

# Choose Life

2-B CHOICE FOR WOMEN

343-4636



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**Have you considered mentioning Our Savior parish in your will? Please help us continue our ministry by remembering us in your will.**

## Prayers to Our Lady of Perpetual Help



Mother of Perpetual Help, today we face so many difficulties. Your picture tells us so much about you. It reminds us to reach out and help those in need. Help us understand that our lives belong to others as much as they belong to us.

Mother of Perpetual Help, you have been blessed and favored by God. You became not only the Mother of the Redeemer, but Mother of the redeemed as well. We come to you today as your loving children. Watch over us and take care of us. As you held the child Jesus in your loving arms, so take us in your arms. Be a mother ready at every moment to help us. For God who is mighty has done great things for you, and God's mercy is from age to age on those who love God. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you, Mother of Perpetual Help.

### NOVENA TO OUR LADY OF PERPETUAL HELP

O Mother of Perpetual Help, grant that I may ever invoke thy most powerful name, which is the safeguard of the living and the salvation of the dying. O purest Mary, O sweetest Mary, let thy name henceforth be ever on my lips. Delay not, O Blessed Lady, to help me, whenever I call on thee; for, in all my temptations, in all my needs, I shall never cease to call on thee, ever repeating thy sacred name, Mary, Mary.

O what consolation, what sweetness, what confidence, what emotion, fill my soul when I utter thy sacred name, or even only think of thee. I thank the Lord for having given thee, for my good so sweet, so powerful, so lovely a name. But I will not be content with merely uttering thy name. Let my love for thee prompt me ever to hail thee, Mother of Perpetual Help. *(Recite 3 Hail Mary's)*

## SPIRITUAL COMMUNION

Catholics are encouraged to make a Spiritual Communion. Spiritual Communion is the desiring of Jesus Christ to enter our heart when we are unable for various reasons to receive actual Holy Communion. Pope Francis has urged Catholics to perform Spiritual Communion during the COVID-19 pandemic. This practice was established in the Church for centuries and recommended by several saints.

### Act of Spiritual Communion

*St. Alphonsus Liguori*

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.

## PLEASE KEEP DONATING TO GOODWILL EASTER SEALS GOOD SAMARITAN PROGRAM

**ALL DONATION CENTER LOCATIONS ARE OPEN DAILY**  
**10:00 AM - 6:00 PM, BUT CALL FIRST.**

*Azalea Road, Airport Blvd., Cottage Hill Road,  
Schillinger Road, and Moffett Road*

**YELLOW DONATION FORMS** are available in the *Church and in the Parish Office*. Please turn your yellow donation form into Goodwill when donating. This allows Our Savior and Saint Vincent de Paul Society to receive \$5 gift certificates for our Friends in Need. **THANK YOU, PARISHIONERS,** for your participation and generosity. Please contact Christina Richie should you have any questions.



**LINE DANCING** is starting back meeting every Monday in Jennings Hall. Classes start at 6:15 p.m. with a cost of \$5 per person. It is a fun and healthy form of exercise where everyone comes together to have a good time. Come join the fun!!



## TAI CHI CLASS

*It is a low-impact, slow-motion exercise that is often described as "meditation in motion."*

**Classes meet:** Mondays 10:00 a.m. - 11:30 a.m.  
in Jennings Hall.

- \* Social distancing will be observed at all times.
- \* No cost
- \* Everyone is invited.



**THE MEN OF ST. JOSEPH** It is an association of Christian Men united under the Catholic Church who meet weekly to pray together and encourage each other to be the spiritual leader of their families. A weekly one hour meeting is held at **6:00 p.m. every Tuesday in Joseph Hall**. For more information, please contact Deacon Francis or Mike Perry.

## DONUT WEDNESDAY IS COMING BACK!!



Come join us again for coffee & doughnuts on Wednesdays after the morning Mass starting **August 4th**. As we are all starting to stretch our legs from the recent isolations; let us come together to get reacquaint with our church friends and family so we can share our quarantine stories.

