

THE BAPTISM OF THE LORD

January 12, 2020

PLEASE PRAY WITH US FOR:

Amenia	Mon.	Jan. 13	8:00 am	Frieda & Henry Eckardt
"	Tues.	Jan. 14	8:00 am	James W. Killmer, Jr.
"	Wed.	Jan. 15	8:00 am	Eugene Ketchum
"	Thurs.	Jan. 16	8:00 am	NO MASS
"	Fri.	Jan. 17	8:00 am	Richard Delgado
Pine Plains	"	"	12 noon	Fr. Carlos Rodriguez
Amenia	Sat.	Jan. 18	8:00 am	James W. Killmer, Jr.
"	"	"	4:30 pm	Walter Shannon

Pine Plains	Sun	Jan. 19	8:00 am	Hildagard Costello
Amenia	"	"	10:45 am	People of the Parish

"HEALING OF MEMORIES "

Dear Friends:

There has been a development in psychology and religion that is called "The Healing of Memories." This is a process where the individual goes back over painful memories in an attempt to heal these difficult memories.

There are different methods in this healing. I came upon one technique that appears within a Catholic context. The process is similar to the first five stages of facing death (outlined by Elizabeth Kubler-Ross). These stages include anger, depression and hopefully at the end, acceptance.

Writers Dennis and Matthew Linn propose that two things are especially helpful in healing memories: telling one's story to friends, and telling one's story to Jesus. People are encouraged to tell Christ about the anger involved. Also important is bringing the sentiment to Christ that one is very willing to forgive the person who caused the hurt.

What is especially important in the Catholic tradition is to bring these healed memories and lingering anger to the sacrament of confession. In the sacrament of confession, hopefully, these hurtful feelings are presented to God. And God blesses us with the ultimate healer of memories, forgiveness.

On the other hand, I have been thinking a great deal about the blessing of good and happy memories. This involves a conscious attempt to recover memories that are positive and joyful. This is not only helpful and healthy but perhaps even effectively "crowding out" the unhappy memories that are part of our life.

I see this as especially helpful in dealing with the loss of a loved one. Losing a loved one is a difficult and painful event. But perhaps if we recover and reflect on the happy memories of our loved ones, we can discover the treasure of our memories and somewhat deal with the pain of loss.

But recovering our good and happy memories is also a way of staying positive. Holding on to our happy memories can not only make us more at peace, but make us move closer to the love and power of God.

Fr. Wilson

CONFESSION - Confession is available every Saturday afternoon from 3:45 pm to 4:15 pm at Immaculate Conception in Amenia. Reconciliation is a sacrament of healing by which we receive God's merciful forgiveness for our personal sins and experience the powerful love of God.

LET GOD LOVE YOU - Have you ever seen a parent scoop up a child and hug him closely as if he couldn't get enough of that beloved child? That's how God feels about you. He loves you dearly. Open your heart to Him. God is always ready to forgive. We are the ones who forget to ask. Meet Him in Confession regularly. As a loving Father, He waits for our next visit and longs for our love. Don't miss a chance to meet Him at Mass and in daily prayer. And, as a good Father, He waits for the day when all His children will come home to Him and rest forever in His arms.

PLEASE PRAY FOR THE SICK OF OUR PARISH : Gerhard Herron, Evan Ciovacco, Lydia Casey, Mark Hamm, Grover Williams, Stephanie Merenda, Carol Wilson, Dawn Hazel Burrows, Jordana Bell, Lori DeLucca, Amanda Carneski, Linda Sartori, Winifred Capowski, Arthur Nadeau, LuAnn Ballantine, Frank D'Agostino, Danny Hagerty, Sonja Kelly, Mike Butts, Erin D'Elia, Richard Piccoli, Dominic Nannetti, Santino Delfino, Ricky McGhee, John Daubman, Joseph Licurse, Joanne Balek, Michael Engel, Theresa Thompson, Linda Mary Dick, Leela Niranjana, Ralph Locantore, Fred Arni, Brandon Rojas, Leah Rost, Susan Consentino, Pat Boice, Arietta Carroll, Flo Vinchiarello, Cecilia Cummings, Mary Wilkinson, Evelyn Tompkins, Mary Simmons, Marjorie Arni, Teal Burns, Jane Bly, Jennifer Boice, Nora Miller, Allen McPeck, Diana LaCurto, Genevieve Minischetti, Anita Nichols, Kathleen McGuire, Loretta Heller, Scott Traver, Douglas Wilson, Donna Whalen, Stephen Bida, Leah Eurvard, Meghan King, Christine Darby, Peter Hill, Patricia Macura, Jerard Kain, Margaret and Roger Gregoire, Kyleigh Cummings, Caroline McEnroe and Kristin Paraszti.

