

Immaculate Heart of Mary Catholic Church

Mailing Address: P. O. Box 100 * New Melle, MO 63365 Website: www.ihm-newmelle.org

Deliveries only address: 8 West Highway D, New Melle, MO 63365

Parish Office: 636-398-5270 Fax: 636-398-5577

Schedule of Holy Mass

Saturday:

Sunday: Weekdays:

8:00am 4:00pm Vigil Mass for Sunday 7:30am, 9:30am 8:00am, St. Joseph Chapel

Weekly Devotions and Prayers

Eucharistic Adoration: Monday 8:30am until Friday, 11:30am **Rosary:** Following 8am Mass Monday thru Friday Perpetual Help Devotions: Tuesdays following 8am Mass **Respect Life Prayers:** Thursday following 8am Mass Chaplet of Divine Mercy and Benediction: Friday at 11:30am First Saturday of the Month Devotions 8am Mass, Rosary, 15 minutes of meditation

Sacraments

Reconciliation:	Wednesday in church, 7pm
	Saturday following 8am Mass
Marriage:	Contact the parish office
at	least six months prior to the wedding
Baptism:	Contact the parish office
tc	register for class and to arrange date
Rite of Christian Initiation of Adults:	
Conta	act Shawn Mueller in the parish office

Contact Shawn Mueller in the parish office

We hear about the Kingdom of God in many of Jesus' parables. Jesus must have gotten tired of trying to explain it, but he never gives up. In today's passage, he uses parables to describe how the kingdom will spread. What is interesting is that these parables are not so much about our actions as they are about how God builds his kingdom.

Let's start with the second parable: Jesus exaggerates a little, with the mustard seed being the smallest seed and the bush being the largest plant. His point is that the kingdom may look small at first, but it will keep growing. The image of all the birds coming to the branches is taken from Old Testament passages, in Daniel and Ezekiel,

about other people coming into Jerusalem to worship the one LORD. Jesus

implies that the growing kingdom will attract outsiders to be members. The main point is not to be discouraged when it seems the kingdom is not growing: We might be limiting it to people who think and act just like ourselves. We might see attendance at church in our parish declining. So Jesus is reminding us to think of the bigger picture.

In the first parable about the man who scattered seeds, Jesus says that those seeds produce a harvest, even though the farmer doesn't know how or why those seeds can grow. We too can be doing things that help the Kingdom to grow, without knowing how

Eleventh Sunday in Ordinary Time June 17, 2018



The Big Picture

we are helping. The obvious example is prayer: We may not see the results of our prayer, or not know if God is answering our prayer. But God is making the kingdom grow in his own way and in his own time. Like the farmer, we can help it grow by loving each other, teaching our children about Jesus, caring for the poor and the sick.

If the farmer were to let weeds choke his crop, or be stingy with his seeds, he might not have a very good harvest. We can be stingy with our love, or hurt people with our anger. Then we would be slowing the growth of the kingdom. So let us always be aware of the kingdom, and ask God to move us to do whatever we can to help it grow.

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Parish Staff

Fr. Tom Miller, Pastor: askpadre@aol.com Cell phone for emergencies only: 314-303-2428 **Deacon Chris Ast**: chrisast@archstl.org **Deacon Tony Falbo**: tony.2011@centurylink.net Shawn Mueller, Director of Religious Education: smueller@ihm-newmelle.org Laura Orf, Business Manager: lorf@ihm-newmelle.org Peggy Dupree, Secretary: secretary@ihm-newmelle.org Submit bulletin articles by Monday 9am to *bulletin@ihm-newmelle.org* Marilyn O'Neill, Music Director: *m.oneill@ihm-newmelle.org* Janet Hespen, Youth Ministry: janethspn@outlook.com Karen Wappelhorst, Child Safety Coordinator: childsafety@ihm-newmelle.org

Weddings, Receptions, Events

Hall Rental Information: Pat Gentry Wedding Coordinators: Pat Gentry Kelly Meyer **Event Coordinators:** Joan Marren-Slaughter 636-398-5270 Mary Keune

Religious Education

(Please contact Shawn Mueller, Director of Religious Education for more information)

Parish School of Religion

(Grades 1 through 8) September through May Wednesdays from 6:00-7:30pm

Confirmation Preparation (8th Grade) September through May Wednesdays from 6:00-7:30pm

