

SUNDAY, JULY 23RD  
SIXTEENTH SUNDAY IN ORDINARY TIME

# ORDINARY TIME

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*"I consider that the sufferings of this  
present time are as nothing compared  
with the glory to be revealed for us."*

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Memorial of Sts. Martha, Mary, and Lazarus  
Saturday, July 29th







# The Mass

## ✙ ***"Do This in Remembrance of Me"*** ✙ **A Step-By-Step Walk Through the Mass**

Fr. Luke Spannagel

### Part 7: Greeting

"Hello, Joe. How are you?" Whenever we see someone we know, we might greet him or her in this way. However, the Mass, the gathering of the family of God, doesn't begin like this at all. Why not? Without a doubt, the Mass isn't just like meeting people on the street. When we come to Mass, we aren't just passing by an acquaintance: we are encountering and worshipping Almighty God. After the Sign of the Cross, the priest says, "The Lord be with you," or one of the other versions given in the Missal, such as "The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all;" or "Grace to you and peace from God our Father and the Lord Jesus Christ." This greeting indicates right away that what we are about to do is going to be very different from the normal daily routine. Also, it recalls that we are part of something greater—the universal celebration of the Liturgy—God with all his people.

#### **Far from Ordinary**

If the only thing the priest said was something like, "I'm glad to see you" or "Boy, it's cold today," he might give the impression that we are just entering into familiar chatter. We could miss that something sacred is about to happen. So, the universal greeting helps us prepare to enter more fully into the celebration of the Mass and helps us to realize this will be a sacred gathering with Almighty God present before us. If you think about the words, they are actually a prayer said by the priest asking that the grace, peace, love, etc., of God be with each person—now that's a way to start a gathering of God's people! The faithful then respond with their own part of the prayer, asking a similar grace for the priest by responding, "And with your spirit."

## Whose Spirit?

Why do we say, "And with your spirit?" Our English translation of the phrase is actually a direct word-for-word translation from the Latin prayers of the Mass: "Et cum spiritu tuo." This phrase also clearly connects us to several places in the Bible. For example, we see the priest's greeting, "The Lord be with you," in Ruth 2:4; and we see the people's response, "The Lord be with your spirit," in 2 Timothy 4:22.

Okay, Father, I see where those lines are in the Bible. But what does "spirit" mean here? According to several saints and Christian writers, "spirit" refers not to the soul of the priest but to the spirit he has received through the sacrament of Holy Orders. As Edward Sri writes, quoting Jeremy Driscoll for support: "By saying 'and with your spirit,' the people are acknowledging the Holy Spirit's unique activity through the priest during the sacred liturgy by virtue of his ordination. As Jeremy Driscoll explains, 'The people are addressing the "spirit" of the priest; that is, that deepest interior part of his being where he has been ordained precisely to lead the people in the sacred action. They are saying in effect, "Be the priest for us now," aware that there is only one priest, Christ Himself, and that this one who represents them now must be finely tuned to perform his sacred duties well.'" (A Biblical Walk Through the Mass, p. 28).

The greeting at the start of Mass is a prayer that the Lord will be present with the people and a prayer back from the people acknowledging the spiritual gift God has given to the priest to help lead us in prayer. It is definitely a more formal greeting than we would use out and about. However, what we do at Church is definitely different than meeting each other at a ballgame or a restaurant. The priest may very well go on to give some words of welcome or make a comment on the weather, but those comments follow the opening dialogue: "The Lord be with you," "And with your spirit." Now, let's pray together as God's family!

## For Reflection:

1. Reflect on how you greet different relationships in your life, such as family members, friends, and professional acquaintances. What do you communicate through those diverse greetings? Be attentive to the next greeting opportunity in your day and more intentional about what and how you communicate.
2. Read Ruth 2 and 2 Timothy 4:19-22 to see our liturgical greetings in these contexts. Take time to meditate on these passages, placing yourself in the scenes and recognizing that you are part of a great lineage of human relationships.



