

Dear Friends in Christ,

Again, to help those who may be returning to church this weekend for the first time;

Parishioners may only enter church through the main entrance. Parishioners with handicap needs may enter the side door leading into Sacred Heart Chapel.

- You are asked to have your masks on before you enter the church. Please use the hand sanitizer dispenser, which is now touchless before entering the body of the church.
- Now that more parishioners are attending, you are asked to spread out and use the whole church, each section.
- There is no socializing by parishioners once they enter the church. A simple wave upon seeing someone for the first time in a while is acceptable. Please do not go over to the person for a ‘brief chat’. Since we are in the presence of the Blessed Eucharistic, offer a prayer for that person instead.
- Parishioners may leave their contributions in baskets placed at each door where they may put their offering in as they leave mass. You may also continue to mail or drop off your offering at the Parish Office or continue to use WeShare electronic giving program.
- Social Distance is expected as parishioners receive the Holy Eucharist. White markings are on the floor of the church for parishioners to stand at proper social distance. The individual will receive in the hand with their mask on, move to the side, pull down their mask to consume the Holy Eucharist, place back their mask over their mouth, and proceed back to their seat.
- Masks must remain on until parishioners are back in their cars.

Presently, with every other pew closed off and the blue tape markings, the pews can only allow for 75 individuals. With anticipated husband & wives sitting together and families, I see the allowance of 100 people at each mass for the time being.

A reminder that His Eminence has dispensed the faithful from the obligation to attend Sunday Mass during this pandemic. As an alternative, Mass may be viewed online or on TV, and the act of spiritual communion may be prayed. Those who are at a greater risk of COVID-19 (those older than 65 or who have underlying health conditions) are cautioned not to come to church for Mass. They may join us only when they feel safe and comfortable to do so

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Our next *Renew + Rebuild* project has been addressed. This past week I met with the contractor who will be beautifying the sanctuary. The blue carpet will be taken up and replaced with a solid oak floor. Plans also for the main floor carpet to be replaced with a more durable flooring. It is presently being looked into to have no carpet under the pews and to have the aisles carpeted. No final decision has been made on that. Our pews will soon be restored including cleaning, repairing and a durable finish. Within the coming month I see this work beginning. This may cause us to move at least our daily mass to the school gym, like we did last September when the parking lot was sealed. We may also have to move weekend mass as well. I will know more in the coming weeks regarding that possibility. Again, the next phase of the *Renew + Rebuild* campaign can be done because of your continuing generosity and keeping up with pledge payments.

We are preparing for registration of our students for our *My Time With Jesus* - School of Religion Program. Emails will be sent out to all families with more information. Families coming to our program for the first time this year will need to register in person. Dates and times for in person registration will be announced in next week’s bulletin.

There is still no date available for the celebration of our students First Holy Communion and Confirmation. Once we have no restriction on seating capacity in the church, we will be able to schedule the dates and times.

Please know that Deacons John Sadowski, Phil Marino and myself are keeping you all in our prayers. As we continue to live through this pandemic may each of us and our families continue to remain safe.

Rev. Herbert T. DeGaris

# **Church of the Immaculate Conception**

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## **School of Religion – “My Time With Jesus”**

### **OUR FAITH IN ACTION**

**Did you know** ...St. Paul tells us worldly things don't sustain us and don't endure. But it is the need for Christ and our oneness with Christ which is important (*Christ is all and in all.*) It is this concept of Christ being “in all” which is of greatest importance to Jesuit spirituality. It was more than 400 years ago that St. Ignatius Loyola encouraged people to talk to Jesus like a friend so as to be drawn closer to God and make us more deeply engaged in the world. St. Ignatius Loyola, the founder of the Jesuits, wanted people to find God in every person, in every place and in every situation. He developed a set of spiritual exercises to help people become more attentive to God's activity in the world.

One of his exercises was the Daily Examen. He described this as a prayerful review of the day (prayer-filled mindfulness). How was God present in the bad situations of the day as well as the good ones? St. Ignatius knew that as we learn to see God “**in all things,**” we will grow more confident in His love and more willing to serve God and His people.