Children's Liturgy of the Word September through May

During the 9:30am Sunday Mass

Adult Education

Wednesdays at 8:45 and 6:10pm

Quick Contacts Directory

636-398-5270

636-398-4358

636-828-4994

636-398-5270

Art & Environment

Prayer and Devotion

Eucharistic Adoration

Parish Organizations

Shawn Mueller	636-398-5270
Legion of Mary	
Maria Romine-Kantor	314-614-0857
Prayer Chain	
Rita Langford	636-399-6083
Prayer Intercession/Jonah Team	
Debbie Gillespie	636-398-4971
Prayer Shawl Ministry	
Julia Kettler	636-616-0096
Liturgical Ministries	
Extraordinary Ministers	
Irene Caldwell	636-398-4311
Gift Bearers	
Peggy Dupree	636-398-5270
Lectors	
Ed Taylor	636-561-7099
Ushers	
Gary Struckhoff	636-828-6067
Altar Society	
Pam DeBold	636-482-4765
Music Ministry	
Marilyn O'Neill	314-341-2622
Contemporary Music Group	
Debbie Gillespie	636-398-4971
<u>Education</u>	
High School Youth Leader	636-398-5270
Janet Hespen	314-369-6521
RCIA, PSR, Children's Liturgy of the Word	
Shawn Mueller	636-398-5270
Young Adults	
Julie Lassiter	636-357-0121
	000 007 0121

AILOLINIOIIIIEIIL	
Mary Karll	636-433-5049
Budget & Finance	
Larry Graves	314-799-9804
Cemetery Committee	
Mark Keune	314-220-7075
Dinner Committee	
Jeff Comotto	636-798-2369
Golden Hearts	
Jackie Hackett	636-398-5605
Knights of Columbus	
Gary Potter	636-228-4755
Marian Council	
Mary Jean Hartenbach	636-398-4677
Meals on Wheels	
Jean Bammann	636-798-2718
Outreach	
Outreach	
Steve Farber	sfarber@farbermarketing.com
	sfarber@farbermarketing.com
Steve Farber	sfarber@farbermarketing.com 636-828-4133
Steve Farber Pro Life	- 0
Steve Farber Pro Life Bill Winters	- 0
Steve Farber Pro Life Bill Winters Quilters	636-828-4133
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek	636-828-4133 636-828-5776
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen	636-828-4133 636-828-5776 636-398-4597 636-236-1955
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting	636-828-4133 636-828-5776 636-398-4597 636-236-1955
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors Boy Scouts: Chad Peters	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-236-1955 636-327-0531 314-807-7177
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-327-0531
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors Boy Scouts: Chad Peters Venture Crew: Steve Williams St. Vincent de Paul	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-236-1955 636-327-0531 314-807-7177 314-486-4023
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors Boy Scouts: Chad Peters Venture Crew: Steve Williams St. Vincent de Paul Teresa Waddington	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-236-1955 636-327-0531 314-807-7177
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors Boy Scouts: Chad Peters Venture Crew: Steve Williams St. Vincent de Paul Teresa Waddington Welcoming Committee	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-236-1955 636-327-0531 314-807-7177 314-486-4023 314-440-7475
Steve Farber Pro Life Bill Winters Quilters Mary Ann Brakensiek Ruth Willis Scouting Jerry Hespen Cub Scouts: Wesley Brandhors Boy Scouts: Chad Peters Venture Crew: Steve Williams St. Vincent de Paul Teresa Waddington	636-828-4133 636-828-5776 636-398-4597 636-236-1955 636-236-1955 636-327-0531 314-807-7177 314-486-4023

When we're depressed or feeling blue, this prayer from Padre Pio is a way to reach out

Margaret Rose Realy, Obl. OSB

If you find yourself in a state of darkness, the key is "to reach."

The small framed unsigned print reads "Reach up as high as you can today, and God will reach down the rest of the way." It's my go-to quote for those times when I feel an emotional darkness – depression – coming on. For many of us this darkness is a familiar not-so-good old friend, the Black Dog mentioned by Sir Winston Churchill – or seasonal affective disorder.

