Together with Alzheimer’s Caregiver Support Group

Graced with new insights, self-knowledge, and skills, they come to embrace the “holy work” of caregiving.

-Catherine Gentile
I came across a book entitled The Catholic Hipster Handbook, by Tommy Tighe. It is an intriguing book about the depth of Catholic culture, and some of the counter cultural aspects of faith that can speak to the modern person. His introduction to chapter three placed into words some thoughts that I have been struggling to find in my own words for the past several weeks in my preaching. “The Priest in my local parish is fond of saying that people who look at our lives should see that there is something different about us. When they look at us, they shouldn’t just see another secular person going through the motions of daily life, but rather, they should see hope in the face of suffering, joy in the face of sorrow and that special something they can’t quite put their finger on that seems to set us apart. Quite often, it’s that thing people can’t quite put their finger on that draws them into discovering or rediscovering Catholicism. This is why the best means of evangelizing for the Catholic faith is being the best darn Catholic you can be rather than reciting some magic set of words or perfect verse of Scripture. From following a calendar that sets us apart from the rest of the world, to listening to radio stations most non Catholics don’t even know exist, to offering up our pain and suffering as our grandmothers told us to do, to squeezing in a quick visit to daily mass on the way to work, the Catholic life is a beautiful expression of deep relationship with our Lord and our brothers and sisters. The time has come for all of us to rediscover the Catholic life, because that is the only way we’ll draw others back to it as well.” (pp97-98)

I see this as a two fold opportunity. In order to encourage people to be a part of parish life, especially at the mass, we need to be living out our Catholic faith at work, at school and in the neighborhood. In order to encourage people to come back to mass, we need to fully participate in that life with joy and conviction. When someone encounters parking lot rage, a person next to them at mass looking at their phone or talking with someone instead of singing, praying and listening, those actions send a message: I am here because I have to be not because I want to be, or expect to meet the living God. The mass is not a performance that depends solely on the priest and a few ministers. The Catholic life cannot be nurtured only by attending a one hour service. If we want our loved ones to come back to our faith, let us lead by example and provide them with something that they want to come to.

_**How to Be A Hip Catholic 101**_

_**ARE YOU A CAREGIVER TO SOMEONE IMPACTED BY ALZHEIMER’S?**_

Together With Alzheimer’s, POTHE’s caregiver support group, arose in memory of my mother, Cynthia, who journeyed for twelve years with Alzheimer’s. The consummate teacher, had mom been able, she would have shared all she’d learned, from her struggles with the initial diagnosis to the celebration of the many graces she received throughout her journey. The pink dogwood blossom from her favorite tree represents caregivers and loved ones suffering from neurological decline. It symbolizes the paradox of the spiritual blossoming caregivers experience during the heartbeat of their loved one’s cognitive decline.

Within the safety of our support group, caregivers explore the impact of the diagnosis on their lives and those of their loved ones. They share information, strategies, humor, and good will, forming bonds that extend beyond the confines of our meetings. Graced with new insights, self-knowledge, and skills, they come to embrace the “holy work” of caregiving. My mom would be thrilled to witness our caregivers’ depth of compassion and its exquisite counterpart, mercy.

You’re invited to learn more about Together With Alzheimer’s. For more information contact Catherine Gentile: ezine@catherinegmentile.com or call 207-846-6862

_**ALZHEIMER’S BBQ BENEFIT**_

Our Lady of Hope, “Rise’ n Shine” team will host an Alzheimer’s benefit to be held @ Elsmere BBQ on August 28th, 2019 at 476 Stevens Ave Time: 4:00 PM to 9:00 PM. All proceeds will benefit The Alzheimer Association of Maine! FMI: Contact Mary Jane @ 207-210-5511

_**40 DAYS FOR LIFE**_

This Sept. 25 - Nov. 3, you are invited to join together with other Pro-Life individuals for 40 days of prayer, fasting, and peaceful vigil outside Planned Parenthood, in Portland. Our daily vigil hours will be 7 a.m. - 7 p.m. To learn more, get involved, and sign up visit our local website at www.40daysforlife.com/Portland-2 or contact Joanne at 40daysportland@gmail.com or 207-200-5828.