## STAFF

Father David Tokarz, Pastor  
Deacon Charles Kenny (retired)  
Deacon Norman Gale  
Deacon Jay Boyd  
Deacon Francis Tran  
Jan Murray, Religious Ed  
Tina Lyons, Youth Minister  
Dolores Hale, Ministry of Care  
Daniel Driskell, Music Minister  
Mary Marks, Office Manager  
Judy Pukac, Accountant  
Heide Sarubin, Office Assistant  
Kim McDowell, Maintenance  
Mary Anthony, Housekeeping

## SCHEDULE OF MASSES

**Saturday Mass:** 5:00 p.m.  
**Sunday Masses:** 8:30 a.m. & 11:00 a.m.  
**Weekdays:** 8:30 am Tuesday-Friday  
**Holy Days:** 7 p.m. Vigil & 8:30 a.m. & 7 p.m.

## CONFESSIONS

Saturday: 4:00 p.m. - 4:30 p.m. & by appointment

## CONTACT

**Office:** 251-633-6762  
**Fax:** 251-633-7790  
**Website:** [www.oursaviorparish.org](http://www.oursaviorparish.org)  
**Facebook:** Our Savior Catholic Church  
**Email:** [office@oursaviorparish.org](mailto:office@oursaviorparish.org)  
**Fr. David's email:** [djtokarz1950@gmail.com](mailto:djtokarz1950@gmail.com)

## CHURCH ADDRESS

1801 Cody Rd S, Mobile, AL 36695

## Finance Council:

**Liturgy:** Fr. David Tokarz  
**Parish Life Activities:** Dolores Hale  
**LAFF:** Mary Anthony  
**Life & Justice:** Ricarda Manning  
**Knights of Columbus:** Michael Smitherman  
Grand Knight, Council 11366  
**4th Degree, Knights of Columbus:** Joe Behr  
Faithful Navigator Assembly 2918  
**Ladies Auxiliary:** Tina Lyons  
**Men of St. Joseph:** Francis Tran  
**St Vincent de Paul:** Christina Richie  
**Parish Council:** Vicki Wakefield  
**Sister Parish Com.:** Kathy Powell  
**Boy Scouts:** Edward Nehls  
**Cub Scouts:** Edward Nehls  
**Widows Web:** Judy Adams

## MOVING OR CHANGING ADDRESS

Please notify the parish office 251-633-6762

## NEW PARISHIONERS

If you are interested in joining our parish family, please fill out a card on the table in the back of the church to the left as you enter or online at [www.oursaviorparish.org](http://www.oursaviorparish.org)

## SACRAMENTAL GUIDELINES

**Baptism of infants:** If you are expecting a child or have recently had a child and want to prepare for baptism, please call the parish office (251-633-6762) to schedule a preparation session.  
**Confirmation, RCIA, First Eucharist:** Jan Murray  
251-633-6762 x 206 or [re@oursaviorparish.org](mailto:re@oursaviorparish.org)  
**Matrimony:** Fr. David (six months before the wedding)

## RELIGIOUS EDUCATION

School of Religion grades K - 12 meets  
Sunday mornings from 9:45 a.m. - 10:45 a.m.

## PARISH OFFICE

8 a.m. - 4 p.m. Monday - Thursday  
8 a.m. - 3 p.m. Friday  
Closed daily for lunch 12:00 p.m. - 1:00 p.m.

## OUR SAVIOR YOUTH GROUPS

**Email:** [youth@oursaviorparish.org](mailto:youth@oursaviorparish.org)  
**Junior:** 6th - 8th grades  
**Senior:** 9th - 12th grades

## PRAYER CHAIN

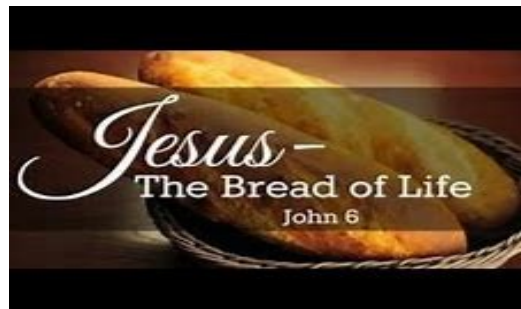
Parish Office [office@oursaviorparish.org](mailto:office@oursaviorparish.org)

## EUCARISTIC ADORATION

Wednesday 9:00 a.m. - 6:00 p.m.



