

Back to... Fall ...Routines... Habits...

It's the Fall, and Fall means "back to" time.

Back to school — Back to football — Back to routine. Even if you don't have a child in school, or don't follow football, or don't take a Summer vacation, you still have that sense that many people are falling back to routines which had become more relaxed or even completely abandoned during the Summer months. Everyone who drives down Lakeland Drive in the fall is affected by the new traffic routines of school and football. Truthfully, we all probably tend to be a little more laid back during Summer. We eat more ice cream, spend more time on the porch, go for more walks. Then, in the Fall we start moving toward thoughts of hot chocolate, a favorite sweater, lighting the fireplace.

So, this is a good time to look at our routines and habits. What are we falling back to? Ask yourself: What bad habits have I developed that may need to be taken out of my routine? What good habits have I let fade away that need to be incorporated back into my routine?



Try this: Write down every single thing you do for one entire day. Every single thing. Mark the things you do every single day. Take those every day things and evaluate why you do them. What motivates that habit so it is a part of your daily routine?

Start with the first moment of your day. Do you wake up to a happy tune on your clock radio? Or, are you startled awake by an annoying buzz that may put you in a bad mood right away? After you open your eyes, do you say a quick prayer of thanksgiving for another day and offer the day to the Lord? Or, do you reach for your phone to check Facebook? Ask yourself why..... What tone do you set for the day?



Another opportunity for adding a good habit into your daily routine is having a little prayer time while brushing your teeth. You probably do not make the conscious daily decision, "I will brush my teeth today because it is good for my health and good for my oral hygiene." It has probably become a good habit that is now routine. So, what about some daily moral hygiene?

Here's an idea for a daily oral/moral hygiene routine. In the morning: start brushing your teeth, look yourself in the mirror and ask, "Where will You be present in my life today, God? Help me see You throughout my day."

Then, in the evening: while brushing your teeth, look yourself in the mirror and ask, "Where were you today, God? When did I see You? When did I miss Your presence?"



To Live as the Body of Christ

www.saintpaulcatholicchurch.com
601-992-9547

Mass Intentions

Week of August 20, 2017:

7:30 am Mon: Communion Service
7:30 am Tues.: Communion Service
6:00 pm Wed.: Communion Service
7:30 am Thurs.: Communion Service
7:30 am Fri.: Communion Service
5:30 pm Sat.: Wayne Kent (RIP)
8:00 am Sun: Gula Guillory (RIP)
10:30 am Sun.: Clois Braswell (RIP)

**Sacrament of Reconciliation:
Sat 4:30-5:00pm or by appt.**

August 20, 2017

20th Sunday in Ordinary Time

Prayer Intentions

Sofia Quino
Robert Young, husband of Paula Young

Pray for the Repose of the Souls

Ken Deller, friend of Gene Valentine
Ronnie Starns (former parishioner)

Adoration This Week:

Monday– Friday 8:00 am– 12:00 pm
No Wednesday evening adoration during the summer months



New Announcements

* **US Armed Forces Ministry-** Join us on **Saturday, Sept. 2nd at 4:45 pm** in the chapel to pray the rosary for our country and our military men and women. This group meets on the first Saturday of every month. Come and pray with us!!

* **Are you looking for a way to draw closer to God and be a part of something special? Come and be blessed by joining the St. Paul Praise Choir.** We are actively seeking new members, singers and instrumentalists, to join us and help us enhance our music ministry at 10:30 Mass. As one of the largest choirs in the diocese, come and share your talent as we sing God's praises and journey from Maintenance to Mission. Choir practice is held on Wednesday evening and is mandatory. Practice will begin on **Wednesday, August 30th** from 7:00-8:30 p.m. in the Church. Childcare will be made available if there is sufficient interest.

Anyone interested in sharing their talent, whether it is singing or playing an instrument, please contact Joseph Sabatini at 601-940-2812 or by email at sabo7983@gmail.com.

“Your talent is GOD’S gift to you. What you do with it is your gift back to GOD.” Leo Buscaglia

Reminders

* **Baptism Prep Class— THIS SUNDAY, Aug. 20th @ 2pm** in the Family Life Center Lounge for any parent needing to have a child baptized in the next 4 months. This is a family friendly class and registration is not required.

* **St. Dominic’s Ministry— Aug. 22nd @ 10am—** This ministry provides food and spiritual encouragement to families of patients in the ICU. Please sign up in the back of church to donate food items and drinks. All items need to be in the FLC by 10am.

* **Religious Education Classes begin the weekend after Labor Day!** Registration has been underway for over three weeks. We are now preparing our activities and class lessons for your children. **If you have not registered, please go to our website now so that we can adequately prepare for class sizes ahead of time.** The process is simple and will not take much of your time. Forms that need to be turned in are in the vestibule or can be printed from the website. We are excited about this upcoming year with your children!

* **Sacrament of Confirmation Information Meeting— Aug. 23rd @ 6:30 pm** in the Family Life Center. Postcards were sent out to all students that were enrolled in the 10th grade last year. All 11th graders are highly encouraged to attend with at least one parent to begin the preparation process of Confirmation. If you have not yet registered your child for religion, please do so now. Registration is on the website or call the church office for assistance.

* **The Early Learning Center 4th Annual Golf Tournament will be held on Friday, Sept. 8th.** Flyers are in the back of church to register your team or you may call the Early Learning Center @ 601-992-2876 for more information.

* Weekly offering for August 13th: \$19,482



CALLING ALL KEYS, CALLING ALL KEYS!!!

As part of our New Facilities Guidelines, our Family Life Center will have new locks on Aug. 23rd. It is very important that you turn in your old key to the church office, let us know when and where your group meets so that we can add it to our facilities calendar, and get a new key issued for your group. Please call the church office if you have any questions.

** **Children’s Nursery** for children up to age 2 is available during the 10:30 mass. Enter through the ELC cafeteria.

Altar Flowers

In honor of their 56th wedding anniversary on Aug. 25th
Cecil and Iris Harrison

