



<b>ST. ANN MELKITE GREEK CATHOLIC CHURCH</b>	
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Pastor: Father Dennis McCarthy Email: <a href="mailto:abounadennis@gmail.com">abounadennis@gmail.com</a> Cell phone: 860 287 0677	<b>October 29, 2023</b> <b>7<sup>th</sup> Sunday After the</b> <b>Exaltation of the</b> <b>Holy Cross</b>

**Intentions this weekend:**

**Saturday 5:00 pm Liturgy:** For peace in the Middle East, Ukraine, and all the world.

**Sunday 8:00 am Spanish/English Liturgy:** For the peace, health, and salvation of Irene McCarthy (mother) and Kathleen McCarthy (sister); requested by Father Dennis and Lisa.

**Sunday 10:00 am Liturgy:** For the repose of the soul of Matthew Brown-McCarthy, The loving son of Father Dennis and Lisa. November 1 will be the 7 year anniversary of his falling asleep in the Lord. May Matty’s memorial be eternal!

**Please pray for:** Ron and Mary Talge, Marino De La Cruz, Nick Rahal, Daniel Conigliaro, George Abbiati, Jr, Sandy Flaherty, Tanios Karam, Anna Villani, Dee Porlidis, Joyce Whelan, Father Ed Kakaty, John and Gloria Jeffords, Betty and Alex Antipoff, Marie Antipoff, Irene McCarthy, Kathleen McCarthy, Sheila Burke, Marcy Davis, Abroze Gharios, Lisa Brown, Dina Matar, Robert Lynch, Michael Mooradian, Michael McCurdy, Tommy Brown, Bill Curtis, Bobby Moutron and his sister Helen, Lisa Brown-McCarthy, Janice Carthy, Edward and Linda Zalonski, William Brown, Rebecca and her son Karter, Alexa Massad

**Meditation of the Day:** “Unless someone instructs us as adults, our mental prayer is likely to be a rambling monologue about our day or a list of petitions. It is no wonder that so few of us find joy in this type of prayer or persevere in it. The Rosary can help us here. Simply put, we should pray the Rosary instead of spending time in mental prayer alone. Instead, the Holy Rosary teaches us how to mediate on the powerful images and truths revealed by the Holy Spirit in Sacred Scripture, so that we can then employ similar meditation in our mental prayer. Such meditation is a favorite mental prayer of the saints.”---Dan and Connie Rossini, page 26 of their book: *The Contemplative Rosary*

**Quote of the Day:** “It is not lengthy prayers, but generous deeds that touch God’s heart.”---Saint Arnold Janssen

**Bible Verse of the Day:** “Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground.”---Ephesians 6:13

**Anxious about Confession:** Confession is uncomfortable. There is no getting around it!

“At one level, we ought to feel ashamed of our sins, at least in the sense that we ought to be disturbed over our own willingness to do evil. If we are remorseful at all, we will feel some level of aversion towards our own sins and experience some discomfort in saying them out loud.

Certain feelings of shame and dread can grow and fester until they keep us away from the sacrament altogether. We can enter a debilitating emotional state that prevents us from revealing our sin to God during Confession. He already knows them anyway. So it boils down to revealing them to a priest. Rest assured, the priest will not judge you. He, like you, is a sinner and needs frequent Confession. We all sin. Undue shame makes us hide from Confession; it is shame that comes from Satan, “the accuser”. But we have an advocate in Jesus!

Undue shame occurs when we allow ourselves to anguish over sin without ever truly bringing them to God in Confession. Rather than repent of our sins, we despair, believing that our actions will be judged by the priest. We, also, sometimes believe that our actions have placed us entirely outside of God’s mercy. We obsess over our own imperfection, instead of focusing on the bounteous love of God.

Undue shame may arise also from distrust in God’s mercy. God tells us: “Come and I will give you rest.” Jesus mounts the Cross and pours out His life for us. Christ’s mercy is inexhaustible, healing, and far more powerful than any shame or sin. So come to Confession where God’s mercy is waiting for you. You will find freedom there.” ---taken, in part, from the *Catholic Company’s* website

**Tips for an Examination of Conscience:** “A regular examination of conscience is essential to growing in our Faith and strengthening our relationship to God. Saint Paul emphasized the importance of regular daily examination of conscience, especially in 1 Corinthians. Saint Ignatius of Loyola crafted two types of examination of conscience to be said each day: the *general examination* and the *particular examination*. When you perform a general examination, you review your day and reflect on what went right and what went wrong. In a particular examination, you can focus on a specific fault that day and brainstorm how to avoid it in the future. You can make these examinations of conscience in the morning or evening, or both.

Before Confession, we follow an examination of conscience in preparation to confess our recent sins and seek repentance. Before you make your confession, ask the Holy Spirit to help you feel sorry for your sins, You then spend some time reflecting on the sins you have committed since your last Confession. A good way to identify your sins is to follow a guide with questions to ask yourself about the sins you may have committed, then writing down your sins before Confession. You can find many guides on the internet that are very helpful.”---From the Catholic Company website

**The Serenity Prayer:** “God, grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference.”—Reinhold Niebuhr

## **NOTES, UPCOMING EVENTS, AND IMPORTANT INFORMATION:**

**2nd Collection:** Next weekend, November 4 and 5 we will have a second collection for the Catholic World Missions. Please be as generous as you can.

**Bishop Francois’ visit:** The Bishop’s visit was a great success. Father Dennis would like to thank all who cleaned, brought food, set up the hall, and attended the Liturgies and the lunch. It was a lot of work! The Bishop said that the parishioners chanted and sang beautifully and that everyone was so kind to him. He was very pleased with our parish.

