



# THE MESSENGER

WELCOME TO THE CATHOLIC PARISHES OF ROBERTSON COUNTY

## ST. MICHAEL

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## OUR LADY OF LOURDES

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TENTH SUNDAY IN ORDINARY TIME

JUNE 5, 2016

## OUR LADY OF LOURDES

### MASS SCHEDULE

TUESDAY – None 6/7

WEDNESDAY - None 6/8

THURSDAY- None 6/9

FRIDAY – None 6/10

SATURDAY- No Morning Mass 6/11

VIGIL – 5:00 PM

SUNDAY - 10:30 AM

IN SPANISH - 1:00 PM

### CONFESSIONS

SATURDAY – None 6/11

BEFORE VIGIL MASS - 4:15 PM

### ROSARY

SATURDAY – 4:30 PM

### ADORATION

WEDNESDAY – None 6/8

SATURDAY – None 6/9

## ST. MICHAEL

### MASS SCHEDULE

SUNDAY – 8:00 AM

### CONFESSIONS & ROSARY

BEFORE MASS – 7:30 AM

## MUSIC OF THE MASS

**PROCESSIONAL:** “O Sacred Heart All Holy” #680

**OFFERTORY:** “I heard the Voice of Jesus Say” #572

## Pastor’s Column

To the Parishioners of Our Lady of Lourdes & St. Michael:

School is done, for the moment. Vacation time is upon us. It is also time for change and breaking of routine; perhaps to visit family; go the beach or mountains. But in all circumstances may we seek to renew, refresh and restore. At the beginning of the summer when I was age 15, my Dad calmly announced that my brother and I were not going to sit around all summer; that we were going to find summer jobs. How, we asked? Well, you get on your bike and knock on doors. We did, but that change was one

of the scariest things I had to do up until then. So I tried the A&P supermarket (if you are of a certain age you will remember the A&P), and worked my way down the main road in our town. I ended up washing dishes at the local Howard Johnson’s restaurant, *the* chain to eat back then, now all gone. My brother got a job as cook at the local A&W drive-in hamburger stand. They were way before Sonic. I earned money for my car I was learning to rebuild (with my Dad’s help); it got me out of the house and gave me a lifetime of  
*(Continued on Page 2)*

experiences and stories. At first, the change of working late into the night came as a rude shock, but I and the family got used to it.

Msgr. Pope wrote a couple of years ago that there are three words that can change your well-being in our physical, emotional and spiritual life. They are: Move, Breathe and Trust. , “Move” pertains to the physical, to the body; “Breathe” to the emotional and psychological, and “Trust” to the spiritual. When he says “move” he means exercise. Walk daily if you can. If you need to start by just walking half a block and back, start there and increase it every day. But move. Take the stairs when you can, walk instead of driving if you can. Get off the sofa. “Walking is low impact, and gentle. It promotes aerobic breathing, rather than the panting of running. It requires little or no equipment, and provides time for praying, listening to music or podcasts, talking with a walking partner.”

Breathe. “Most of us don’t know how to breathe. We breathe with our chest and only fill the top of our lungs. It isn’t hard to learn how to breathe more properly, how to use the belly to breathe...To breathe is to get in touch with our innermost self, and also our body. Breathing is very spiritual. As we breathe in, we receive the blessings of God. As we breathe out we let go of inner stresses and struggles. Exhaling is a form of release, inhaling a form of receiving...Deep breathing can be very relaxing, it reduces stress and is a wonderful way to prepare ourselves to pray. Too many of us are out of touch with our body and our very self. Breathing can reconnect us to our self and to God. Too many of us store up a lot of stress. We need to learn how to exhale. Too many of us live on fumes. We need to learn how to draw more deeply from the life-breath God offers.”

Trust. “The root of all my anxiety, I have ever experienced, comes down to one fact, I did not trust God. To the degree that I have learned to trust God, I am less anxious. In fact I will say, I rarely get anxious anymore. It is the result of a 15 year journey out of panic disorder into trust. First the illusion of “control” is a big enemy of trust in God. Control is ultimately an illusion. You may have a few things under your control, such as what you will eat for dinner, where you will shop for clothes etc. But even the things and plans you have, and think you can control are based on innumerable things that you cannot control, like the next beat of your heart... We always think that if we can be in control we will be less anxious. This is not so. The great paradox about serenity is that acceptance of the fact that there are many things we cannot control reduces anxiety and brings peace. “You are not in control” is a “hard” truth that brings great serenity and induces trust if we come to accept it.” We forget our gratitude to God. To remember is to discipline my mind and heart to ponder how good and faithful God has been; to spend time every day considering the gifts and graces of God, how He has sustained and provided for me. This makes me grateful and different. It also builds trust, and trust drives our fears, resentments, and all forms of anxiety. Through gratitude I become a man of hope. That is, I confidently expect God’s help and providence to see me through to my goal of being with Him in Glory.”

