

PARISH ACTIVITIES

The Family Life Center is taking shape! Please continue to pray for the safety and success for this wonderful project that will help to grow the needs of our parish family. If you have not made a pledge, we ask that you prayerfully consider making a commitment. We hope that everyone will participate in this endeavor to build a space that help to increase the needs of our parish and community.

To increase or extend your pledge, please use the blue Pledge Increase-Extension cards located in the Narthex. Thank you to those who have given additional above their pledged amount. If you are pledging for the first time, please use the white Pledge cards also located in the Narthex.

PLEDGE UPDATE as of: Sept. 7, 2014

GOAL: \$3,000,000

AMOUNT PLEDGED: \$2,792,976.68 (Includes \$825,000 received in Grants)

AMOUNT COLLECTED: \$2,149,045.57

of Families Pledged: 448

All E-Giving will be done through 'Faith Direct' our online giving program. Online enrollment forms are available in the Narthex. Or go directly to www.faithdirect.net to enroll. For the Capital Campaign online enrollment, use Church Code: **TX508**. To afford the greatest tax benefits for our parish, Campaign gifts are processed through the Diocese of Ft. Worth Advancement Corporation.

SAVE THE DATES!!!

Sun., Oct. 5:

LIFE CHAIN - LIFE is Priceless!!!

27th Annual Life Chain from 3-4pm;
corner of Callfield & Midwestern Parkway
Info - Deacon Jim at the church office

Thu., Fri. & Sat., Oct. 23-25:

"Walking Together in Faith"

8th Annual University of Dallas Ministry Conference
Info - www.udallas.edu/udmc

Fri. Oct. 31: "Trunk or Treat"

(Details Soon)



Men in Christ

Men of the Parish: Do you have a desire to grow as a Christian man? Come join the MEN in CHRIST as we pray, explore Scripture together and support one another in our Christian walk. Meet us in the Conference Room each Saturday (except 2nd Saturday of the month) at 7:30am. Call Jack at 696-0741.

OLQP Men's Club

Next Meeting: Monday, Oct. 6th

ALL Men of our Parish ages 18 and older are members and are highly encouraged to attend monthly meetings. (First Monday of the month @ 7pm in the Parish Hall). NO Membership Fees.

Call Mike Carlton, President for more info: 696-9162

INTERFAITH MINISTRIES

August Food Donations: 469 pounds

Current Needs: Soup (10 ¾ oz. size), Crackers, Oatmeal, Canned Vegetables (except green beans), Dried Beans, Jelly, Peanut Butter, Pasta (dry), Rice (small bags), Canned Spaghetti Sauce, Mac & Cheese.

Toiletries: Body Soap, Laundry detergent, deodorant & toothpaste.

Paper Products: Toilet Tissue, Paper Towels, Kleenex, brown paper sacks

Eyeglasses: prescription or reading glass that you don't need. These items go fast. Place items in the basket located in the Narthex. Every bit helps families with real needs in Wichita County and Holliday.

Safe Environment Sessions for 2014

Wednesday, Oct. 1 at 7pm - First Time

Saturday, Oct. 4 at 9am - Update

All sessions will be held in the Church office conference at 4040 York St.

Contact the parish office at 940-696-1253 for more information or to sign-up.

All parish volunteers MUST maintain current status to continue in their ministries.

OLQP Parish Picnic - One Family of Faith

OLQP t-shirts available at the church office:

\$5 each (limited sizes available)

Prayer Shawl Ministry

Tuesday morning - Oct. 7 & 21 at 9:30 a.m.

Thursday evenings - Oct. 2 & 16 at 7 p.m.

In the St. Joseph Room

**First Annual Tuition Assistance Meal
(Enchilada Plate)**

in Honor of Roland Sigler

Sponsored by the OLQP Men's club

Sun., Sept. 28 (OLQP Parish Hall)

10:30am until 2:00pm

\$10 per Adult & \$5 per Child under 12 yrs. old

Tickets available at the door.

Dine-In or Take-Out

There will also be a raffle drawing for door.

