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Email: office@stmaryshuntsville.ca /
website: maryassumptionparish.com

St. Vincent de Paul Help Hotline / 705-789-0008
St Mary's Elementary School / 705-789-6841



Becoming Is Ongoing, Always /

Jim Rohn suggests that *"we are the average of the five people we spend the most time with."* We choose to be with these people for any variety of reasons but basically it is out of shared interests. This is understandable and makes perfect sense. Fundamental to our perceived wellbeing and continued safety and security, we continue to do, and to think in a certain way that has in the past brought us to this present moment and holds us there. If we were honest with ourselves, and observant of the natural world around us, we would acknowledge that everything is always changing and evolving, with or without our consent. To ignore this, we would be in fact creating a skewed reality bubble that is insular in nature, with a singular purpose to avoid anything that may challenge one's present status quo. What Rohn was suggesting, was that our group of five people must be constantly changing in the direction of always being better informed, those more gifted and talented than us, who are constantly re-evaluating and questioning the world around them. The alternative is not merely becoming stuck in a mindset, but more likely that one's humanity begins to atrophy to the point of becoming unreasonable and anti-social. What might this look like?

The person who chooses to remain within the safety of his group (bubble), has made himself or herself, the foundation upon which they will extend outwardly. What is created is a false sense of security by both ignoring and discrediting what is going on outside of them. Within the bubble, one feeds off of the self-fulfilling and self-perpetuating mindset and world view that makes one feel good, safe, and secure with themselves. It does not occur to the individual that they are in fact cutting themselves off from any other source of information that may in fact be an aid to helping them become

par better informed about the world around them. But this is not what they are concerned let alone interested in. Rather, they are self-assured that anything contrary to the way they are presently thinking, is not only to be held in suspicion but it could quite possibly be dangerous for them to even consider. The result is that one will not critique the differing point of view, but one does not even attempt to understand it. Within this bubble, what begins to emerge is the mindset that anything that does not support who I am cannot be trusted, believed, or to be accepted. This is not new.

What is given legitimacy is our perceived right to defend ourselves against anything and anyone who is not like me. When interwoven among a self-righteous morality and religiosity, branded with the approval and inspiration of God, this bubble seeks out others like themselves, feeding off one another. What is created is the socially destructive "Us and Them" dichotomy. This is what we often do, but it does not make it right or good. Though commonality often ensures safety and survival, if unchecked and not critically evaluated, we are left with the possibility of the rise of situations that allow for inhumane actions taken against another. As long as one remains in a bubble this is a very real possibility. What was once a fragile protective covering, is now reinforced by like minded people, becoming a shield with the potential of being used as a weapon.

Clear indicators that we are within a bubble, are when we look upon another and think less of them. When we fear another person. When we are unwilling to consider the position of another. When we begin to stop trusting, showing compassion and mercy for another. When we justify and act upon ways to hurt another person. When we turn away from the suffering of others and think only of what benefits me and my own. When I demonize knowledge and science. When I choose to stop learning and to be taught.

Parish Pastoral Team

Alison Coort / Office Administrator - /office@stmaryshuntsville.ca
Rosie Vandenberg / Lay Pastoral Assistant - LPA@stmaryshuntsville.ca
Marguerite Goodfellow / Parish Nurse - office@stmaryshuntsville.ca
Judith Gottschalk / Ministry Rep (contact the parish office)
Jan Sirek / Deacon - office@stmaryshuntsville.ca
Fr. Paul Hogan / Pastor - Frpaulhogan@peterboroughdiocese.org

Truth and Reconciliation /

It is about Education and Action. It is essential to make our place of worship better partners with Indigenous communities and organizations. For more information, please contact: Dallas Boudreau at Justicefor-Indigenous@gmail.com

Seventeenth Sunday in Ordinary Time
July 24, 2022

Mass Schedule
Week of July 25th - 31st

Monday, July 25th / 9:00AM
 SI Unannounced

Tuesday, July 26th / 12noon
 SI Sam Muzzi

Wednesday, July 27th / 11:00AM Exposition & Adoration
12Noon - + Helena & Antoni Wolniewicz

Thursday, July 28th / 9:00AM
 +Kate Balcombe

Saturday, July 30th, 4:00 PM
 SI Agatha & Antonious Lamers

Sunday, July 31st / 9:00AM
 SI The Luvison Family

Sunday, July 31st / 11:00AM
 + Bill Brennan

Let us pray for those who have died especially, Kate Balcombe & Kristen Blackburn

and for those who have asked for our prayers ...

Jaymie Ward, Peter & Phillip Tomkin, Bianca Laurie de Hernandez, Angela & Stephanie Braithwaite, Robert Foley, Ruth Anne Foley, Joe Hanrath, Bill Weber, Ron & Margaret Smith, John Dunbar, Verna Simioni, Connie Gregory, Sharon & Ben Boivin, Terry Jordan, Irene Downey, Timothy Pelyk, Kirsten MacDonald, Mike Berardi, Diane & Brian Haywood, Marion Majkot, Stephanie Jarvis, Esther Phillips, Joan Ranson, Peter Poustie, Merle Jordan, Evan Maroney, Sheila Bruce, Doris Lane, Sam Muzzi, Laurine McAllister, Carole Ruttan, Pam & Don Mackenzie



Ask, Search, and Knock

Asking for something, especially if it might lay bare who we are, may be the hardest thing to do, but it is essential if anything is to change. Giving voice to what is within can often be akin to breaking free from a bond or a self-imposed prison that we had once thought was impossible to leave. Asking for what we need is not a sign of weakness but is an acknowledgment that I both recognize and am prepared to bring to fruition what I need. Possibly through the assistance of another, who might be nothing more than a safe listener. Hearing it out loud, makes it real. Continually asking, questioning, and probing over and over again, helps refine the question. What I had first began asking, I may later discover that it was not necessarily it, but has become something else altogether.