## Eighteenth Sunday in Ordinary Time August 1, 2021



### NO FREE LUNCH, BUT...

Jesus' frustration in today's Gospel reading is obvious— "You got it, but you didn't get it!" The crowd is basically saying, "We're back!" And Jesus is saying, "But why?"

The excerpt today is a clear reminder that the desire to be taken care of, to be "fed" in that sense, did not originate with the New Deal or the Great Society or any notion of State-sponsored welfare. We've always had those looking for a handout and not a hand up, as the old political saw once put it.

Jesus is trying to set things straight. He's telling the people, "You experienced the event, but you didn't grasp the true meaning." He is telling the people, in effect: "You want a free lunch; I want to give you the 'lunch' that sets you free. And you should be working for that, not the other."

Jesus is telling the crowd: "I have come to be the nourishment of your deepest desires and needs. I have come to set you free from eternal death. I have come to give you life, and life to the full (John 10:10). I am the true manna, the living Bread. Do you believe this? (John 11:26)."

According to the rabbis, one of the things pre-existent from before the foundation of the world was Torah. And throughout the rabbinical writings, "bread" is a metaphor for Torah. So Jesus is asserting that He is the ultimate "instruction," the ultimate Torah, the ultimate manna, for which the people should be longing. He is saying that the manna of Moses and the Law of Sinai were foreshadowings of Himself. "Come to Me," Jesus is saying, "and know how good you can truly have it! It will be the fulfillment of Isaiah 25 and 55: Come to the rich food and juicy, choice wines, come to the water to drink wine and milk, to eat bread without price." Why? This is because He Himself IS the price (paid on the Cross)—the Bread of Life is Jesus Himself, freely given to us to give us life ("All you who are thirsty [and hungry], come...").

"Well done, Son of Adam...for this fruit you have hungered and thirsted and wept." (CS Lewis, *The Magician's Nephew*). What did Digory long for? It was the healing of his Mother. What do we long for? What do we want that will satisfy our hearts' desire? It won't be a five-course dinner at a three-star Michelin restaurant; the following morning we'll be looking for more. What is it that truly, ultimately, finally, satisfies our deepest needs? Jesus has the answer—it is Himself. Don't look for a free lunch; look for the "lunch" that sets us free.

Fr. David

## PARISH MISSION STATEMENT

"Our Savior parish is a Catholic community, fueled by the Eucharist and infused with the gifts of the Holy Spirit, committed to faith-filled worship, to outreach and welcoming for our brothers and sisters in need, to striving for Christian unity, to pursuing respect for the dignity of all human life, and to building the Kingdom of God on Cody Road and beyond."

Please pray for those who are sick and suffering in our parish, in a special way...

Bill Barber	Jesus Gallego	Ashley Rickel
Keith Bumpers	Manuela Golden	Vicki Scott
Lisa Brazell	Rose Marie Kervin	Jeb Shell
Annie Ruth Chappell	Monica Knight	Kathy Sirak
Mason Coker	Rady Laron	Mary Ann Stanley
Judy Courtney	Myrtis Mooney	Joe Vegliacich
Leah Dees	Louis Naman	
Michael Dees	Michael Nelson	

