

TWENTY-THIRD SUNDAY IN ORDINARY TIME September 6, 2020

PLEASE PRAY WITH US FOR:

Amenia	Mon.	Sept. 7	8:00 am	Florence Carroll
"	Tues.	Sept. 8	8:00 am	Francis X. & Mary Ellen O'Rourke
"	Wed.	Sept. 9	8:00 am	Deceased Members of the Parish in the Immaculate Conception Cemetery in Amenia
"	Thurs.	Sept. 10	8:00 am	NO MASS
"	Fri.	Sept. 11	8:00 am	Albert Nolletti
Pine Plains	"	"	12 noon	Margaret & Harold Morford
Amenia	Sat.	Sept. 12	8:00 am	NO MASS
"	"	"	4:30 pm	Katherine M. McMahon
Pine Plains	"	"	6:15 pm	Maria Louisa Cavanna

Pine Plains	Sun	Sept. 13	8:00 am	Elisa & Joseph Liberta
Amenia	"	"	10:45 am	People of the Parish

"STRESS"

Dear Friends:

In this time of the coronavirus epidemic, it seems everyone is dealing with stress. Stress is everywhere. Financial problems, unemployment, rules and restrictions and general fear and insecurity are causing great stress. It seems often that people are on edge everywhere.

How do we deal with this stress? How can we calm down enough to carry out our daily responsibilities? There are different ways.

I was able to recently read about technology and medicine in regard to human behavior. One thing that is very popular is the "wrist watches" that are fitness oriented through modern technology. (I don't own one). Many know of "Fitbit" as there are some 30 million being used in the U.S. There are also Apple watches, "Whoop" and Garmin watches.

These devices show great promise in people being able to observe and monitor their health. And logically, if one is aware of one's health, one is more at peace about one's health. That can help one to overcome some stress. There are even discussions about how these monitors can someday diagnose the flu or covid-19 in people.

Very often this stress leads to anxiety, which can be very serious. Science again is looking carefully at this. Patrick Wilson, a professor of exercise science, suggests techniques to deal with anxiety. "Strategies" to combat anxiety include "mindfulness, slow deep breathing and listening to relaxing music." Wilson is researching these techniques.

There are many different ways to deal with stress and anxiety. I have always felt that faith is one of the best ways to deal with these problems. A deep and lasting and living faith can do great things. Faith can overcome worry, which is a constant source of mental illness. Faith can bless people with a sense of calm, since a faithful person knows God is in charge and wants all of His followers to stay calm. Faith can deal directly with fear, for Jesus tells us repeatedly through the Gospels to "be not afraid."

There is no "magic pill" to take away stress and anxiety. But a strong, living, mature faith can sure help.

Fr. Wilson

PARISH OFFICE - The Parish Office will be closed on Monday, September 7th, in observance of Labor Day.

A Prayer for Labor Day

Lord on this Labor Day, we thank you for the blessing of work.

We ask for strength to complete each day.

We ask for rest when we are weary.

We ask for your guidance and hope for everyone seeking employment.

**We ask that You be with those faces we might never see
but who work tirelessly each day**

*for the good of all of us. Amen.
Amen.*

PLEASE PRAY FOR THE SICK OF OUR PARISH : Gerhard Herron, Evan Ciovacco, Lydia Casey, Grover Williams, Stephanie Merenda, Carol Wilson, Dawn Hazel Burrows, Jordana Bell, Lori DeLucca, Amanda Carneski, Winifred Capowski, Arthur Nadeau, LuAnn Ballantine, Frank D'Agostino, Sonja Kelly, Mike Butts, Erin D'Elia, Richard Piccoli, Dominic Nannetti, Santino Delfino, Ricky McGhee, John Daubman, Joseph Licurse, Joanne Balek, Michael Engel, Linda Mary Dick, Leela Niranjana, Ralph Locantore, Fred Arni, Brandon Rojas, Leah Rost, Susan Consentino, Pat Boice, Arietta Carroll, Cecilia Cummings, Mary Wilkinson, Evelyn Tompkins, Mary Simmons, Marjorie Arni, Teal Burns, Jane Bly, Jennifer Boice, Nora Miller, Allen McPeck, Genevieve Minischetti, Anita Nichols, Kathleen McGuire, Loretta Heller, Douglas Wilson, Donna Whalen, Stephen Bida, Leah Eurvard, Meghan King, Patricia Macura, Jerard Kain, Margaret and Roger Gregoire, Kyleigh Cummings, Caroline McEnroe, Patty Cassidy, Kathleen Herron, Michael Gaddis, Catherine DiRe, Baby Gemma Dadone, Joe Gatto, Raymond Proper, Jr., Joan Moriarty, Michael Tozzi, Daniel Briggs, Brett Porter, Alice Phillips and Carl Stahovic.

