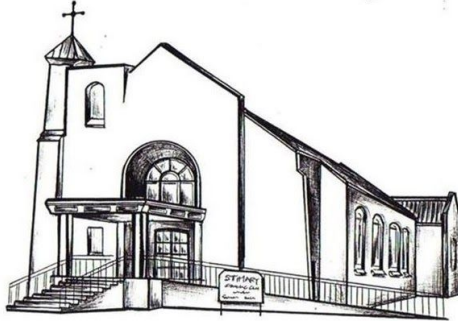


**St. Mary's  
&  
Holy Name of Jesus  
Catholic Churches**



**Diocese of Amarillo**

**Most Rev. Patrick J. Zurek, Bishop**

**Rev. Grant Spinhirne, Administrator**

**St. Mary's  
22830 Pondaseta Road  
P.O. Box 105  
Umbarger, TX 79091  
(806) 499-3531**

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

**WWW.STMARYSUMBARGER.COM**

<b>Mass Schedule</b>			
		<b>Umbarger</b>	<b>Happy</b>
Mon, September 21	St. Matthew	No Mass	No Mass
Tue, September 22		7 PM - Christian Mothers	No Mass
Wed, September 23	St. Pius of Pietrelcina	8 AM - Kirsten Simons	No Mass
Thu, September 24		8 AM - Clara Grabber	7 PM
Fri, September 25		8 AM - Jim Grabber	No Mass
Sat, September 26	Sts. Cosmas & Damian	No Mass	5:30 PM - Parish Family
Sun, September 27	The 26th Sunday in Ordinary Time	9:00 AM - Parish Family	No Mass

# ST. MARY'S

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

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

**CCD Registration:** If you have not yet, please register your children for CCD & CYO online through the QR code found on the schedule in the back of church. If you have any questions for CCD registration, please contact Bridget Guerrero at 806-654-0823 or [bridget\\_spin@hotmail.com](mailto:bridget_spin@hotmail.com) If you have any questions for CYO registration, please contact Tina Finke at 806-683-7777 or [tfinke6@gmail.com](mailto:tfinke6@gmail.com)

**The Christian Mothers Organization** is looking for a president and a secretary. Please prayerfully consider stepping up to serve the parish and connect in this fellowship of women. If you are interested or would like to know more information, please call Debbie Batenhorst at 499-3543.

**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.

## Why the shortest prayers can often be the best prayers

By Philip Kosloski

*It only takes a few seconds to pray a prayer of the heart.*

It can be tempting to think that we don't have time to pray. This comes from a viewpoint that we need to pray for a full hour in order to have the best experience of prayer.

Yet, authentic prayer does not depend on the length of prayer, but on its quality. Some of the best prayers are actually the shortest!

St. Francis de Sales encourages this type of prayer in his Introduction to the Devout Life.

Do you then, my child, aspire continually to God, by brief, ardent upliftings of heart; praise His Excellence, invoke His Aid, cast yourself in spirit at the Foot of His Cross, adore His Goodness, offer your whole soul a thousand times a day to Him, fix your inward gaze upon Him, stretch out your hands to be led by Him...upraise Him in your soul as a standard. In short, kindle by every possible act your love for God, your tender, passionate desire for the Heavenly Bridegroom of souls.

This type of prayer does not require much effort on our part, as it can be accomplished during our normal everyday tasks. St. Francis de Sales explains the benefit of such prayer by using an example.

When a pilgrim pauses an instant to take a draught of wine, which refreshes his lips and revives his heart, his onward journey is nowise hindered by the brief delay, but rather it is shortened and lightened, and he brings it all the sooner to a happy end, pausing but to advance the better.

One of the most popular short prayers is the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner." An even shorter version is just saying the name, "Jesus!"

A single prayer said with faith and love can be much better than an hour of distracted prayer. This is not to say that a holy hour is bad, but the key in both exercises is praying from the heart.

As you go about your daily business, consider offering to God short prayers that can permeate all your daily activities and bring you closer to God.

## HOLY NAME OF JESUS

### ¿Por qué es tan importante rezar por nuestros enemigos?

By Padre Marc Fassier

*Amar a nuestros enemigos y rezar por ellos parece imposible, aunque en cuanto llegamos a comprender esta petición del Señor, ise convierte en algo estupendo!*

Algunos tienen dificultades con este mandato de Jesús de amar a nuestros enemigos y rezar por quienes nos persiguen (Mt 5,43). Y sin embargo, si Cristo lo exige a sus discípulos, no es una opción, es algo fundamental. Y cuando el odio o la violencia asumen rostros concretos, entonces este compromiso se convierte en un imperativo mayor. Ahora bien, para tomarlo en serio y responder a él, hemos de comprenderlo bien.

¿Qué es un enemigo?

Intuitivamente, percibimos que el enemigo es alguien que nos desea el mal y que está dispuesto a emplear la violencia para hacernos daño. Sin embargo, más esencialmente, el enemigo es aquel que ha llegado al rechazo del amor como ley fundamental. El enemigo por excelencia en la Biblia es el demonio, la criatura caída que se opone al proyecto de Dios, a la venida de su Reino.