Pilgrimage to TURKEY and GREECE

(visiting the seven churches)

April 18-28, 2015

(\$2,799 - First payment due by Sept. 29)

Led by Fr. Sojan

Visiting Istanbul, Troy, 7 Churches of Revelation (Pergamum, Thyatira, Smyrna (Izmir), Sardis, Laodicea, Philadelphia, Ephesus) Pamukkale, Corinth, Athens plus an Aegean Sea Cruise (Ports: Patmos, Crete, Santorini, Piraeus)

Registration forms available in the Narthex, Chapel entrance and at the church office.



Bishop's Annual Appeal

Sharing in Ministry

Just as we are one in the body of Christ, we must remember that we are one with other parishes in our diocese. Once a year we are asked to make a commitment to support the work of our diocesan programs and ministries that provide services that no one parish could provide on its own. By making a gift to the Sharing in Ministry Bishop's Annual Appeal, we all share in the work of our diocese and the mission of the church. This coming weekend the 27/28 is our commitment weekend for the appeal. Please prayerfully consider making your pledge this coming weekend. Our goal is the participation of every family in our parish.

NEW OLQP Staff E-Mail ADDRESSES

Several months ago (and as published on the bulletin cover), we have been using new email addresses. Please use the following:

Fr. Sojan - frsojan@olqpwf.org

Deacon Larry - lbills@olqpwf.org

Deacon Jim - jbindel@olqpwf.org

Sister Ginny - srginny@olqpwf.org

Greg - greg@olqpwf.org

Vinnie - vinnie@olqpwf.org

Rosalie - rosalie@olqpwf.org



October Retreat for Women: "Seek Ye First the Kingdom"

given by Sister Patricia and Sister Ginny

Saturday, Oct. 11

from 9:00 a.m. to 3:00 p.m. in the Parish Hall

We will focus on the Scriptural words: Mercy, Compassion, Indwelling, and Joy!

Mark your calendar to spend that day growing in your prayer life.

You may register by e-mailing Sister Ginny: srginny@olqpwf.org

or by calling her at the office: 696-1253.

Parish Announcements

FEAST and CELEBRATIONS

Sept. 29 - Saints Michael, Gabriel, and Raphael, Archangels

The liturgy celebrates the feast of these three archangels who are venerated in the tradition of the Church. *Michael* (Who is like God?) was the archangel who fought against Satan and all his evil angels, defending all the friends of God. He is the protector of all humanity from the snares of the devil. *Gabriel* (Strength of God) announced to Zachariah the forthcoming birth of John the Baptist, and to Mary, the birth of Jesus. His greeting to the Virgin, "Hail, full of grace," is one of the most familiar and frequent prayers of the Christian people. *Raphael* (Medicine of God) is the archangel who took care of Tobias on his journey.

According to the 1962 Missal of St. John XXIII the Extraordinary Form of the Roman Rite, today is the feast of St. Michael. St. Gabriel is observed on March 24 and St. Raphael on Oct. 24.

Sept. 30 - Saint Jerome, Priest and Doctor of the Church (Patron of Archeologists; archivists; Bible scholars; librarians; libraries; schoolchildren; students; translators.)

Born in Dalmatia of a Christian, Jerome (345-420) was baptized in Rome, while taking his classical courses. He then studied under the best masters in foreign cities. But the Church had need of this extraordinarily gifted man. Jerome heard and obeyed the divine call, made a vow of celibacy, and withdrew for four years to a hermitage in the Syrian desert. The Holy Father soon summoned Jerome to Rome and entrusted him with the enormous task of revising the Latin Bible. This work, which took 30 years to complete, is the Vulgate version of the Scriptures. He also wrote many other works, mostly commentaries on the books of the Bible.

Oct. 1 - Saint Thérèse of the Child Jesus, Virgin and Doctor of the Church (Patron of florists; foreign missions; missionaries; pilots; against tuberculosis; AIDS sufferers; illness; loss of parents; Australia; France; Russia; Diocese of Fairbanks, Alaska; Diocese of Fresno, California; Diocese of Juneau, Alaska; Diocese of Pueblo, Colorado)

Today is the memorial of St. Thérèse of the Child Jesus and the Holy Face, more popularly known as "the Little Flower." Although just an obscure cloistered Carmelite nun, she has had universal appeal since her death in 1897. St. Thérèse is the patroness of all foreign missions and patroness of France. Her feast day was formerly Oct. 3.

