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website: maryassumptionparish.com

St. Kateri Tekakwitha Church
2627 Muskoka Road, 117 Baysville, ON

Tony Sacheli
Rosi Vandenberg
Jan Sirek
Fr. Paul Hogan

Office Administrator—office@stmaryshuntsville.ca
Lay Pastoral Assistant (LPA) - rsidowney@gmail.com
Deacon - office@stmaryshuntsville.ca
Pastor - Frpaulhogan@peterboroughdiocese.org



Parish Ministries

Altar Servers
Altar Society
Children's Liturgy
Development and Peace
Extraordinary Ministers of the Eucharist
Friends of St. Kateri
Friends of St. Mary's
Gospel Reflection Group
Holy Communion to Shut-ins
Hot Lunch Program


Music Ministry
Saturday Vigil Music
Sunday Choir & Organist

Parish Finance Committee
Parish Pastoral Planning Com.
Parish Screening Committee
Readers
St. Mary's Parish Friends
Sacramental Prep
Sanitizing the Church
Ushers

Is Anger The Only Response To Being Wronged? / Part One pah

The theme of the readings for this weekends liturgy, are about anger, and more to the point, the effect it has upon us, and others. Drawing from an article by Debbie Strong*, "7 Ways Anger Is Ruining Your Health", she shows through repeated studies, that anger is something that naturally occurs with-in us all. It is however the manner in which we address it, is of utmost importance to our present and future health and well-being. She identifies these 7 ways that anger is ruining one's health through the physiological affect it has upon us. She says that:

- **An angry outburst puts your heart at great risk.**
- **Anger ups your stroke risk.**
- **It weakens your immune system.**
- **Anger problems can make your anxiety worse.**
- **Anger is also linked to depression.**
- **Hostility can hurt your lungs.**
- **Anger can shorten your life.**



This article was meant to address the possible effects unchecked anger may have on us, and so we ought to do everything in our power to counteract these effects. At this time, I do not wish to address the effect anger has on our relationships with others, but instead, why we get angry in the first place?

When we consider what **Anger** is, it is an emotion characterized, firstly as a strong displeasure of what the person is presently experiencing. We are feeling shock and disbelief as to what is happening to us (or to someone else). It is not a conscious reaction, but is instinctual, believing that what is happening in this moment, is wrong. In that moment, we are alerted to a crisis that requires our attention and a response. It is however when it transitions from shock, to now becoming antagonistic toward someone or something, that it becomes anger. The reason for this, is that our sense of personal well-being, our dignity, self-respect and personal safety, has been impinged upon, to the point where we feel we have been diminished by another. The flight or fight response is in effect. If we choose to fight, we are reacting. This reaction is anger, an act of self-defence. We believe we are protecting ourselves, and in turn, letting the other know, they cannot get away with what they have done. But does it always have to be this way? Is anger the only response available to us, or is there another way? Past experience has shown, that anger only begets anger. If there is another way to respond to being wronged, what might it be and why would we choose it over anger? This we will look at next.

*Debbie Strong's article in full: <https://www.everydayhealth.com/news/ways-anger-ruining-your-health/>

Catholic Organizations

Catholic Women's League
Knights of Columbus
Children's Rosary Program
St. Vincent de Paul Society

Our Parish Schools


St. Mary's Elementary
36 Silverwood Dr., Huntsville, ON, P1H 1N1 705.789.6481
<http://smh.schools.smcdsb.on.ca>

St. Dominic Secondary
955 Cedar Lane, Bracebridge, ON, P1L 0A1 705.646.8772
<http://om.schools.smcdsb.on.ca>

Sunday September 13, 2020
24th Sunday in Ordinary Time

SVDP SOCIETY
12 Centre Street N., Huntsville, ON
Hotline: 705.789.0008

The members of the St. Vincent de Paul group here in our parish, thank you for your continued **Food Pantry Donations!**
This Tuesday, September 15th, 9:30AM - 12Noon will be our **Monthly Food Drive - Garage Next to St. Vincent de Paul Office**