_**SAVE THE DATE: MEN’S ACTS RETREAT**_

**NOVEMBER 14-17**

pothe.org/acts-retreat

For more info, contact Peter Mullaney: 797.9020, pothe@portlanddiocese.org
20th Sunday in Ordinary Time

Our Liturgical color is: GREEN

“HOW DEEP IS OUR FAITH?”

SCRIPTURE BACKGROUND:

Can we understand the people’s uncomfortable experiences in the 3 scripture readings this week? Have we experienced these situations?

In the 1st reading, the prophet Jeremiah of the Old Testament tells about a scary experience he had when some men turned against him for delivering God’s message to them. God’s message was to make peace with an enemy, which is what Jeremiah told them, but they wanted war.

In the 2nd reading, Paul’s letter to the Hebrews tells of a battle that God does want everyone to fight, and that is the battle against sin and selfishness. Sometimes, saying “NO” to sin sometimes makes other people angry with us. God wants us to be brave and strong and to remember Jesus on the Cross. Jesus is with us.

In the Gospel, Jesus clearly says that as a result of his preaching, people will either be for or against him. Because of his strong stand for love, forgiveness, service, and faithfulness, there will be divided families, friends, neighbors. Not everyone will be happy with him for asking them to be better people. Being a Christian will sometimes be very difficult because we have to choose good over sin.

WE PRAY: “God, Father, Son, and Holy Spirit, strengthen me every day to choose YOU over sin and darkness. Our Father, who art in heaven…”

WE TALK: Discuss what virtues are and which ones we are strong in and the ones we need practice with. (Virtues are qualities that we admire and that make us good people in the eyes of our neighbors and God. Virtues help us to do good and to avoid sin; examples are: faith, hope, love, courage, fortitude (the strength to do what’s right), patience, gratitude, kindness, justice)

WE ACT: Each of us will exercise or practice one virtue this week.

Go to pothe.formed.org to register for a FREE digital subscription.

JOIN OUR LITTLE BLESSINGS GROUP
The POTHE’s young families group “Little Blessings” will be on Tuesday, August 27th at 10:30am at Underwood Park in Falmouth. Moms and dads of children ages zero to five years old are invited for conversation and fellowship. Feel free to bring your own snacks and toys for the kids to play!

IS PHOTOGRAPHY/FILMING/VIDEO EDITING YOUR PASSION?
Your parish needs you!
We are looking for talented people (high school teens, young adults, & adults) to help with our digital arts! Contact Faith Formation at pothe@portlanddiocese.org

HERE ON EARTH WORSHIP BAND TO PERFORM AT ST. CHRISTOPHER CHURCH IN YORK
Wednesday, August 28, at 6 p.m An evening of praise and worship music, adoration, and a guest speaker. Here on Earth Worship Band is an acclaimed music group from Exeter, New Hampshire.

www.hereonearthworship.com

Sunday August 18 Coffee & Pastry Socials following the Sunday Masses.
Serving & set-up help appreciated. Mass with the Veterans at Togus.

Today, the Knights of Columbus is providentially positioned to play a key role in the new alliance between the Church and the family called for by Pope Francis ... “What is necessary now is our greater involvement in the renewal of parish and family life.”

Our Vision
Build the domestic church in collaboration with the Diocese of Portland by evangelizing and proclaiming our faith through our works of Charity, Unity and Fraternity.

Our Mission
Strengthen our Parish by recruiting, engaging and retaining brother Knights and their families through our Faith in Action Programs in the Church, Community, Family, and Life events.

