

**St. Mary's
&
Holy Name of Jesus
Catholic Churches**



Diocese of Amarillo

Most Rev. Patrick J. Zurek, Bishop

Rev. Grant Spinhirne, Administrator

**St. Mary's
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**Holy Name of Jesus
317 W. Main
P.O. Box 128
Happy, TX 79042
(806) 558-2871**

WWW.STMARYSUMBARGER.COM

Mass Schedule			
		Umbarger	Happy
Mon, August 10	St. Lawrence	No Mass	No Mass
Tue, August 11	St. Clare	7 PM - Clara Grabber	No Mass
Wed, August 12	St. Jane Frances de Chantal	8 AM - Christian Mothers	No Mass
Thu, August 13	Sts. Pontian & Hippolytus	8 AM - Kirsten Simons	7 PM
Fri, August 14	St. Maximilian Kolbe	8 AM - Marcella Brandt	No Mass
Sat, August 15	The Assumption of the Blessed Virgin Mary	No Mass	5:30 PM - Parish Family
Sun, August 16	The 20th Sunday in Ordinary Time	9:00 AM - Parish Family	No Mass

ST. MARY'S

Divine Mercy Chaplet: 1st Sunday at 10:30 AM
Anointing of the Sick: By Request
CYO 4th Sunday 6:00 pm. at the Hall
CCD: Sundays at 10:15-11:30

Festival Meeting: on Sunday, August 9th, after mass to discuss plans for this year's upcoming festival. We need input from parishioners on how to safely proceed with our fundraiser. Please join us.

Until further notice: We will not have a liturgy list, but ask for volunteers to lector.

Live Mass Streaming: We will continue to live-stream mass for the time being. To access, follow our Facebook Page: StMarys Umbarger.

St Mary's Prayer Blanket Ministry: If you or a loved one suffers from a serious illness and would like a blanket, please contact Suzy Hicks or Fr Grant.

5 Bedtime prayers for a peaceful night

By Philip Kosloski

These prayers can be added to any bedtime routine.

Everyone has their own bedtime routine, but one of the most essential parts of it should be prayer. We should try to start our days with God and end our days with God, giving thanks to him for all the benefits received.

Here is a collection of five short bedtime prayers that can help provide a peaceful night.

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Lord God, send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We ask this through Christ our Lord. Amen.

Watch, Lord, with those who work or wake or weep tonight. Give the angels and saints charge over those who sleep. O Lord Jesus Christ, tend your sick ones, rest Your weary ones, bless Your dying ones, soothe the suffering ones, pity all the afflicted ones, shield the joyful ones, and all for Your love's sake. Amen.

O God, I love you with all my heart and soul, and desire to love you as the blessed do in heaven. I adore all the designs of your divine Providence, resigning myself entirely to your will. I also love my neighbor for your sake, as I love myself. I sincerely forgive all who have injured me, and ask pardon of all whom I have injured. O my good Angel, whom God, by his divine mercy, has appointed to be my guardian, enlighten and protect me, direct and govern me this night. Amen.

Into your hands, O Lord, I commend my spirit. You have redeemed me, O Lord God of truth. I will sleep in peace, and take my rest.

HOLY NAME OF JESUS

What does spirituality mean?

By Philip Kosloski

Spirituality is a broad term that is defined as any topic that concerns the “spiritual” world around us and within us.

Spirituality is a word used not only by Christians, but also other religions and even individuals who claim to be “spiritual, but not religious.”

What does it mean?

Generally speaking, spirituality is a broad term that is defined as any topic that concerns the “spiritual” world around us and within us. It springs from a common belief that humans are comprised not only of matter, but also of spirit.

The Catechism of the Catholic Church affirms what Christians have believed since the beginning, that humans are a unity of body and spirit.

The human person, created in the image of God, is a being at once corporeal and spiritual. The biblical account expresses this reality in symbolic language when it affirms that “then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being.” Man, whole and entire, is therefore willed by God. (CCC 362)

Furthermore, Christians affirm that God himself is “pure spirit” and that angels are “purely spiritual creatures.”

With this in mind, spirituality refers to any topic about God and the spiritual world that is around us and within us. It is an invisible world, but one that all humans have struggled to understand since the beginning of time.

Within Catholicism, spirituality can also refer to different “schools” of prayer and liturgical tradition, as the Catechism explains.

In the communion of saints, many and varied spiritualities have been developed throughout the history of the churches. The personal charism of some witnesses to God’s love for men has been handed on, like “the spirit” of Elijah to Elisha and John the Baptist, so that their followers may have a share in this spirit. A distinct spirituality can also arise at the point of convergence of liturgical and theological currents, bearing witness to the integration of the faith into a particular human environment and its history. The different schools of Christian spirituality share in the living tradition of prayer and are essential guides for the faithful. In their rich diversity they are refractions of the one pure light of the Holy Spirit. (CCC 2684)

Above all else, a Christian understanding of spirituality is one that is focused on God and not “vague spiritual

energies,, as Pope Francis explains in his apostolic exhortation *Evangelii Gaudium*.

Genuine forms of popular religiosity are incarnate, since they are born of the incarnation of Christian faith in popular culture. For this reason they entail a personal relationship, not with vague spiritual energies or powers, but with God, with Christ, with Mary, with the saints. These devotions are fleshy, they have a face. They are capable of fostering relationships and not just enabling escapism. In other parts of our society, we see the growing attraction to various forms of a “spirituality of well-being” divorced from any community life ... or to depersonalized experiences which are nothing more than a form of self-centeredness.

NEWS FROM AROUND THE DIOCESE

FOR BULLETIN NOTICES – Bulletin Deadline: Thursday @ noon. Please Contact Fr. Grant by email: frgrantspinhirne@gmail.com or Christina Wegman by email: cwegman696@yahoo.com or by phone: (806)499-3531.

Baptism or Wedding Please contact Fr. Grant at least 1 month in advance for baptisms and 6 months advance for weddings.

Sacrament of Reconciliation:

Umbarger: Sundays at 8:30 am or by appointment. **Happy:** Saturdays at 5 p.m. and Thursday at 6:30 p.m. or by appointment.

To use or rent the church or parish hall, please contact Fr. Grant or Debbie Batenhorst at least 3 months before the event.

FOR MASS INTENTIONS please talk to Fr. Grant or leave the intention in the collection basket. There are envelopes available in the back of Church.

Please pray for all the sick in our parishes

ST. MARY'S: Jeremy Koch

Holy Name of Jesus: Lucy Armendariz, Ricardo Brionez Sr., Ricardo Brionez Jr., Joe Frausto, Susana Garza, Martina Mendez, Martin Montoya, Mario Quzada, Felix Silva, Pedra Soto, Betty Sosa, Leonel Sosa, Mary Ann Sosa, Paula Sosa

The Office of the Victim's Assistance Coordinator for the Diocese of Amarillo

Sharyn Delgado
Victim Assistance Coordinator
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Natural Family Planning (NFP). Learn NFP at home and at your own pace with the **Home Study Course** from NFP International, www.nfpandmore.org. Includes Ecological Breastfeeding (it really *can* space babies), a double-check system of fertility awareness, and Catholic teaching that's easy to understand. Work with a live instructor by email. Completion certificate. Only \$70.

Would you Like to attend an ACTS Retreat Weekend?

There is more information about the ACTS Retreat online. If you or someone you know would like to attend you can register online at: ACTSamarillo.org