St. Rene Goupil Catholic Community July 21, 2024

16TH SUNDAY IN ORDINARY TIME

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When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. - Mk 6:34

Notes from Fr. Steve

In the hustle and bustle of modern life, finding moments of peace and introspection can be challenging. For Catholics, meditation and prayer serve as vital practices that offer not only tranquility, but also a deeper connection with God. These practices, rooted in centuries of tradition, are essential for spiritual growth and personal transformation.

Catholic meditation is a form of mental prayer that involves thoughtful reflection on the mysteries of faith, the life of Christ, and the teachings of the Church. Unlike Eastern forms of meditation, which often focus on emptying the mind, Catholic meditation seeks to fill the mind with divine truths.

The process of meditation can be broken down into several steps:

- 1. **Preparation**: Find a quiet space and begin with a prayer asking for the Holy Spirit's guidance.
- 2. Reading: Select a passage from the Bible, a spiritual book, or the writings of the saints.
- 3. Reflection: Contemplate the meaning of the text, considering its implications for your life.
- 4. Response: Speak to God about what you have read, sharing your thoughts, feelings, and intentions.
- 5. **Resolution**: Make a concrete resolution to apply the insights gained during meditation to your daily life.

By engaging in meditation, Catholics can deepen their understanding of their faith and foster a more intimate relationship with God.

Prayer is the lifeline of a Catholic's spiritual journey. It is a direct communication with God, a way to express love, gratitude, repentance, and supplication. There are various forms of prayer, each serving a unique purpose in the believer's life:

- 1. Adoration: Praising God for His greatness and acknowledging His supreme authority.
- 2. **Contrition**: Expressing sorrow for sins and seeking God's forgiveness.
- 3. **Thanksgiving**: Offering gratitude for God's blessings and grace.
- 4. **Supplication**: Asking for God's help and guidance in personal needs and the needs of others.

The rosary, a cherished prayer in Catholic tradition, combines both meditation and vocal prayer. By reflecting on the mysteries of the Rosary, believers meditate on significant events in the lives of Jesus and Mary, enhancing their spiritual insight and devotion.

For Catholics, integrating meditation and prayer into daily life can transform their spiritual experience. Here are some practical tips to help make these practices a regular part of your routine:

- 1. Set a Schedule: Dedicate specific times each day for meditation and prayer. Consistency helps establish a habit.
- 2. Create a Sacred Space: Find a quiet and comfortable place where you can focus without interruptions.

Regular meditation and prayer offer numerous benefits, both spiritual and psychological. Spiritually, they foster a closer relationship with God, enhance understanding of His will and strengthen faith. Psychologically, they reduce stress, increase mindfulness, and promote inner peace.

In conclusion, meditation and prayer are indispensable practices for Catholics seeking spiritual growth. By dedicating time to these practices, believers can experience profound personal transformation and a deeper communion with God. In a world filled with noise and distractions, meditation and prayer provide a sanctuary of peace and a beacon of divine light.

I thought you might enjoy expanding your prayer life by meditating. I hope you found this information helpful.

Please remember to keep the parish in your prayers, especially the sick and the suffering. Your prayers bring them healing comfort and hope! God bless you and those you love!

Fr. Steve



Thank you to the parishioners who have already pledged their support. The ministries, programs, and services funded by the Catholic Services Appeal help in our parish and throughout southeast Michigan and beyond. If you are still prayerfully considering your sacrificial gift to this year's CSA, you may send your completed pledge card in the pre-addressed envelope you received in the mail. You are also encouraged to make your pledge and gift to out parish's campaign online at <u>GiveCSA.org</u> or you can scan the QR code and donate to CSA, just make sure to put CSA in the note section when you submit your donation online.

You now can donate to St. Rene Goupil using your cell phone! Just take a picture of the QR code in the gathering space or in the bulle-

tin; it will automatically link you to the St. Rene donation site. Enter the amount you wish to donate, card information and press the "Pay" button. It's that simple! We thank you for your generosity.



CAN CODE TO DONATI TO ST. RENE GOUPIL

Everyday Stewardship The Steward's Work Is Never Done

Woe to the shepherds who mislead and scatter the flock! When you hear these strong words from the Old Testament, you're probably thinking, thank goodness I don't have any sheep — dodged that bullet. Nobody misled here! No flock scattered on my watch! However, we are all shepherds of a kind, called to tend our own sheep: our families, our parishes, our communities.