24th Sunday in Ordinary Time / September 13, 2020

“The Lord is merciful and gracious; slow to anger and abounding in steadfast love.” Ps. 103

Mass Schedule Week of September 14th - 20th

Monday	September 14th Exaltation of the Holy Cross SI Walter Grys Jr.
9:00AM	
Tuesday	September 15th Our Lady of Sorrows +Vincent & Margaret Rozario
9:00AM	
Wednesday	September 16th Sts. Cornelius & Cyprian Adoration
11:00AM	
12:00Noon*	+Kenneth & Lucy Rozario
Thursday	September 17th +Rennie Melnyk
9:00AM	
Saturday	September 19th Open for Intention
4:00PM	
Sunday	September 20th CWL Anniversary
9:00AM	
11:00AM (B)	People of the Parish

*Wednesday Mass / Sunday Obligation (B) Baysville

Confessions Sat. 3:15pm - 3:45pm or by request.

We Remember our Faithful Departed Joy Dignard

&

We join our prayers with those who are ill at this time ...

Rebecca Muzzi, Ian Bruce, Joe Hanrath, Pamela Festing, David Phillips, Connie Gregory, John Schreurs, Robert Foley, Steven Knox, Claudette Mainville, Ruth Anne Foley, Bianca Laurie de Hernandez & Patricia Quinn

And for those who we hold in the silence of our hearts.

If there is someone you would like added to this list, please contact the office.

Forgiveness: Your Health Depends Upon It - John Hopkins Medicine/ HEALTH

“There is an enormous physical burden to being hurt and disappointed,” says Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital. Forgiveness is not just about saying the words. “It is an active process in which you make a conscious decision to let go of negative feelings whether the person deserves it or not,” Swartz says. As you release the anger, resentment and hostility, you begin to feel empathy, compassion and sometimes even affection for the person who wronged you.

Studies have found that some people are just naturally more forgiving. Consequently, they tend to be more satisfied with their lives and to have less depression, anxiety, stress, anger and hostility. People who hang on to grudges, however, are more likely to experience severe depression and post-traumatic stress disorder, as well as other health conditions. But that doesn’t mean that they can’t train themselves to act in healthier ways. In fact, 62 percent of American adults say they need more forgiveness in their personal lives, according to a survey by the non-profit Fetzer Institute.

Forgiveness is a choice, Swartz says. “You are choosing to offer compassion and empathy to the person who wronged you.” The following steps can help you develop a more forgiving attitude - and benefit from better emotional and physical health.

Reflect and remember: That includes the events themselves, and also how you reacted, how you felt, and how the anger and hurt have affected you since.

Empathize with the other person: For instance, if your spouse grew up in an alcoholic family, then anger when you have too many glasses of wine might be more understandable, says Swartz.

Forgive deeply: Simply forgiving someone because you think you have no other alternative or because you think your religion requires it may be enough to bring some healing. But one study found that people whose forgiveness came in part from understanding that no one is perfect were able to resume a normal relationship with the other person, even if that person never apologized. Those who only forgave in an effort to salvage the relationship wound up with a worse relationship.

Let go of expectations: An apology may not change your relationship with the other person or elicit an apology from her. If you don’t expect either, you won’t be disappointed.

Decide to forgive: Once you make that choice, seal it with an action. If you don’t feel you can talk to the person who wronged you, write about your forgiveness in a journal or even talk about it to someone else in your life whom you trust.

Forgive yourself: The act of forgiving includes forgiving yourself. For instance, if your spouse had an affair, recognize that the affair is not a reflection of your worth, says Swartz.