VINE & BRANCHES - The winner of the 50/50 was Donald McGinness. The split was \$50.00. Our food closet in December provided food for approximately 47 people. Our next food closet will be on Saturday, January 18th at 10:00 am in our gym.

ALTAR ROSARY SOCIETY - As the Altar Rosary Society Luncheon will be held on Sunday, January 12th, the Altar Rosary Society meeting on Monday, January 13th will be cancelled. The next meeting will be on Monday, February 10th.

PINE PLAINS COUNCIL OF CHURCHES - The Pine Plains Council of Churches will hold an Ecumenical Unity Prayer Service on Sunday, January 19, 2020 at 4:00 pm at the Pine Plains United Methodist Church. Let us unite with our fellow believers in prayerful unity as we are all one in God's creation. Prayer is very necessary but Action speaks louder. Please join us.

CHAUNCEY STILLMAN MEMORIAL MASS - On Friday, January 24th, at 5:00 pm, Immaculate Conception Parish in Amenia will host the Annual Memorial Mass for Chauncey Devereux Stillman, founder of the Wethersfield Foundation and the Wethersfield Institute for Catholic Thought. Light refreshments will be available following the Mass.

TRAVEL THIS SUMMER WITH BISHOP GERARDO COLACICCO - Travel this summer with Bishop Gerardo Colacicco to the great Marian Shrines of Lourdes and Fatima/Spanish cities of Segovia and Avila and maritime city of Lisbon. Dates: July 6-16, 2020 Cost: \$3495 from NY JFK. Call 1 (800) 334-5425 or go to www.syversentouring.com.

WHO DO YOU SAY THAT I AM? In his new book, *Who Do You Say That I am?*, Leo Gafney reflects on conversations with Jesus in the gospels. He also considers how Jesus' teachings impacted the saints and how we might put ourselves in the story. The book is available from Twenty-Third Publications and from Amazon. You may also contact Mr. Gafney at (860) 435-2173; the cost of the book is \$15.00.

COR13 - A retreat for Catholic dating couples will be held on Saturday, February 22, 2020 from 9 am to 8 pm at Mount Saint Mary College, 330 Powell Avenue, Newburgh, NY. The cost is \$50.00 per couple. Come set aside a day with your significant other to build your relationship both with each other and God! Cor13 is a Catholic dating retreat based on the model of love outlined in 1 Corinthians 13. Through inspiring talks from couples of every walk of life, opportunities for Mass and prayer, and activities to grow closer to your significant other, you'll invest in your relationship and connect with other Catholic couples who value the same things you do. Plus, the day will end with a "date night" featuring a multi-course plated dinner and couples' activity. Learn more and register at cor13retreat.com.

WHY DO CATHOLOCS DO THAT? Why do we cross our forehead, lips and chest before hearing the Gospel at Mass?

This gesture of signing ourselves with the Cross is a way of praying, "***May the Lord be in my mind, on my lips and in my heart.***" It is said prior to the reading of the Gospel as a way of prayerfully inviting Christ to come to us in these ways as His sacred Word is proclaimed. The hearing of the Gospel must change our minds, it must be proclaimed by our lips, and it must affect our heart. By heart we especially mean our will, affections, emotions and passions.

So the next time you sign yourself with the Cross before the Gospel be mindful that it's more than just an external gesture, it is also a prayer and an invitation to Christ.

SUNDAY COLLECTION - Last weekend, January 4-5, 2020, we collected \$4,115.00 in our Regular Sunday Collection and \$1,048.52 for Catholic Communications and Catholic University. On Dec. 31, 2019 -Jan. 1, 2020, we collected \$1,906.30 for the Solemnity of Mary. I thank you for your presence, your generosity and steadfast commitment to our Church. I pray that God will continue to bless you and your families.

PRAY FOR THOSE SERVING IN THE ARMED FORCES: Timothy Walsh, Joshua O'Hara, Connor Washburn, Sam Kent, Jordan Paraszti, Gavin Carroll, Richard C. Belliveau, Jimmy Darnell, Mike Mazza, Nathan Tong, Mark Hall, Tyler Jasmin and Austin Cummings. Please keep our servicemen and their families in your prayers especially during these tumultuous times.