

Holy Spirit Parish Family

August 8, 2021 — Nineteenth Sunday in Ordinary Time



OUR MISSION:

We, the community of Holy Spirit Parish, centered in the Eucharist, and guided by the Holy Spirit, will use our shared wisdom to be a joyful, accepting and forgiving community. We encourage all to grow in the Catholic faith by teaching and proclaiming the Gospel, serving others and praising God.

PARISH OFFICE

3130 Parkwood Lane
Maryland Heights, MO 63043
Website: www.holyspiritstl.org
Phone: 314-739-0230
E-mail: parish@holyspiritstl.org
Fax: 314-739-0237

PARISH OFFICE SUMMER HOURS

Monday to Friday
9:00am to 5:00pm

PARISH STAFF

Fr. Bob Evans, Pastor.....Ext. 103
revans@holyspiritstl.org
Fr. Jerry Meier, In Residence.....Ext. 112
jmeier@holyspiritstl.org
Deacon Jim DeNatale
deaconjim@holyspiritstl.org
Deacon Scott Kaufman
deaconsconfig@holyspiritstl.org

Donna Eisenbath, Youth Minister
.....314-954-1326
deisenbath@holyspiritstl.org
Jim Essner, Business Mgr.....Ext. 104
jessner@holyspiritstl.org
Linda Farhat, CRE/Pastoral Assoc.
.....Ext. 108
lfarhat@holyspiritstl.org
Katie Koberlein, Principal.....739-1934
kkoberlein@holyspiritstl.org
Marilyn O'Neill, Director of Music.
.....Ext. 107
moneill@holyspiritstl.org
John Honey, Maintenance
Julie Spinner, Parish & PSR Secretary
.....Ext. 101
jspinner@holyspiritstl.org
Mary Welsh, Parish Secretary Ext. 102
mwelsh@holyspiritstl.org

Faith in Action, (Call the Parish Office)
Prayer Chain —
prayerchain@holyspiritstl.org
HandS.....314-739-9796
Stephen Ministry
.....314-739-0230 ext. 130

SCHOOL

(K-8 & PRESCHOOL & PREK INFORMATION)

3120 Parkwood Lane
Maryland Heights, MO 63043
Phone: 314-739-1934
Fax: 314-739-7703
Kate Ayres, School Secretary,
kayres@holyspiritstl.org

PARISH ANNEX

3111 Parkwood Lane,
Maryland Heights, MO 63043,
Pre-School, Pre-K.....314-739-5020

MASS SCHEDULE

Monday thru Wednesday.....6:30am
Thursday and Friday.....8:00am
Holy Days Consult bulletin
Saturday:8:00am and 5:00pm (Vigil)
Sunday: 7:30am, 9:00am, and 11:00am

CONFESSIONS

Saturday 4:00 to 4:45pm or by appointment

EUCCHARISTIC CHAPEL HOURS

Weekdays: 12am to 6am and 9am to 12 midnight.
Saturdays: 12am to 7am
Chapel will close at 7am Saturday until 9am Monday.
Holy Days: Please consult the bulletin.

EUCCHARISTIC EXPOSITION

Suspended until Further Notice

BAPTISMS

Baptism Class for parents/godparents is normally held on the first Monday of the month at 7 PM in the Church. To register for the meeting and/or to arrange for a baptism, call the Parish Office.

MARRIAGE

Couples planning marriage contact the pastor at least six months in advance.

COMMUNION CALLS

Please call the Parish Office to request Communion if someone is unable to attend Church.

HOSPITAL VISITS

Please notify the Parish Office concerning hospitalization.

REGISTRATION

New parishioners may register at Parish Office or download a registration form, www.holyspiritstl.org. New information e.g. address, phone numbers or moving from the parish, please call Parish Office.

BULLETIN INFORMATION

Please submit information for the bulletin by Noon TWO Fridays before publication. Include name, daytime phone number of person submitting information, and group name. Items can be e-mailed to mwelsh@holyspiritstl.org.

OFFERTORY COLLECTIONS

Stewardship for July 19-25, 2021

Sunday Envelopes, 139 utilized	\$ 8,445.00
Loose Collection	\$ 361.00
Online Donations, 96 families	\$ 8,422.00
Total	\$ 17,228.00
Weekly Budget	\$ 20,190.38
Weekly Surplus (shortfall)	(\$ 2,962.38)

Hands	Parish Improvements
\$ 455.00	\$ 240.00

WHAT'S HAPPENING

Sunday, August 8

Sunday Mass Schedule—7:30, 9:00 and 11:00 a.m.
7:00 pm—Al-Anon, Rigali Rm.

