

ST. ANN MELKITE GREEK CATHOLIC CHURCH 41 Cross Rd, Waterford, CT 06385 http://www.stannmelkitechurch.org 860-442-2211	
Pastor: Father Dennis McCarthy Email: abounadennis@gmail.com Cell phone: 860 287 0677	October 4, 2026 Second Sunday After The Holy Cross 19th Sunday After Pentecost

Intentions:

- ❖ **Saturday, Divine Liturgy:** For the repose of the soul of Jeff Bigelow; may his memory be eternal! This is requested by Anna Hugyo.
- ❖ **Sunday, Divine Liturgy:** For the peace, health, and salvation of Father Ed Kakaty.

NOTES AND UPCOMING EVENTS:

Prayer Request: Please pray for the peace, health, and salvation of Father Edward Kakaty.

Upcoming Memorial Liturgies:.

- ❖ **Divine Liturgy:** On Sunday, October 11: For the repose of the soul of Takla Hage. May her memory be eternal! This is requested by Tony and Robin Haddad

Sanctuary Lamp: It will be offered for the repose of the soul of Mary Facas and Gloria Jeffords. May their memories be eternal! This is requested by John Jeffords.

Attendance: For the Liturgies last weekend, we had 26 adults and 7 children attend.

Financial update: The following is a summary of income and expenses over the last week.
Income:

- Candles: \$65.00
- Regular Collection: \$715.00
- Total: \$780.00

Expenses:

- Bartol HVAC: \$185.00 for repair of burnt wire in heating unit.

NOTE: The last drawing of the 200 Club for the year will take place on October 18. Our new year of drawings will begin in November. If you want to participate, please donate \$60.00 before November.

Six Distractions That May Be Keeping you From God:

1. Your phone: How often do you pick it up without thinking? A text leads to email, which leads to social media, which leads somewhere else entirely. Try leaving your phone in another room during prayer, meals, or the first 30 minutes after you wake up.
2. Noise: Noise is constant. We can gain a bit of silence in easy ways. Turn off music on the commute to school or work. Sit in silence and say a quick prayer. Go for a walk in the early morning. The Saint Jude Shrine is a wonderful place of silence.
3. News and entertainment. There is nothing wrong with knowing what is happening in the world or enjoying a show. Constant input however leaves very little room for prayer in silence.
4. Clutter: There is order in God’ creation. Choose a small space today and put it in order. Unfinished tasks compete for our attention.
5. Unnecessary busyness: Before adding something to your calendar ask, Does this need to be done? Does this need to be done by me? Creating a little margin in your calendar leaves more room for the unexpected ways God may ask for your time.
6. Your own thoughts: Sometimes the noisiest place is our own mind. We replay conversations, anticipate problems, or worry about things we cannot control. We are the gatekeepers of our thoughts. When our mind wanders, we can gently bring it back. Even the act of bringing our minds back to God is in itself a kind of prayer.

The goal is not to construct a perfectly distraction free life. That is impossible. It is to recognize the distractions we are allowing to take more of our attention than they deserve. Jesus said” “But seek first the kingdom and His righteousness.” (Matthew 6:33, RSV-CE)