local. Bank Premier.

Maplewood 651.777.7700
Blaine 763.780.0385
Roseville 651.633.8880
Woodbury 651.578.6998
White Bear Lake 651.426.7800

Ask About Our CD Specials!
www.premierbanks.com

In Our 57th Year on the East Side



Exceptional Service
Chris Sarrack Weddings & Special Occasions
2305 Stillwater Road 651-739-7959



Cremation Services • Advance Planning

Susan Montpetit, Manager
651-776-1555

1485 White Bear Ave. • St. Paul



Providing Free, Safe Housing For
Homeless Pregnant Women.

We are seeking volunteers to help with
gardening/yard work at our St. Paul home.
Please contact us to learn more.

www.PhilomenaHouse.org
651-373-1205



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

catholicmatch®
Minnesota



CatholicMatch.com/MN

Kelly & Lemmons

Chad D. Lemmons
Attorney

2350 Wycliff Street
Suite 200
Saint Paul, MN 55114

651-224-3781

V & I Steak House

"Your favorite steak house for over 40 years!"

Sunday Special:

Steakburger \$6.99 from 11-2pm

Mon.-Sat. Open 11am-9pm

Sun. Open 11am-8pm

(651) 776-5419 www.arisbeststeakhouse.com

Too Sick for Mass?

SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!

Sign-up to get your bulletin delivered
right to your inbox!

www.parishesonline.com



WINDY'S

Automobile & Fender Repair

Frame Straightening

Collision Repair • Free Loaner Cars

Free Estimates • Towing

35 Years On The East Side

767 Bush 774-4426

www.windycollision.com

AVAILABLE
FOR A LIMITED TIME

ADVERTISE YOUR
BUSINESS HERE

Contact Rob Witte to place an ad today!
rwwitte@4LPi.com or (800) 950-9952 x2501

