

## Does the Mass Transform You?

**1<sup>st</sup> Reading:** 1 Kgs 19:4-8

**2<sup>nd</sup> Reading:** Eph 4:30—5:2

**Gospel:** Jn 6:41-51

**GROW:** We have apps that monitor our sleep and calories, and remind us to get our steps in. Short on time? We order takeout or subscribe to a meal service. Yet, despite these modern conveniences, I would guess that most of us don't sleep enough or consistently eat well. And we pay the price, whether in the short or long term. Enter Elijah, who had reached his limit physically and mentally. Yet after an angel provided him food and drink, Elijah found the strength to walk 40 days and 40 nights. Impressive! But that's God for us! And in the provision of his Son, we have food and drink – bread from heaven – that not only sustains us for our journey on earth but offers the possibility of eternal life. This is our belief; this is what Jesus says to us. And that alone can give us strength, and hope, even when we're having an "Elijah" moment. For at each and every holy Mass, Jesus invites us to the table, offering us food that not only sustains but also transforms us. Taste and see the goodness of the Lord, indeed!

**GO:** Just as a good night's sleep and proper nutrition help us function our best, the Word of God and the Eucharist, and our communal life of faith, provide the spiritual nourishment we need as we strive to be *imitators of God* in our daily lives, as Saint Paul says. As we partake of Christ in the Eucharist, say a prayer of thanksgiving and ask Jesus to help us grow in the ways of love that Paul outlined: kindness, compassion, and forgiveness toward the people we encounter. It could mean letting go of a grudge, becoming more conscious of the needs of others, listening respectfully to someone with whom we disagree, or perhaps forgiving ourselves. The Holy Spirit will guide us.

**REFLECT:** Think about the ways the Mass transforms you. It may be something subtle – the spirit of consolation and the feeling that things are right in your world – or you may have been particularly moved by the readings, homily, music, or silent prayer. Tell someone about it!

### Appointment and Installation of a Pastor

Dear brothers and sisters in Christ,

On June 7, I received the official news that I have been appointed from Administrator to Pastor of Holy Trinity Parish in Bandon and St. John's Mission in Port Orford. This is a joyful news for our faith community. I am humbled and honored to serve God and his people in this capacity. The care of souls is an enormous task and a fragile responsibility, which depends on the unceasing grace of God for "without him we can do nothing." And so, my dear friends, I ask you to please pray for me, that I may be faithful to this calling. The easiest way the devil tries to disintegrate the people of God is to attack their priest. I ask you to please pray one Hail Mary for me everyday that Our Blessed Mother Mary may cover me with her maternal mantle. Let's hold each other up in prayer unceasingly.

When a pastor is appointed for a parish, he is publicly installed by a liturgical rite. The installation usually takes place in a Sunday Mass and involves the pastor making the Profession of Faith and taking Oath of Office. The Archbishop is the usual celebrant of this rite. However, he may delegate a priest to preside in his place. For my installation, Archbishop Sample has delegated Fr. Todd Molinari, Vicar for Clergy, to preside over the ceremony. During the ceremony, an attestation of the installation of the Pastor is

signed by Vicar for Clergy, the Pastor and chairs of Pastoral and Finance Councils. This document is sent to the Archbishop, which in turn is sent to the Vatican.

**Welcome Home Sister Anunciata**

It is with great joy that we welcome Sister Anunciata Freitag home. On the 14<sup>th</sup> of May, Sister Anunciata made her final religious vow to the Lord, with firm resolve to serve Christ with her whole heart. We are grateful to God for calling one of our own to a religious life, and we are very proud of Sister Anunciata's "Yes" to the Lord.

Please join us after the 10:30 am Mass at Holy Trinity.