The DSM (Diagnostic and Statistical Manual of Mental Disorders) has clinical definitions for depression, and there is as well the spiritual darkness that St. John of the Cross writes about in *Dark Night of the Soul*. However you've come to a depressive state, and for whatever history brought you there, the key in both of those dark times is *to reach*.

The state of darkness and depression is not a void. It is a space filled with insights that we are momentarily blinded to. When we try to go it alone, we are often too wearied to keep from going under, instead succumbing to the waves of hopelessness.

To reach is not an intuitive movement when psychologically and/or spiritually sinking into depression. Even though we've been taught that to despair is to turn our backs to God – which is a sin – there is another element to despairing that is sometimes overlooked. It comes from the Rule of St. Benedict, "In all things may God be glorified."

In a recent confession, when I was in a season of depression, the priest gave me a very specific penance. I was to read about Jesus walking on stormy seas, and Peter's fear in Matthew 14:30-31. Then reflect, specifically, on that moment when Peter is desperately reaching out to Our Lord — that second just before Jesus takes his hand.

It was a dark and doubt-filled moment for Peter, whose faith had faltered. It was also an intuitive response to a person physically drowning — reaching out, trying to grasp at anything to save his life. Father gave me imagery by meditating on and fulfilling that penance; a metaphor to psychologically and spiritually reach for the hand of Christ. I was surprised by how quickly the instinct to survive spiritually soon matched the desire to live physically when exhausted and in deep waters.

Assured that the Lord had taken my hand so I will not drown, I often read this prayer, sometimes three times through!

Stay with me, Lord, for it is necessary to have you present so that I do not forget you. You know how easily I abandon you. Stay with me, Lord, because I am weak, and I need your strength, so that I may not fall so often. Stay with me, Lord, for you are my life, and without you, I am without fervor. Stay with me, Lord, for you are my light, and without you, I am in darkness. Stay with me, Lord, to show me your will. Stay with me, Lord, so that I hear your voice and follow you. Stay with me, Lord, for I desire to love you very much, and always be in your company. Stay with me, Lord, if you wish me to be faithful to you. Stay with me, Lord, for as poor as my soul is, I want it to be a place of consolation for you, a nest of love. Amen. ~St. Pio of Pietrelcina, Prayer After Communion

Depression is a battle, and for some of us a lifelong cross to bear. In bearing it as best we can while reaching up and out for help, we are led in to a deeper maturity of faith – which like most virtues, is not easily won.



Welcome to Immaculate Heart of Mary: Informed—Hospitable—Motivated

Л	lext Week Ministry Schedule
	June 23
	4:00pm
EM:	Sharon Hagan, Donna Cuddihee, Carole Baker,
	Karen Wilson, Marcy Pivin, Bryan Potter,
	Pat Roche, Mary Hannig
Lec:	Jan Jokisch-Messig, Jackie Dunn
GB:	Carol Harvell, Rita Langford
Serv:	VOLUNTEERS please
Ush:	Chris Cuddihee, Bill Pollihan, Tim Wilson,
	Larry Graves
	June 24
	7:30am
EM:	Kris Jenkins, Carol Rabbitt, Rich Molitor,
	Bob Leeker, Emily Cooksey, Mary Hardesty
Lec:	Elizabeth Vehige, Karen Wappelhorst
GB:	Bill & Jean Reed-Bammann
Serv:	Connor & Sydney Jaeckle
Ush:	Mike Stassi, Larry Koch, VOLUNTEERS please
	9:30am
EM:	Mary Keune, Joni Marren-Slaughter, Pat Gentry,
	Chris Richter, Joe Faron, Bob Caldwell,
	Megan Preuss, Maureen Blondin
Lec:	Patrice Riley, Walt Hollenstein
GB:	Menne Family
Serv:	Mary Grace & Janie Becker, Thomas Kokker
Ush:	Dave DeBold, Brian Corrigan, Terry Schneider,
	Joe Weber, Curt Eccardt, Alan Raymond

Myformation Station

June 23, 4:00pm:	Ed & Marcia Etzkorn
June 24, 7:30am:	Teresa & Bob Berfanger
June 24, 9:30am:	Mike & Kelly Meyer

EWTN CATHOLIC RADIO: AM 1460 daily Mass, teaching the Faith, call-in programs Informative Catholic programming.