### FROM DEATH TO NEW LIFE

James Walsh 8/1/06	Cullis Holub 8/19/15
Sadie Davis 8/1/10	Tom Clinton 8/19/18
Jeanne Pollara 8/1/05	David Longstaff 8/19/2020
Phi Hoang 8/2/09	Helen Curry 8/20/17
Bonnie Moran 8/2/13	Sullivan O'Rourke 8/21/10
Madelyn Christiansen 8/3/09	Henna Dana 8/21/13
Mary Kress 8/3/14	Teresa Powell 8/22/08
James G Murray 8/4/02	Gary Browning 8/22/2020
Cecilia Stirling 8/4/14	Msgr Joseph McArdle 8/23/00
Sean Delcambre 8/5/19	Eubie Watson 8/23/05
Margarita deCuellar 8/6/01	Helen Cullefer 8/23/15
George Kirk 8/6/13	Linda Behr 8/23/18
James Roberts 8/7/09	Ann Burns 8/25/08
Samuel P. Garrone 8/7/97	Edith Klein 8/25/05
Haydee Granda 8/7/2020	Doug Pierre 8/25/09
Margaret McCusker 8/8/2020	George Kutey 8/25/15
David Pomier 8/9/11	William Kirven 8/26/09
John Pigott 8/9/15	Irene Novak 8/26/12
Leon Rung 8/10/16	Mary Anne Hennigan 8/26/18
Pete Garriz 8/10/16	Jean Engler 8/27/97
Ruth B. Dunaway 8/11/01	Conchita Charnock 8/27/12
Thomas Stirling 8/11/08	Barry Jaet 8/27/13
Misty McKee 8/11/2020	Johnny Crist 8/28/10
Jack Baker 8/13/11	Harold Clark 8/28/2016
Lill England 8/14/08	Cesar Cosci 8/29/18
Patsy Kenny 8/14/11	Mary Beth Ezell 8/29/19
Lillian Giara 8/15/07	Regina Street 8/30/79
Lorraine Roberts 8/15/19	Ron Willis 8/30/03
Lisa Crum 8/16/07	Mary McQueen 8/30/12
Faye Richburg 8/17/08	Lily Villanueva 8/30/15
Jerry Callaghan 8/17/12	Doris Henriksen 8/30/2020
Doyle Ellis 8/17/04	Rolando Sema 8/31/12
Frank Holderfield Sr 8/17/07	
Brooke Heuermann 8/17/13	
Charles Pollman, Sr. 8/18/08	
Agnes Murray 8/19/06	

### MASS INTENTIONS OF THE WEEK

<b>Saturday</b>	<b>5:00 pm:</b>	Ronald Smith (d)
<b>Sunday</b>	<b>8:30 am:</b>	Claude Gibson (d)
	<b>11:00 am:</b>	People of the Parish
<b>Tuesday</b>	<b>8:30 am:</b>	John Dana Barfield, Sr. (d)
<b>Wednesday</b>	<b>8:30 am:</b>	James Murray (d)
<b>Thursday</b>	<b>8:30 am:</b>	Georgette Doyle Mosley (d)
<b>Friday</b>	<b>8:30 am:</b>	Nellie Doyle (d)

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Advertiser of the Week

### PRAYER INTENTIONS POPE FRANCIS

**Intention for Evangelization: – The Church**

Let us pray for the Church, that She may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

### READINGS OF THE WEEK

<b>Sat.</b>	<b>Reading 1:</b> Leviticus 25:1, 8-17
	<b>Gospel:</b> Matthew 14:1-12
<b>Sun.</b>	<b>Reading 1:</b> Exodus 16:2-4, 12-15 (113B)
	<b>Reading 2:</b> Ephesians 4:17, 20-24
	<b>Gospel:</b> John 6:24-35
<b>Mon.</b>	<b>Reading 1:</b> Numbers 11:4b-15
	<b>Gospel:</b> Matthew 14:13-21
<b>Tues.</b>	<b>Reading 1:</b> Numbers 12:1-13
	<b>Gospel:</b> Matthew 14:22-36
<b>Wed.</b>	<b>Reading 1:</b> Numbers 13:1-2, 25-41:1, 26a-29a, 34-35
	<b>Gospel:</b> Matthew 15:21-28
<b>Thurs.</b>	<b>Reading 1:</b> Numbers 20:1-13
	<b>Gospel:</b> Matthew 16:13-23
<b>Fri.</b>	<b>Reading 1:</b> Daniel 7:9-10, 13-14
	<b>Reading 2:</b> 2 Peter 1:16-19
	<b>Gospel:</b> Mark 9:2-10

### OUR SAVIOR LIVE-STREAMING MASSES

We will be live-streaming **Daily Mass** on Tuesday-Friday at 8:30 a.m. and **Sunday Mass** at 11:00 a.m. on Facebook.