Monday, August 9

6:00 pm—Quilting, Quilting Rm.

Tuesday, August 10

9:00 pm—Quilting, Quilting Rm.
—Senior Exercise, Rigali Rm.

11:30 am—Ladies Club, Sports Café
7:00 pm—Parish Ministry of Support, Community Rm.
New Catechist Mtg., Parish Hall

Wednesday, August 11

7:00 pm—Contemporary Music Rehearsal, Church

Thursday, August 12

9:00 am—Senior Exercise, Rigali Rm.
6:00 pm—Bells Rehearsal, Church
7:00 pm—Pre-Kindergarten Parent Evening,
Community Rm. & Pre-K

Sunday, August 15

8:00 am—Boy Scouts Car Wash, Front Pkg. Lot
9:00 am—Confirmation Rite of Enrollment, Church
7:00 pm—Al-Anon, Rigali Rm.



A Worldwide Marriage Encounter Experience is like the end of a summer holiday – it's full of freshness, new beginnings, hope, and the start of another season. We are excited to announce that our next **IN-PERSON** Encounter in the St. Louis, Missouri metropolitan area will be held the weekend of Sept. 24-26, at the Courtyard Marriott Hotel in St. Peters. We will have in place all the needed precautions to provide a safe environment for participants. For more info or to apply, go to www.me.org, or call Terry & Eric Engholm, 314-649-7317.

THE GARDEN OF FEEDEN IS BACK!

Vegetables will be available each weekend at the Annex

Sat. 9-11 AM & Sun. 8:30-10:30

If you have a home garden, and would like to share any of your produce, we are delivering to the food pantries and would be glad to add your surplus.



A Note From Fr. Bob

Dear Friends,

Grace and peace to you!

I hope that you have had the opportunity to get away and enjoy some vacation time. I certainly enjoyed mine as it gave me a chance to unplug and see our beautiful country.

While away I received word that the St. Louis County and City both issued a mask mandate. I thought, “Oh, no, not again!” We are all tired of the pandemic and the restrictions that have come with it. What tires me the most is how divisive our country has become. I know that the division was there prior to the pandemic but it seems to have only gotten worse. It seems these days so many people have no reservations expressing their opinions. That in itself is not a problem, but the way opinions are being expressed these days is distressing.

We can see it at government and council meetings, and even when people disagree with flyers and announcements. To say that the issuance of a new mask mandate has been contentious is an understatement. Recently we had a flyer in our bulletin for an event involving former St. Louis Archbishop, Cardinal Burke. Some people were very upset about this because of their feelings about the Cardinal. Most were respectful in sharing their opinion, but some were not. In particular, and unfortunately, one of the sponsors of the event has the same name as one of our parishioners, Karen Newcomb. Regrettably, some called Karen to express their opinions. Some were unkind. We regret and apologize to Karen for the distress this caused her. She had no connection with the event other than sharing her name with a sponsor.

Seeing and hearing about this and all the other disagreements in our country and community, I wonder, could we not follow St. Paul’s advice in his Letter to the Ephesians? This was in the Breviary for Morning Prayer a couple of weeks ago.

Never let evil talk pass your lips; say only the good things that people need to hear, things that will really help them. Do nothing that will sadden the Holy Spirit with whom you were sealed against the day of redemption. Get rid of all bitterness, all passion and anger, harsh words, slander, and malice of every kind. In place of these, be kind to one another, compassionate, and mutually forgiving, just as God has forgiven you in Christ. ~ Ephesians 4:29-32

What good comes from tearing others down through our words? None. It only solidifies division. I frequently state that change can begin with each one of us. We can make a difference. What if each of us were to keep St. Paul’s message in mind as we go about our day? What if we followed his advice as we prepared to share our opinions? Do you think it would change the tenor of our conversations? Do you think it would change how we look at each other? I think it would. Let’s pray for each other. Let’s see each other as children of God deserving our love and respect. Let’s pray for an end to the pandemic. May God bless you all!