Oct. 2 - Holy Guardian Angels

Perhaps no aspect of Catholic piety is as comforting to parents as the belief that an angel protects their little ones from dangers real and imagined. Yet guardian angels are not only for children. Their role is to represent individuals before God, to watch over them always, to aid their prayer and to present their souls to God at death.

The concept of an angel assigned to guide and nurture each human being is a development of Catholic doctrine and piety based on Scripture but not directly drawn from it. Jesus' words in Matthew 18:10 best support the belief: "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father."

Devotion to the angels began to develop with the birth of the monastic tradition. St. Benedict gave it impetus and Bernard of Clairvaux, the great 12th-century reformer, was such an eloquent spokesman for the guardian angels that angelic devotion assumed its current form in his day.

A feast in honor of the guardian angels was first observed in the 16th century. In 1615, Pope Paul V added it to the Roman calendar.

Oct. 4 - Saint Francis of Assisi (Patron of animals and the ecology)

Francis of Assisi was a poor little man who astounded and inspired the Church by taking the gospel literally—not in a narrow fundamentalist sense, but by actually following all that Jesus said and did, joyfully, without limit and without a mite of self-importance.

Serious illness brought the young Francis to see the emptiness of his frolicking life as leader of Assisi's youth. Prayer—lengthy and difficult—led him to a self-emptying like that of Christ, climaxed by embracing a leper he met on the road. It symbolized his complete obedience to what he had heard in prayer: "Francis! Everything you have loved and desired in the flesh it is your duty to despise and hate, if you wish to know my will. And when you have begun this, all that now seems sweet and lovely to you will become intolerable and bitter, but all that you used to avoid will turn itself to great sweetness and exceeding joy."

From the cross in the neglected field-chapel of San Damiano, Christ told him, "Francis, go out and build up my house, for it is nearly falling down." Francis became the totally poor and humble workman.

During the last years of his relatively short life (he died at 44) he was half blind and seriously ill. Two years before his death, he received the stigmata, the real and painful wounds of Christ in his hands, feet and side.

On his deathbed, he said over and over again the last addition to his Cantic of the Sun, "Be praised, O Lord, for our Sister Death." He sang Psalm 141, and at the end asked his superior to have his clothes removed when the last hour came and for permission to expire lying naked on the earth, in imitation of his Lord.



Bishop Olson Meets with Pope Francis

Pope Francis meeting with Bishop Olson (L'Osservatore Romano) Bishop Michael F. Olson met with Pope Francis Thursday, Sept. 18, 2014

as part of a delegation of new bishops who have been appointed by the Pope in the last year. Bishop Olson has been in Rome attending a conference for the new bishops who are from around the world. Pope Francis addressed the delegation of bishops, telling them "nothing is more important than introducing people to God!" During the Papal session, Bishop Olson met individually with Pope Francis.

In addition to Bishop Olson, Pueblo, Colorado Bishop Stephen J. Berg, a priest of the Catholic Diocese of Fort Worth and former Fort Worth Diocese vicar general, and San Angelo Bishop Michael J. Sis attended the bishops' conference.

SEASONS OF HOPE

Bereavement Support Group to Begin

A Christ-centered support group is for you if any of these are true:

- ✓ You are looking for friends in Christ to share your journey in sorrow
- ✓ You've been trying to figure out the meaning of your grief
- ✓ You want to get on with Life but haven't been able to
- ✓ You find comfort in the teaching of Christ
- ✓ You are open to new ways of coping with your grief
- ✓ You don't want to feel alone anymore

The next Season of Hope begins on Oct. 6 and will meet for six Monday evenings at 7pm. The Seasons do not build on each other so someone could start at any Season. Also, if you have attended a Season you would still benefit from the next Season. Sign-up for this Season will be the weekends of Oct. 4th and 5th after each Mass. Space is limited. For more details, pick up a Seasons of Hope brochure. The class book and instructions will be available at sign up.