This Week at Home

Sunday, June 17 Anointings after both Masses Golden Hearts, Grand Hall, 1pm Monday, June 18 SVDP, 6:00pm Boy Scouts, Founders Hall/Trailer, 6:30pm Tuesday, June 19 Legion of Mary, 9am Fitness class, Grand Hall foyer, 9am K of C, Founders Hall, 7p Wednesday, June 20 No Reconciliation this evening Thursday, June 21 Fitness class, Grand Hall foyer, 9am Friday, June 22 Quilting, Weber Hall, 8:30—noon Saturday, June 23 No Reconciliation this morning Marriage Prep, Grand Hall, 9:30—3:30 Sunday, June 24 Marriage Prep, Grand Hall, 9:30-3:30

Please pray for all the sick and suffering, including:

Mary Hardesty, Ed Haas, Bill Tate, Mark Klemme, Mary Jean Hartenbach, Jolene Molitor, Roger Brink

Hospitalization: If you are hospitalized, please let us know. Please call the office or ask a friend to call for you if necessary.

Communion Calls: If you would like to receive Communion but are unable to get to Mass because of illness or disability, please contact the parish office: 636-398-5270.

Prayer Chain Requests: Rita Langford at 636-398-4654 or email ritalangford4@gmail.com.

11th Sunday in Ordinary Time: Year B

[Jesus said,] "A man takes a mustard seed, the smallest seed in the world, and plants it in the ground. . . . It grows up and becomes the biggest of all plants. It puts out such large branches that the birds come and make their nests in its shade." MARK 4:31-32

Rosa Parks was a black seamstress. One day in Alabama in 1955, she was arrested, handcuffed, and jailed for refusing to vacate a bus seat reserved for whites.

That episode turned out to be the seed out of which grew the Civil Rights Movement.

Ten years later, at the Freedom Festival, Rosa was given the title "the First Lady of the Civil Rights Movement." Why do/ don't I believe that one person can make a difference in today's world?



Eleventh Sunday in Ordinary Time, June 17, 201



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Happy Father's Day

We offer this prayer to all the fathers, grandfathers, sons, uncles, family and friends who have shown us fatherly love. God bless you today and every day.

God our Father, in your wisdom and love you made all things. Bless these men, that they may be strengthened as Christian fathers. Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honor them always with a spirit of profound respect. Grant this through Christ our Lord. Amen.

Mass Intentions

Monday, June 18	
8:00am	Jack Hitt +
Tuesday, June 19	
8:00am	Randy & Lukas Schneider +
livin	g/deceased Wilbert Orf family
Wednesday, June 2	C
8:00am	Jerry & Janet Hespen 37th
Thursday, June 21	, i
8:00am	All Souls
	intention of Schipper family
Friday, June 22	
8:00am	Eugene Gehrin +
	Catherine Tillman +
Saturday, June 23	
8:00am	Jim Blondin +
	Scott Martin +
4:00pm	People of the Parish
	Tom Holstein +
Sunday, June 24	
7:30am	Ed Rabbitt +

9:30am

Sally Linn + Rick Hagan +

Erma Guinn +



To our wonderful parish family at IHM:

Our deepest gratitude for all your prayers and heartfelt concern for our son Steve. He is now home and recovering. God is good.

Thank you! Tom & Carole Baker

Contributions: June 9/10

General Offertory: Online – General Offertory: **Total Offertory:**

\$7,683.85 \$3,377.10 \$11,060.95

"For we must all appear before the judgment seat of Christ, so that each one may receive good or evil, according to what he has done in the body." 2 CORINTHIANS 5: 10

We are all accountable for the gifts God has given us our time, our talent and our treasure. Each of us is accountable not only for our own life but for the lives of others as well. One day God will ask each of us what did we do with the gifts we were given. How will you respond?

We pray to remain accountable for the gifts we have been given and to share them generously.

Heavenly Duster Purificators Pat Roche June Spiess

Needed at the Pantry

recycled plastic grocery bags; vegetarian vegetable soup, chicken noodle, cream soups; corn and green beans; cold cereal; peanut butter; canned fruit; pineapple, mandarin oranges, peaches, fruit cocktail, apple sauce; tuna helper, hamburger helper; canned chicken; ketchup; sugar; vegetable oil; bbq sauce; Bisquick; jello; and all purpose cleaning supplies.