In our “changes” this summer, don’t forget to move, breathe and trust.

ad Jesum per Mariam, (to Jesus through Mary)

Fr. Dean

## TOTUS TUUS, VACATION BIBLE SCHOOL

### DATES:

The teen program, grades 7-12 begins Sunday, June 19 thru Thursday, June 23 from 7:00 - 9:00 pm.

Grades 1-6 will attend Monday, June 20 thru Friday June 24 from 9:00 am - 2:30 pm.

### LOCATION:

Our Lady of Lourdes Parish Hall and Church. There will be a daily Mass at 11:15.

### COST:

\$20 for the first child, \$10 for the second child and free for all others. Please do not let the cost keep you from attending.



Full and partial scholarships are available from the parish. Please indicate need for scholarships on the registration form.

### FOOD:

A snack will be provided for the daytime children and the teen program. Daytime students are asked to bring a lunch and drink. We do have microwaves for heating up lunches.

### PARISH POTLUCK:

Wednesday, June 22 at 6:00 pm we will be having a potluck supper. Bring your favorite dish to share with everyone. Enjoy the evening meeting the missionaries and experience some of the things the children are learning. We are hoping to have t-shirts available to purchase this night as well.

**SECOND  
COLLECTION  
HAITI**

# SAVE THE DATE



9:00 AM – 3:00PM  
SATURDAY, AUGUST 6, 2016  
CATHOLIC PASTORAL CENTER  
2800 MCGAVOCK PIKE  
NASHVILLE, TN 37214

Open to all Priests, Deacons, DREs, RCIA Leaders & Team Members  
Details to Follow!

Questions? Contact Sheri Isham or Joan Watson  
615-383-6393

## ST. LAWRENCE ANNUAL BBQ

St. Lawrence will host their annual BBQ picnic, Saturday, August 6th from 1:00 to 8:00pm. Any students, rising eighth graders through high school, needing service hours and would like to volunteer to work, please contact Tom Wagner at 615-299-8018.

St. Vincent de Paul is working with a family that is in need of a laundry dryer. Please call us at 615-756-5623 if you have a dryer or other household items to donate.



## KNIGHTS OF COLUMBUS MEETING MONDAY, JUNE 13 AT 7:00 PM

### PRAYING FOR THE PERSECUTED CHURCH

We are witnessing in our day and time an unprecedented increase in Christians who are under threat. "Discrimination, injustice, assault, kidnap, forced conversion, torture and death are realities for millions of Christians around the world today, especially in Syria, Iraq, Pakistan, Sudan and Nigeria – and the situation is getting worse," according to the Aid to the Church in Need. Aid to the Church in Need is a Pontifical Foundation of the Catholic Church that supports the Catholic faithful and other Christians where they are persecuted, oppressed or in spiritual need.

The foundation is calling upon the faithful to pray for persecuted Christians. Please consider adding the prayer provided by the Aid to the Church in Need to your daily devotions.

*Pray for Persecuted Christians*

*Father in Heaven, you make your sun shine*

*on good and bad alike.*

*Your Son Jesus Christ died for us all and in his glorious Resurrection He still retains the five wounds of his*

### CONGRATULATIONS

Congratulations to Chris and Ivy Biggs on the birth of their twins  
David Jerry Biggs 6lbs 5 oz & Jacob Vernon Biggs 6lbs 15 oz

### FORTNIGHT FOR FREEDOM BEGINS JUNE 21

The U.S. Conference of Catholic Bishops and Catholic Dioceses around the country will again focus attention on threats to religious freedom during a two-week period this summer. The Fortnight for Freedom will be held from June 21 — the vigil of the Feasts of St. John Fisher and St. Thomas More — to July 4, Independence Day.

This year the Fortnight for Freedom will draw attention to the lives of more than 14 women and men from all over the world who have served as witnesses to authentic freedom in Christ.

In the United States, the Little Sisters of the Poor and other religious organizations have refused to compromise their beliefs to comply with the U.S. Department of Health and Human Services' contraceptive mandate. The Little Sisters have said, "We simply cannot choose between our care for the elderly poor and our faith."