IF YOU SIGN UP FOR THE SESSION YOU ARE COMMITTING TO A SIX WEEKS SESSIONS AND NO VISITORS ARE ALLOWED TO ATTEND THE CLASSES.

You may also register by calling Helen at 704-1278 or by emailing her at lhills307@gmail.com

St. Vincent de Paul Thrift Store

1516 Beverly Drive (723-4971)

Come see the great selection of items that are available.

Like us on Facebook: Wichita Falls St. Vincent De Paul Thrift Store.

BIBLE STUDY OPPORTUNITIES:

• **GOSPEL OF JOHN** led by Sister Patricia, SSMN ONE Scripture Study on the Gospel of John for everyone interested. It will begin on Sept. 30th, at 7pm-9pm in the parish hall. Register after each Mass and if you are new, purchase our text for \$10.00. There will be readings to do before the first session, so please register as soon as possible. We will meet each Tuesday until after Thanksgiving.

• **HARVESTING THE WILDERNESS**

led by Jack Abel, parishioner
Reading the Old Testament for Spiritual Profit (a 9 week series). The series will be held from 9:30 - 10:40 on Sunday mornings beginning Sept. 28. It will be held in the Choir Room.

One hears comments like:

- "It's too hard to understand"
- "I tried but I gave up"
- "I'm not sure how to read the Old Testament"

Come grow in our ability to reap the benefits of reading the Old Testament. A little more knowledge and an honest effort will help open our eyes to the treasures of God's Word in the Old Testament.

Topics to be covered:

- The Vatican Council Document on Divine Revelation and the Old Testament
- Why read the Old Testament when we have the NEW?
- What divine inspiration of such diverse books as Exodus, Isaiah and Job means?
- Applying an Old Testament book or text to our life today.

• **Sacred Heart's Mom's Group** is beginning a new Bible Study covering **Luke & Acts of the Apostles**. All women of OLQP, whether or not you're a mom, are invited to join. The study, from Catholic Scripture Study Inc., is a doctrinal based Roman Catholic Group Study Program, written by Sister Marie Therese Wright, SSMN. We meet 9-11:30am the 1st and 3rd Wed of each month upstairs in the Pastoral Center (Berend Rm) at Sacred Heart. Childcare is available. Questions/ More Info/Register please call Tonya Genewick 689-8218 or 910-489-2997.

• • •
The Catholic Medical-Dental Guild of Wichita Falls
An Evening with Bishop Michael Olson

Saturday, Oct. 25 at Sacred Heart Church
5:00 PM Mass with Special Intention

for Healthcare Workers

followed by Dinner, Music and Keynote Address
on Healthcare Ethics by Bishop Olson
(One hour of Continuing Education credit in Ethics
for healthcare providers will be available)

Net proceeds to benefit Fort Worth Catholic
Charities - Northwest Deanery

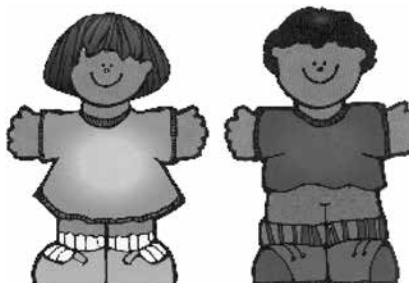
Tickets \$40 each or Table of 8 for \$400

Ticket Reservations available at Sacred Heart

Catholic Church Parish Office: 1504 10th

Street, Wichita Falls TX 76301 or by contacting

catholicmedwff@gmail.com. You do not have to be
a healthcare provider to attend.

**Kid's CORNER****Sept. 29 is the Feast of the Angels:**

Michael, Gabriel and Raphael. Jesus said that children's angels constantly behold the face of God (Mt. 18:10) Remember to turn to your angels to help you! They guard, protect and love to help. "Angel of God, my guardian dear, to whom God's love entrusts me here. Ever this day, be at my side to light, to guard, to rule and guide. Amen."



