

# OUR LADY HELP OF CHRISTIANS AND ST CHRISTOPHER'S PARISH FAMILY



A welcoming Catholic faith community who gathers to celebrate the Word of God as a Eucharistic People.

Welcome.

On Friday August 6th, a letter was received from the office of Bishop Fabbro. The following changes effect our parish.

Rev. Francis Thekkumkattil, C.S.T., is on health leave.

Rev. Matthew Bedard has been appointed Parish Administrator of St. Philip, Petrolia in addition to his appointment as Parish Administrator of St. Joseph, Corunna, St. Christopher, Forest and Our Lady Help of Christians, Watford. Rev. Zbigniew Sawicki has been appointed Parochial Vicar. Rev. Gilbert Simard will continue to Assist our Parishes on an as needed basis.

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Weekday Mass schedule effective August 10, 2021

## **Tuesday**

7:00 pm Our Lady Help of Christians, Watford

## **Wednesday**

9:00 am Our Lady Help of Christians, Watford

## **Thursday**

7:00 pm St. Christopher, Forest

## **Friday**

9:00 am St. Christopher, Forest

Please submit any Mass intentions to Denise at [dannett@dol.ca](mailto:dannett@dol.ca) or write them on a piece of paper and drop them into the collection.

## **19th Sunday in Ordinary Time**

"The bread that I will give for the life of the world is my flesh." What if we thought of "my flesh." not as Jesus' flesh, but as ours-in-him? Are you willing to be consumed for the life of the world? Am I?

Across the centuries, believers have understood that sharing in the body and the blood of Christ changed them. A theological giant such as St. John Chrysostom preached and wrote about this transformation: "I receive him to become him, to be the Eucharist for others."

It seems that today we often forget this profound truth: that, by the power of the Holy Spirit, the bread and wine are changed, and, by the same Spirit's power and our sharing in Holy Communion, we too are changed. In baptism we were incorporated into Christ; our sharing in holy communion renews this baptismal incorporation. This transformation is for the sake of mission. Having shared in sacramental communion, we are sent forth, as Christ's body, to be broken, poured out, consumed, as, for yet another week we live self-emptying love: "My flesh, given for the life of the world." We have said "Amen" to this demanding mission. Now our flesh, minds and hearts are on the line, offered through, with and in Christ as a feast for the world's hungers.

Pray for the courage to live our "Amen".

Bernadette Gasslein

Edmonton, AB

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First Reading: 1 Kings 19.4-8

Psalm:34

Second Reading: Ephesians 4.30-5.2

Gospel: John 6.41-51