

Clergy: Msgr. Frank H. Rossi, Pastor
oloppastor@gmail.com
Office Hours: Monday-Thursday, 9am-3pm
olopcc@sbcglobal.net
STAFF: Lynn Stacy, Director of Liturgy
 Diane Sanderson, Parish Catechetical Leader
 Annette Faircloth, Director Youth Ministry
www.ourladyofthepinescatholicchurch.com



My dear parishioners:
 The beginning of the school year brings a sense of order to life, even if one does not have school-age children. This makes September a good month to look at the rhythm of our daily lives and to check to see if we have the best possible balance in our physical-relational-spiritual life. From the spiritual perspective we ought to ask ourselves how rich is our prayer life? Do we experience the wisdom of God in our prayer? Do we know how to pray and what to ask for in prayer?

One very helpful way to promote a healthy and effective daily prayer life is to have an "examination of conscience" as a part of one's prayer experience. There are many ways to do this, but I would like to recommend one that comes to us from St. Ignatius Loyola, the founder of the Jesuits, for whom a daily "examen" was an essential component of his prayer and one he required of his fellow Jesuits. St. Ignatius called this a "general examen", to be done at the end of the day and taking only 10-15 minutes. The general examen has five components and can easily be remembered by use of the acronym "GRACE". It is as follows:

- Gratitude:** Prayerfully review your day and identify one thing that occurred for which you are grateful. Be specific. It could be something that went well, or something that taught you a lesson. Name one specific thing that was meaningful in your day and thank the Lord for it.
- Request for light:** Ask the Lord for his wisdom and insight so that your prayer that follows will be what God leads you to and not what you may want for yourself. Remember, we must desire to do God's will in our lives, not to have God do our will.
- Account of actions and attitudes:** Slowly and prayerfully recap the day, beginning from when you awoke. Reflect on what you did during the course of the day. When you get to something that needs further reflection, stop and enter into the experience. Tell the Lord the details, what happened, what you said or did, what others said or did. What were you feeling? Did the situation go as well as it could have? How were others impacted by the situation? Is there anything, before God, that you know you could have and should have done differently?
- Chart your course:** If everything went well that day, thank God and stay the course. If there is anything that should have been done differently, chart a new course. Make a resolution on how you would handle the situation better next time it arises. Now make an Act of Contrition, asking God's forgiveness for whatever occurred that was not your best effort. Be sure to raise up in prayer any person(s) who may have been negatively impacted by you that day.
- Entreat God for the energy and enthusiasm you need:** Pray for the grace to carry out the resolution you have made. We need God's grace to be able to integrate new resolutions into the rhythm of our daily life.

The general examen provides a check on how we are doing in our daily life. To further enhance the spiritual significance of this discipline, St. Ignatius suggested a monthly "particular examen". In this prayer period the person looks back over the past month from a particular perspective. Examples would be to review a resolution that surfaced multiple times during the month, or a specific issue or challenge that

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September 8—September 16, 2018
Readings and Mass Intentions

Saturday, September 8 4:30pm—Mass
6:30pm—Spanish Mass
 Mi 5:1-4a or Rom 8:28-30/Ps 13:6ab, 6c [Is 61:10]/
 Mt 1:1-16, 18-23 or 1:18-23

Sunday, September 9 9:00am—Mass
 Is 35:4-7a/Ps 146:7, 8-9, 9-10 [1b]/Jas 2:1-5/Mk 7:31-37
Mass intention for the People of the Parish

Monday, September 10 4:30pm—Mass
 1 Cor 5:1-8/Ps 5, 5-6, 7, 12 [9]/Lk 6:6-11

Tuesday, September 11 No Mass
 1 Cor 6:1-11/Ps 149:1b-2, 3-4, 5-6a and 9b [cf. 4]/Lk 6:12-19

Wednesday, September 12 4:30pm—Mass
 1 Cor 7:25-31/Ps 45:11-12, 14-15, 16-17 [11]/Lk 6:20-26

Thursday, September 13 8:30am—Mass
 1 Cor 8:1b-7, 11-13/Ps 139:1b-3, 13-14ab, 23-24 [24b]/Lk 6:27-38

Friday, September 14 9:30am—Communion Service
 Nm 21:4b-9/Ps 78:1-2, 34-35, 36-37, 38 [cf. 7b]/Phil 2:6-11/
 Jn 3:13-17

Saturday, September 15 4:30pm—Mass
6:30pm—Spanish Mass
 1 Cor 10:14-22/Ps 116:12-13, 17-18 [17]/Jn 19:25-27 or
 Lk 2:33-35

Sunday, September 16 9:00am—Mass
 Is 50:5-9a/Ps 116:1-2, 3-4, 5-6, 8-9 [9]/Jas 2:14-18/Mk 8:27-35
Mass intention for the People of the Parish

Praise the Lord, my soul! (Ps 146)

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Sundays after Mass
NEW VIDEO SERIES: The Bible and the Sacraments
Journey through Scripture
Led by Madeline Arnett



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 has weighed on your mind or heart. By reviewing how well you have addressed these issues over the course of a month you can judge if you are growing in grace in the way you are handling the issue. There is a strong and intimate connection between our spiritual lives and our moral lives. The deeper our spiritual life, the stronger will be our moral life. The daily and monthly "examens" are an excellent way to grow in both.

