



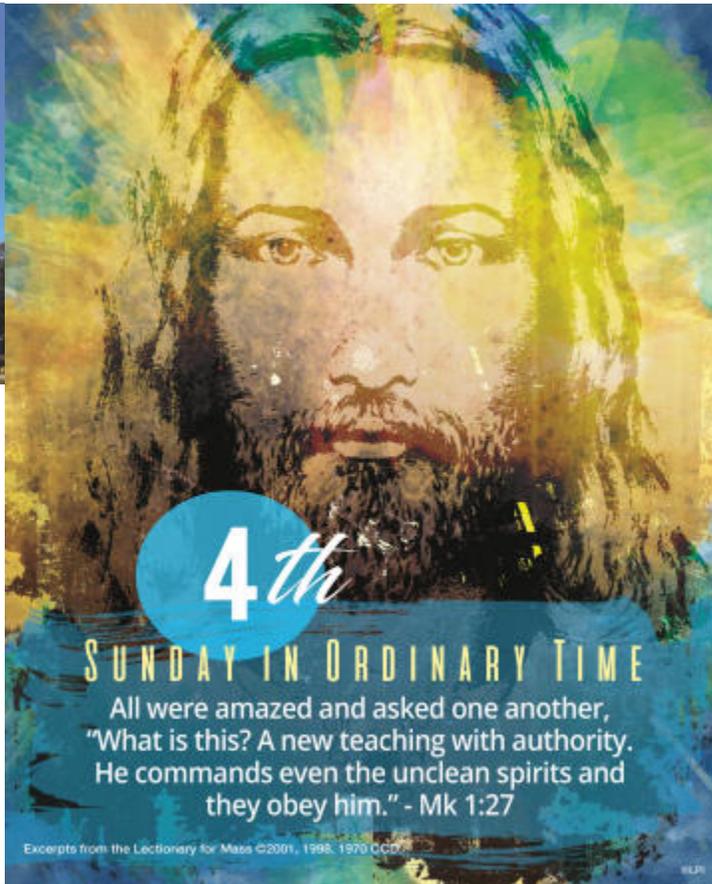
St. Patrick's Parish

82 High Street
Wareham

Mass Times

Saturday Vigil, 4pm
Sunday 8am, 10am, & 12pm
(10am live streamed)

Reconciliation Saturday 8:30-
9am in the Parish Hall or by
appointment



St. Anthony Chapel

35 Gault Road
W. Wareham

Mass Time

Sunday 9am

Phone 508-295-2411 Fax 508-295-2417
Email: info@stpatrickswareham.org
Website: www.stpatrickswareham.org

Rev. Antonio L. da Silva, S.D.V., Pastor
Rev. Rowland Onuegbu, S.D.V., Parochial Vicar
Deacon David Murphy, Pastoral Associate/Faith Formation Director
Maureen Lindquist, Office Manager

Office Hours: Monday—Friday 8am-4pm, closed 12-1pm

Faith Formation Office—508-295-0780

Email: davidmurphy@stpatrickswareham.org

Daily Mass Times

St. Patrick's
Daily Mass Monday—Saturday 8am

Mass Scheduling—Currently we are booking masses up to three months in advance. The mass stipend is \$10, preferably due at the time of scheduling your mass. The mass book is now open through May. Please consider having your loved one remembered at St. Patrick's.

Call the Rectory, 508-295-2411, if you have homebound parishioners who would like to receive the Eucharist or the Sacrament of the Sick. **UNDER CORONAVIRUS RESTRICTIONS, We are limited to visits to nursing homes, Tobey Hospital, and parishioner homes unless it is to receive the Sacrament of the Sick. We will continue to say prayers for those we cannot visit.**



Eucharistic Adoration—Eucharistic Adoration is a powerful means of asking our Lord's intercession. Have absolute confidence and trust in the power of His love to bring peace to all. Adoration is **7 days a week, 24 hours a day!** Adoration is in the Prayer Chapel in the basement of the Parish Hall.

Healing Service—Every First Thursday at 6:30pm in the Church.

Are You Registered?—If you do not receive mailings from the parish, it means you are not registered. If you are new, we welcome you! Please stop by the parish office to fill out a registration form! If you have moved, married, or made changes, please notify us so we can make the appropriate changes.

Address Changes—If you have moved or changed your address or phone number for any reason, please notify the Parish Office so our records are updated.