To learn more about our Knights of Columbus Council and Order, please stop by one of the Knights bulletin boards or tables and pick up some literature. If you are interested in learning more about our Council here at the Parish of the Holy Eucharist, please contact one of the Knights of Columbus at your Mass today, or contact Grand Knight Mike Crowley at mfcrowley0129@gmail.com

FAITH FORMATION REGISTRATION IS LIVE ON OUR WEBSITE!
Visit our parish website (direct link below) to see the calendar dates for each church when you scroll down to the bottom of the form. Register your children and teens for weekly or monthly gatherings at each of our churches. Remember that the formation gatherings for children grades K-6 include parent/guardian participation. We support family formation which is why all learning groups are linked to a parish Mass. We have reduced the learning session time to help families learn and worship together.

Visit pothe.org/faithformationregistration

Any questions may be directed to our Faith Formation Team at (pothe@portlanddiocese.org) or by contacting your faith formation leader:

553-2023 - Deacon Dennis – St. Gregory Church
553-7042 - Kim Lovett – Sacred Heart Church
553-7159 - Annie Iacono – Holy Martyrs Church
553-9076 - Georgette Dionne – St. Jude Church
IS IT TIME FOR AWAKENING FAITH?
Are you a returning Catholic? Do you want to Awaken your Faith? Contact Kim Lovett at our office to find out more. (207.847.6890)

IGNATIAN PRAYER SERIES
“Lord, Teach Me To Pray” (LTMTP) is a three-part prayer series, rooted in Ignatian spirituality and designed to help women and men learn how to pray. Fall sessions for women begin the first week of September. Contact Elizabeth at 207-577-4285 for more information and to register.

WORLDWIDE MARRIAGE ENCOUNTER
“My sheep hear my voice, says the Lord; I know them, and they follow me.” Learn how God is calling you to more in your marriage by attending a Worldwide Marriage Encounter Weekend. The next weekends are Sep 14-15, 2019 in Medway, MA and Oct 18-20, 2019 in LACONIA, NH. For more information, call Stephen & Michelle O’Leary at 800-710-9963 or visit them at https://wwmema.org/

EMPLOYMENT OPPORTUNITY AT PORTLAND PENINSULA & ISLAND PARISHES [CLUSTER BUSINESS MANAGER]
For a complete role description, go to: www.portlandcatholic.org

SAINT VINCENT DE PAUL [BACKPACK COLLECTION]
For the past seven years we have asked for help to supply those less fortunate with a backpack. The project began as the result of me being stopped behind a school bus that was unloading children. As we watched, we saw those with back packs gathering to walk together and those that did not have backpacks go off alone! WOW! Status symbol. We distribute your generous donations through the Falmouth and Cumberland food pantries as they have lists of those in need. You have been supportive and generous over these years - one or many - they add up. Please leave them in the narthex at Holy Martyrs - we will do the rest. Thank you and God Bless you! - Jack Mullin

JOIN LECTIO DIVINA PRAYER GROUP
Come join our Lectio Divina prayer group Thursdays at Holy Martyrs, 6:30-8pm Lectio Divina, pronounced LEK-tsea-ho di-VEEN-ah, is a latin term meaning “divine reading” and is a Catholic meditative form of prayer. The process is a slow, reflective praying of the Scriptures which enables the Word of God, to unify us with God...to be a fruitful source for growing our relationship with Him.

MAGNIFICAT CATHOLIC WOMEN’S BREAKFAST
The Scarborough chapter of Magnificat will host the Catholic Women’s Prayer Breakfast on Saturday, August 24, from 9am to 12pm at the Fireside Inn & Suites. Magnificat, aims to help women become more committed to Jesus by fostering a desire to grow in holiness. Delivering this year’s keynote address is Dr. Judy Landrieu Klein, a nationally known speaker and author. For more information about Dr. Klein or reserving tickets, visit www.portlanddiocese.org/content/catholic-womens-prayer-breakfast-portland-expected-sell-out-third-straight-year.

OUR SISTER PARISH IN HAITI
This weekend of August 17-18 will include a door collection after the Masses at our churches. With your contribution, our Parish can support two Haitian parishes and a Parish Center where Sisters work with the local people. The Paroisse Sacré-Cœur de Meyer is led by Father Bertrand Dieuville who is assisted by two priests.

