

**Healthy Daily Habits**

Choose one and when it is fully integrated into your daily routine add another!

**Walking**

Whenever you can. To go to the grocery store or the office, to get some fresh air during your lunch break or to sightsee while in a new city. Walk. The minimum number of steps you should be taking every day is 10,000. It might seem like a lot, but every minute counts and gets you closer to your goal. Think of it as a game!

**Stand up on a regular basis**

Prolonged inactivity is a problem that's as prevalent as a general lack of exercise. Staying seated during hours at a time compromises the body's ability to consume fats and sugars, which can lead to several health problems. Thankfully, there is a simple solution: stand up as often as possible. Head to your colleague's office, stand up when you're on the phone, or use the stairs. Every reason is a good one to get active every day!

**Spend time outdoors**

Getting some fresh air every day is one of the easiest and most pleasant ways of improving your health. Recent studies have even shown the significant health benefits of natural daylight. Furthermore, spending time outside is a good way to manage your stress.

**Straighten your posture**

You should set regular reminders (alarms or notes) to straighten your posture! Bring your neck and hips into a neutral position, then pull your shoulder blades back and stick your chest out. A good posture helps every muscle work in an optimal way and reduces pressure on your joints. In the long run, you'll reduce your risk of getting back aches and in the short run, you'll feel more confident, energized, and you'll be able to breathe better.

**Stretch**

You don't have to stretch for an hour, you can simply improve your flexibility by moving your body in different ways a few minutes every day. By adding a few stretches to your daily routine, you'll increase your joint flexibility, which will reduce your risk of

**Prayer for the Pandemic**

Jesus Christ, you traveled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love. Heal those who are sick with the virus. May they regain their strength and health through quality medical care. Heal us from our fear, which prevents nations from working together and neighbors from helping one another. Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow. Be with those who have died from the virus. May they be at rest with you in your eternal peace. Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and

**Keep On Forgiving**

Then Peter came to him and asked, "Lord, how often should I forgive someone who sins against me? Seven times?" Matthew 18:21 (NLT)

Based on Matthew 18:21-35 (NIV)



H S L B N L O R D L L P K L P  
 B V I S I E X K L X W H S E W  
 D S U P T B N G O I I B N L F  
 F E Y Q I Z G C R T I M E S O  
 R V C C M E Y G E V U L O C R  
 X E M I E D S M A N Y Y I H G  
 W N A H S U D N S M A Z C B I  
 R Z I U S J K W C X R S Q H V  
 C Z L E A X W W L P H O K Y E  
 V S J I W H O C S M B P I E P  
 C O O Y J D A J Y L H I Z W D  
 Q F H P E T E R E V O F M D S  
 S I N S P S P Y F E W U H Z V  
 D N L W R B Q F I K Z D Q D W  
 N B R O T H E R W A B U X K N

MANY	SINS	PETER	FORGIVE
SEVEN	TIMES	JESUS	TIMES
ASKED	BROTHER	LORD	HOW

# ST. ANSELM'S PARISH

BERNARD ROAD, FOX HILL / P.O. Box FH 14389, Nassau, Bahamas. / TEL/FAX (242) 324-1325



*St. Anselm is a Catholic faith community centered in the Eucharist, seeking to live the love of God through worship, word and service.*

*I say to you, forgive not seven times but seventy-seven times."*

*"Give peace, O Lord, to those who wait for you, that your prophets be found true. Hear the prayers of your servant, and of your people Israel." ~(Cf. Sirach 36:18)~*

**September 13th, 2020**  
 24th Sunday in Ordinary Time  
 1st Reading  
 Sirach 27:30—28:7  
 2nd Reading  
 Romans 14:7-9  
 Gospel Matthew 18:21-35

**September 20th, 2020**  
 25th Sunday in Ordinary Time  
 1st Reading  
 Isaiah 55:6-9  
 Second Reading  
 Philippians 1:20c-24, 27a  
 Gospel  
 Matthew 20:1-16a



**Most Rev. Patrick C. Pinder, S.T.D., C.M.G.**  
 Archbishop of Nassau.  
**Fr. Noël Clarke, Pastor**  
**Rev. Mr. Ricardo Demeritte,**  
 Deacon

**MASS SCHEDULE:**  
**SUNDAYS:** 7.00 & 10.00am  
**WEEKDAYS:** 6:15 a.m.  
 Wednesdays - Adoration at 5.30pm & Mass  
**HOLIDAYS:** 8:00 a.m.  
 Bible Study Monday 6:15pm—Virtual  
**CONFESSIONS:**  
**SUNDAY:** by appointment

**A WARM AND LOVING WELCOME TO ALL OUR VISITORS !**

*Please come again and if you would like to become a member, our contacts are listed above.*

*To our members, We always thank God for all of you and continually mention you in our prayers!*

# Let us Pray

Father, your Son accepted our sufferings to teach us the virtue of patience in human illness. Hear the prayers we offer for our sick brothers and sisters. May all who suffer pain, illness or disease, realize that they are chosen to be saints and know that they are joined to Christ in his suffering for the salvation of the world. Amen.

