


SUNDOWNER

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July 21, 2024

16TH SUNDAY IN ORDINARY TIME

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

Sacred Heart Catholic Church

Sacred Heart Catholic Church

1223 Madison

Father Stuart M. Smeltzer

Mailing Address: 428 N. 12th St. Fredonia, KS

Office: 620 378 3658

Rectory: 620 378 2694

620 687 0876 (cell)

Mass Schedule

Saturday Evening: 5:30 pm Sunday Morning: 10:30 am

Tuesday: 5:30 pm; Thursday: 8:00 am; First Friday: 8:00 am;
followed by Exposition and Adoration of the Blessed Sacrament

Office Hours:

Mondays, Wednesdays, and Fridays: 8am to Noon

Tuesdays: 2:30 pm to 5:20 pm

Thursdays: 8:30am to Noon

Parish Secretary: Deborah Jacobsen

Email: sacredheart.fkb@gmail.com

Pastor's Email: frsmeltzer@gmail.com

Website: sacredheartks.org

Bulletin Deadline: Thurs. at 10 am

Sacred Heart

July Collection

\$4,204.00

GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

July 21, 2024

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

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Liturgical Ministers	July 20	Sunday July 21	July 27	Sunday July 28th
Sacristan	Volunteer	Judy Puckett	Connie O'Neill	Volunteer
Usher	Bob Lett	JoAnn Jones	Kathy Beal	Matt Camacho
Lector	Meredith Odell	Bob McKenney	Volunteer	Jamie Camacho
Gift Bearers	Johnson Family	Garcia Family	Steve Huser Family	Jack Fulghum Family
Altar Servers		Volunteer Kinzley Evans		Lalia Jimenez Volunteer

Did you know...

Sacred Heart Parish Office is open each weekday?

Monday: 8 am to noon

Tuesday: 2:30 to 5:20 pm

Wednesday: 8 am to noon

Thursday: 8:30 am to noon

Friday: 8 am to noon



10-2 MAKING SENSE OF THE SENSES OF SCRIPTURE

Thursday, August 1, 10:00am - 2:00pm - Dr. Matthew Umbarger

Dr. Umbarger will guide participants in this in-depth journey of Biblical interpretation and help participants from all walks of life unlock what God has to say to them through the Scriptures. Come away with a deeper appreciation for scripture! \$25, includes lunch.

Contact the Spiritual Life center at www.slcwichita.org or call 319 744 0167

One Family, Fully Alive *in Christ!*

Last weekend was the final step in Wave # 1 of the capital campaign. We collected several commitment cards, including 15 new pledges. At this time, 52% of Sacred Heart Parishioners have participated in the campaign.

Thank you for your strong support of this endeavor.

Prayer Requests: *Please pray for:*

Larry Marshall

Finley Merrick

Sophia Gonzales

Mike Schneider

Lucinda Jewell

Harold Goodner

Cathy Goodner

John Eck

Charlie Boaz

Pauline Florez

David Knickerbocker

Charlie North

Lee Bracken

Jack Fulghum

Mina DeBerry

Jennifer Driscoll

Jace Huser

Ledger Relph

Our Country

Ted Palsmeier

All Priests

Andrea Bacani

Kristin Cline

Mary Jo Linn

Prayer to the Shepherd

My Good Shepherd,

There are so many things I don't understand about the paths where you lead and the pastures where you release me. But I believe that you are a Good Shepherd. I have known your protection and provision in so many ways. Please keep me under your care.

Amen.

Readings for the week of July 21, 2024

Sunday: Jer 23:1-6/Ps 23/Eph 2:13-18/Mk 6:30-34

Monday: Sg 3:1-4b or 2 Cor 5:14-17/Ps 63/Jn 20:1-2, 11-18

Tuesday: Mi 7:14-15, 18-20/Ps 85/Mt 12:46-50

Wednesday: Jer 1:1, 4-10/Ps 71/Mt 13:1-9

Thursday: 2 Cor 4:7-15/Ps 126/Mt 20:20-28

Friday: Jer 3:14-17/Ps 19/Mt 13:18-23

Saturday: Jer 7:1-11/Ps 84/Mt 13:24-30

Next Sunday: 2 Kgs 4:42-44/Ps 145/Eph 4:1-6/Jn 6:1-15

Observances for the week of July 21, 2024

Sunday: 16th Sunday in Ordinary Time

Monday: St. Mary Magdalene

Tuesday: St. Bridget, Religious

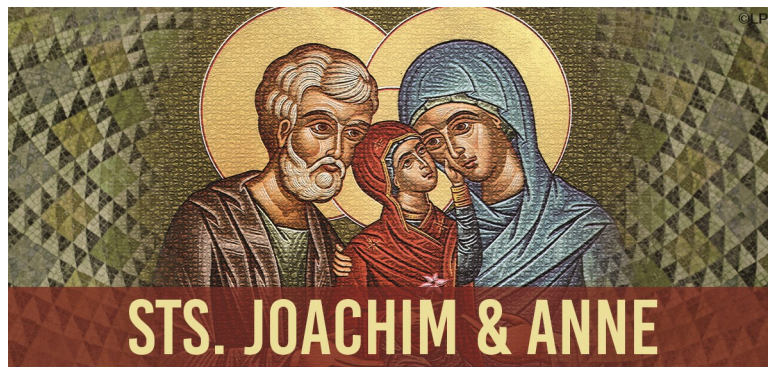
Wednesday: St. Sharbel Makhlūf, Priest

Thursday: St. James, Apostle

Friday: Sts. Joachim and Anne, Parents of the Blessed Virgin Mary

Next Sunday: 17th Sunday in Ordinary Time

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Sixteenth Sunday in Ordinary Time

Mass Intentions

Sat.	07/20	5:30 pm	People of the Parish
Sun.	07/21	8:30 am	Sick Friends & Family (STI)
		10:30 am	+Carol Carroll
Tues.	07/23	5:30 pm	+Phil Odell
Wed.	07/24	5:30 am	The Unborn (STI)
Thurs.	07/25	8:00 am	+Hayes Puckett
Fri.	07/26	8:00 am	+Joe Cramer (STI)

Seventeenth Sunday in Ordinary Time

Sat.	07/27	5:30 pm	Jace Huser
Sun.	07/28	8:30 am	People of the Parish (STI)
		10:30 am	+Mike Fulghum

Sacraments

Baptism: Contact parish office

Sacrament of Penance: 30 minutes before each Mass or by appointment

Anointing of the Sick: Contact parish office or rectory

Matrimony: Contact parish office one year before wedding