

## Who is the Life Partner?

“Your body is a temple of the Holy Spirit ...” (1Cor 6:19).

Mom?  
Dad?  
Wife?  
Husband?  
Son?  
Daughter?  
Friends?  
Not at all.

Your real-life partner is your body.

Once your body stops responding no one is with you. You and your body stay together from birth till death. What you do to your body is your responsibility and that will come back to you. The more you care for your body, the more your body will care for you. What you eat, What you do for being fit, How you deal with stress, how much rest you give to it; will decide how your body going to respond.

Remember, your body is the only permanent address where you live. Your body is your asset/liability, which no one else can share. Your body is your responsibility. Because you are the real-life partner.

Be fit. Take care of yourself. Money comes and goes. Relatives and Friends are not permanent.

Remember no one can help your body other than you.

Pranayama (Practice of Breathing) - for Lungs

Meditation - for Mind

Yoga - for Body

Walking - for Heart

Good food - for Intestines

Good thoughts - for Soul

Good Karma (Action) - for World

“Your body is a temple of the Holy Spirit ...” (1Cor 6:19).

### PRAY FOR THE SICK

J. Gottesmann, W. Rieger, K. Eschenberg, J. Feeley, R. Knack, Ron Rhodes JR, Dan Buddenhagen, Brenda Long, Mary Ann, Eileem Ohman, Madeleine Wootan, Olga Viruet, Barbara Donatelli, Anita Robertson, Linda Roche, Gloria Grunn, Marcia Bauer and all sick and needy.

To submit a name please call the Rectory



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## 3RD SUNDAY OF EASTER

**Did  
Not  
Our  
hearts**



**Burn  
With-  
in  
Us?**

### Mass Intentions

**26 April 2020**

+Paul & Norma Yonchik by Ed & Joann Coates

+Rita Basmmunes by Joann & Ed Coates

**27 April 2020**

+ Nora Walsh by Paula D'Agostino

*Let us all Stay Safe, Clean & Healthy*

Dear Parishioners of Holy Cross & St. Patrick's,  
“...Those who seek the Lord lack no good thing.” (Ps 34:10)

I greet every one of you in the name of Risen Christ! Easter does not have the emotional appeal of Christmas or Good Friday. But it is the most important Christian feast. Its main theme is the joy and peace and inner strength the disciples found in meeting the Risen Lord. Have you really had a personal Easter? Finding peace in the midst of turmoil and in this unusual circumstance is how the disciples experienced the Risen Christ. Finding a new strength which makes us to move from fear to boldness was how Peter and other experienced the power of the Risen Christ.

Easter is not the story of dead body coming to life. It is not merely the story of past event. But, it is about **NOW, about God being alive, active in our life**, even at this extraordinary situation. Easter is about the meaningfulness of all life, even the apparent failures. It is about the victory and the strength and the peace and the joy we can find in the midst of misery, worries, depression and apparent meaninglessness.

Let us meet this Risen Christ and experience the power of His New Risen Life.

*May God Continue to bless us all*

### **Access to Holy Mass at Holy Cross**

Join Zoom Meeting

[https://us02web.zoom.us/j/6854608121?  
pwd=dEhGMUuzcW1RTTM1QWdUb005TzBkQT09](https://us02web.zoom.us/j/6854608121?pwd=dEhGMUuzcW1RTTM1QWdUb005TzBkQT09)

**Meeting ID:** 685 460 8121

**Password:** 8875450

**Sunday Mass at 11 am**

**Everyday Mass at 9 am**

**Holy Adoration on Thursday at 7.30 pm**

*With Prayers & Blessings of Easter*  
**Fr. John Kennedy MMI**  
**Dn. John Lytle**

## LITURGY OF WORD

The **first reading** is taken from the Acts of the Apostles 2:14, 22-33 and concerns bearing witness to the “name” of Jesus, and the implications which this witnessing necessarily brings with it. Peter and the apostles answered their inquisitors by stating firmly their faith in Christ, and the lesson ends with reference to their joy at having been found worthy to endure trials for the name of Christ.

The **second reading** is from the first Letter of Peter 1:17-21. St. Peter says that we are sons of God because of his infinite mercy in sending Christ to us as our brother. So we can rightly call God our Father. But we must behave as true, loyal sons, during our “time of exile” on this earth, for our merciful Father is also the absolutely just God who will judge each one of us “impartially according to our deeds” when we lay down our earthly life.

The Emmaus incident described in today's Gospel (Luke 24:13-35) shows us a God who will not abandon us when we are hurt and disappointed. The message of today's Scripture readings is that the followers of Jesus are to maintain contact with their Risen Lord through prayer, the Eucharist, and the Bible. The readings also remind us that our belief in Jesus' presence in the consecrated Bread and Wine should help us to understand better his presence in the Bible and in the believing and worshipping community.

