



ST. BENEDICT PARISH

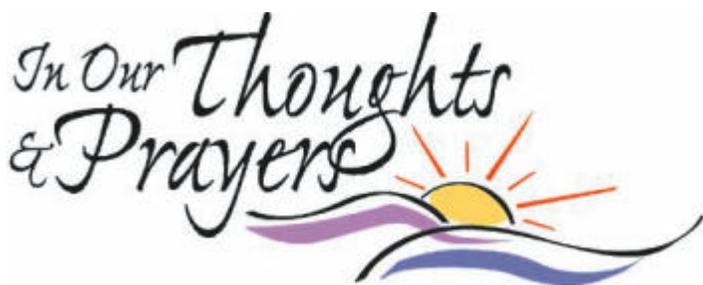
80 S. LYNN AVE., WATERFORD, MI | 248.681.1534 | STBENZ80@GMAIL.COM

SUNDAY, JULY 25, 2021

17TH SUNDAY IN ORDINARY TIME



“There is a boy here who has five barley loaves and two fish; but what good are these for so many?” Then Jesus took the loaves, gave thanks, and distributed them to those who were reclining, and also as much of the fish as they wanted. - Jn 6:9, 11



Monday, July 26
 St. Joachim and Anne, Parents of the Blessed Virgin Mary
 12:15 p.m. - Ed Floyd req family
 Mark Kell req family

Tuesday, July 27
 12:15 p.m. - Mae Biltz (1st Anniv.) req St. Benedict Parish
 Alena Hand (43rd Anniv.) req Sherry & Terry Showers

Wednesday, July 28
 12:15 p.m. - Fred Bond req St. Benedict Parish

Thursday, July 29
 St. Martha
 12:15 p.m. - Laurie Giglio req Rose DeAnda

Friday, July 30
 St. Peter Chrysologus, Bishop & Doctor of the Church
 12:15 p.m. - Albert Miracle Sr. req family

Saturday, July 31
 St. Ignatius of Loyola, Priest
 4:00 p.m. - Charles Thomson (2nd Anniv.) req family

Sunday, August 1
 9:00 a.m. - Mabel Cupples req family
 11:00 a.m. - Carmelina Calabrese (4th Anniv.) req family
 Raymond, Irene & Mickey Roman req Roman family

PRAY FOR OUR PARISHIONERS...

Paul Bonfiglio, Judy DeKeyser, Marge Flanigan, Nancy Flanigan, Phil Hanson, James Hildebrand, Alben Lipar, Michael Jozwik, Stan Slavsky, Norma Swift, Linda Tongko.

...Loved ones who are ill and in need of prayer:

Kate Banaszek, Sandi Bonfiglio, Carolyn Burnstein, Heather Campbell, Joyce Campbell, Chris Chambers, Yelosis Dixon, Kurt Douglas, Patrick Duchene, Norma Fay, Deborah Jolliff, Melinda Kici, Marie Kurczak, John Kleinschmidt Jr., Jason Makaroff, Louise Martin, Jason Maykovich, Janel Nadeau, Derek Parker, Joy Parker, Anne Marie Pizzuti, Avery Pope, Felecisimo Sabaldan, Miles Sabaldan, Suzie Skidmore, Charlie Stacer, Larry Stacer, Laura Thomson, Seth Todd, Primo Tongko Jr., Bill Vaughn. Names run four weeks. To re-list, please call 248-681-1534.

LECTOR & EM MEETING...

We will be holding a meeting for current lectors and EM's on Tues., July 27th at 7:00 p.m. We would also like to extend an invitation to anyone interested in serving in that capacity. Anyone who has any questions can call me at the parish center. ~Teresa Buynak

24 HOUR PRAYER LINE...

Nuns of the Monastery of the Blessed Sacrament have a twenty-four hour prayer line. Even if your call goes to voicemail, the Sisters are attentive to begin the requested prayers promptly. The prayer line phone number is 248-626-8253.

BRATS, BREWS & BREVIARIES...