Sincerely yours in Christ,

 Msgr. Frank H. Rossi
 Pastor

Sun. Sep 9	Mon. Sep 10	Tues. Sep 11	Wed. Sep 12	Thurs. Sep 13	Fri. Sep 14	Sat. Sep 15
Twenty Third Sunday in Ordinary Time 9:00am—Mass 10:00am-1:00pm BLOOD DRIVE Adult Faith Formation following Mass	4:30pm—Mass		11:00am—Stewardship 4:00pm—Rosary 4:30pm—Mass 5:00pm—Choir 6:00pm—CCE	8:30am—Mass 9:00am—Divine Mercy Chaplet	9:30am—Communion Service	3:45-4:15pm—Confessions 4:30pm—Vigil Mass 6:30pm—Spanish Mass
Sun. Sep 16	Mon. Sep 17	Tues. Sep 18	Wed. Sep 19	Thurs. Sep 20	Fri. Sep 21	Sat. Sep 22
Twenty Fourth Sunday in Ordinary Time 9:00am—Mass Adult Faith Formation following Mass	4:30pm—Mass		4:00pm—Rosary 4:30pm—Mass 5:00pm—Choir 6:00pm—CCE	8:30am—Mass 9:00am—Divine Mercy Chaplet	9:30am—Communion Service	3:45-4:15pm—Confessions 4:30pm—Vigil Mass 6:30pm—Spanish Mass

Becoming an Authentic Catholic Woman

2018 WOMEN'S CONFERENCE, ORANGE, TX
ST FRANCIS OF ASSISI CATHOLIC COMMUNITY,
SEPTEMBER 21 & 22, 2018

GUEST SPEAKER: LISA COTTER

Register for the **FREE** event at www.eventbrite.com
 "St. Francis Women's Conference"

www.stfranciswomensconference.wordpress.com

Religious Articles
 Come and see new items for sale.

Rosaries	Prayer books	Prayer cards
Bibles	Art for your walls	Figurines

Many other items available
 Browse on Saturday after Mass or
 while having coffee on Sunday mornings.

PRAYER REQUESTS

Please pray for: Nelda Leathem, Maureen Peltier, Rosemary Urban, Ed Sanderson; David Cavanaugh, LeAnn Ruggles, Jerry Smith, Henrietta Oakley, Mark Lunsford, Phyllis Perkins, Sophie Thibodeaux, Tina Self; Cindy Thompson, Don Watt, Iralene Ventrello

Repose of the soul: Don Martin, Ray Conner; Ricky Vining, Leslie Fourniquet

Names will remain on the prayer list for two weeks. You may list names in the Prayer book in the vestibule of the Church and your intention will be offered at daily Mass.

Weekly Stewardship

September 1 & 2 Weekly Offering	\$ 3,300.25
Average Weekly Cost	\$ 3,152.00
Excess/Deficit	\$ 148.25

Thank you for your generosity.

All are invited to celebrate
A Mass of Thanksgiving-Retirement
for Bishop Curtis Guillory, SVD,DD

Tuesday, September 11, 2018
Mass 7:00pm, Reception to follow
 St. Joseph Church
 2590 US 190 W
 Livingston, TX

Other Locations: Sept. 10, 6:30pm, St. James Church, Port Arthur

Attention Married Couples who will be celebrating 25th, 50th or 50+ wedding anniversary in 2018: Bishop Curtis J. Guillory and the Office of Family Life Ministry invite you to attend the annual diocesan ceremony honoring your commitment to the Sacrament of Marriage on **Sunday, October 21, 2018 at 2:30 pm** at St. Anthony Cathedral Basilica. The ceremony will include Mass, Renewal of Marriage Vows and Presentation of Certificates. A reception will follow in the Cathedral Center.

Please **RSVP** to your pastor or parish secretary no later than **Monday, September 17, 2018.**

Upcoming Events

September 10: Pastoral Council, Conference Room
September 11: Retirement Mass & Reception for Bishop Guillory, St. Joseph, Livingston, TX
 September 12: Stewardship, Conference Room
 September 21-22: Women's Conference, St. Francis of Assisi, Orange, TX
 October 21: 25th, 50th, 50+ Anniversary Mass,
 St. Anthony Cathedral Basilica, Beaumont, TX