

21st SUNDAY IN ORDINARY TIME
August 23, 2020



“Jesus went into the region of Caesarea Philippi and he asked his disciples, ‘Who do people say that the Son of Man is?’ They replied, ‘Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets.’ He said to them, ‘But who do you say that I am?’ Simon Peter said in reply, ‘You are the Christ, the Son of the living God.’ Jesus said to him in reply, ‘Blessed are you son of John...’”

There are countless ways we use to describe someone. We can speak of size, talent, profession, family. All might be true. ***But it’s more important to know the person, rather than know about the person.***

Peter’s response is quite clear and to the point. Jesus is the Christ, the Messiah, the Son of God. What would be my response to answer Jesus’ question, “Who do you say that I am?” Perhaps we would echo Peter’s response, ***He is not just the Savior of all humankind, but my personal Savior as well. Then, like Peter, Jesus entrust to us to be a missionary disciple-right here in Grays Ferry.***

Mass Intentions for the Week

Fr. Carl will be away this week so there will be no 8:30 Mass. Father will take the intentions to Mass with him.

4:30PM on Saturday and 10:00 AM on Sunday Masses

4:30 PM SATURDAY, August 22

Rosemarie Bradley RB Anna Martin

10:00 AM SUNDAY, August 23

Michael Moriello RB The Moriello Family

8:30 AM Monday, August 24

Kathy Pilhut (Pilhoy) RB CPG Friends

8:30 AM Tuesday, August 25

Patricia Breen RB Girard Scolat Family

8:30 AM Wednesday, August 26

Russell A. Brundage RB CPG Friends

8:30 AM Thursday August 27

Michael Roche’s intentions RB Margery Walsh

8:30 AM FRIDAY, August 28

No Mass

4:30 PM SATURDAY, August 29

Thomas Shrank’s intentions RB Margery Walsh

10:00 AM SUNDAY, August 30

Meissa Preto RB Dorothy Donovan



Pray for those on the Sick List

Grace Curran, April DeMatto. Tony Schriver, Joel Rivera, Cathy O’Brien, Catherine Krecko, Nicole Palandro, Claire Williamson, Donna Tafuri, Christopher Browne, Scott McDowell, Mary Kennedy, Lisa Ruggino, Steven Porter, Ed McCarron, Mary & Ann Bell, Tracy Cotter, Carol Mills, Grace Griffiths, Colleen Riddell, Greg Barrett, Margaret Doherty, Nan Mulligan Janet Valania Pat Stabb, Michaela Healy, Andrew Bennett, Dolores Masi, Madelyn Amoriello and for those suffering from addiction, especially young adults, those suffering from the Coronavirus.

Please send us names that you would like to add to the Prayer List



**The app is also available on
www.stgabes.org**

**The Rectory is open Monday – Thursday
9:00AM-3:00PM. If you would ever like to drop
your envelopes in the mailbox it is located on
the left side of the rectory door.
God bless you and your families.**

**IF YOU ARE NOT RECEIVING YOUR ENVELOPES,
PLEASE CALL THE RECTORY**

**Thank you for your continued support of
our parish family and God bless!**



Parish Religious Education Program (PREP)

Our Parish Religious Education Program will begin for Grades 1-7 starting on **Sunday, September 20, 2020 from 11:15 AM to 12:30 PM in the Parish Rectory.** The classes are very small and will be every Sunday after the students attend the 10:00 AM Mass. Those who wish to enroll for the first time are asked to call Sister Rose, the Director of the Program, at 215-463-4060 or e-mail at sr.rose@stgabes.org



**Do you or
someone you
know want to
become**

**Catholic, need the Sacrament of Confirmation
or want to grow deeper in your faith?**

Then the RCIA program could be for you! RCIA (Rite of Christian Initiation of Adults). Classes begin in September. For any questions and additional information, please call Sister Rose at 215-463-4060 or e-mail at sr.rose@stgabes.org Thank you!

MEMORIALS

**The people
in darkness
have seen
a great light**



**Fran Rafferty RB Kay Rinick, Ron & Kitty
Leva, Alex Squillante Family, Colleen
Simmins, Margie Combs**

We sincerely thank the families and friends who request and make donations to the parish in memory of their loved ones.

**Masses will be said during the year for the
intentions of all those enrolled in the Memorial
Fund and those who contribute to the
Memorial Fund**

WHAT IS YOUR LEGACY?



**Leaving a Legacy: Please remember St.
Gabriel's Church, 2917 Dickinson St. (our
legal title) in your will. Your legacy will
help support our mission and allow us to
serve future generations.**

**At the time of a funeral please consider
requesting donations to be sent to the
parish. That gift will have a long range
effect for good and your loved one will be
remembered in prayer.**

Lottery Tickets are available in the rectory



The Collection

February 22 - 23, 2020

Vigil Mass	508	envelopes	12
Sunday Mass	324	envelopes	13
Mail in	<u>610</u>	envelopes	4
Total	\$1442		

Thank you to those who give to the collection on line

**We thank parishioners who attend Mass and
contribute to the parish. We also thank those
who have moved away and continue to
support the parish when they can.**

www.stgabes.org



**THANK YOU FOR YOUR SUPPORT!
PLEASE CALL THE RECTORY IF YOU ARE NOT
RECEIVING YOUR ENVELOPES.**

Dear Friends in Christ,

As the coronavirus continues to impact our lives, there's a greater concern about our mental and emotional health. I came across this article from Partners in Health and found it very helpful, and wanted to share it with you. Of course, our spiritual health is also vital. Daily prayer keeps us centered on what is truly important!

Daily prayers,

Sister Rose

Top 10 Practices:

- 1) Social distancing does not mean emotional distancing; use technology to connect widely;
- 2) Clear routines and schedule, seven days a week, at home—don't go overboard;
- 3) Exercise and physical activity, daily if possible;
- 4) Learning and intellectual engagement—books, reading, limited internet;
- 5) Positive family time—working to counter negativity;
- 6) Alone time, outside if possible, but inside too; but remember, don't isolate;
- 7) Focused meditation and relaxation;
- 8) Remember the things that you really enjoy doing, that you can do in this situation, and find a way to do them;
- 9) Limit exposure to TV and internet news; choose small windows and then find ways to cleanse yourself of it;
- 10) Bathe daily, if possible, to reinforce the feeling of cleanliness.

Remember:

- Things will get better eventually, and back to normal; the world is not collapsing (don't go "catastrophic").
- Most people are good, and people are going to persevere and help each other
- You're tough, you've overcome challenges before; this is a new one.
- This is a particularly strange and unprecedented situation; humor helps once in a while.
- If having obsessive or compulsive thoughts related to the virus, or the broader uncertainty, wash your hands once, and then remind yourself that anxiety is normal in this scenario. But the mind also can also play tricks on us. Try to breathe and move the internal discussion on.
- Live in the moment, think about today, less about the next three days, even less about next week; limit thinking about the next few months or years, for now.

Dr. Giuseppe (Bepi) Raviola, director of mental health at Partners In Health, put together the above list of key practices to maintain good mental and emotional health.