**The First Reconciliation Program will begin with
a parent meeting on Sunday:**

Sept. 28, from 3:00-4:00

in the St. Joseph Room of the Church

At least one parent is required to attend. Child care is provided.

Children's sessions will be held in small groups in homes and begin the week of Oct. 5. All children of the parish, both children who attend Notre Dame and children who attend other schools, participate in the sacrament program.

The actual date of First Reconciliation is Monday, Nov. 25 at 7:00 p.m. in the church

Religious Education has started.

Come and register if you haven't yet!

And send your child!

At the first class of Religious Education for Kindergarten, Jackie Schreiber just happened to mention something about Jesus and Jason (5 years old) stood up, put his arms out in a cross position and declared that, "He stood for 6 months and after 3 months, HE CAME ALIVE." Mrs. Schreiber, being the good teacher that she is, said, "Yes, that's right, Jason, after 3 days, he came alive!" Mom, when told, guessed that at least some of the bedtime Bible stories were sinking in!

Religious Education (K-6th Grade)

Sunday's 9:30-10:45am

at ND elementary school

Registration Form and calendar

online at www.olqpwf.org

Youth Ministry

PRAY • LOVE • SERVE

For more information
Call Greg Brown 696-1253
greg@olqpwf.org

World Youth Day @ Six Flags Over Texas
(Arlington, TX)

Oct. 19th for all 7th-12th graders

\$35 (\$10 with valid season pass)

Registration and \$ due by Oct. 3rd see www.olqpwf.org/youth for registration

• • •
Registration forms and calendar available online at www.olqpwf.org (Please note that a Form A for 14/15 must be completed for this school year if not yet completed through our summer activities since June of 2014. Form A will be kept on file until it expires in May of 2015 so that you only have to fill it out once per year per child. Form B must be filled out additionally for each event youth participate in thought the year.)

• • •
Discovery (Middle School Ministry, 7-8th)
Sunday's 9:30-10:45am in the Parish Hall (unless otherwise noted)

- Sept. 28th (NDHS Gym: please drop off and pick up in the south parking lot circle by the bus barn)
- Oct. 5th (PH)
- Oct. 12th (PH)

MSM retreat will be Oct. 17-18th. Come join in fellowship, begin new friendships, come learn about our amazing God and get ready for a incredible weekend! All 7th and 8th graders are encouraged to attend. Cost is @25 Registration deadline Oct. 8th. www.olqpwf.org/other for more information and registration forms.

• • •
Verso L'alto (High School Ministry, 9th-12th)
Wednesday's 7pm-9pm

- Oct. 1st, 8th and 15th

***we still need help with meals for Verso L'alto this year.** If you are interested in preparing and/or providing a meal for our high school program please contact Greg in the office.

**** We are in need of 5 more adults to serve Verso L'alto as Faith Coaches (small group leaders).** For more information please see www.olqpwf.org/how-to-help or contact Greg

• • •
Keep up with what's going on at
www.olqpwf.org/youth

"The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist."

— Saint Gregory the Great

FREE MASS TIMES APP - for when you're away! The Catholic Directory iPhone App is FREE and will quickly find the churches nearest to you, including Mass Times, Web sites, Maps, Directions, Staff, Bulletins, and other important information. Powered by TheCatholicDirectory.com

GROWING IN FAITH

GOOD NEWS!

TWENTY-SIXTH SUNDAY IN ORDINARY TIME

Ez 18:25-28 / Phil 2:1-11 or 2:1-5 / Mt 21:28-32

For many committees and work teams, the ideal way to make a decision is by consensus. Though time-consuming, consensus assures that everyone is heard and that all have been given a chance to come to the same point of view. Everyone “owns” the decision and works to support it.

St. Paul gives a Christian spin to the whole idea of consensus—not for making decisions, but for living as Christ would have us live. Be “of the same mind,” he says.

For Christians, “the same mind” means we share the same Spirit, have compassion and sympathy for one another, set aside our own interests, and look to the interests of others.

“Wait,” you say, “Does that mean I can never say what I want?” No, but it does mean trusting others to care for your interest just as you care for theirs.