...The mandate would force the Little Sisters to arrange for coverage of abortion-inducing drugs, contraceptives, and sterilization in their employee health plans. If the Little Sisters do not arrange for coverage of these "services," then they face massive fines from the federal government, totaling approximately \$70 million per year.

The Little Sisters were forced to sue the federal government to stave off these potentially crushing fines on their ministry. The U.S. Supreme Court recently sent the case back to lower courts for further review. The Little Sisters have argued that religious freedom exists not only for houses of worship, but also for those who serve others, such as in ministry to the poor.

The Little Sisters of the Poor beg for all that they need to take care of the elderly poor, and they do not accept guaranteed forms of income. Their founder was a French woman, Jeanne Jugan, who gathered a small community of single women to take care of the poor in rural France in the early 1800s. The group became an order now known as the Little Sisters of the Poor. Jugan was canonized by Pope Benedict XVI in 2009.

The Little Sisters' mission is "to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to himself." The Little Sisters arrived in the United States in 1868 and now have 27 nursing homes across the United States, where they take care of poor elderly residents.

# PRAYER LIST

## HEALING

\*Sandra Armour  
\*June Bell  
\*Dorothy Bradley  
\*Robert Bradley  
\*Richard Bogart  
\*Cheryl Bush  
\*Jerry Bush  
\*Helen Byrne  
\*Don Cole  
\*Eva Davanport  
\*Bea Heatherly  
\*Thelma Lee  
\*Ann Marie Legate  
\*Rosa Priest  
\*Nora Rabie  
\*Mary Senecal  
\*Robert Senecal  
\*Gloria Snow  
\*Mary Stout

## PETITIONS

\*For the respect and protection of human life.

## DEPARTED AND THOSE WHO MOURN

\* *Eternal rest grant to them, O Lord: and let perpetual light shine upon them.*

## HOMEBOUND

### OUR LADY OF LOURDES

\*Dorothy Crosslin  
\*Mary Ann Klimek  
\*R.C. Boyle  
\*Dorothy Johnson  
\*Tom Crumpler  
\*Dennis Zawierucha  
\*Patty Zawierucha  
\*Mary Dempsey

### ST. MICHAEL

\*John Baker  
\*Elizabeth Jenkins  
\*Robert & Regina Head

## ASSIGNMENTS

### OUR LADY OF LOURDES

**Vigil – 6/11/2016**

*Lector:* Colleen Felts  
*Extraordinary Ministers:*  
Pam Burton & Carol Huddleston  
*Altar Servers:*  
Volunteer  
*Ushers:* John Schwarz & Volunteer

**SUNDAY – 6/12/2016**

*Lector:* Lynn Wiemelt  
*Extraordinary Ministers:*  
Dick Joyce & David Johnson  
*Ushers:* Don Owens & Volunteer  
*Altar Servers:*  
Taw & Cuinn Owens  
*Collection Counters:* Claude Burton & Mel Warnecke

### ST. MICHAEL

**SUNDAY – 6/12/2016**

*Lector:* John Restey  
*Extraordinary Ministers:*  
Anna & Jim Conaghan  
*Usher/Greeter:*  
Mary Jackson  
*Collection Counters:*  
Sandy Sawyer & Jim Schott

## GOSPEL: June 6 - 11

**MONDAY:** *Matthew 5:1-12*  
**TUESDAY:** *Matthew 5:13-16*  
**WEDNESDAY:** *Matthew 5:17-19*  
**THURSDAY:** *Matthew 5:20-26*  
**FRIDAY:** *Matthew 5:27-32*  
**SATURDAY:** *Matthew 10:7-13*  
*St. Barnabas*

## OFFERING

May 29  
**OUR LADY OF LOURDES**  
Parish: \$3,205.51  
**ST. MICHAEL**  
Parish: \$2,693.00

## MASS INTENTIONS

SATURDAY VIGIL MASS	5:00 PM	For the intentions of Rita Erickson by Amy Brandon
SUNDAY MASS	8:00 AM	For the repose of the souls of Andrew & Joan Catignani by Tony & Cathy Cotter
SUNDAY MASS	10:30 AM	For the repose of the soul of Lois Traugher by Terry & Patricia Avril
TUESDAY MASS	8:30 AM	No Mass
WEDNESDAY MASS	6:30 PM	No Mass
THURSDAY MASS	8:30 AM	No Mass
FRIDAY MASS	8:30 AM	No Mass
SATURDAY MASS	8:30 AM	No Mass

The Altar flowers at Our Lady of Lourdes are donated by The Hostettler Family