The parish is located in the Jacmel Diocese on the south coast of the island nation. Shortly in September, local children will be enrolled for another school year with our financial support. There are costs since private schools provide the education, not a public school system. For several years, the Meyer parish has surveyed families, determined where financial help was needed and provided a portion of the cost to the families.

Our Parish also supports another rural community in Marbial – Paroisse Ste Thérèse de l’Enfant-Jésus – and specially designates the money for the school feeding program. Father Phanel Chery, pastor, explained that local families pay tuition for schoolchildren – $90 to $150 annually. There are approximately 200 schoolchildren from his parish. It is important for these children to receive a meal at school and our funds provide for that need. National reporting from Haiti on education indicates that approximately 90 percent of the school-aged children receive an elementary education. The percentage drops significantly for secondary education to 20 percent. Please consider a contribution as you leave Mass.

Haiti - Parish Center of Cyvadier/Meyer
Sister Margarita and the children
Weekend Mass Schedule
Saturday, 4:00pm: Holy Martyrs, Sacred Heart, St. Gregory
Sunday: Holy Martyrs: 8:30am, 10:30am, 5:30pm
Sacred Heart: 8:00am, 11:00am
St. Gregory: 8:30am; St. Jude: 9:30am

Eucharistic Adoration
Mondays, 8:00am - 8:00pm at Holy Martyrs
Fridays, 8:00am - 12:30pm at St. Gregory

Daily Mass Schedule
Holy Martyrs, 7:30am: Monday, Wednesday, Friday
St. Gregory, 8:00am: Monday, Friday
Sacred Heart, 8:15am: Tuesday, Wednesday, Thursday, Saturday

Weekly Rosary (on Saturdays)
7:45am-Sacred Heart; 3:25pm-St. Gregory; 3:30pm-Holy Martyrs

Confession (on Saturdays or by appointment)
3:15pm: Holy Martyrs, Sacred Heart, St. Gregory

We are the Parish of the Holy Eucharist, a Catholic Community called to discipleship, seeking deeper communion with God, each other, and our neighbors by celebrating the Sacraments, sharing God’s word, and serving all in need.

POTHE Boy Scout Troop 12
Invites you to
Learn about Scouting Opportunities in our parish and...enjoy a delicious Ice Cream Social!

Music MINISTRY
JOIN A POTHE CHOIR ‘I will lift my voice to sing Your praise!’

Sacred Heart Choirs
Saturday 4pm Women’s Schola once mo. (Oct-May)
Sunday, 8am Men’s Schola (Year round)
Sunday, 11am SATB Choir (Sept-June)

Saint Gregory Choir
Sunday, 8:30am Mass

Saint Jude Choir
Sunday, 9:30am Mass

Youth Choirs
Grades 1-teens, parish-wide

Some Choirs continue throughout the summer. Others resume singing in September.
For more detailed info visit our parish website: pothe.org/music-ministry.
To inquire, please contact POTHE Director of Music Ministries, Jen Runge.

All staff may be reached by emailing: pothe@portlanddiocese.org or calling the parish office (207.847.6890).
(Bulldog Dennis’ Summer Office Hours at St. Gregory: Monday & Wednesday: 3pm - 6pm; 4th Tuesdays: 3pm - 6pm)
Bulletin item submissions are due 10 days prior to publication. Submit items to annie.iacono@portlanddiocese.org.

POTHE Parish of the Holy Eucharist Offices (Summer Hours - Monday-Thursday, 9am-4pm), 266 Foreside Rd., Falmouth, ME, 04105, 207.847.6890

Holy Martyrs Church: 266 Foreside Rd., Falmouth
Sacred Heart Church: 326 Main St., Yarmouth
St. Gregory Church: 24 North Raymond Rd., Gray
St. Jude Church: 134 Main St., Freeport