Brats, Brews & Breviaries at the Rectory will be on July 26th. The Knights of Columbus will supply brats and a modest supply of beer. All are welcome to bring an appetizer or side to share, but...people are encouraged to come even if they do not bring anything other than themselves. Guests with specific tastes in meat or beverages are invited to bring their own.

Rectory Gates open at 5:45. Food starts at 6:00. All are welcome to come for just the Chat, but we warmly encourage your participation in the fellowship.

NEW OR VISITING?...

- I am interested in joining the parish
- I am interested in becoming Catholic
- Please register me for the parish
- I am a parishioner, please update my information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (____) _____

Email: _____

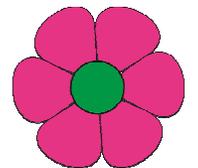
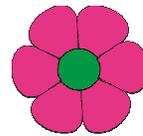
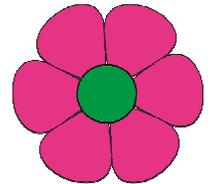
Please drop in collection basket



RUMMAGE SALE NEWS...

A big 'Thank you' to all the rummage sale volunteers. Whether you worked 18 minutes or 18 days, your help was greatly appreciated.

BRIAN SONNENBERG
BRUCE AND MARY SHEIPLINE
CAROL AND MARION DEC
CHUCK SVALUTO
CORINNE RUDD
DALE MCCLEERY
DAN MORRISROE
DAN WEIGAND
DENISE HART
DIANE BATCHELOR
DOTTIE (DIDN'T GET LAST NAME)
ELLA STELLMACH
GARY GERMAN
GLORIA STIEL
GRACE IMBRUNONE
GREG MCINALLY
JABY FRIAS
JANICE MCNULTY
JEANNINE NELSON
JERRY AND MARY JO FRECHETTE
JOAN HASLINGER
JOCELYN BALDWIN
JOHN AND DEE ELBODE
JONI BRUN
JULIE SMITH
KAREN BORGESON
KAREN BOS
KAREN OLSEN
KATHY GIFFORD
LARRY AND TERRY SONNENBERG
LESLIE DEMYAN
MARIA GARCIA
MARIE LITTLE
MARILYN REID
MARTHA SEXTON
MARY OFFER
MIKE BRODZIK
MIKE AND LYNN HELBERG
NEOMIE WOOLVERTON
PATTY BARREAU
PAULA BARBOUR
RICK BRAY
SALLY BISHOP
SHARON RYAN
TED JACKSON
TONY ROTH
WALLY AND THERESA WETHERBEE



I APOLOGIZE IF I MISSED ANYONE.
MARGARET HANSON

WE CARE NEWS...

Our 3rd lucky \$1,000 winner will be drawn this weekend. Keep buying and selling those tickets as we have thousands of dollars yet to be won!

Please get your money and stubs turned in before the 11:00 a.m. Mass this Sunday.

Remember, the raffle is to raise funds for the parking lot and parish improvements, so try to be extra generous. Good luck to everyone in the next drawing.

~John Elbode
Raffle Chairperson
248-332-9280

WITH GRATITUDE...

Thanks to everyone who supported St. Benedict Church rummage sale. Thanks for your donations and thanks for shopping. Especially, I want to thank the volunteers who put in long hours opening bags and boxes, sorting through items, pricing, and arranging items, working the check-out tables, carrying purchases to customers' cars, and then packing it all up after the sale. We made \$9966.24 for our church, just a little shy of our \$10,000 goal.

In addition to helping St. Benedict Church, we were able to do some outreach to our community. We donated household items to two of Family Living Center's group homes. We donated seven bags of T shirts to St. Perpetua's diaper- sewing ministry. We donated several suitcases to Genesee County foster closet. We donated six bags of clothing and shoes that are being shipped to Cameroon. We gave big discounts to a woman who bought bags of material and yarn for the Waterford Senior Center and a gentleman who bought bags of shoes for the Amish community near his cottage in Cadillac. All unsold items were donated to Volunteers of America, SVPD, Salvation Army, Grace Centers of Hope, and Habitat for Humanity.