In the Gospel, Jesus says, "This is how it is with the reign of God. A man scatters seed on the ground. He goes to bed and gets up day after day. Through it all the seed sprouts and grows without his knowing how it happens."

Through your almsgiving you are sowing seeds that grow far greater than you know. Your gift placed in the St. Vincent de Paul collection brings Christ's love and compassion to the poor.

Welcome to Immaculate Heart of Mary: Informed—Hospitable—Motivated



IHM Women Invited!! There's Still Time!!

ACTS Women's Retreat June 21-24, 2018 *"He Has Called Me By Name"* Pallottine Renewal Center

The retreat's goals are to allow an opportunity for each person to focus on their faith and its application in their daily lives, to build purpose in their prayer life, to increase their presence at the Celebration of The Eucharist, and to cultivate friendship among members of the church community.

The retreat begins Thursday evening, June 21, with check-in at 6:00 PM in the gathering area at St. Patrick and ends Sunday, June 24 at the 11:00 AM Mass at St. Patrick. Round trip transportation to and from the Pallottine Renewal Center will be provided.

Cost for each retreatant is \$250. If you are unable to pay all or part of the fee or need further information regarding the retreat, please contact Janet Hespen at 314-369- 6521, Laura Orf at 314-660-2011, or Joyce Hunsel at 636- 448-5117.

It's a great opportunity to get away with friends old and new to re-visit your spiritual journey.

Prayers For Women's ACTS Retreat 2018

In the back of the church there is a folder to sign up to pray for the women going on the ACTS retreat from June 21-24. We ask that those who are able commit to and sign up for an hour of prayer for these women sometime during that weekend. Thank you from the ladies of ACTS!

What's your Catholic Catechism IQ?

WHERE IS THE SPIRIT

- 1. The Holy Spirit is in the _____ which He inspired.
 - a. Wind b. Sound of Music
 - c. Scriptures d. Congress
- 2. The Holy Spirit is in the _____ to which the Church fathers are always timely witnesses.
 - a. Tradition b. Fiddler's Roof
 - c. Classic Music d. Fire
- 3. The Holy Spirit is in the Church's _____ which He always assists.
 - a. Stained Glass Blowers
 - b. Architectural Designers
 - c. Musical Composers d. Magisterium
- 4. The Holy Spirit is in the sacramental _____ in which the Holy Spirit puts us into communion with Christ.
 - a. Liturgy b. System
 - c. Blessings d. Writings
- 5. The Holy Spirit is in the witness of _____ through whom He manifests His holiness and continues the work of salvation.
 - a. Plaintiffs b. Defendants
 - c. Saints d. the Military

NAME OF THE SPIRIT

- 6. "Holy Spirit" is the proper name of the One whom we adore and glorify with the _____ and the _____.
 - a. Sign, Cross b. Cross, Switchblade
 - c. Father, Mother d. Father, Son
- 7. The term "Spirit" translates the Hebrew word *Ruah*, which, in its primary sense means _____.
 - a. Fire b. Read it and weep
 - c. I'm all in d. Breath, air, wind
- 8. Jesus calls Him (the Spirit) the _____ or Advocate, literally "He who is called to one's side."
 - a. Comforter b. Sleep Numbrer
 - c. Stand by Me d. Paraclete
- 9. "Paraclete" is commonly translated as _____
 - a. Two spiked shoes b. Warm feeling
 - c. Fireball d. Consoler
- 10. The Lords also called the Holy Spirit "the Spirit of _____."
 - a. Warmth b. Truth
 - c. Goodness d. Feelings



Eleventh Sunday in Ordinary Time, June 17, 2018

Fr. Larry Richards, a well-known preacher and retreat master, often gives the advice "No Bible no Breakfast, no Bible no Bed" challenging and encouraging folks to read the Bible frequently. Consider a goal to read at least the four gospels over the summer. A good translation is the RSV-CE or the NAB. Keeping other varieties of Catholic books around the

house will invite your child to learn more about her faith. Read them together, or just allow your child to explore the books on her own.





Janet Hespen, Youth Minister 314-369-6521

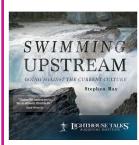
Hi IHM teenagers.

Please save these summer dates for fun,June 28:Movie night—details to followJuly 12:Slam dunk nightJuly 20-22:Stuebbenville Retreat in Springfield, MOJuly 26:Syran wrap nightHope to see you soon!Call me any time.

