



Mass Intentions for the Week

Saturday, August 1

4:00pm

Sylvio Goulet - requested by Dan & Debbie Goulet

6:00pm

Al Nettel - requested by his wife Pat

Sunday, August 2 Eighteenth Sunday in Ordinary Time

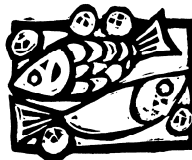
7:00am

Bernice King - requested by Natalie & Larry Welch

10:30am

Steve Gilmartin - requested by the Kirby family

MATTHEW 14:20



and every one ate until full

Monday, August 3

Diane Provost - requested by her parents Maurice & Pauline Lavigne

Tuesday, August 4

Denise Fortier - requested by Jeanne Larochelle

Wednesday, August 5

- NO MASS -

Thursday, August 6 Transfiguration of the Lord

Lionel Denault - requested by the family

Friday, August 7

Angelo Bucchino - requested by his family

Saturday, August 8

4:00pm

Jeanne Adams - requested by Tracey, Stuart and Norma

6:00pm

William McCullough - requested by Rose Schlottmann

Sunday, August 9 Nineteenth Sunday in Ordinary Time

7:00am

Timothy Sheridan - requested by Michael & Cecily Markham

10:30am

Thomas Donohue - requested by the Donohue family

Living the Faith: "Men and women who pray know that hope is stronger than discouragement. They believe that love is more powerful than death, and that love will surely triumph one day, even if it be in times and ways we do not know." ~ Pope Francis

I received some very practical recommendations from an article entitled "How to Soothe Your Soul." It gives practical suggestions about how to manage symptoms caused by the chronic stress related to COVID-19 and other current crises in the world at this time (I INCLUDE SUGGESTIONS FOR OUR CATHOLIC FAITH):



EAT A HEALTHY DIET: Chronic stress elevates the levels of stress hormone Cortisol, which can increase hunger and prompt people to snack or over-eat sweet and fatty foods which can temporarily stimulate the brain's reward centers and decrease anxiety. Eat a balanced and healthy diet. **MAKE SURE YOU EAT THE EUCHARIST AS MUCH AS YOU CAN AS THE HEALTHIEST FOOD.**

GET ENOUGH SLEEP: Keep the bedroom cool and dark and avoid screen time and stimulants (caffeine) before bedtime. **NITE PRAYERS HELP RELAX US AS WELL.**

EXERCISE REGULARLY: Exercise releases feel-good endorphins that can boost mood and energy and facilitate sleep at the end of the day. **DON'T FORGET TO KEEP UP YOUR SPIRITUAL EXERCISES AS WELL.**

KEEP UP KEY CONNECTIONS: It is essential to stay in touch with friends, family members, and groups in which one experiences connection, support, love and care. **REMEMBER YOU ALWAYS HAVE A SPIRITUAL FAMILY: THE CHURCH.**

BE IN THE MOMENT: Certain practices such as mindfulness and meditation can help people stay focused on the present and reduce stress. Create a daily schedule of achievable actions; **DON'T FORGET TO HAVE REGULAR PRAYER TIME**

PLAN FOR A POSITIVE FUTURE: Engage in behaviors that will benefit the future: making home repairs, decluttering one's environment, donating unused clothes, cleaning out closets, talking an on-line course, learning a language. **REMEMBER GOD'S PLAN FOR OUR FUTURE: "I HAVE A FUTURE FOR YOU FILLED WITH HOPE, AND NOT WOE!" (Jeremiah 29-30)**

NUZZLE UP TO NATURE: Spend time outdoors: nurture a garden, walk on a nature trail, do bird-watching, and even just looking at a natural setting can reduce stress hormones and lower anxiety. **USE NATURE AS A VEHICLE TO PRAISE GOD!**

DO GOOD TO FEEL GOOD: Research shows that helping others (sewing masks, shopping for an at-risk neighbor, donating to important causes, volunteering) can reduce stress and enhance well-being. **PRAY FOR SOMEONE WHO NEEDS IT.**

BREATHE DEEPLY: Engaging in deep and slow breathing can improve attention and mood, relieve anxiety, and enhance relaxation. **HOLY SPIRIT IS BREATHE!**

KNOW WHEN TO GET HELP: Engage resources such as talking with pastor, counseling, support groups, etc. can be beneficial. **WE ALL NEED ONE ANOTHER!**

~ Fr. John

Prayer Intentions: We are starting a fresh list. Include are ALL our parishioners that are homebound & in long term care/nursing homes. Please call the office to place someone on the list. We ask you to update us once a month to let us know if they can be removed. Some names were on the old list for years. Thank you for your understanding.

Let us pray for these special intentions: For all our parishioners that are homebound and in nursing homes; for all our parishioners, family and friends that are struggling with illness or recovering from surgeries. We also pray for: Acilda Dachowski, Andy Demers, Roger Allard, David Rattigan, Bert Beaudette, Pauline Beaudette, Lorraine Turcotte. Sandra Paradis, Paul Pilotte and Kevin Masewic.