#### Two ways to view the Masses:

- Go to our website [www.oursaviorparish.org](http://www.oursaviorparish.org) and then click on the Facebook logo at the top right corner and then click on videos to your left.
- Log into Facebook and search for Our Savior Catholic Church. Please make sure you click on follow us on Facebook to get notices when a video is posted.

### CHILD PROTECTION RETRAINING



Volunteers and employees, it's time to renew your training for Child Protection. You will find instructions for retraining at:

<https://mobarch.org/childprotection>

If it has been more than two years since your last training/retraining, you must create a new account and attend an initial training class. If you have any trouble logging into your account, please contact the Office for the Protection of Minors and Adults at 251-434-1559.

"God wishes us to be meek even toward ourselves. When a person commits a fault, God certainly wishes him to humble himself, to be sorry for his sin, and to purpose never to fall into it again; but he does not wish him to be indignant with himself, and give way to trouble and agitation of mind; for, while the soul is agitated, a man is incapable of doing good." – St. Alphonsus De Liguori

### OUR FIRST EVER AMAZING "SUNDAY-FUNDAY-NO COOK DAY"



is coming to Our Savior Parish  
**Sunday, August 1, 2021.**

You don't want to miss this morning of food, fun, music after each Mass.

9-11:00 a.m. & noon-1:30 p.m.

Are you a "Saturday Nighter" for Mass?

We've got you covered! Come to the

**VIGIL of SUNDAY-FUNDAY-NO COOK DAY**

6-7:30pm

**Saturday, July 31, 2021**

**Come See What Our Parish Has To Offer!**

**Menu:**

**BBQ Pulled Pork, Mac & Cheese & Baked Beans**  
after 5p.m. & 11 o'clock Mass

**Continental Breakfast after the 8:30 Mass**  
Coffee, OJ, Donuts, Danish & Muffins  
plus a few other surprises.



### FOOD FOR BODY & SOUL

20 & 30 something Young Adults  
+++

**Save the Date!**

Friday, August 6th 6pm – 8pm

Married & Single are invited to join Fr David for questions & answers about our Faith over at the rectory. We will provide the main meal & drinks. Please bring a side or a treat to share.

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Please RSVP by **August 3rd** to either Jan @ 633-6762 x 206 re@oursaviorparish.org or Tina @633-6762 x 205 youth@oursaviorparish.org

Anticipated Offering Income	\$	12,115
Actual Offering Income	\$	7,782
Anticipated Offering Income to date	\$	363,462
Actual Offering Income to date	\$	361,107
YTD Offering: Over (Under)	\$	(2,355)
Budget Offering Year	\$	630,000
Building Fund this week	\$	85
Building Fund to date	\$	5,008
Temascalapa Appeal	\$	16,307

### CHURCH CONTRIBUTIONS



Visit our website to sign up and to begin contributing automatically to our parish. This convenient new system does not require you to contact your bank to sign up or to make changes. You can use any of your checking or savings accounts or debit or credit card, and the funds will be automatically transferred to our parish bank account. This system is more convenient for the parish than electronic checks from your bank. And it's convenient for you because you can make changes at any time. Go to our website or download the online giving app on your mobile device. **Contact Judy Pukac at 251-633-6762 x 203 with any questions.**

**For the website** go to [www.oursaviorparish.org](http://www.oursaviorparish.org) then click on the Online Giving link. It's quick and easy!

**For the mobile app** go to the App Store and search for Online Giving and register with Our Savior Catholic Church.

### MEETINGS OF THE WEEK

**Saturday** Sunday-Funday-No Cook Day (6:00 p.m.) Jennings  
**Sunday** Sunday-Funday-No Cook Day (9:30 a.m./Noon) Jennings  
**Monday** Tai Chi (10:00 a.m.) Jennings  
 Line Dancing (6:15 p.m.) Jennings  
**Tuesday** Men of St. Joseph (6:00 p.m.) Joseph  
**Wednesday** Adoration (9:00 a.m. - 6:00 p.m.)  
 Coffee & Doughnuts (9:00 a.m.) Joseph  
 Benediction (6:00 p.m.)  
 Choir (7:00 p.m.)  
**Thursday** K of C mtg (7:00 p.m.)  
**Friday** 1st Friday Holy Hour (9:00a.m.)  
 Singing Needles (10:00 a.m.)