St. Paul Library / Lighthouse CD Resources

(Note: With close to 3000 items, the <u>Parish Library</u> is located in the Grand Hall past the restrooms. It is open during the week-normal business hours-and works on an honor system. Items from the <u>Lighthouse CD rack</u> are located and available in the Narthex.

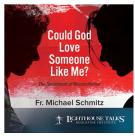
From the Lighthouse Catholic CD Rack: Narthex



In this empowering talk, Steve Ray shares what it means to be a Christian in today's world. By examining the lives and martyrdoms of the early Christians and understanding how they transformed the pagan Greco-Roman culture, Steve gives us a blueprint for the New Evangelization. Learn from early Christians how to swim upstream against the current culture and become a witness for Christ.

I have really enjoyed the CD's from Lighthouse but Swimming Upstream blew me away! I was not familiar with Stephen Ray but will now seek to hear a many of his lectures as possible! Wow, what an amazing, thought-provoking topic! Ordinarily once I listen to a CD, I send it along to my sister who lives across the country. But she isn't getting my copy of this! I will keep it on hand and listen

to it again and again! I am also going to look into purchasing several copies to hand out! Please include Mr. Ray in future monthly offerings. Thanks and God Bless! Marti - Saint Gabriel, LA



Fr. Mike Schmitz, one of the leading presenters in the Church today, speaks powerfully about the Sacrament of Reconciliation. He makes clear the truth that Christ deeply loves and wants to encounter each of us as we are, with all our imperfections. Fr. Mike debunks the lies we often believe about not being good enough to approach Jesus, and he draws upon Scripture to explain rationally why we go to priests to encounter God's mercy and forgiveness in Confession.

Fr. Mike gives a powerful and motivating message that will bless young and old alike! John - Silver City, NM

This talk filled me with the love of Christ. This may be my all-time new favorite talk. Debbie - Louisville, KY



Join the Holy Father's prayer intentions for June: Social Networks That social networks may work towards that inclusiveness which respects others for their differences.

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9. Consoler 692

10. Truth 692

7. Breath, Air, Wind 6918. Paraclete 692

6. Father, Son 691

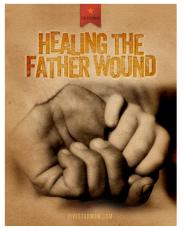
- 5. Saints 688
- 4. Liturgy 688
- 2. Tradition 688 3. Magisterium 688
 - 1. Scriptures 688

Catholic IQ Answers

elcome to Immaculate Heart of Mary: Informed—Hospitable—Motivated

Understanding and Healing the Father Wound

While Father's Day can be a joyful celebration for many, for others, it is a cause of painful memories and deep wounds. This is an excerpt from an article that addresses what has become known as "the father wound." For the full article, visit https://www.focusonthefamily.ca/content/understanding-and-healing-the-father-wound



We all come into the world helpless, dependent and needing acceptance, to be treated as worthy, and to be blessed. The father wound is the absence of this love from your birth father. The wound can be caused by:

Neglect - I am unimportant; Absence - Divorce, separation, death; Abuse - Mental, physical, sexual, spiritual; Control - Oppressive domination, withholding love, blessings and/or affirmation, deficiencies that lead to a profound lack of self-acceptance.

The effect of a father wound is low self-esteem, a deep emotional pain inside and a performance orientation that makes us "doers" rather than "beings." While salvation makes us new creations in Christ, it does not necessarily address this wound inside. We tend to have four barriers that inhibit the healing of this wound:

Pride - No will to confront or change, "I'm alright" - Sin - A blocked will that neither seeks to confess sin or receive forgiveness - The wound itself - Continuous emotional

hurt inside - Lies - Misconceptions about the Self, birth father and Father God. - Instead of going to the pain and receiving the healing we need, we tend to respond to life events by creating a misconception about our "Self."

Relationship to our birth father

When we hold a conception of our birth father as angry, violent, uncaring, indifferent, distant/withdrawn, absent/ abandoning, alcoholic, condemning and/or critical, we tend to believe the following words about ourselves: I am unworthy -- I am stupid -- I am incompetent -- I am unloved or unlovable. As long as we accept these words as truth, we will experience depressed, anxious and angry lives.