PARISH LEADERSHIP

PARISH OUTREACH MINISTRIES

St. Anthony Food Pantry	
Beverly Bergeron	769-7816
Sr. Marjorie Lupien	315-7623
My Brother's Keeper Sleeping Bags	
Rosemary McNair	647-2797
Shoes For Kids/General Outreach	
Lisa Siraco	622-5445
St. Anne's Closet (clothing for children)	
Parish Office	622-5445
Parish Elderly Ministry	
Sr. Marjorie Lupien	622-5445

PARISH MINISTRIES

Adoration Chapel	
Irene de Repentigny	622-7775
Boy/Cub Scouts	
Ron St. Cyr	622-8182
Parish Prayer Line	
Gemma Houde	668-3993
Funeral Ministry	
Sr. Marjorie Lupien	622-5445
Liturgical Ministers (Eucharist Lectors, Altar Servers)	
Sr. Marjorie Lupien	622-5445
Memorial Meals	
Gloria Pilotte	623-8173
Terry Sylvain	669-2582
Prayer Shawl Ministry	
Diane Sufat	625-8665
Religious Education (Gr. K-8)	
Martha & Steve Donohue	627-4868
RCIA	
Sr. Marjorie Lupien	622-5445
Secular Franciscan Order	
Ron Latouche	396-5168
Social Committee	
Donna Guertin	669-5232
Youth Group	
Ellen Vigneault	867-8881

SACRAMENTAL PROGRAMS

Baptism, Marriage, Sacrament of the Sick	
Fr. John Bucchino, ofm	622-5445

MUSIC MINISTRY

Music Director & Organist, Adult Choir and Cantors:	
James Butka	540-7638

July 25 & 26, 2020

Weekend Offertory

Envelopes	\$1,429.00
Loose	\$ 536.00
Electronic Offering	\$1,218.00
Total Offertory:	\$3,183.00

General Parish Fund

Candles: \$30.00

Outreach Fund

Food Pantry: \$1,300.00
St. Anthony Bread for the Poor: \$-0-
- in memory of D. Provost: \$50.00

Mailed in Offertory: \$1,604.00

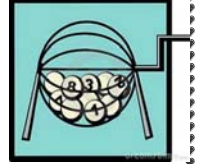
We are incredibly grateful to all our parishioners who continue to give at Mass, mail in their offertory envelopes or have joined the online giving community. Your offertory allows us to keep the parish up to date on our bills such as, salaries, maintenance, insurances and utilities. Thank you!



300 Club - Week 5

#144 Bill Morin; #204 Dee & Denis Vigneault; #285 Ann Trudeau;
#294 Richard & Jeanne Labore and #300 Donna & Peter Laberge

Congratulations!



It's not too late to join! Please contact one of the captains for your lucky number. **Now more than ever, we need this parish fundraiser to offset the loss of income during these past few months.** We hope you will continue to participate.

Captains: Lisa (in the parish office) 622-5445/ H: 668-6506, Donna Mullen 669-8344; Gloria Pilotte 623-8173, or Terry Sylvain 669-2582.

Calendar of Events

Saturday, August 1

* Masses, 4pm & 6pm

Sunday, August 2

* Masses, 7am & 10:30am

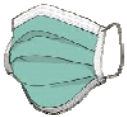
Wednesday, August 5

- * St. Anne's Closet, 1-3pm, church hall
- * Food Pantry, 1-3pm, church hall

We commend the soul of **Edmond Mailloux** into the loving embrace of our God and the eternal peace that only Christ gives. Let us pray that the hope and promise of Christ's Resurrection will bring strength and comfort to his loved ones during this time of mourning and deep sorrow.



Cloth Face Masks



One of our parishioners, Claire Lapoint, has graciously donated face masks that she's made to our parish (she's already made over 1,000!). If you want or need one, there is a basket in the back of the church. These cloth masks are washable and reusable, and easier to breathe through. We will also make some available at the Food Pantry and St. Anne's Closet.

Children's Masks for School

Claire has also offered to make masks for children to wear when the return to school.

If you would like some for your child, please call the office and place your order so Claire will know how many to make.

More Than Just Food For The Soul

The account of Jesus' feeding the 5000 is the Lord's only miracle that is recorded in all four of the Gospels. Obviously, the leaders of the earliest church were convinced that particular miracle from Jesus' public ministry needed to be passed down to the Church of all ages and that includes us!

As magnificent and impressive as this miracle is, it portrays much more than Jesus' "muscles and might." It shows our total dependence upon the mercy of God to meet even our simplest needs, the compassion of God to respond to those needs. This miracle feeding teaches us also, that we must play a part in any miracle God works. Our faith is the beginning, offering whatever we might have comes next, and then God will begin to work. Without those few loaves and fishes, how many would still be hungering?