Ministry Schedule - Weekend of September 19th/20th

	Sat. 4pm	Sun. 9:00am	Sun 11 am (B)
Readers	Marguerite Goodfellow	Al Cormier	Teresa Dean
Ushers	Laila Etherington Jim Waters Walter Grys Diana Snowden Ben Boivin	Nadine Diplock Doug Neigel Brian Haywood Judith Gottschalk Maurice Pearson	Hugh Knox Linda Lacroix Bob Lacroix Jean MacInnis John MacInnis

Sanitizers	Schedule Provided	Schedule Provided	Schedule Provided
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Tuesday Sept. 15th Counters: Linda Latour & Shirley Morra

Next Sunday September 20, 2020 25th Sunday in Ordinary Time

“He who hasn't tasted bitter things hasn't earned sweet things.”

Gottfried Leibniz

YOUR STORY / OUR STORIES - Living in a COVID-19 World

What truly makes a family or a community for that matter, is that we intentionally take the time to create opportunities where we can share our stories, reflect on our common experiences, and express our highs and lows with one another, in a setting where it is all received through respect and honour. Over the past number of months we have collectively experienced something quite unfamiliar to us all. We were asked to radically change our style of living, something we would not have readily chosen. For that reason, most of us were ill prepared to change and to adapt to a new way of living. But we did, we have, and to a certain extent, we still are. I invite you to please send me a short reflection as to what you, your family or someone else you care for, experienced during the COVID-19 that reshaped your world. I would like to put them in our bulletin. There will be some stories that will make us cry, and others help us to laugh. How you coped, or how it took the stuffing out of you. When we share our stories we are not alone, and hopefully we are now stronger and better for it. If you would prefer to remain anonymous, please indicate so. You may send your reflection to me, at Frpaulhogan@peterboroughdiocese.org. Thank you.

A Prayer for Forgiveness

Remember, Lord,
your compassion and mercy
which you showed long ago.
Do not recall the sins and failings
of my youth.
In your mercy remember me, Lord,
because of your goodness.

Psalm 25: 6 - 7

Parish Meetings and Gatherings

- C.W.L. General Meeting, **Monday, Sept. 14th, 9:30am**, following the morning mass, in Parish Hall
- Every Third Tuesday of the Month there will be a Food Collection for St. Vincent de Paul. It will be at the Garage next to the St. Vincent de Paul office, running from 9:30am until 12noon. It will be **This Tuesday, September 15th.** Thank you for ongoing and continual support.
- For the *Month of August*, your St. Vincent de Paul ministry helped **35 callers**, and you, the parishioners, donated **\$2,716.70** to assist them in their good works of kindness and mercy. Thank you.

A COVID 19 Story Life Before, During, & After COVID

20 years ago we moved to Muskoka to start a quiet and self-sufficient life in the bush. After a few years of hard labour we are very independent in our needs.

We have no hydro or heating bill. Every year we can hundreds of jars of fruit, veggies, soups, and meat. We also smoke lots of meat products (bacon, sausages, fish and duck).

Our freezer is always full and we have our own supply of milk, eggs, cheese, home made bread and pastries.

As for physical activities, we get all the free exercise we want, but we call it work.

Our exercise area has been doubled, we call it a garden.

I just purchased a new workout machine, it is called a chain saw.

We go out to eat, but we call it a picnic in the bush.

Every day we enjoy live entertainment, we call it taking care of the domestic and wild animals.

The only time I distance myself is from my wife when she is cooking (I hate cooking), but I join her very closely when it is time to eat.

So we are ready to close our gates at any moment’s notice and enjoy our luck as we call it, God’s blessing.

Henry Svec

Parish Pastoral News

The weekend of September 12th/13th will be the **Good Friday Collection**, also called *the Pontifical Collection*.

First Communion Celebration
Sunday September 27th, 2PM

Confirmation Celebration
Sunday October 4th, 2PM

We have several **Communion Pyxis** that you may borrow, so to take the Eucharist to a loved one who is unable to attend mass. Please speak to the office. Thank you.

Sept. 5th/6th Weekend Offertory

\$6,304.00

Graciously Generous!

Thank you for your continued kindness and participation in your parish church, through time, talent and treasure.

que a paz esteja com você
(peace be with you, Portuguese)