Searching is the act of concretely and intentionally working upon what it is I have asked for, finding and creating ways of bringing it all about. It will not be without challenges and setbacks, but it is within this process that the searching encourages us to move forward and outwardly in all directions. What we begin to realize is that we are constantly finding new ways of being in the world resulting in an ever greater compassion and understanding of others. This is only possible because we have come to find within ourselves a person that we like, value and wish to give permission to continue to seek and to explore this life to the fullest.

We find ourselves knocking on the multitude of untapped rooms within ourselves that we had never imagined to exist. With each door opened to our inner life, we access a willingness to be more free and accepting of those around us. As well, a spirit of wonder and awe grows within wishing to continue the cycle of asking, searching, and knocking upon the depths of our being. It is not for the sake of knowledge or filling up some bucket list, but to become life itself. We discover to hold onto nothing, as we strive towards an unfolding of ourselves into awareness.

Parish Group Meetings /

| | | |
|----------------------|--------------|---|
| Monday's | 9:30AM | Gospel Reflection Group / Sacristy |
| Tuesday's | 6:30PM (New) | Social Justice Group / Sacristy |
| Thursday, July 28th, | 10:15AM | Truth and Reconciliation Event "On A Path to Healing" at St. Mary's |

"As long as you keep secrets and suppress information, you are fundamentally at war with yourself. Hiding your core feelings takes an enormous amount of energy, it saps your motivation to pursue worthwhile goals, and it leaves you feeling bored and shut down."

"The Body Keeps the Score"
 Bessel Van Der Kolk M.D.

Parish Pastoral News

A Definition of Smudging / Sacred smoke created from burning medicinal or sacred plants is an aspect of many cultures and religions the world over. In North America, it is a practice common to Indigenous Peoples and is called smudging. Many, but not all, Indigenous cultures in Canada smudge but may have different beliefs associated with the smoke, and different ceremonies and protocols. In this article we are giving a general definition of smudging.

Smudging is traditionally a ceremony for purifying or cleansing the soul of negative thoughts of a person or place. There are four elements involved in a smudge:

- The container, traditionally a shell representing water, is the first element.
- The four sacred plants cedar, sage, sweetgrass, tobacco, gifts from mother earth, represent the second element.
- The fire produced from lighting the sacred plants represents the third element.
- The smoke produced from the fire represents air, the fourth element.

During a smudge plant leaves or stems are placed in the container and ignited (preferably with a wooden match). The flames are then gently blown out and the smoke, which heals the mind, heart and body, is wafted over the person, either by hand or with an eagle feather. The person being smudged pulls the smoke to them and gently inhales the smoke. The

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SVDP SOCIETY

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Week of July 25th - 31st, 2022

ashes traditionally are returned to mother earth by disposing them outside on bare soil - it is believed that the negative thoughts and feelings have been absorbed by the ashes. A person can smudge themselves, or, someone can lead a smudge by holding the container and directing the smoke over others.

Because smudging is vital to so many Indigenous patients hospitals are increasingly modifying their policies and operations to accommodate smudging within their buildings by designating certain areas for smudging. Some hospitals will even accommodate smudging in a patient's room in an end-of-life situation. Cultural awareness of Indigenous healing practices is included in the Truth and Reconciliation Commission calls to action.

Truth and Reconciliation Event
"On A Path To Healing"

Thursday July 28th, 10:15 AM at St. Mary's Church.

Special Guests:

Joyce Jonathan Crone, Denyse Pigeau Kelly, Mi-She'll Jessen

Please come out and show your support for our Indigenous Community by participating and learning at the same time about Drumming and Smudging

St. Vincent de Paul Monthly Food Dive
Number of people we served during the month of June was 65 clients. *These included families, couples and single adults. The need is ever present and grows, fortunately your kindness and generosity continues to meet this need. On behalf of the people we serve, thank you.*

Next Weekend Ministry Schedule - July 30th/31st, 2022

| | 4:00PM MASS | 9:00AM MASS | 11:00AM MASS |
|----------|---|--|---|
| Readers | Ben Boivin | Helen Hebb | John & Jean MacInnis |
| EMC | Linda Moore | Eleanor Wolfle | Jillian Febbo |
| Ushers | Margaret Warman Marguerite Goodfellow Walter Gryns Diana Snowden | Natasha Aben Mike Pearson Linda Latour Walter Gryns | Hugh Knox Bob Lacroix Linda Lacroix |
| Counters | Tuesday, August 2nd | Mary Kudryk | & Gisele Neigel |

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30

Weekend Offertory / July 16th / 17th
\$4,361.00

Thank you for your continued generosity.