Relationship to God the Father

Often a person's image of God the Father is contaminated by the personal experience he or she has with the birth father. When misconceptions about God are present (i.e. that He is angry, judgmental, unhappy with me, fearsome, legalistic, quick to punish and slow to forgive . . .) the words we tend to believe are:

I am not good enough - I am guilty/shameful - I must work harder to justify myself. As long as we accept these words as truth, we will seek to perform and prove our worth through perfectionism and materialism, or seek addictions to cover up the pain.

Addressing the father wound

There are four steps to addressing the father wound: See the rest of the article at the link above or do a little more research on this topic. The glory of God is man fully alive, and if we haven't addressed a possible wound such as this, how can we expect to be fully alive?



Our next gathering will be TODAY, June 17 at 1pm in the Grand Hall. Bring your favorite game.

Golden Hearts is a community gathering of those 55 and older for social activities within our parish. We provide monthly opportunities to gather and enjoy each other's company and strengthen the bonds of community life.

Questions: call Jackie Hackett at 636-398-5605.

Readings for the Week

Mon:	1 Kgs 21:1-16; Ps 5:2-3ab, 4b-7; Mt 5:38-42
Tue	1 Kgs 21:17-29; Ps 51:3-6ab, 11, 16; Mt 5:43-48
Wed:	2 Kgs 2:1, 6-14; Ps 31:20, 21, 24; Mt 6:1-6, 16-18
Thu:	Sir 48:1-14; Ps 97:1-7; Mt 6:7-15
Fri:	2 Kgs 11:1-4, 9-18, 20; Ps 132:11-14, 17-18; Mt 6:19-23
Sat:	2 Chr 24:17-25; Ps 89:4-5, 29-34; Mt 6:24-34
Sun:	<u>Vigil</u> : Jer 1:4-10; Ps 71:1-6ab, 15ab, 17;
	1 Pt 1:8-12; Lk 1:5-17
	<u>Day</u> : Is 49:1-6; Ps 139:1-3, 13-15;
	Acts 13:22-26; Lk 1:57-66, 80

ANNUAL MISSION APPEAL NEXT WEEKEND

Please join us in welcoming Fr. Caluza, a Missionhurst—CICM (the Congregation of the Immaculate Heart of Mary) missionary who will be visiting our parish the weekend of June 23/24 to present a mission appeal. Fr. Ramon is from the foreign missions of the Republic of the Philippines and will be sharing his life and dedication to the people he serves.

Missionhurst—CICM was originally founded in 1862 for the conversion of China. Today, Missionhurst—CICM serves in some of the most remote places of Mongolia, Indonesia, Africa, Asia and Latin America. Unlike some relief organizations that come only when there is a news-making crisis, Missionhurst—CICM missionaries come prepared to stay, living among the people, sharing in their privations, and participating in the day-to-day effort needed to achieve life-long spiritual and material changes. In response to the people's most urgent need, Missionhurst—CICM missionaries may start a new farming project, build a new chapel or school or lay clean water supply lines.

Fr. Ramon will be preaching at all the masses and a second collection will be taken for Missionhurst-CICM.



Top Ten List: Fr. Tom once gave a homily in which he listed the "top ten" spiritual priorities that all of us are called to prayerfully put in place for all of us fully initiated into Christ.

1. Go to Mass every Sunday & Holy Day of Obligation 2. Make more frequent Confessions, at least quarterly. 3. Pray with Sacred Scripture as part of your daily activities. 4. Develop a daily habit of examining your conscience. 5. Pray the Rosary weekly if not daily. 6. Be generous with your bless-ings through charities and tithing. 7. Give of your time to the faith on the parish level or within the local Catholic community. 8. Continue to form yourself in learning as a disciple of Christ. 9. Examine your conversations. Are we criticizing or complaining more than we are praying? 10. Go to Mass more than once a week and find time to pray before the Blessed Sacrament.