### PRAISE & WORSHIP SING ALONG



Pot Luck Dinner (Bring your favorite dish to share)  
 Everyone is invited! Daniel Driskell will lead us in song!

#### SAVE THE DATE!

Sunday, August 22nd 5 p.m. - 7 p.m. Jennings Hall  
 Please RSVP to Tina @ [youth@oursaviorparish.org](mailto:youth@oursaviorparish.org) or 633-6762 x 205

### UPDATE MEMBERSHIP INFORMATION



Does our Church database have YOUR family membership record correct? Here is your chance to update YOUR record for our annual Guide Book & Directory. It is time for us to update our database with any changes, additions, or deletions that may have occurred in YOUR family over the past year.

- Have you changed your phone number or email address?
- Have you moved?
- Are you preparing to move soon?
- Do you want your record published?

If you have **not** already informed the Church Office about changes to your record, please let us know now so that the information in the Guide Book & Directory is correct. The Church Office number is 251-633-6762 x 200 or stop by the Guide Book Table in Jennings Hall after all Masses this weekend and we will be able to update any changes.

*Thank you for your help!*

### YOUTH GROUP UPDATES/EVENTS



#### WE'RE HEADING TO WATERTVILLE, USA!

Open to all youth 6th-12th grade and other family members are welcome to join us. Group rate is \$32 per person. But wait we have a special rate for those wanting to join us **August 7th !!!**

**Youth 6th-12th \$15**  
**Friends & Family Members \$20**

Our Savior will provide the bus transportation with limited seating. Please pick up your permission slips this weekend in Jennings Hall after all Masses.

**Please RSVP ASAP to Ms. Tina**

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Youth group is open to all Middle School Youth 6th-8th grade & High School Youth 9th-12th grade. Parents and Youth, if you would like to be added to the email/constant contact list so you can receive updates. Please send your email to [youth@oursaviorparish.org](mailto:youth@oursaviorparish.org).

*Our goal here at Our Savior is to provide a safe place to come together with your peers.*



**HOLY HOUR & NOVENA** will resume **August 11th** following Adoration on Wednesday from 9:00 a.m. - 6:00 p.m. Holy Hour begins at 6:00 p.m. starting with evening prayer followed by the Novena to Our Lady of Perpetual Help, and then concludes with Benediction at 7:00 p.m.

**SPECIAL COLLECTION** this weekend for Latin America. Please be generous.

### OUR SAVIOR'S 2ND ANNUAL MULTICULTURAL FESTIVAL



Our Savior will be hosting their 2nd Annual Multicultural Festival on **Saturday, October 23rd** in Jennings Hall after the 5 o'clock Mass. We would like to celebrate the richness of all the different cultures and traditions right here at Our Savior. We are looking for parishioners that might be interested in having a table to share their heritage and traditions. Please contact Deacon Francis or Tina in the office if you are interested in participating! Our next planning meeting is **Wednesday, August 18th in Joseph Hall 6:30-7:30.**

### KNIGHT'S KORNER

To this point, we have sold almost 200 tickets, which is way ahead of last year. Knights are hanging out on the porch after Mass on the weekends and Tina has a few in the church office. If you know of anyone that would like a ticket just let us know and we can get with them. Cost is \$25 per ticket.

We still have five more months of drawings to go. Good luck to all of us. Thank you for your participation. Any profits that we receive will be going to help worthy causes. So in the end, we are all winners.



**PRAY** for Arleen Huggins who died July 21st. She was the sister of Paul Antione. May she rest in peace.

The **RCIA** process will begin in person after Labor Day. If you know someone who is interested in learning more about the Catholic faith, please encourage them to contact Jan Murray, RCIA Coordinator. There are forms available in the back of the church. Feel free to take one to invite your friends.