This is not easy for us, but Paul is adamant: “Have among yourselves the same attitude that is also yours in Christ Jesus.” There’s the difference. In the corporate world, consensus is about coming to the same mind. In the Christian life, consensus means putting on the one mind of Christ.

If we can do that, we can empty ourselves for the sake of others, take the risk to love and care for others, and live in the utter confidence that Christ dwells in us.

Where does such confidence come from? From Christ himself, who loved us from the very beginning and who invited us through baptism to be one with him.

Now that’s an idea we can all support.

Mary Katharine Deeley

sundaybulletin@liguori.org

Dear Padre!

Who can write a prayer?

My prayer-group leader is encouraging us to write our own prayers for our meetings. I don’t think we’re qualified to write prayers for other people to pray. Don’t you need some formal religious training? Will our prayers count?

It’s given to every human being to be able to pray. On the level of the spiritual life, prayer is as basic as breathing is to physical life. Everyone at every moment has the grace to say a prayer. Sometimes I ask people, “Do you pray?” At times they tell me they don’t. Then I ask them, “Well, do you talk with God?”

Of course they do, at least sometimes. That’s praying.

When writing your prayers, I suggest you use this ancient definition as inspiration: Prayer is the raising of the mind and heart to God. I’m sure your prayers will be that in word and feeling, and they will “count.”

When writing more formal prayers, it’s nice to include the prayer elements the Church considers important: adoration of God, contrition and sorrow for sin, thanksgiving for life and for God’s care of us in good times and bad, and petition for what we desperately need in our poverty.

And for you, a final word. Remember that, no matter how bad things may get, no matter how out of control, you always have the gift and power of saying a prayer. Especially in time of temptation—when things really go bad—ask Mary your Mother to pray with you.

FR. JOHN HAMROGUE, CSSR

sundaybulletin@liguori.org

ADULT FORMATION

The Rite of Christian Initiation

R.C.I.A. Inquirer Classes meet on Thursdays at 7pm in the NDES Cafeteria. All are Welcome (even if you are already Catholic) to the Inquiry Sessions to learn more about the Catholic Faith. Call Deacon Jim at 696-1253 if you are interested.

Worldwide Marriage Encounter

The second reading calls us to “conduct yourselves in a way worthy of the gospel of Christ”. The Worldwide Marriage Encounter Weekend helps your marriage to be a sign for the world. The next Worldwide Marriage Encounter Weekend is Nov. 7-9. Dates fill fast. To apply visit our website at: <http://www.dfwme.org/apply>. For more information e-mail apply@dfwme.org or call 469-444-0904. Para mas informacion de Encuentro Matrimonial en Espanol, escriba a emmdfw@gmail.com o visite <http://www.seccion15.org/>

Beginning Experience

Our second reading calls us to “complete my joy by being of the same mind, with the same love, united in heart, thinking one thing..” Bring your marriage to a unity of heart. Restore, renew and rekindle your marriage at an upcoming Worldwide Marriage Encounter Weekend. The next Worldwide Marriage Encounter Weekend is on Nov. 7-9. Dates fill fast. To apply visit our website at: <http://www.dfwme.org/apply>. For more information e-mail apply@dfwme.org or call 469-444-0904. Para mas informacion de Encuentro Matrimonial en Espanol, escriba a emmdfw@gmail.com o visite <http://www.seccion15.org/>

Natural Family Planning Classes

Did you know... today’s Natural Family Planning is not the old “rhythm” method? The Couple to Couple League is offering NFP classes at Sacred Heart Catholic Church in Wichita Falls, Texas. This is a 3-part class, and the next class series will take place on Sundays from 1:30- 4:30pm in the Berend Room. If you would like to sign up for this class or any other upcoming classes, please go to www.ccli.org and fill out the online registration form. If you have any questions, you may contact Lauren Morath at (940)544-2515 orlmorath@srcaccess.net.

Rachel’s Corner

“I have never been more convinced that God moves powerfully to love His wounded people back to life than that weekend at the Rachel’s Vineyard Retreat. It was a mountaintop experience!” - Testimony after a Rachel’s Vineyard Retreat. Healing and hope await you on a Rachel’s Vineyard Retreat.