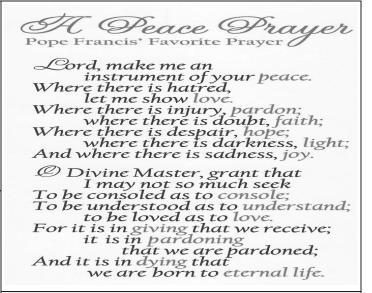
But it's exhausting. Don't we all sometimes just want to take a break from being a steward? The excuses are so familiar: we're tired, we've done enough, we've given all we can, what more does the parish (or my spouse, or my kids, or my boss, or my friends, or my community) want? We give ourselves permission to be selfish. So, what if the flock scatters just a little?

Jesus gets that. We can just imagine him weary with exhaustion, can't we? We see him on his boat, attempting to sneak away for a quick break — maybe just a chance to eat a bite of food in peace. He is God, but he was still human, after all. Even the most dedicated shepherds need to sleep. But people couldn't leave him alone. They were hungry for him. They needed what he could offer, and they needed it now.

As tough as it is, that's the example we are tasked with imitating. Everyday Stewardship demands accountability. It demands our showing up even when we are tired. It demands that we look at our lives, our time, our energies, our talents, our hearts, our bank accounts and think: where do I still have more to give?

— Tracy Earl Welliver, MTS





GOSPEL MEDITATION 16th Sunday in Ordinary Time

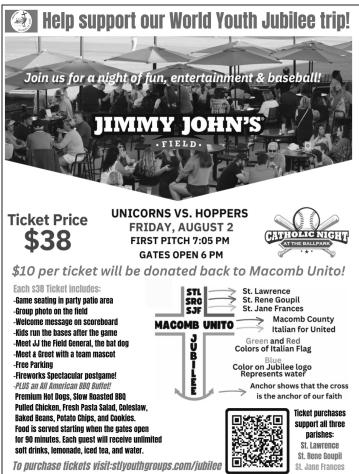
Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, **"Come away by yourselves to a lonely place, and rest a while."** For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there's more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. "Can we *please* get a minute to ourselves? This is not healthy!" And Jesus seems to *encourage* the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to *more* work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn't more vacation time. It's experiencing the super abundant generosity of God for us and those whom we serve.

– Father John Muir



EVERYDAY STEWARDSHIP

My daughter can easily become overwhelmed by having so much to do. She recently graduated from high school, and many times during those four years, she found herself going crazy from being involved in so many things. Sports, drama, youth group, homework, friends, and more all demanded a slice of her attention. Sometimes the slice of time that remained wasn't much and one does have to sleep!

A good everyday steward can get caught up in doing so much and giving so much that he or she loses sight of the fact that you cannot give what you do not have. If you have no time left, you cannot give that. If you have no energy left, you cannot give that. Finally, if you find yourself agitated and overwhelmed, you cannot give that which others benefit from the most: YOU! Even when we plant seeds in a garden after tilling and watering the soil, we must rest and wait for there to be growth. If we do not take time to rest and recharge, we are not allowing time for God's grace to bring forth new life in us. We fear that things will suffer without us, but the truth is that no one is benefiting from our fatigue. We can think we are giving but really we are empty. Take some time and rest in your God. Retreat and recharge. Then you will be able to share once again.

-Tracy Earl Welliver, MTS

Sixteenth Sunday in Ordinary Time

Today's Scripture reading present the theme of the Good Shepherd. The prophet Jeremiah warns those shepherds who mislead and scatter the flock that their evil deeds will not go unpunished. He prophesies about Jesus, the Good Shepherd, who God will life up as a righteous shoot from David's line. St. Paul, in his letter to the Ephesians, reminds us how, through Christ, we are brought together in Him. In St. Mark's Gospel, Jesus shows compassion by taking pity on the crowd, the lost sheep, and begins to teach them many things. How can we seek a deeper relationship with Christ, the Good Shepherd? Do we, in love and a spirit of evangelization, encourage our brothers and sisters who have left the faith to reopen their hearts to Jesus-to allow Him personally into their lives? Begin asking them to attend Alpha or another evangelization series at your parish.



