

# Twenty-Fourth Sunday in Ordinary Time

## September 16, 2018



### MASS SCHEDULE AND INTENTIONS: SEPT. 15 TO SEPT. 23

(L) indicates a living intention

|                  |                          |  |
|------------------|--------------------------|--|
| <b>Saturday</b>  | <b>Sept. 15</b>          | <b>Twenty-Fourth Sunday in Ordinary Time</b> |
| 4:30 pm          | Thomas Stock             | Edwina Dias & family                         |
| <b>Sunday</b>    | <b>Sept. 16</b>          |  |
| 9:00 am          | Our Parishioners         |  |
| 11:00 am         | Mark Julius Coelho       | Pat & Donny                                  |
| <b>Monday</b>    | <b>Sept. 17</b>          |  |
| 8:30 am          | Cizaltina Pereira Cabral | Family                                       |
| <b>Tuesday</b>   | <b>Sept. 18</b>          |  |
| 8:30 am          | Anna & family (L)        | Rose & Julia                                 |
| <b>Wednesday</b> | <b>Sept. 19</b>          |  |
| 8:30 am          | Nolasco Unson            | Melanie & family                             |
| <b>Thursday</b>  | <b>Sept. 20</b>          |  |
| 8:30 am          | Cizaltina Pereira Cabral | family                                       |
| <b>Friday</b>    | <b>Sept. 21</b>          |  |
| 8:30 am          | Mabel Oliveira           | Estate                                       |
| <b>Saturday</b>  | <b>Sept. 22</b>          | <b>Twenty-Fifth Sunday in Ordinary Time</b>  |
| 4:30 pm          | Annette Sotelsek         | Mary & Guy Taillon                           |
| <b>Sunday</b>    | <b>Sept. 23</b>          |  |
| 9:00 am          | Our Parishioners         |  |
| 11:00 am         | Dean Stock               | Cathy, Phil & family                         |

### **SANCTUARY LAMP (Week)**

September 16: Leo Fernandes, requested by Ron & Joy Pinto

September 23: Rina Reda, requested by Julia Principe

### **THANK YOU FOR YOUR CONTRIBUTIONS**

**August 25/26** Offerings: \$ 4,171.50 Building Fund: \$ 1,627.00

**September 1/2** Offerings: \$ 5,204.00

**September 8/9** Offerings: \$ 4,603.40 Helping Others (Kerala) \$ 3,135.00

Next Special Collection: Needs of the Canadian Church – September 23

### **PRAYER BEFORE MASS**

Come, Holy Spirit, quiet my heart and my head, as I gather with my family, friends and neighbors to celebrate Mass.

Quiet the thoughts and distractions that will keep me from worship.

Open my mouth in prayer and song.

Open my ears to hear God's word.

Open my eyes to the mystery of the Eucharist.

Open my heart to receive Jesus with love.

May I go forth strengthened to take the Mass into my life this week. Amen.

**THANK YOU TO MATTHEW AND ASHLEY REDMOND** for their generous donation of \$250.00 for our new Mass cruet set. Their donation is made in memory of their late uncle, Henry Redmond.

## WANT HAPPINESS? LIVE YOUR FAITH



Scientific research shows that people who practise their religion are more likely to have a happier, longer life and to cope better with life's difficulties, a leading Irish psychiatrist has told a Dublin youth conference. "The overwhelming weight of evidence so far indicates that being actively involved in religious events is psychologically beneficial for individuals," said Professor Patricia Casey. Religious practice also carries a range of benefits for society, "relating to everything from stability of marriage to crime and to suicide." If it has strong personal

benefits, "then it obviously has benefits for society as well," remarked the psychiatrist.

This positive impact of religion on society needs to be stressed today in particular, she believed. "It's an important message at a time when religion is often criticized as being a socially divisive force and mainly repressive," she said. Professor Casey is the author of "The Psycho-social Benefits of Religious Practice", a review of the international research on the topic. She was speaking to 250 participants at the recent Legion of Mary Youth Conference. Among the benefits of religious practice which she noted were:

- \* marriage stability: couples who practise the same religion are the most stable and committed while marriages in which neither spouse is religious are most at risk

- \* teenagers are less likely to engage in risky activities such as sexual behaviour, alcohol or marijuana use, smoking, and truancy. They also have a better sense of their own dignity

- \* less depression: those who attend church regularly have fewer depressive symptoms than average, whatever their age or sex. On the other hand, "those who described themselves as 'spiritual', rather than 'religious', had more depressive symptoms"

- \* religious practice helps people to cope with bereavement

- \* it reduces the chances of a person committing suicide

- \* it significantly increases a person's chances of living longer

According to Dr. Casey, research on the benefits of religion has exploded in recent years, and the growing evidence for the positive impact of religion is leading some psychiatrists to look again at its proper role in patient care. It is increasingly argued, for example, "that if a patient is religious this should be taken into account by his or her psychiatrist and it should be seen as a potentially positive force in the person's life, with a role to play in the healing process." The problem, in many cases, however, is that the psychiatrist's own hostility to religion may be an obstacle to proper care for a patient. But more than two-thirds of the 126 medical schools in the US now run modules on religion and healing, up from just three in 1992. Dr Casey's study is available at [www.ionainstitute.ie](http://www.ionainstitute.ie) "Alive" Catholic Monthly Newspaper, Dublin