1. Go to Mass every Sunday & Holy Day of Obligation

Fr. Tom prefaced these ten priorities by stating, "If there is only 1,2,3..etc things you do as a Catholic..." And at the top of the list, "If there is only one thing you do as a Catholic, go to Mass every Sunday and Holy Day of Obligation." The Catechism of the Catholic Church states: The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin. (2181)



Archbishop Robert Carlson made a firm statement in the St. Louis Review about this very topic: "I'm not going to sugar coat the truth. Too many Catholics ignore their solemn obligation to attend Mass every Sunday. Parents who fail to bring their children to Mass on the Lord's Day sin twice — by failing in their Sunday obligation and by being a source of scandal for their children. This is a serious problem for individuals, families, parish communities and for the whole Church. Sunday Mass is not optional. It is an essential requirement for all of us, and unless we have a serious reason, there is simply no excuse for missing Mass on the Lord's Day. If through your own fault you miss Mass on Sunday, you are committing a serious sin. You should not receive Holy Communion until you have gone to confession. ... It is here that we are fed with the Bread of Life. It is here that we prepare ourselves for discipleship and

service during the coming week. If we fail to worship God on the Lord's Day, we betray our baptismal promises and we neglect our responsibilities as disciples and as stewards of the mysteries of God. What could be more important than being with the Lord, and with our parish family, on the first day of each week? Surely our excuses fail miserably when compared to the opportunity to hear God's Word proclaimed and to receive Christ's gift of Himself in the Eucharist! Too many of us are letting the precious gift of faith slip through our fingers by our lazy and sinful ways — missing Mass regularly and excusing ourselves for reasons that are unworthy of faithful disciples of Jesus Christ. Wake up, brothers and sisters! Our salvation is at stake, and the evil one is only too happy to entice us down a path that leads to hell." For the full article, see <u>http://stlouisreview.com/article/2010-06-16/third-commandment</u>

A great parable / story to read to your children about the importance of Sunday Mass is from the introduction to Matthew Kelly's book: Rediscovering Catholicism. Watch the 5 minute video called "The Epidemic" at http://dynamiccatholic.com/confirmation/view-program/session-7/



Welcome to Immaculate Heart of Mary: Informed—Hospitable—Motivated

BLOOD DRIVE

Immaculate Heart of Mary

Tuesday, June 26

2:30 pm to 6:30 pm Founders Hall

#8 West Highway D

To schedule an appointment, call The Blood Center at 866.448.3253 or go online to www.bloodcenterIMPACT.org

Use sponsor code 9118 to schedule online Eat & hydrate well before donating **MUST bring photo ID to donate** Last date to donate elsewhere: 5/1/2018

MISSISSIPPI VALLEY REGIONAL BLOOD CENTER

NAR-ANON SUPPORT GROUP: Weekly meetings on Saturdays, 10:00 am in the Trailer at IHM.

Dynamic Catholic Alive!

Are You Humble?

Are you humble? What a tough question to answer! When we look at our Catholic history and tradition, we see that all the great saints were humble people who understood just how weak and sinful they were. In response, they continued to rely on the grace of God to overcome their weaknesses and to make them a new creation, capable of spreading the love and joy of Christ to others. Think about St. Joseph, St. Francis of Assisi, or St. Teresa of Calcutta. Are they not some of the most humble people you could ever imagine? This humility we are called to involves understanding where sin remains in our lives and seeking to overcome it. It involves walking the journey of life with sinners and not becoming self-righteous. It means that we must be quick to listen and slow to anger. How can you grow in humility to become a better witness for the Kingdom of God? archstl.org/dynamic



You might be interested...

Healing Prayer Service for the Divorced and Separated June 20, 7pm at the Cardinal Rigali Center We will pray night prayer, and hear a special homily from Fr. Timothy Noelker on loss. Prayer teams will be available to pray over anyone who wishes. Contact Melissa Keating at melissakeating@archstl.org or 314-792 -7173 for more information.

15th Annual Tee Off For Life Golf Tournament Monday, June 25 at Greenbriar Hills Country Club

Sponsored by Our Lady's Inn Maternity Homes. The tournament will feature lunch, 18 holes of golf, reception, silent auction, and more. Registration begins 11am. For more information or to register, call Katrina at 314-736-1544 or visit www.ourladysinn.org.

House Tour on The Hill June 24 from 1pm to 5pm

The tour includes 12 residences, ranging from renovated shotgun houses and bungalows to ultra-modern new construction homes. Visit buildings dating from the late 1800s and early 1900s. \$20 tickets may be purchased at <u>hillstl.org</u> or the day of for \$25. Sales limited.





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