Prayer for Family Unity

O holy St. Anthony, I fervently ask for your heavenly intercession on behalf of my family. Fill our hearts with mutual love, compassion, and understanding. Help us to be forgiving of each other's mistakes and failures, so that our family may reflect God's presence in our homes and in our lives. Grant us family harmony, unity and peace. Amen

Readings for The Sixteenth Sunday in Ordinary Time

Reading I

Jeremiah 23:1-6

Woe to the shepherds who mislead and scatter the flock of my pasture, says the LORD. Therefore, thus says the LORD, the God of Israel, against the shepherds who shepherd my people: You have scattered my sheep and driven them away. You have not cared for them, but I will take care to punish your evil deeds. I myself will gather the remnant of my flock from all the lands to which I have driven them and bring them back to their meadow; there they shall increase and multiply. I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. Behold, the days are coming, says the LORD, when I will raise up a righteous shoot to David; as king he shall reign and govern wisely, he shall do what is just and right in the land. In his days Judah shall be saved, Israel shall dwell in security. This is the name they give him: "The LORD our justice."

Reading II Ephesians 2:13-18

Brothers and sisters: In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity, through his flesh, abolishing the law with its commandments and legal claims, that he might create in himself one new person in place of the two, thus establishing peace, and might reconcile both with God, in one body, through the cross, putting that enmity to death by it. He came and preached peace to you who were far off and peace to those who were near, for through him we both have access in one Spirit to the Father.

Gospel

Mark 6:30-34

The apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." People were coming and going in great numbers, and they had no opportunity even to eat. So they went off in the boat by themselves to a deserted place. People saw them leaving and many came to know about it. They hastened there on foot from all the towns and arrived at the place before them. When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.



Sunday, July 21, 2024: Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/Eph 2:13-18/Mk 6:30-34 Monday, July 22, 2024:Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9/Jn 20:1-2, 11-18 Tuesday, July 23, 2024:Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/Mt 12:46-50 Wednesday, July 24, 2024: Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and 17/Mt 13:1-9 Thursday, July25, 2024:2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6/Mt 20:20-28 Friday, July 26, 2024: Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23 Saturday, July 27, 2024: Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/Mt 13:24-30 Sunday, July 28, 2024:2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 (see 16)/Eph 4:1-6/Jn 6:1-15



9:30 a.m. +Donald Trudeau Greg Masterson (Healing) Darryl & Sharon Zilka (Healing) +Andrew Peterson

Thursday, July 25, 2024 9:30 a.m. +Timothy Peterson Fr. Chris Alar (Birthday)

Friday, July 26, 2024 9:30 a.m. +Richard & Nadine Koehler Deceased Priests & Deacons of the Archdiocese of Detroit

Saturday, July 27, 2024 4:00 p.m.

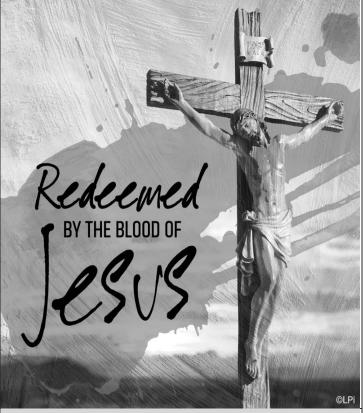
+Terry Koehler +Terry Koehler +Steven Herbert +Rosemarie Calmi +Jerry Nowakowski +Edwin Wagner +Franklin Langenstein +Maybelle Koehler +Fred Schulte +Roberta Babbish +Jane Kudla +Joseph Kudla +Mitchell Kudla

Sunday, July 28, 2024 8:30 a.m. +Josephine Martineau +Sharon Murawski +Chester Lopinski +Graden Johnson

10:30 a.m. +Michael Pastue +Kristen Cattini

5:30 p.m. Dylan Ventimiglia (Healing)

ray For ...



O GOD, ALMIGHTY FATHER,

Grant us the grace to persevere with our eyes fixed on Jesus.

As we share Jesus Christ, the Savior whom You offer, with every human being, we recognize evangelization is a love affair.

It is you who invite all to encounter Jesus and let their hearts be captured by Him.

Help us to be generous in assisting the Catholic Services Appeal.

We ask that the Holy Spirit Ignite the fire of generosity so that the Church of southeast Michigan might continue to serve Your mission and bring Your love to the many in need.

We ask this through Christ our Lord.