~Margaret Hanson

JIM'S GEMS...**Dreams and Your Relationship With God**

Mary Farrow
NC Register

Whether Catholics are having COVID related dreams or other reveries, how much attention should they pay to their dreams in the context of their spiritual lives? The answer is, like dreams themselves, complicated.

Why Do We Dream?

Patrick McNamara is a Catholic neuroscientist in Minneapolis. He specializes in neurodegenerative disorders (like Parkinson's and Alzheimer's) as well as sleep disorders and dreams.

"I got interested in the form of sleep that's most often associated with dreams — REM sleep, or rapid eye movement sleep," he told the Register. "The neurobiology of it, it's quite strange. It's still one of the big, unsolved mysteries in evolutionary biology. ... It's a very strange phenomena because, every 90 minutes while we're asleep, our brains get intensely activated, even more activated than they are during the daytime, but we're nevertheless paralyzed." This is when dreams happen, McNamara said. And while there are many theories as to the biological functions of REM sleep and dreams, much remains a mystery. One theory about dreams and REM sleep is that they help people process emotional memories, he said.

"Intensely emotional things get integrated into our long-term memory via REM sleep and dreams, and when there's a problem with that integration, particularly around like things like traumatic memories, they're hard to integrate and so they stay around in the system. And that's when we get nightmares," he said. Another theory about the function of dreams is something called social simulation. Essentially, dreams give people a chance to dress-rehearse scenarios they may face in their real lives, with the people they know. "And so, by rehearsing them in dreams every night, we are better able to think through these strategic alliances," he said.

Another prominent theory is that dreams promote creativity. "We might see a family member in a very unusual context and then that sparks questions about why that would be, and it forces the brain to sort of process things in an unusual way. And that promotes creativity," he said. All kinds of things can affect dreams, McNamara added, from emotional experiences to stressors like isolation from lockdowns and anxiety about COVID-19. A person's diet is not thought to affect their dream life too much, he added.

"Unless you eat right before you fall asleep, it's probably not going to impact dream content that much," he said. McNamara said he thinks God still uses dreams to communicate with people today, and some basic rules for discernment could apply to dreams.

"[Because of a particular dream]: Am I better able to love? Am I better able to be a good Catholic in this situation? Am I better able to give myself to others in a way that we all flourish?" he said.

"Of course, if you're having nightmares with demons in them ... it's probably not from God."

What's God Got to Do With It?

Because dreams can be spiritual in nature, and can relate to all aspects of life, they can be topics of discussion during spiritual direction.

Father John Bartunek, of the Legionaries of Christ, is a spiritual director who has written and spoken about the significance of dreams in the spiritual life for sites like SpiritualDirection.com. Father Bartunek told the Register that there are several considerations that must be taken into account when considering whether or not a dream contains a message from God or is pointing to anything spiritual in a person's life. Firstly, although God uses dreams to communicate in the Bible (St. Joseph himself receives messages from God in four dreams in the Gospel of Matthew), God does this rather sparingly, Father Bartunek said. "In Scripture, God speaks to people through their dreams and through giving people power to interpret dreams. So it is a theme throughout Scripture," he said. "But even in those cases, it's fairly exceptional ... it does happen; it has happened; it can happen. But it's fairly exceptional." Dreams are primarily a "natural phenomenon," Father Bartunek said, part of the normal sleep cycle that helps keep the brain rested and refreshed. And even though God may not be speaking directly through every dream, dreams can convey important messages on a natural level about things like stress or unresolved issues in one's life. If someone is "having a stress dream, especially a repetitive dream ... that can be an indication just on a natural level that there's something that maybe I'm not facing or not understanding or not resolving, and I need to take some steps on it," he said.

God can also give someone a natural grace through their dreams, Father Bartunek said, such as a sense of peace or joy, similarly to how he can grant graces through things like noticing a beautiful sunset.

