

Mass Intentions ~ January 14-20, 2019

Monday @ 7:30 am — Francine & Bubba Gilmer (RIP)

Tuesday @ 7:30 am — Linda Klein (RIP)

Wednesday @ 6:00 pm — Patrick Hurley (RIP)

Thursday @ 7:30 am — Henry Ziemanski (RIP)

Friday @ 7:30 am — Fr. Henry Bolton (RIP)

Saturday @ 5:30 pm — Robert Phipps (RIP)

Sunday @ 8:00 am — Carl Rainey (RIP)

Sunday @ 10:30 am — People of the Parish

New Prayer Requests

Special Intentions:

David Welch

Chris Haslob, son of Mary Haslob

Marion Cerami, granddaughter of Fred Cerami

Repose of the Soul:

Sarah Elizabeth Favara, mother of Lisa Luley

(see the full prayer list on our website & prayer board)

Sacrament of Reconciliation: Saturday 4:30-5pm **Adoration this week:** Monday—Friday, 8am-12noon

~ take note of these important dates ~

Sunday morning classes resume this weekend @ 9:15 am — 3 yr ~ 6th grade & Adult Class.

Eucharistic Adoration — We need more people to commit to one hour per week, especially on Mondays, 8:00 am-12:00 pm.

End of the Year Giving Statements are printed and ready to be picked up on the table near the offices. Find yours in the boxes sorted alphabetically by last name. Please pick up 2019 Offertory envelopes also!

Altar Flowers & Blessed Mother Flowers Sign up is now open on our website. Please call the office if you need assistance.

Gift Bearer Sign up for January is posted on the back counter. Register your family / friends to bring up our offertory at Mass!



**After all the people had been baptized
and Jesus also had been baptized
and was praying,
Heaven was opened and the Holy Spirit
descended upon Him
in bodily form like a dove.**

**And a voice came from heaven,
"You are my beloved Son;
with you I am well pleased."**

-Luke 3:21-22

**Church website: www.saintpaulcatholicchurch.com
Office phone: 601-992-9547**



**Our mission is to invite everyone into a
deeper relationship with Jesus Christ.**

January 13, 2019

Today we celebrate The Baptism of the Lord

Being Reflective — Practice is Key!

Father, I abandon myself into Your hands; do with me what You will.

Whatever You may do, I thank You: I am ready for all, I accept all.

Let only your will be done in me, and in all Your creatures —

I wish no more than this, O Lord. Into Your hands I commend my soul:

**I offer it to You with all the love of my heart, for I love You, Lord, and so
need to give myself, to surrender myself into Your hands without reserve,
and with boundless confidence, for You are my Father.**

(Prayer of Abandonment by Charles de Foucauld)

This prayer was read aloud to Fr. Thomas Keating, at his request, in his last days of life. What a beautiful relationship of love, understanding, and complete trust! This prayer seems quite fitting to one who is certain their time on Earth is soon coming to an end. Imagine if we can learn to pray this, and mean it, when we think we still have years left in this life?

Consider the prayer with the mindset of interviewing for a new job, choosing a new career, preparing for a meeting, considering marriage, considering divorce, facing a challenging time with a teenager son/daughter, caring for an aging parent..... How wonderful if we could enter every decision in this space of beautiful relationship, love, understanding and trust in our Lord!

UNDERSTANDING

We have been working on being more reflective, rather than reactive, as is our human tendency. Keating certainly was a master in reflection, and humbly led many others to embrace this spirit. There are many great teachers of being reflective or contemplative, including John of the Cross, Teresa of Avila, Catherine of Siena and Ignatius Loyola. Most people would say they want to be more reflective — but how does one do that outside of a monastery? In today's hectic world, can we really be contemplative?

Simple changes can make a big difference in my life. Positive changes benefit us most when they are developed as habits. Things become habit through practice — Practice. Practice. Practice. — Take brief breaks throughout the day, especially if your day is stressful. Set an alarm on your phone if needed — stop what you're doing to pause and reflect. If you are feeling stress, pause and surrender that situation to Him.

(continued on next page)

ACTION — EXAMEN

Close your eyes and consider how your day is going. Acknowledge the gift of the day. Say something like:

I praise You Lord and I love You.

I showed up. Thank You for being present with me.

What has been especially good this day? What have I done well?