Alice Anthony, Rosemary Black, Dorothy Curry, James Curry, Feliciana Cooper, Tommy Demeritte, Jacqueline Dyce, Michael Farrington, Hartman Johnson, Edward Kerr, Ruth Knowles, Marjorie Knowles, Paula Lundy, Barbara Morley, Carmel Mortimer, Shirley Pinder, Mackey Rolle, Martha Roberts, Vernon Ritchie, Giovani Small, Mable Smith, Dorothy Symonette, Lucinda Symonette, Jacinta White, and

## Daily Scripture Reading

**Monday 14th** The Exaltation of the Holy Cross  
Numbers 21:4b-9  
Resp. Ps. 78:1bc-2, 34-35, 36-37, 38  
Readings II Philippians 2:6-11  
Gospel John 3:13-17

**Tuesday 15th** Our Lady of Sorrows  
1 Cor. 12:12-14, 27-31a or Heb. 5:7-9  
Resp. Ps. 100:1b-2, 3, 4, 5 or Ps. 31  
Gospel John 19:25-27 or Luke 2:33-35

**Wednesday 16th** St. Cornelius, Pope & Cyprian, Bishop, Martyrs  
2 Cor. 4:7-15 or 1 Cor. 12:31-13:13  
Resp. Ps. 126 or Ps. 33:2-3, 4-5, 12 & 22  
Gospel John 17:11b-19 or Luke 7:31-35

**Thursday 17th** St. Robert Bellarmine, Bishop & Doctor  
1 Corinthians 15:1-11  
Resp. Ps. 118:1b-2, 16ab-17, 28  
Gospel Luke 7:36-50

**Friday 18th** 1 Corinthians 15:12-20  
Resp. Ps. 17:1bcd, 6-7, 8b & 15  
Gospel Luke 8:1-3

**Saturday 19th** St. Januarius, Bishop & Martyr  
1 Corinthians 15:35-37, 42-49  
Resp. Ps. 56:10c-12, 13-14  
Gospel Luke 8:4-15

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**Catholic Archdiocesan Annual Appeal 2020**  
The new cut off date for contributions, in order to get a percentage back, is November 30<sup>th</sup>, and cut off date

## Prayers to avert storms

Our Father in Heaven through the intercession of Our Lady of Prompt Succor, spare us during this Hurricane season from all harm. Protect us and our homes from all disasters of nature. Our Lady of Prompt Succor, hasten to help us. We ask this through Christ our Lord. Amen.



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**Prayerful Sympathy** to Veronica Hutchinson & family on the death of her brother, Dr. Philip Thompson and to Verdell Ferguson & family on the death of her brother, Errol Monroe and to Stephen Sargent & family on the death of his wife, Teresita Sargent. Funeral services to be announced later. May their souls rest in peace.

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## Weekly Memory verse (challenge yourself)

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ~Colossians 3:13~

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**Marriage Preparation Course** will begin on Wednesday, October 1st through November 2nd, 2020. The classes will be executed via the Zoom Webinar platform to ensure we maintain the Covid 19 protocols. Couples planning to marry in the near future, please contact the Office of Family Life as soon as possible. The contact is Mrs. Eulie Elliott at 322-8919.

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## Thank You!

Thank you all parishioners for your

## Reflecting on the Word

### The Challenge of Forgiveness

“Forgive your neighbor's injustice.” How often must I forgive the brother who wrongs me?  
“Not seven times, I say, seventy times seven times.”

Some of the social ills that we struggle against result in part from the refusal of people to forgive. Wars are fought and innocent people are killed, maimed, or displaced because people cannot forgive their neighbors for their actions or those of their ancestors. Our own society shows its own refusal to forgive in its obsessive clinging to the death penalty.

The world of social evil stands in need of forgiveness.

Those of us who are African-American are challenged by the gospel to forgive the slave masters of their ancestors as well as the racist descendants of those slave masters. Those of us who are women are challenged by the gospel to forgive the sexist men who have colluded, through action or inaction, in the creation and maintenance of a 'man's world.' The victims of war are challenged by the gospel to forgive all the militarists of the world.

“The Lord is kind and merciful; slow to anger and rich in compassion.” The challenge is for us to become like God, who is *our creator and guide*.

Mercy in itself, as a perfection of the infinite God, is also infinite. Also infinite therefore and inexhaustible is the Father's readiness to receive the prodigal children who return to his home. Infinite are the readiness and power of forgiveness which flow continually from the marvelous value of the sacrifice of the Son. No human sin can prevail over this power or even limit it.

Pope John Paul II, *Dives in Misericordia*, 1980:13. ~Gerald Darring~

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### THE FIRST READING ~Sirach 27:30-28:7~

*Forgive your neighbor's injustice; then when you pray, your own sins will be forgiven.*

Lord, do not let us clutch wrath and anger so tightly. Please help us let them go, to forgive those who trespass against us, or against your people, or your planet.

### THE SECOND READING ~Romans 14:7-9~

*None of us lives for oneself.*

Do we style ourselves as makers and masters? God forbid such a fate.

Oh, creator of everything that exists, truly, you made us in love, no holding back. Let us spend our lives loving you, and our neighbor in you. ~Anne Osdieck~



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**Happy Birthday Greetings are extended to:** Warren Davis, John Davis, Vanessa Lamb-Bethel, Adrielle Miller, Lynette Pratt, Sadie Saunders, (Today) Latayah Johnson, Latario Rose, Marsha Thompson-Smith, Jeremiah Young, (Mon) Vanessa Benjamin, Lambert Knowles, Rosetta Smith, Ricardo Taylor, Terron Ellis, (Tue) Andrew Benjamin, Cora Davis, Keindo Ebanks, Xia Valentine-Williams, (Wed) Nicara Armbrister, Michael Ford, Michael Lamb, Anya McIntosh, Juwan Swann, (Thur) Cavalle Ferguson, Gina Major, Andrew Treco, Derry Watson-Ferguson, (Fri) Johnisha Cash, Alliah Demeritte, Andrew Smith, (Sat) **and to all celebrating this week.**