Becoming Catholic (RCIA)—Are you an adult looking to become a Roman Catholic? Or wish to complete your sacraments of initiation? We are happy to accompany you along this faith journey. Please contact Deacon David in the Faith Formation Office at 508-295-0780 or email davidmurphy@stpatrickswareham.org for more information.

Marriage—If you are interested in the Sacrament of Marriage, please contact the Parish Office and speak to Fr. Antonio at least six months prior to the wedding.

Baptism—please contact the Parish Office. Baptisms are held during masses on the third weekend of each month or privately. Any child 7 or older cannot be baptized in the same manner as a baby. This must be addressed at your meeting. Currently due to Covid 19, all baptisms are held outside of mass.

Divorced Ministry—Divorced Support Group meets the third Sunday of every month at 4pm in the Parish Hall.

Mass Intentions

ST. PATRICK: Week of January 31

SAT 4pm John Sanford
SUN 8am Mary Roos
 10am Anibal and Dina Cosquete and Family
 12pm Manuel Valadao
MON 8am St. Jude
TUE 8am Charles Durocher
WED 8am George Porter
THU 8am Avelino "Lovie" Silva
FRI 8am Joseph Iacobucci
SAT 8am Avelino Silva

NEXT WEEKEND: Week of February 7

SAT 4pm Margaret and Oscar Conte
SUN 8am For the People of Our Parish
 10am Sonia and Ed Strawn
 12pm William Flaherty

ST. ANTHONY: Week of January 31

SUN 9am For the People of Our Parish
NEXT WEEKEND: Week of February 7
SUN 9am Anthony P. Hathaway

Stewardship Report

Fourth of Ordinary Time—Moses told the people, "The Lord will raise up for you a prophet like me from among your own kinsmen." God still provides among His people the gifts and talents necessary to continue the work of His Church. What gifts are yours to share?

Sunday, January 24

Cash	\$ 1,393.00
Checks	\$ 2,572.00
Mail ins	\$ 1,790.00
Total	\$ 5,755.00

Prayer

Lord, please put your peace in my heart.
 I am worried and anxious about many things.
 My mind races and obsesses.
 I can't help thinking about my problems.
 And the more I think about them,
 The more depressed I become.
 I feel like I'm sinking down in quicksand
 And can't get out.
 Calm me, Lord.
 Slow me down; put your peace in my heart.

Readings for the week of January 31, 2021

Sunday: Dt 18:15-20/Ps 95:1-2, 6-7, 7-9 [8]/1 Cor 7:32-35/Mk 1:21-28
Monday: Heb 11:32-40/Ps 31:20, 21, 22, 23, 24 [25]/Mk 5:1-20
Tuesday: Mal 3:1-4/Ps 24:7, 8, 9, 10 [8]/Heb 2:14-18/Lk 2:22-40 or 2:22-32
Wednesday: Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a [cf. 17]/Mk 6:1-6
Thursday: Heb 12:18-19, 21-24/Ps 48:2-3ab, 3cd-4, 9, 10-11 [cf. 10]/Mk 6:7-13
Friday: Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc [1a]/Mk 6:14-29
Saturday: Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6 [1]/Mk 6:30-34
Next Sunday: Jb 7:1-4, 6-7/Ps 147:1-2, 3-4, 5-6 [cf. 3a]/1 Cor 9:16-19, 22-23/Mk 1:29-39

**Gospel Reflection for the Fourth Sunday of Ordinary Time
 January 31, 2021**

Brené Brown's 2010 book entitled, "The Gifts of Imperfection" introduces a term that I love: gremlins. Brown refers to negative self-talk as "gremlins." Self-talk is that interior conversation that we have, either positive or negative. This self-talk governs our moods, attitudes, and worldview.

In the spiritual life, there's a similar concept. The Christian East calls it λογίζομαι (logizomai) which roughly means 'thoughts.' These logizomai (or thoughts) of the spiritual life are akin to gremlins or negative self-talk in the psychological sphere. In Christian spirituality, the goal is Christ and becoming more like him in every way. But the logizomai can get in the way, just as the gremlins of negative self-talk can get in the way of psychological health. The nagging quality of these logizomai might be described as temptations, yet today's Gospel calls out these plaguing thoughts as 'unclean spirits.' We all have them; they come in varied ways and intensities, affecting every facet of our lives, in small and in big ways. And St. Paul wants us to be free of these anxiety-producing thoughts that disrupt the interior peace and quietude for which our souls so desperately long. St. Paul isn't saying that the demands of responsible living are detrimental to the spiritual life. Rather, he is saying that the presence of these tempting logizomai are the beginnings of sin taking deeper root in our soul, influencing our attitudes and behaviors, moving us farther away from the image of Christ within our souls.