**DAILY EXAMEN:** At the end of each day (or at lunch time) find a quiet place where you can be alone for 10, 15 or 20 minutes and follow the five steps to the Daily Examen below:

- 1. *Be aware of God's presence.*** Mindfully look back on the events of your day with God's eyes. Do you see a big blur? Ask God to bring clarity to your day and try to see how the Holy Spirit guided you.
- 2. *Review your day with gratitude.*** Be grateful as you review your day. Know that every day is a gift from God and to be grateful for it. Gratitude is the foundation of our relationship with God. Focus on the gifts of your day. Was it the work you did or the people you worked with? What did you receive from the people you worked with? What did you give them?
- 3. *Pay attention to your emotions.*** One of St. Ignatius' great insight was that we discover the presence of God in our emotions. Reflect on the feelings you experienced during the day. When and why did you feel jealous, judgmental, hurt, boredom, resentment, compassionate, angry, happy or excited? What is God saying to you through these feelings? Did you face your shortcomings – making a note of your sins and faults? Are you concerned about someone to the extent that maybe you need to reach out to that person?
- 4. *Choose one feature of your day and pray from it.*** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It could be a vivid moment or something seemingly insignificant. It could be one or two strong feelings – positive or negative. It could be encountering a certain person. Where you drawn closer to God, making you feel compassionate, generous or loving? Or did an encounter with someone make you feel self-centered, anxious or fearful? Pray about these feelings allowing the prayer to arise spontaneously from your heart (whether it is praying for others, praise, sorrow or gratitude).
- 5. *Look toward tomorrow.*** Ask God to give you His grace and His blessing for the next day's challenges. Pay attention to the feelings that are arising within you. Are you cheerful, doubtful, apprehensive, or sorry? Allow the feelings to turn to prayer seeking God's guidance and asking Him for help and understanding.

**Something to think about...** Today and every day, we remember “**Jesus is all and in all.**” May He open our eyes so that we can see Him in all things and all people. Let us be reminded to take St. Ignatius' advice and talk to Jesus every day as a friend who deeply cares for our well-being. And, end your Daily Examen by asking Jesus for forgiveness for your sins, by asking for His protection and help, and by asking for His wisdom about questions to problems you may be facing while doing this in the spirit of gratitude.

*Lord, you are good and forgiving.*

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**MASSES FOR THE WEEK**

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**SATURDAY, JULY 18TH**

5:30 George Sr, & Josephine Lodini  
(req. by The Celenza Family)

**SUNDAY, JULY 19TH**

7:30 *For the People of the Parish*  
9:30 For the Intentions of Bea & Marty Sasin  
(req. by Tom & Jean Sullivan)  
11:30 George Lappe (req. by family)

**MONDAY, JULY 20TH**

7:30 Joseph Moran (req. by family)

**TUESDAY, JULY 21ST**

7:30 George Lodini, Sr.  
(req. by Trevor & Melissa Young)

**WEDNESDAY, JULY 22ND**

7:30 Sylvester Jones  
(req. by Joe & Norma Rodriguez)

**THURSDAY, JULY 23RD**

7:30 In Thanksgiving

**FRIDAY, JULY 24TH**

7:30 Patricia Hacker  
(req. by Charlene & Jack McLaughlin)

**SATURDAY, JULY 25TH**

8:30 The Colleluori Family (req. by family)  
5:30 Michael & Mary Costello (req. by family)

**SUNDAY, JULY 26TH**

7:30 Michael Fay (req. by Michael Madden)  
9:30 *For the People of the Parish*  
11:30 Mary & Frank Sullivan (req. by family)

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**REMEMBER IN YOUR PRAYERS**

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All those who are ill at home, in the hospital and in nursing homes, especially: John Capria, Lauren Shields, Billy Keenan, Carl Pesce, Mary Murnane, Tracy Pappalardo, Ruth Ann Melia.

Our recently deceased: Raymond Winheim.

**FROM THE DEACON'S BENCH**  
**THOUGHT FOR THE WEEK**

Even the Notre Dame Cathedral is under construction again. We all are.

Kathy McGovern

**SECOND COLLECTION**  
**SNDAY, JULY 26<sup>TH</sup>**  
**FOR**  
**AIR-CONDITIONING**

There will be a Second Collection on Sunday, July 26<sup>th</sup> to help offset the cost of air-conditioning. Please be generous in the Second Collection. Thank You.

**FOOD PANTRY**

For the month of July, the Food Pantry will be collecting cereal. Please leave your donations in the collection bin in the vestibule of the Church. As always, we thank you for your generosity!

**RCIA – UPDATE YOUR FAITH**

Have you been thinking about becoming Catholic, or completing your faith initiation by receiving the Sacrament of Confirmation? Or are you interested in just learning more about our Catholic Faith. Our program of Adult Faith Formation will begin in September, either in person (God Willing) or on line. For more information about the program, or to register, please contact Deacon John by calling the rectory at 786 2742.

**An Act of Spiritual Communion**

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

**SACRIFICIAL GIVING**

**Sunday Collection July 12, 2020 was: \$5,987**  
**Sunday Collection July 13, 2019 was: \$5,433**

**THANK YOU FOR YOUR CONTINUED  
SUPPORT**