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Weekend Liturgy Schedule for July 27 & 28				
	Saturday 4:00PM	Sunday 8:30 AM	Sunday 10:30 AM	Sunday 5:30 PM
Presider	Fr. Steve	Fr. Joy	Fr. Steve	Fr. Tim
Lector	Lorraine Doyle	Rob Wilson	Flor Sitchon	Jovita Engalan
Altar Servers	Helen DeVera	Karin Nieto	Eli Wing-Nga	
Eucharistic Ministers	J Dzuris M Passalacqua Open	Open Open Open	E Monterio T Monterio Open	Open Open Open
Ushers	Tom Pluta Dave Hintz Todd Messineo Karen Messineo Nick Rieser Jim Moravek Omar Oszust Gary Novelli	<u>Tom Dutkiewicz</u> Luis Nieto Al Gyenese Mike Kazyak Ed Stivers Sharon Olszewski Frank Iannotti	<u>Terry Shaughnessy</u> Tom Fooy Ralph Fackler Wilmar Suan Joe Meli Chrisie Fish Chris Norris	<u>Paul Hornung</u> Mike Galuszka Ofelia Fermil Fred Rossi
Sacristan	L Youkhana	K Nieto	H DeVera	V Jennings

BULLETIN UPDATE

With the cost of postage on the rise, if you have returned to Mass and no longer need the Church bulletin mailed to you, please call the parish office and let us know! We would appreciate it.

You can find our bulletin online each week at strene.org our parish website.

St. Rene St. Vincent de Paul helps with utility bills, clothing, household items, food and in certain cases evictions. If you know of anyone who needs help, please have them call (586)718-4523. They <u>do not need</u> to be parish members. All information is kept strictly confidential.



The St. Vincent de Paul food pantry is in need of the following items:

Pancake mix, white rice, toilet paper and spaghetti.

*Please do not donate restaurant condiments.

16TH SUNDAY IN ORDINARY TIME



STAY CONNECTED

I encourage you to sign up for this resource and make use of the Bible studies, faith formation opportunities, and Catholic movies available. Signing up only takes a few easy steps:

- 1. Visit <u>www.formed.org</u> and click "Sign up."
- 2. Click "I belong to a Parish or Organization."
- 3. Type **"Faith at Home Detroit"** in the center box under Create New Account. (You'll see it populate from the drop-down menu.) Click **"Next."**
- 4. Enter your first and last name as well as your email.
- 5. Now you're registered! You can also download the app on you Smartphone. If you need further assistance, contact *Formed* at <u>www.help.formed.org</u> or toll-free at 844-367-6331.



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PLEASE REMEMBER ST. RENE GOUPIL PARISH IN YOUR WILL

Month of the Precious Blood

> Our Sunday Offering July 13 & 14 Thank you for your generous response.

God Bless you!

If you wish to read the bulletin it can be found online at Parishesonline.com then search by zip code. You can go online to the aod.org/live masses to find Weekday and Weekend Masses that can be watched.



Pasta Salad

- 1 1/2 pkgs. Broccoli slaw
- 6 green onions, chopped
- 1 c. toasted sunflower seeds
- 2 pkgs. Ramen noodles, broken, cooked and drained

DRESSING:

- 1/2 c. oil
- 3 tbsp. sugar
- 5 tbsp. vinegar
- 2 flavor pkts. from Ramen noodles
- 1 tsp. pepper

Mix slaw, onions and cooked noodles. Prepare dressing and add. Add sunflower seeds (toasted) right before serving. Best when prepared the night before serving.





eucharisticrevival.org



The names for the prayer list for the sick is now done by personal intercession. Please drop the names of those needing prayers for healing in the petition box in the gathering area. We are asking that you take 2 names from the basket and pray for those people by name every day for four weeks. If an emergency comes up please call the parish office and we will get members of the community to pray and offer intercessions for them at daily mass.



We are in need of Sacristans and Eucharistic Ministers. If anyone is interested, please contact Gordon Yeck at (810)343-2954.

We are in need of Ushers at the 8:30 a.m. & 10:30 a.m. Masses. If you are interested in Ushering, please see one of the Ushers.

Altar Server training Anyone young or adult who would like to serve at the altar is invited to a training session. Please come serve at the altar! Date & Time to be announced!

Please Pray for the Family Members of our Parishioners serving in the Military:

MSgt. Jason Bialy, Air Force Josey Blades (Air Force) Airman 1st Julie M. Chervon Spc. Shaen Connery (Army) P.O. 1st Dale A. Foglyano Nicholas Foglyano (Army) P.O. 2nd Nicolas Fooy (Navy) Lt Col David Fries Maj. Laura Geldhof Joe Gill, Navy Staff Sgt. Nicole R. Grenon Christopher Grubby (Navy) Pfc. Kevin Heath Lt. Christopher Kerr Pfc. Paul Koss (Marines) Lt. Joseph Kraft Sgt. Joseph Kucharek (Army) Sgt. Chris Libecki Mark Locricchio (Army) Sgt. Sean McDowell (Army) LCPL Miguel Menzer SPC Matthew Muellenhagen Maj. Eric Olson Chief Daniel Przybylinski (Navy) Justin Quinn (Marines) Anthony Roszko (Army) Lt. Greg Siuta Maj. Allison Stewart Sgt Tomas R. Studholme, Jr. ISG Robert Sutton Sgt. Matthew Sweetman Joel Vasquez, (Navy Seal)

Prayer for Those Serving in the Military

Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for their selfless acts they perform for us in our time of need.