These pesky unclean spirits know the power of Christ, even though we might not; they lose their stronghold when we call on the name of Jesus, just like darkness immediately disappears when I turn on the light switch as I enter a room. In the spiritual realm, these unclean spirits are there only because I have knowingly, or sometimes unknowingly, given them permission to be there. But I also have the power to evict them! Calling on Jesus' name is not like some magical incantation or spell that we wield over dark forces. The Catechism describes it this way: "The invocation of the holy name of Jesus is the simplest way of praying always. When the holy name is repeated often by a humbly attentive heart, the prayer is not lost by heaping up empty phrases, but holds fast to the word and "brings forth fruit with patience." This prayer is possible "at all times" because it is not one occupation among others but the only occupation: that of loving God, which animates and transfigures every action in Christ Jesus."

St. Diadochos of Photiki describes the opposite reality of anxiety, tranquility of soul, and how to come about it:

The light that true knowledge gives out is the ability to distinguish unerringly what is right from wrong. This being so, the path of uprightness — which leads the mind towards God, the radiant sun of righteousness — takes that same mind into an unbounded light of knowledge and then leads it on to seek trustingly for love.

Those who are struggling in battle ought always to keep their souls free of the tumultuous waves of distraction. If they do this, the mind will be able to distinguish among the thoughts that come to it. The good thoughts, sent by God, they can store in the treasure-house of their memory. The evil thoughts, sent by the devil, they can throw out.

In just the same way, when the sea is calm, the fisherman can see to the bottom of it and practically no fish can escape his gaze; but if it is stirred up by wind and storm, it becomes opaque when in calm times it was transparent — and when that happens, even the wildest fisherman is wasting his time.

The tranquil soul is one free of the anxieties described by St. Paul and the unclean spirits described in the Gospel. But this tranquility of soul is not a cheap quality; it must be earned through daily disciplines of prayer, fasting, and repentance. This is what we can do; it is Jesus who returns us to our right minds because ours was transformed and renewed by the power of Jesus' name. Imagine what life could be like if we continually operated out of a tranquil soul rather than an anxious one! *Br. John-Marmion Villa*

Mass Guidelines—There are several limitations in place: masks must be worn and there is social distancing in place. Communion will only be given in the hand, gloves removed. A limited amount of people will be allowed in the church to allow for social distancing. If you are not comfortable coming to mass in the church, please stay home. There is a dispensation in place where you are not obligated to attend. The church will be open 20 minutes prior to mass beginning. Please enter by the **front doors** and **exit on the sides**.

Receiving Communion—Please remember that when receiving Communion come to the center aisle **ONLY** making one single line. Keep your mask on until close to the priest or deacon. The priest will be distributing communion at the Altar (Sanctuary section) and the Deacon by the baptismal font. Do not try to come to communion by the side aisles! After you have received, return to your pew by the side aisles. Mass will continue as normal. To be safe, remember (1)keep your mask on, (2)keep safe distance, (3)avoid crowds and (4)wash hands frequently.

Parish Collection—Collection baskets will remain on the altar and front door. We appreciate your generosity and ask you to place your donation into the basket before you leave the Church. In these difficult economic times, no gift is too small and every gift is sincerely appreciated. Please accept our humble gratitude.

Covid Social Distancing Guidelines—Please remember both before mass, and especially after mass, to not gather by the doors of the church so people can get by—for both inside the church and outside. Also, please do not stand on the altar and talk. Masks should be worn and we need to remember that we **MUST** social distance so our beautiful church does not have to close due to spikes of Corona Virus.

Online Bereavement Support—Due to Covid 19, live sessions are not allowed. Currently online sessions are offered on Tuesdays, either at 4:30 or 7pm. 4:30pm register in advance for this meeting at <https://us02web.zoom.us/j/84461211623>; 7pm <https://us02web.zoom.us/j/84461211623>. After registering you will receive a confirmation email containing info to join the meeting. One-on-one sessions can be arranged at 508-678-2828 or 508-642-0583 or rsaraiva@dfrcs.org or rosemarysaraiva@gmail.com.