Source: [www.eucharisticrevival.org/blog](http://www.eucharisticrevival.org/blog)





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9:00am - 12:00pm

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9:00am - 12:00pm at St. Catharine

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# NATURAL FAMILY PLANNING AWARENESS WEEK EVENT



**SATURDAY JULY 29, 2023  
8:30 AM-12:30 PM**

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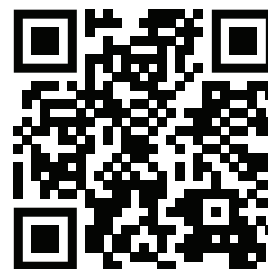
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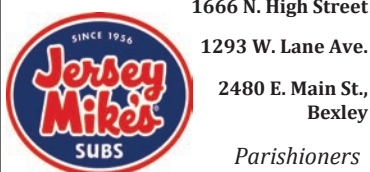
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# The Next Two Weeks...

## Week of July 23rd The Sixteenth Week of Ordinary Time

### Sunday, July 23rd

*Sixteenth Sunday in Ordinary Time*

8:30am Holy Mass (John Carr)  
11:00am Holy Mass (Intention of Clayton Frederick)  
5:00pm Holy Mass (People of the Parish)

### Monday, July 24th

*Memorial of St. Sharbel Makhlūf, Priest*

8:00am Holy Mass (Andrew Bowman)  
6:30pm Scouts

### Tuesday, July 25th

*Feast of St. James, Apostle*

7:00pm Holy Mass (David Dunn)  
7:30pm Confessions

### Wednesday, July 26th

*Sts. Joachim and Anne, Parents of the Blessed Virgin Mary*

7:30am Men's Rosary  
8:00am Holy Mass (Ruth Grannan)

### Thursday, July 27th

8:00am Holy Mass (Deceased Members of Gallen Family)  
7:00pm ADORE Night (Confession & Adoration)

### Friday, July 28th

8:00am Holy Mass (John V. Muntean)

### Saturday, July 29th

*Memorial of Sts. Martha, Mary, and Lazarus*

10:00am Pre-Cana Retreat  
8:30am Holy Mass (Thomas Fredrick Beck)  
9:00am Confessions

### Offering (Sunday, July 16th)

Total Offering	\$13,582.05
Less 6%	\$814.92
Net	\$12,767.13

### Securely Give Online

To quickly give online, simply scan this QR Code. This will take you to our secure online giving platform at Our Sunday Visitor. Thank you for your generosity!



## Week of July 30th The Seventeenth Week of Ordinary Time

### Sunday, July 30th

*Seventeenth Sunday in Ordinary Time*

8:30am Holy Mass (Intentions of The Kirkbride Family)  
11:00am Holy Mass (Lucy Kilbane)  
5:00pm Holy Mass (People of the Parish)

### Monday, July 31st

*Memorial of Saint Ignatius of Loyola, Priest*

8:00am Holy Mass (Seaton & Flora Alexander)  
8am-1pm Mercy Week VBS and Service Week  
6:30pm Scouts

### Tuesday, August 1st

*Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church*

8am-1pm Mercy Week VBS and Service Week  
7:00pm Holy Mass (Laura Gardner)  
7:30pm Confessions

### Wednesday, August 2nd

8am-1pm Mercy Week VBS and Service Week  
8:00am Holy Mass (Tom Easley)

### Thursday, August 3rd

8am-1pm Mercy Week VBS and Service Week  
8:00am Holy Mass (Richard Lumpe)  
7:00pm ADORE Night (Confession & Adoration)

### Friday, August 4th

*Memorial of Saint John Vianney, Priest*

8am-1pm Mercy Week VBS and Service Week  
8:00am Holy Mass (Jim Gillilan)

### Saturday, August 5th

6:30am Women at the Well  
8:30am Holy Mass (Bill Diehl Senior & Junior)  
9:00am Confessions

### Eucharistic Adoration Chapel

Sunday - Friday	6:00am - 12:00am
Saturday	6:00am - 4:00pm

### Confession Times

Tuesday	7:30pm
Thursday	7:00pm (ADORE Night)
Saturday	9:00am

# MARRIAGE

one flesh, given and received

## Natural Family Planning

...supporting God's gifts of love and life in marriage



One of the most joyous occasions in life is the celebration of a wedding. A man and woman come together to join their lives together so that “they are no longer two but one flesh” (see Matthew 19:11). Religious or not, Catholic or not, most people understand marriage as

a lifelong commitment in which husband and wife are faithful to one another. Most people also take for granted that marriage is based on love—not just any love, but the kind of love where a person will sacrifice for the beloved. As Catholics, it is important to remember that Jesus sanctified marriage and elevated it to represent His love for the Church—marriage “in the Lord” mirrors the very love of our Lord. Let’s reflect on this mystery of a love that will sacrifice for the beloved.