Rachel Ministries • 817-923-4757

Rachel’s Vineyard Retreat for Healing After Abortion

(Next Retreat October 10)

Rachel Ministries is offering two confidential weekend retreats for healing after abortion; one in **English on Oct. 10-12, and one in Spanish on Oct. 31-Nov. 2**. The retreat will help if you are struggling with grief, guilt and pain after abortion and want to find healing and hope. Come and experience the mercy, forgiveness and healing love of God in the company of others who understand what you’re going through. For more information in English, please call our confidential English helpline at 817-923-4757 or email forgiven@racheltx.org. For more information in Spanish, please call our confidential Spanish helpline at 817-886-4760 or email misericordia@racheltx.org. Confidentiality is strictly observed.

WHEN IN DOUBT...CHECK US OUT • olqpwf.org

OLQP Catholic Church, Wichita Falls, Tx

Why the Our Father is called "The Perfect Prayer?"

One reason we call the Our Father, "The Perfect Prayer", is because Jesus taught us to pray it (Luke 11:1-13). It is actually four prayers in one.

First, it is a prayer of praise and gives God the glory that he is due. Second, it is a prayer of petition in which we ask God to provide what we need. Third, it is a prayer asking for forgiveness and the strength to be forgiving. And last, it is a prayer of acknowledgement. It leads us to admit that God knows what is best for us and reminds us to submit to his will rather than our own. That's what makes it the perfect prayer and the perfect prayer model.

The Our Father is a good beginning to heartfelt prayer. Jesus encourages us to ask for God's help, seek God's will, and open the door to God's grace in our lives.

• • •

Power in Number

"For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20)

• • •

"God loves me; this I know."

We are loved immeasurably by Father, Son and Holy Spirit. Why, then, do we often fear God as a stern taskmaster who imposes impossible rules and waits to catch us in misdeeds? Instead, let's be confident in his warmth.

God is love.

"Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God... for God is Love" (1 John 4:8). God's very nature is love. He isn't capable of ill will, ridicule, or bad feelings. He can only love and want us to love.

God is only capable of wanting our good.

When someone loves us, he wants the very best for us. "For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope" (Jeremiah 29:11).

God doesn't want us to wonder about him.

We don't have to guess who he is. He makes it easy to come to know him. "...Let him who glories glory in this, that he understands and knows me, that I am the Lord who practice steadfast love, justice, and righteousness in the earth; for in these things I delight, says the Lord" (Jeremiah 9:24).

We get to know him through seeking him in prayer and action.

COMMUNITY NEWS**Counseling Services****New Office Schedule:**

Working in partnership with Sacred Heart and Our Lady Queen of Peace, Catholic Charities Fort Worth provides counseling services at **Sacred Heart Monday through Friday from 5:30pm to 7:30pm** to assist individuals and families:

- Through the challenges of raising a child
- Resolving marital conflict
- Coping with depression, anxiety, and the stresses of daily life

Let us help you find hope and healing.

Contact the Clinical Counseling program with Catholic Charities at 940.716.9669 or speak to your parish office for more details.

• • •

The St. Joseph Health Care Trust assists individuals who are medically uninsured/underinsured and who meet eligibility criterion. This includes assistance with prescriptions, dental services, physician visits, and other services. For more information please call Stella at (940) 552-0347. (This program is administered through Catholic Charities, Diocese of Fort Worth.)

• • •

Immigration Consultations in Wichita Falls

This opportunity allows you to have an immigration consultation with an immigration attorney or a Board of Immigration Appeals accredited representative without traveling outside of Wichita Falls. Our professionals will serve you via video from our main office in Fort Worth. You will be speaking privately and confidentially with an authorized person qualified to evaluate your situation and give immigration legal advice.

Location: Sacred Heart Catholic Church (1504 Tenth Street, Wichita Falls)

Open by appointment: Thursdays and Saturdays

Schedule an appointment: 817.289.2801

Cost of the consultation: \$30