Covid Restrictions—Please remember to sign in at the entrance when you attend mass. Sign up is for contact tracing in the event someone is positive for Coronavirus. Write your first and last name and phone number and write as clearly as you can. Also, Please **enter via the front doors of the church only**. The only exception to this would be if you need to use the handicap entrance. Please be considerate to all others attending masses! After mass, please exit via the side doors and go directly to your car. Do not stay in the church or near the outside exits and talk making it difficult for people to exit or follow social distancing.

Feast of St. Blaise—is on Wednesday, February 3. Normally throats are blessed using two candles which are crossed. This year because of Covid, only a general blessing of the throats will be given at mass during the daily mass on Wednesday, February 3, at 8am.

Ash Wednesday, February 17—Masses will be held at 8am, 12:05pm, and 7pm. More information will follow as it gets closer. However, due to Covid, ashes cannot be placed on the forehead of each person. This year ashes will be **sprinkled** onto each forehead as the person comes forward. Masks are to be worn at all times.

Assessment Collection—Continues on the fourth Sunday of each month. **February 28** is our next collection for the Assessment. Please be as generous as your circumstances allow. Thank you for sharing your treasure.

Sanctuary Lamp—If you would like to have the Sanctuary Candle lit in someone's memory, please contact the parish office. The Sanctuary Lamp this week is in memory of John Bentley.

Live-Streamed Mass—Every Sunday our 10am mass will be live streamed on our Facebook site and on YouTube. To access YouTube, follow this link: <https://www.youtube.com/channel/UCAgbkRTUAYKJHuZd2AJUfsw> or Search St. Patrick's Wareham Mass and click at logo of St. Patrick Church.

Christmas Flower Memorials—Russell Bradbury

Adult Confirmation—Online sessions for those wishing to be confirmed 18 years of age and older begin February 18. A registration fee of \$45 will be payable to the Office of Faith Formation. These sessions are run by the Diocese. All interested should meet with their pastor prior to registering. More information will be provided if you are interested and have registered. Please contact the Parish Office at 508-295-2411.



Great News - Worldwide Marriage Encounter has gone "Virtual"!—To support married couples during this time of social distancing, Worldwide Marriage Encounter is sponsoring virtual marriage experiences.

Some are on weekends and some span multiple weeks on a given weekday. Couples will explore their individual personality styles, improve listening and communication skills, understand God's plan for their marriage, and learn how to keep their relationship a priority. Registration is limited and a \$100 application fee is required. For more information or to apply, call at or visit them at <https://www.mema.org/>.

"Brothers and sisters: I should like you to be free of anxieties." There are many things to be anxious about in these days. Let us learn to calm our anxieties in our life by learning how to communicate better on a Worldwide Marriage Encounter Experience. The next virtual Experiences are February 12-14, 2 in East Hartford, CT, and February 22-March 15, in VIRTUAL 3RE, NY.

WHY DO WE DO THAT? - CATHOLIC LIFE EXPLAINED

Question: I get annoyed with myself when I am distracted while I pray. Is it a sin? How can I be more attentive?

The mind is a marvelous and complex thing, producing amazing thoughts, images, wisdom and inspiration. Yet at times it is like a two-year-old: it does not follow directions, does what it wants and loves to tell us "no!" This is probably the oldest and most common problem in the spiritual life—dealing with distraction. It comes in all forms: good intentions forgotten, wandering thoughts at Mass, daydreaming, etc. A little poem says it all: When the soul begins to pray, the brain always wants to play!

There are many ways to handle distractions. If we are distracted by thoughts about our families or friends, we should pray for them. If we lose our focus, we need just "re-collect" ourselves. If some worry or concern just won't leave our mind, then we deal with it and come back to prayer or make it part of our prayer. And when words just won't come, the only prayer we might offer is our presence, our suffering, and our desire to be close to the Lord. Most importantly, we need to be patient with ourselves. These things are not sinful, but reminders of our human frailty. Our weaknesses and good efforts are all acceptable to God, who reads the love in our hearts and the good intentions of our minds.



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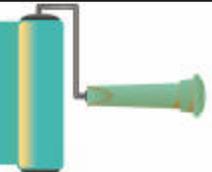
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