Para ello, se hace con aliados, seduce a las personas, las arrastra a la absurdidad de su oposición al amor. Todos estamos expuestos a esta seducción, en un momento dado de la vida. Además, muchos nos vemos tentados de responder al enemigo con las mismas armas que ha utilizado contra nosotros. ¿Cómo evitar entrar en el mismo juego del enemigo?

Para ello, Cristo nos propone otra arma: la de la oración. Una vez más, esto nos lleva a plantearnos otra pregunta: ¿qué es la oración? Ante todo, es centrarse en Dios, entrar en una conversación corazón a corazón con Dios. Tomamos un poco de distancia con respecto de los sentimientos relativos al enemigo para entrar en los sentimientos de Dios nuestro Padre.

Cristo se volvió hacia su Padre antes de ser conducido por sus verdugos hacia el camino de su Pasión. El corazón de Dios es como el de un Padre que ama a todos sus hijos y que sufre al verlos alejarse de su proyecto de amor. El enemigo, antes de ser enemigo, es un ser digno del amor de Dios, aunque lo haya rechazado.

La oración ayuda a tomar perspectiva sobre nuestros sentimientos

Recordemos ese episodio de la vida de fray Christian de Chergé en Tibhirine cuando, después de la intrusión de hombres armados en el monasterio, cuenta: “Tuve la fuerza de decir a ese hombre amenazador que para mí seguía siendo un ser humano”. Su fuerza, extraída de la

gracia de la oración, le permitió ver todavía a un hermano en el rostro de su agresor.

San Agustín, en su comentario de la primera epístola de san Juan, dice en el mismo sentido: “Ves a tu enemigo oponerse a ti, desencadenarse contra ti, (...) perseguirte con el odio: pero tú estás atento al hecho de que es hombre”. Así que, para lograr aquello que dice san Agustín, la oración responde a nuestra insatisfacción de ver a otros seres humanos rechazar el proyecto de Dios, que es un proyecto de paz.

Tomamos entonces un poco de perspectiva con respecto a nuestros sentimientos inmediatos hacia el enemigo para confiarlo a él y a todos los enemigos al Padre, que renueva todas las cosas, incluso el corazón más endurecido. Rezando de esta forma, la paz de Dios viene sobre nosotros.

### How the Virgin Mary can help you endure any suffering

By Philip Kosloski

The Virgin Mary knows first-hand the pain and suffering that many experience.

Pain, suffering and trials are difficult to endure when you are alone and isolated. As humans we need others to help carry the heavy burdens of life.

One person who is always there for us is the Virgin Mary. She may not physically be there at our side, but she has a spiritual presence that comfort us in times of affliction.

St. Alphonsus Liguori writes in his book *Glories of Mary* about relying on the Virgin Mary when we are at our lowest.

When our crosses weigh heavily upon us let us recourse to Mary who is called by the church Comfortress of the afflicted and by Saint John Damascene the Remedy for all sorrows of the heart.

She suffered much during her short time on earth, a pain that was difficult to bear. As the Prophet Simeon proclaimed to her, “you yourself a sword will pierce so that the thoughts of many hearts may be revealed” (Luke 2:35).

Her heart was opened through the pain she experienced, and now she intercedes for and comforts all those who come to her.

St. Alphonsus concludes his meditation with a brief prayer to the Virgin Mary, asking her for help in enduring any cross.

Ah my most sweet Lady you who were innocent suffered with so much patience. My Mother I now ask your favor not indeed to be delivered from crosses, but to bear them with patience. For the love of Jesus I ask you to obtain at least this grace for me from God.

## NEWS FROM AROUND THE DIOCESE

**FOR BULLETIN NOTICES** – Bulletin Deadline: Thursday @ noon. Please Contact Fr. Grant by email: [frgrantspinhirne@gmail.com](mailto:frgrantspinhirne@gmail.com) or Christina Wegman by email: [cwegman696@yahoo.com](mailto: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, MaryBeth Sayers

**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  
719 South Austin  
Amarillo, Tx 79106  
Phone: 806-671-4830  
Fax: 806-373-4662  
Email: [skdelgado@aol.com](mailto:skdelgado@aol.com)

**Natural Family Planning (NFP).** Learn NFP at home and at your own pace with the **Home Study Course** from NFP International, [www.nfpandmore.org](http://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](http://ACTSamarillo.org)

**Respect Life Banquet  
Sunday, Sept. 27**

Amarillo Civic Center Heritage Room  
Keynote Speaker: Kathryn Whitaker- Panhandle native and Catholic author, blogger & speaker  
Social Hour- 4:30 Prime Rib Dinner- 5:30  
Live & Silent Auctions Available  
For more information or to purchase tickets, please go to [www.amarillodiocese.org/rlm-banquet](http://www.amarillodiocese.org/rlm-banquet) or call Family Life Office at 806-414-1059