### FAITH FIRST NEWS

**First Communion Info Meeting** for parents with children celebrating in spring 2019 (second year), Tuesday, Sept. 18 from 7pm-8pm, in the Church

**Confirmation Info Meeting** for parents with children celebrating in spring 2019, Tuesday, Sept. 18 from 8pm-9pm, in the Church

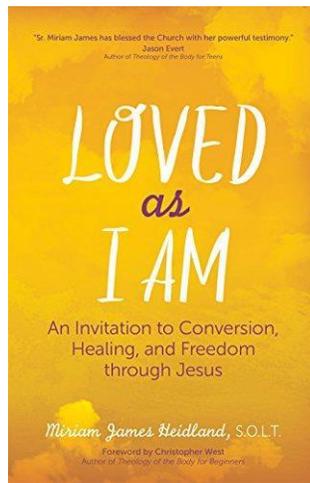
### Orientation for parents new to the program

Thursday, Sept. 20 at 7:00pm, in the Church Hall

Info: 514-626-4111 ext. 224 or [faithfirst@becket.ca](mailto:faithfirst@becket.ca)

**MEET AND GREET RESUMES** on Tuesday, October 9, after morning Mass. All welcome to join us in Cahill hall.

## WORTHWHILE READING



***Loved as I Am: An Invitation to Conversion, Healing, and Freedom Through Jesus*** by Sister Miriam James Heidland (Foreword by Christopher West)

Sr. Miriam's story in this short, highly-readable memoir is one of recovery and hope through Christ. A talented, successful young woman who seemingly has everything going for her, she secretly suffers from feelings of abandonment, the pain of abuse, and the burden of addiction. Through the intervention of her loving mother and the mentoring of a priest, she finds her calling to religious life. As she embraces the love of Christ, she finds courage and healing. Sr. Miriam artfully weaves the wisdom of the Gospel and writings of Church scholars into

her personal story and reflections.

Throughout the book, she gently challenges the reader to reflect on his or her own attitudes and experiences. How do we see ourselves in relation to God? How do we treat ourselves and others? How do we deal with our own pain and feelings of loss? Far from being preachy or overbearing, it reads like a conversation with a good friend. Through the recounting of her own experiences, Sr. Miriam invites us along on her journey to find true and ultimate love.

### **OPEN HOUSE AT THE SACRED HEART SCHOOL OF MONTREAL:**

Fifth and Sixth grade girls considering enrolment at Sacred Heart - the only English Catholic all-girls high school in Montreal - are invited to visit our Open House on Saturday, September 22, 12:30 p.m. to 4 p.m. or Tuesday, October 2, 4 p.m. - 7 p.m. 3635 Atwater Avenue, Montreal, H3H 1B3. Inquire about our generous Bursary Program. Parking available. 514-937-2845 or [admissions@sacredheart.qc.ca](mailto:admissions@sacredheart.qc.ca) [www.sacredheart.qc.ca](http://www.sacredheart.qc.ca)

**CWL ZUMBA SATURDAY CLASSES IS BACK** – Saturdays, 10-11 am in the Parish Hall. \$5.00 per class. For more info contact Louise Valin 514-679-6254 or Gina Robertson 514-626-3648.

**ST. THOMAS À BECKET CATHOLIC WOMEN'S LEAGUE** meets once a month and holds events for the benefit of our parish and larger community. First meeting of the season: Saturday, September 22, 11am in Cahill Hall. Guest speaker, Dr. Margaret Million will speak on the history of the CWL. The invitation is open to all women of the parish who would like to find out what this sisterhood is all about. Light pot-luck lunch is served. Michelle (514) 694-8879.

**FABRIC SALE** Sponsored by St. Veronica's CWL Saturday, September 29, 10:00 a.m. – 2:00 p.m. "Fat Quarter" Cottons \$1 each. Various notions and fabrics. Low prices.

**THE MONTHLY WOMEN'S DAY RETREAT** program will resume on Wednesday, September 19 at Villa Saint-Martin, 9451 Gouin Blvd, W., Pierrefonds, (just west of Highway 13). Registration: 9:15 a.m.. Animator; Sr. Pat O'Neill, SNJM. Includes talks, music, quiet time for personal reflection and prayer, sharing, and Mass. ALL women welcome. Please bring a brown bag lunch; coffee and tea provided. Suggested donation: \$15.00. Pre-registration not required. Info: (514) 696-8188.

**BECKET PANTRY NEEDS:** rice, crackers, side dishes, stew, jello, pudding, juice. Thank you.