"If I go for a walk in the park, and I see a beautiful sunset, that's a natural phenomenon. But in that moment, for me, I could hear God speaking to my heart, saying, 'Hey, this is for you. Don't forget that I love you.'" Father Bartunek said. "So he uses natural phenomena to communicate a grace to me in a particular moment that I need."

Kevin Tierney is a Catholic from the Detroit area who said he has experienced such a dream. Tierney told the Register that, before he was married, he took the woman he was dating at the time to a late-night adoration chapel to pray. When the next two scheduled adorers did not arrive, Tierney and his girlfriend stayed in the chapel to pray.

"I had been up almost 24 hours, and it was 4am, and we were supposed to leave at 2," Tierney said. "So I'm trying to pray." But even despite the coffee break he took, he found himself drifting off to sleep. That's when he felt that God granted him the grace in the dream to wake up and continue to pray. "I felt God come to me in a dream and ask why I fell asleep. Ironically, I didn't say, 'Because it's 4am, and I've been up for 24 hours,'" he said. Instead, Tierney recalled that he responded in the dream: "I've run out of things to pray for, and I've run out of things to ponder." In the dream, Tierney felt God urging him to wake up and stay awake, "and trust that I was learning from him, even if I didn't think I was."

Continued on Page 5

JIM'S GEMS...

Tierney said that dream granted him the grace of staying awake, and feeling completely at peace, until 6am, when the next scheduled adorer arrived. It taught him something about prayer, too. "Sometimes prayer really is just about staying awake: Ask Peter and John!" he said. "But I think it helped teach me that sometimes prayer really is just about experiencing God's peace, more than the give-and-take of asking and receiving, or meditating on something from the Scriptures. As great as those things are, they aren't the end of prayer: The peace of Christ is the end of prayer."

When it comes to dream "do nots," Father Bartunek said he would not recommend keeping a regular dream journal, in which dreams that occur during sleep would be regularly recorded and tracked and written about in depth.

"In general, it's not a common tool for spiritual growth," he said, unlike the practice of keeping a prayer journal, which is a common spiritual tool for Catholics.

"But the dream journal ... it's very easy to become obsessed with that," he said, in a way that can become spiritually dangerous.

Because dreams are a natural phenomenon that occur during sleep, they should not be given more spiritual weight than they are due, he said. Catholics should also be careful to not partake in any New Age spiritual dream practices, he added, which can lead some to believe that the dream world is the primary spiritual realm, rather than the times when they are awake.

More typical modes of spiritual development and communication with God include prayer, frequenting the sacraments, prayer journaling and spiritual direction.

"In general, what's most important in our spiritual life is what happens during our conscious life," he said, "and what God is giving us, how he's working, and learning to discern his voice and his action during our daily, conscious life."

Jim Langley is a Catholic psychologist in Denver. Dreams are a topic that can come up in counseling sessions, Langley said, but it can be difficult for Catholics to find counselors who will help them understand their dreams in a way that does not use New Age practices. Dreams can be used as one aspect of better self-knowledge, he added, and the way a person interprets or is affected by their dreams can give insight into their own understanding of their dream.

"Many Catholic clinicians incorporate spirituality into therapy, but it is important to distinguish us from spiritual directors. We'd never presume to know how exactly God is working in a person's life or what direction he is leading them," he said. "That being said, we often help people develop awareness of emotional 'currents' within themselves, which is closely connected to discernment. Regarding dreams specifically ... we can guide a person in identifying and processing their own understanding of a dream. The meaning that a person imbues their own dream with can reveal a lot about their emotional and spiritual undercurrents, which is useful in discernment, especially from an Ignatian perspective."



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KNIGHTLY NEWS...

Earlier this summer our Knights of Columbus council sponsored Gregory Petzer, a gentleman from our parish, so he could attend St. Francis Camp on the Lake.

Our donation allowed him to spend an entire week camping, hiking, and interactivity with his peers.

We look forward to sponsoring another camper next year!

Pictured below: Gregory Petzer at St. Francis Camp



Riverside Chapel



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