PLEASE PRAY FOR THE RECENTLY DEPARTED IN OUR PARISH: Thomas Carberry, Theresa Thompson, Christine Lombardi, Richard DiCarmine, Mark Hamm

RELIGIOUS EDUCATION REGISTRATION for 2020-2021 - In order to comply with the restrictions to safely open our Religious Ed Program during this coronavirus pandemic, classes are tentatively scheduled to begin on Sunday, October 18, 2020. Updates will follow.

MISSION APPEAL - On the weekend of September 19-20, we will be having a special collection for the "Missionary Co-op Appeal." A Maryknoll Sister, Sister Alice Vandoever will be coming to speak to us at the Masses. The Maryknoll Sisters have worked in many parts of the world, as nurses, doctors, teachers, social and pastoral workers. I ask that you be as generous as you can to help them in their work.

DO YOU TRUST GOD - *"The Lord is my strength and my shield, in whom my heart trusts"* (Psalm 28:7). Do you trust God with everything in your life or only some things? Do you give Him your problems but take them back when He doesn't do what you want? It is when we have complete trust in God that our lives work well.

Is God trustworthy? A person worthy of trust is one of good character and integrity. We have more than two thousand years of history that prove God means what He says and says what He means. He does what He promises.

Is God capable? God has power over all creation – He even has power over life and death. Through the ages, we have learned that all things are possible with God. More to the point, God's Son told us that God loves us with unimaginable intensity so He always wants what is best for us. In fact, God is more qualified than we are to take care of what we need.

Are you ready to really trust God? Start by thanking Him no matter what. Everything that He allows to happen to us is for our good. Then remind yourself that God is fully in charge. Finally, ask Him what you should do next and do it. (*Growing in Faith*)

ST. CHRISTOPHER & ST. SYLVIA - St. Christopher-St. Sylvia Annual Tag Sale will be held outdoors at the St. Christopher School, 30 Benner Road, Red Hook on Friday, Sept. 11th from 9 am to 4 pm, Saturday, Sept. 12th from 9 am to 3 pm and Sunday, September 13th from 1 pm to 3:30 pm.

PRAY OF REMEMBRANCE FOR 9/11 - Lord of Mercy, Prince of Peace -- This date, 9-11, carries a heavy burden of memory. We remember the heroism of the many that lost their lives in saving others. We remember all those who suffered and died, we grieve for them still, friends and strangers alike, along with their families and friends. And it is right that it should not pass from our memory. But today and in this prayer, along with our remembrance of profound loss, it also seems right that we give voice to our deep longing for peace, and with this prayer, commit ourselves to those actions that will draw us closer to our most ancient and holy desire, peace among God's children. Lord give us peace. Amen. (*Taken from Old St. Patrk's Church in Chicago*)

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 and Tyler Jasmin. Please keep our servicemen and their families in your prayer

SUNDAY COLLECTION - Last weekend, August 29-30, 2020, , we collected \$4,355.01 in our Regular Sunday Collection.. I am so very thankful to all of you for our steadfast commitment to our Church during these difficult financial times. I pray that God will continue to bless you and your families with good health.

*The Sanctuary Light which will burn this week
at Immaculate Conception Church
was donated by Denise & Bob Conway
In Memory of Mark Hamm*