**Divine Liturgy:** In honor Saints Cosmas and Damien, we will have a Liturgy on their Feast Day and an anointing service. This will occur on November 1 at 5:30 pm. This day is also the seven year anniversary of death of Lisa and my son, Matthew. This idea was proposed to me by Subdeacon Paul. Father Dennis

**Divine Liturgy:** The Divine Liturgy on Saturday November 4 at 5:00 PM will be offered for the repose of the soul of Francis Kozmon. This is requested by Alexis Kozmon, her brothers, and family. May Frank’s memory be eternal!

**Divine Liturgy:** Sunday, November 12, at the 10:00AM Liturgy, we will remember the Wedding Anniversary (November 16 is the actual date of the anniversary) of Longin and Anna Sobanski, requested by Raymond and Anna Sobanski.

**Sanctuary Lamp:** The lamp will be illuminated in the month of October for the repose of the soul of Mary Facas, the loving mother of Gloria Jeffords; requested by Gloria and John Jeffords.

**Coffee Hour:** Many of our sister churches have a different family or individual sponsor the coffee hour on Sundays. They simply bring in some food to the coffee hour; the coffee is made by Pierre Hage. This is a great way to share food at table, as Jesus did so many times. It does not have to be elaborate-some cookies or pastry and maybe some fruit. It should not turn into a competition trying to outdo the last week’s efforts. Simple and easy is the key. I have put a signup sheet on the table in the back of the church. The coffee hour is extremely important. It allows us to gather after the Divine Liturgy and have fellowship, which is a desire of our Lord. If you attend one of our other Divine Liturgies, this should not stop you from sponsoring the coffee hour and attending the Sunday, 10 am Liturgy that day. This is a way to serve your church and your brothers and sisters, and it is so easy. Please participate and have fun! Thanks to all who have volunteered. We have volunteers through December 31, 2023. We have three available dates that are not covered. **The schedule for the next 5 weeks is: Oct 29-Paul Zalonski; November 5-Karen. Larry, and Tim Jones; Nov 12-George and Bev Homsey; Nov 19-Habib and Sandra Serhan; Nov 26-Joe and Cindy Doro.**

**NO LITURGY on Saturday, November 11:** Father Dennis will be in Massachusetts concelebrating a wedding. Please attend one of our two Liturgies on Sunday, November 12.

**Remember Me in Your Kingdom Memorial:** This will occur at the end of 10:00 a.m. Liturgy on Sunday, November 5.

**200 Club:** If you wish to participate in the October 2023 to September 2024, 200 Club year, the cost is now \$60. The prizes remain the same. If you wish to join, you still can. Our first drawing took place on Sunday, October 8 after Liturgy. Our next drawing will be on November 12 after Liturgy at Coffee Hour.

**Holy Rosary:** On the second and the last Wednesday of each month at 5:30 pm, unless we have a Feast Day Liturgy on that particular day; we pray the Rosary with a Byzantine approach using, as our guide, a book by Kenneth Chrusch. Please come and spend 40 minutes with Jesus, Mary, and Joseph in Church! **In November, we will pray on Wednesday, November 8 , and Wednesday, November 29, at 5:30pm. We are getting between 12-15 people at the Holy Rosary. If you are not attending, please try to come. It is beautiful!**

## **Financial update; Bills paid last week:**

- Laurence Candles: \$1,200.30 for altar and shrine candles. This should last us 3 months.
- Home Lights: \$45.59 for tea candles for the St. Jude Shrine.
- Amazon: \$36.16 for charcoal for incense lighting.
- Sudbury Brass: \$186.20 for a new communion intinction set as our other one is broken and stained beyond repair.
- Amazon: \$47.52 for incense
- Bartol Heating and Cooling: \$1,322.03 for preventive maintenance on heating and cooling units. This included a new condenser fan motor and changing exposed communication outside wiring and enclosing them in protective conduit.

Total bills paid the last week: \$2,837.80. Total collected last week \$2,654.58. We had a deficit last week of \$183.22. For the Fiscal Year, which began September 1, 2023 we have a deficit of \$7,060.29 in seven weeks. **A bad start to the fiscal year!** Our spectrum of donations on a regular basis runs from \$3.00 per week to \$100.00 per week. The parishioners giving toward the higher end of the range are not necessarily the wealthiest, but they have made a commitment to God to give back a larger portion of their finances. It all belongs to God anyway! **“One person gives freely, yet gains even more; another withholds unduly, but comes to poverty.” This is the word of God from Proverbs: Chapter 11, verse 24.** Almsgiving is a very serious matter to God, and a basic obligation of all Christians.

All donations for memorials, baptisms, marriages, priest stole offerings, and funerals are included in the collection total. **Father Dennis does not personally accept money for the Sacraments.**

**Please consider tithing. That way we will not need to rely on extra events to support our church. For example, if you make \$50,000 per year, the tithe would be \$5,000. If you gave 5%, you would contribute \$2,500 per year.**

**A \$7,060.29 deficit in 7 weeks of the new fiscal year is not sustainable! We are not a poor parish. Please consider tithing or something close to that. Thanks Father Dennis**

This Weekend	Saturday: Reader: Volunteer		Sunday: Volunteer	
Next Weekend	Saturday: Reader: Volunteer		Sunday: Volunteer	
October 21 & October 22	\$2,654.58	58 Adults and 4 Children attended the Liturgies last weekend.	Included in the collection: \$78.00 for candles, \$150.00 for the Building Fund, \$13.00 profit from Baked Goods, and \$2.58 from Antenna. Donations at the Bishop's Lunch for the Middle East were an additional \$555.00 not included in the above totals, as it is sent to the Bishop.	Thanks to all who always make up their missed envelope, including Fuel and Building Fund.