## Spousal Love

Where did this idea come from? Some might argue that it is a natural human understanding. That is partially true because we all know that the experience of loving another person is part of the fabric of human life. Our Christian faith tells us more however. We know through the eyes of faith that God, who is love, created us for love and to love!

While love is experienced throughout life in family relationships and with friends, married love is unique. Created in God’s image, husband and wife become “one flesh” (see Genesis 2: 24) and are called to live a love that is faithful, selfless, generous, and everlasting. God established marriage as an original blessing, not only to

spouses but also to the world. Through it, God builds up families and society.

Despite the first sin and its harm to God’s original plan for man and woman, especially as He willed for marriage, marriage still reflects God’s love in the world. This is true regardless of the individual religious faith of each spouse. However, in Christian marriage—the marriage of a baptized Christian man to a baptized Christian woman—God exalts Christian marriage beyond the dignity and value of natural marriage and gives spouses the privilege of reflecting Christ’s love for his bride, the Church (see Ephesians 5: 31–32). They witness to something that many do not believe is possible: free, total, faithful, permanent, fruitful love. This is the love our hearts long for. This is the love husband and wife are called to in marriage. It is a love made real in Christ precisely because He is both present with husband and wife in the sacramental reality of the marriage and because marriage reflects His spousal love for His Church.

## Marriage is a Gospel

In God’s original plan for men and women, the mutual love of spouses “becomes an image of the absolute unfailing love with which God loves man” (*Catechism of the Catholic Church*, 1604)—this is good news! Despite humanity’s fall from grace and the ensuing brokenness, the Lord God continued to invite His children to accept His design for marriage which reveals the love between the Father, Son, and Holy Spirit. Pope Benedict XVI taught this truth when he wrote:

[M]atrimony is a Gospel in itself, a ‘Good News’ for the world of today, especially the dechristianized world. The union of a man and a woman, their becoming ‘one flesh’ in charity, in fruitful and indissoluble love, is a sign that speaks of God with ...force and an eloquence... Marriage, as a union of faithful and indissoluble love, is based upon the grace that comes from the triune God, who in Christ loved us with a faithful love, even to the Cross.

(Homily of Pope Benedict XVI, October 7, 2012, St. Peter’s Square)

The love of Christ is expressed in His Passion, in His total gift of self on the Cross. The Eucharist is the memorial of what Christ has done for us, “the making present and the sacramental offering of his unique sacrifice, in the liturgy of the Church which is his Body” (*Catechism of the Catholic Church*, 1362). In this great sacrament of love, the Lord, entrusted “to His Beloved Spouse, the Church...a sacrament of love, a sign of unity, a bond of charity” (*Catechism of the Catholic Church*, 1323). Christ freely offers Himself in a self-gift of total, permanent, faithful, and fruitful love for the Church and for each individual in the Eucharist.



## Eucharistic Communion and Marital Communion

In receiving the Lord in Holy Communion, we enter into an intimate union with Christ. As Jesus said, “He who eats my flesh and drinks my blood abides in me, and I in him” (Jn 6:56). Pope Benedict also reminded us that

There is nothing authentically human—our thoughts and affections, our words and deeds—that does not find in the sacrament of the Eucharist the form it needs to be lived to the full...to permeate every aspect of our existence.

(*Sacramentum Caritatis*, 71)

In other words, we are called to respond to the Lord’s gift of Himself with an open heart. And in receiving His gifts, likewise, respond with our own gifts: striving to receive Him with love, thanksgiving, and surrender; relying on the strength He provides to persevere in and deepen our relationship with Him; and to give our neighbor the love that He gives us. This is the Christian life.