Adoration Chapel

In the documents of the Second Vatican Council, the Church Fathers describe the Eucharist as: "The source and summit of the Christian life. The term "Eucharist" originates in the Greek word Eucharistia, meaning thanksgiving.

"Take; this is my body" Mark 14:22

- 1. The real presence of Christ in the Eucharist is real, true and substantial.
- 2. "It is called the Eucharist because it is an action of thanksgiving to God." (CCC. No. 1328)
- 3. "Jesus awaits us in the sacrament of love." (St. John Paul II, Dominicae cene, no. 3)
- 4. Eucharist makes the one present sacrifice of Christ the Savior." (CCC, no. 1330)

If you would like to take the opportunity to be still and listen to God (without worldly interruptions), we have a need for almost every hour to have a second adorer, thereby making less the need for a substitute. It is a sacrifice being Catholic in our world today, you need contemplation and the grace to make you holy. Please call Mary Peterson to sign up at (586)979-1469 or (586)738-1154.

Uncommitted Hours Friday 4pm TAKE TIME FOR PRAYER!



SAINT RENE GOUPIL Catholic Church

35955 Ryan Road Sterling Heights, MI 48310 (586) 939-7500 Fax (586) 939-7839

Office Hours Monday - Thursday 9:00 a.m. - 3:00 p.m. Closed 12 Noon—1:00 p.m. Lunch Friday 9:00 a.m. - Noon

Pastoral Staff

Rev. Steven Koehler, Pastor Rev. Joy Chakian, Associate Rev. Mr. John Ball, Deacon Emeritus Rev. Mr. Kevin Tietz, Deacon Michael Novak, Director of Evangelization & Education Alexander Sunga Director of Worship & Music

ORGANIZATIONS & SERVICES

Legion of Mary Mary Peterson (586) 979-1469 Divine Mercy Karin Nieto (586) 447-6927 Ushers Al Gyenese (586) 808-3128 Perpetual Adoration Mary Peterson (586) 979-1469 Catholic Social Services of Macomb Clinton Twp. (586) 416-2300 St. Vincent de Paul (Poverty Help) (586) 718-4523 Joseph White, Grand Knight, K of C (586)556-2122

Weekend Liturgy Schedule

Saturday 4:00 p.m. Sunday 8:30 a.m. 10:30 a.m. 5:30 p.m.

Weekday Mass Tuesday, Thursday, Friday 9:30 a.m.

> **Confessions** 3:00 p.m. every Saturday

WELCOME

If you have attended Mass at St. Rene and would like to become a member, please visit our parish office where you can register and discuss all of the wonderful ways to grow in faith through Christian Service, Worship, Youth Ministry, Outreach, Faith Formation, and in our Adoration Chapel. For more information call 586-939-7500.

St. Rene Mission Statement

St. Rene Goupil Parish is a Catholic Community, dedicated to strengthening the faith and love of its people. Our mission is to proclaim that Jesus is Lord, to celebrate His Presence, and to reach out to others in His name.

Parish Registration:

Welcome to all new families/individuals. Please register as soon as possible. Membership is a condition for the reception of the Sacraments of Baptism, Reconciliation, First Eucharist, Confirmation and Marriage.

Registration is also required before the parish can issue a sponsorship certificate for those asked to be a sacramental sponsor. Registration forms are available in the Parish Office.

Baptism:

Baptisms are celebrated the third Sunday of the month at 12:00 p.m. A parent preparation class is mandatory. Classes are held on the fourth Saturday of each month at 10:00 a.m. Call the Parish Office during weekday office hours to register for a class.

Penance: Saturday 3:00 p.m. Special schedules for Advent and Lent.

Marriage:

Arrangements must be made through the Parish Office at least six months prior to the desired wedding date. One person of the couple must be an active, registered member of St. Rene Goupil Parish for six months.

Anointing of the Sick:

On request or by appointment through the Parish Office.

All those affected by the coronavirus throughout the world