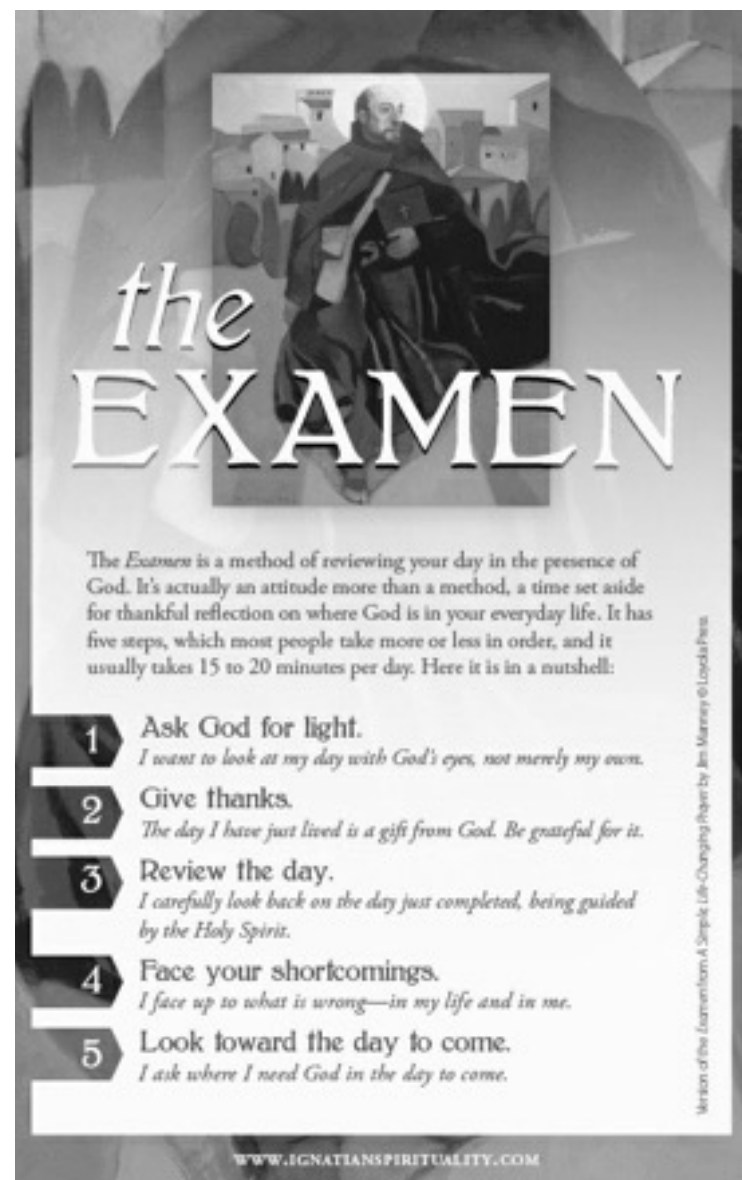
When did things not go well? What was my part in that?

What's next, and how will I handle it?

Say a prayer of humility asking for forgiveness for what I have done and what I have failed to do. Make a promise to unite my mind and heart with Christ, that I may serve Him in all places.

The Ignatian Spirituality Examen is a wonderful way to prayerfully process each day. It is a very helpful way to become more aware of God's presence in our every day experiences.

The Five Step process is as follows:



ACTION — ADORATION

Exactly what is Eucharistic Adoration? How does one “make a Holy Hour?”

It's very simple. Show up!

The very act of taking one hour out of your day is in itself a tremendous act of love and adoration. It's more than a ritual. We are there to love, respect, worship our Savior who died on the cross that we may be saved. He gives His love to us and we give our love to Him.

As Thomas Merton, the great Trappist writer and mystic taught — the desire to please God does in fact please Him! So, we need to show up. The Lord understands that giving one hour — sitting still for one hour — is a generous gift and sacrifice for us. It will make a huge difference in your life. This time and space is most conducive to hearing His voice, feeling His Spirit, experiencing His presence. Give it a try! We each have 168 hours in one week. We really have nothing to lose by giving Him one of those hours — we have much to gain!

Eucharistic Adoration is an ideal space for good reflection. It is exactly what the very act is designed for — reflecting, sitting still, loving, listening — allowing Him to speak to me! We offer Adoration every Monday through Friday, 8:00 am to 12:00 pm in the Chapel. This is a quiet space, simply designed. The seating draws your attention away from the window and away from the door. All seating orients you to the altar. Upon the altar sits a beautiful gold monstrance holding and honoring the Sacred Host — the Body of Christ. The Sacred Consecrated Host is exposed in the monstrance that we all may sit in His presence and adore Him.

It's more than a symbol. when the host is consecrated during the sacrifice of the Mass, the man-made bread becomes Jesus Christ through the power of the Holy Spirit. The priest recalls the words of Jesus from the Last Supper — Jesus took bread, blessed and broke it, and giving it to His Disciples said, “Take and eat, this is my Body.” When a priest recalls these words in the celebration of the Eucharist, the whole Christ is truly present — body, blood, soul, divinity — under the appearance of the bread we offer.

Yes, it is a mystery that we cannot fully understand. The gift and grace of Faith to believe it comes from Him, alone. We believe the promise of Jesus, “I am the living bread that came down from heaven, whoever eats this bread will live forever, and the bread that I will give is my flesh for the life of the world...for my flesh is true food, and my blood is true drink” (John 6:51-55)