In the deep intimacy of the marital act, the one-flesh union of spouses, we can find humble parallels to the above mystery. The marital embrace is “meant to express the full meaning of love, its power to bind a couple together and its openness to new life” (*Married Love and the Gift of Life*, p. 2). Husband and wife are called to be ministers “of the design established by the Creator” (*Humanae Vitae*, 13), embracing the “inseparable connection, established by God” between the love and life-giving aspect of the marital act (*Humanae Vitae*, 12). In doing so, spouses allow the Eucharistic Christ to permeate this most intimate aspect of their lives through understanding, appreciating, and cooperating with the Creator in their shared fertility.

## Responsible Parenthood and Natural Family Planning

God invites married couples to be stewards of their fertility through “responsible parenthood.” If a couple discerns that, for just reasons, they should avoid a pregnancy, rather than turning to contraception or sterilization, they can turn to Natural Family Planning.

Natural Family Planning (NFP) methods are based on the biological fact that while men are fertile all the time, women are fertile during only part of their cycle. NFP methods teach couples how to accurately identify a woman’s fertility by learning how to observe, chart, and interpret the signs of fertility. With this knowledge, the couple freely chooses whether or not to engage in sexual intercourse based upon their family planning intention. If they want to avoid pregnancy they abstain; if they desire to achieve pregnancy, they come together.

These methods can be used effectively to manage fertility regardless of the woman’s cycling pattern or stage of life (such as postpartum, pre-menopause or with irregular cycles). There is no need to use contraceptives or sterilization to plan one’s family.

## Blessed, Strengthened, Consecrated

Though periodic sexual abstinence can be challenging at times, this challenge is itself a blessing. St. Paul VI wrote, “far from being a hindrance to their love of one another,” this self-discipline “transforms it by giving it a more truly human character” (*Humanae Vitae*, 21) and the lived experience of many couples testifies to the truth of this statement. They find not only that in this sacrifice their love, mutual respect, appreciation, and trust is enhanced but also that their relationship with the Lord is strengthened as well.

And husband and wife are not left alone in the challenge. Through the Sacrament of Holy Matrimony, they are given the grace to live out all that God asks of them and are “strengthened and... consecrated for the duties and the dignity of their state” (*Catechism of the Catholic Church*, 1638; cf. *Code of Canon Law*, can. 1134). The Lord is with them: “Then let them implore the help of God with unremitting prayer and, most of all, let them draw grace and charity from that unfailing fount which is the Eucharist” (*Humanae Vitae*, 25).

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## Learn More

**Catholic teaching on love and human sexuality**

[usccb.org/topics/natural-family-planning/love-and-sexuality](https://usccb.org/topics/natural-family-planning/love-and-sexuality)

**Catholic teaching on married love and the gift of life**

[usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf](https://usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/upload/Married-Love-and-the-Gift-of-Life-English-version.pdf)

**Natural Family Planning**

[usccb.org/topics/natural-family-planning/what-natural-family-planning](https://usccb.org/topics/natural-family-planning/what-natural-family-planning)

**Where to learn an NFP method**

[usccb.org/topics/natural-family-planning/find-nfp-class](https://usccb.org/topics/natural-family-planning/find-nfp-class)

**Useful marriage-focused websites**

[foryourmarraige.org](https://foryourmarraige.org); [marriageuniqueforareason.org](https://marriageuniqueforareason.org)

*Cannot find what you need? Contact [nfp@usccb.org](mailto:nfp@usccb.org).*

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# DO YOU HAVE A HEART FOR OTHERS?



Our parish Bereavement Ministry is a beautiful Corporal work of Mercy, accompanying those who have lost a loved one in what is often one of the most difficult times of their lives.

Can you help be a part of this?

We serve a luncheon after the funeral where family and friends can gather in love and support. This is an important time for families and is so appreciated.

We need volunteers to provide a simple side dish, salad or dessert to go along with the meal. We also need volunteers to help set up and serve the meal. Can you help by either providing a dish or serving?

Interested?

Mary Vautour [mvautour@insight.rr.com](mailto:mvautour@insight.rr.com) or Sue Denz • 614-231-4509

Or you can drop this form in the collection basket

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St. Catharine Bereavement Ministry

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

I can provide:

- ☐ Side Dish
- ☐ Salad
- ☐ Dessert
- ☐ I am interested in learning more about serving a funeral luncheon