Peace,

Father Bob

MASS INTENTIONS

Sunday, August 8

7:30am Luke Boenker
9:00am Pat & Walter Schlenk, Special Intention
11:00am People of the Parish

Monday, August 9

6:30 am Bill Fetsch

Tuesday, August 10

6:30am Faithful Departed

Wednesday, August 11

6:30am Mearl Meyer

Thursday, August 12

8:00am Tom & Clara McCarty

Friday, August 13

8:00am Marie Kendrick

Saturday, August 14

8:00am Laura Tellmann
5:00pm People of the Parish

Sunday, August 15

7:30am J. Elroy Witte
9:00am Fisk Family
11:00am Maria Rudy Martinez

PRAYERS FOR THE SICK

In your prayers, please remember all the sick and home-bound parishioners and those who care for them.

Don Abramovitz	Eric Hill	John Rath
Renee Armon	Betty Hirschmugl	John Rizzello
Kathryn Arnold	Suzanne Holzum	John Roberson
Greg Bamert	Bill Hughes	Pat Romano
Bert & Sarah	Brenda Jaeger	Mike Sampson
Beckmann	Diane Javaux	Jean Schepers
Sonny & Donna Bolm	Kathy Johnson	Anita Schiermeyer
Nancy Brand	Kenneth Jordan	Norma Schwaninger
Jim Brockmeyer	Sharon Knoppe	Jimmy Smith
Connie Buenemann	Mike Lemp	Jan Telthorst
Linda Buttry	Jerry McGuire	Rebecca Tobar
Nicole Chapman	Karen Newcomb	Rudy & Brenda
Margaret Cima	Matt Niedringhaus	Torricelli
Ed Cody	Jacob Null	Ron Unterreiner
Matthew Cody	Bob & Donna	Nanci Van Amburgh
Peggy Cody	Pedrotti	Joe & Jean Wangler
Leon Deimeke	Rick Pemberton	Angeline Weber
Charles Dent	Maisy Grace Pina	Gene Weckherlin
Till Fehrenbacher	Bob & Tootie	Bill & Joan Weinzirl
Ray & Betty	Ponder	Tom Zemblidge
Garvels	Brian Ponder	Pam Zika
Karl Gill	Carolyn Putnam	

Sick Relatives and Friends:

Judy Bauman	Richard Hahl	Ken Schutz
Kendell & Tina Bedell	David Kasprzyk	Ruby Smith
Jeri Burch	Jenny Lemkemann	Alford Snowden
Chris Burns	Trish Merklin	Grace Solimando
Nancy Chik	Betty Merritt	Jerry Sutterer
Beau Dempewolf	Lou Merritt	Msgr. Jim Telthorst
Margaret Dickinson	Shirley Petrosky	Jim Wamhoff
Debbie Ditch	Mike & Cindy Prinzi	John Wamhoff
Fran Ebers	Dianne Rellergert	Paul Williams
Colleen Evans	Sr. Pat Rodemann	Michelle Wilson
Harold Feltmann	Sheryl Sanfilippo	Bonnie Wittman
Michael Gill	Albert Schiermeyer	Joe Wolf
Chris Gooch	Robert Schneider	

FROM DEATH TO NEW LIFE

We express our deep sympathy and assurance of our prayers to the family of **Tom Arri**.

May his soul rest in the Peace of Christ.



GLUTEN FREE HOSTS AVAILABLE

Gluten allergy? Would you like a gluten-free host? Please contact the Parish Office, 739-0230.

PRO-LIFE NEWS



Check out topics including "About NFP," "Infertility & Adoption" and read blog posts like, "Raining Sacramental Riches: The Sacrament of Matrimony & Natural Family Planning", "Called to Fruitfulness: An Enkindle Ministry Reflection"
www.nfpgoodforlife.com

HOLY SPIRIT ACTS

The ACTS community at Holy Spirit, in prayer and thanksgiving, is so pleased to announce that formation is resuming in preparation for our next Men's and Women's retreats.

MARK YOUR CALENDARS NOW!

Upcoming Men's Retreat: October 28-31, 2021

Mike Schnable, Director

314-581-8657 or mikeschnable@sbcglobal.net

Upcoming Women's Retreat: January 20-23, 2022

Anne Kinealy, Director

314-330-7752 or anne.kinealy@gmail.com

Questions? Want to help?

Please contact Alli Kleitz, Core Team Communications, at 314-344-9034 (home), 314-239-3015 (cell), or kleitzfamily@gmail.com.

PSR NEWS

PSR Catechists - Important Dates

- * Tue. Aug. 10, 7-8:30 PM—NEW Catechist/Assistant Meeting: in the School Library.
- * Tue, Aug 17, 6:30-9 PM—ALL PSR Staff Dinner & Meeting: in the Parish Hall
- * Sun. Sept. 19, 11 AM—Catechetical Sunday: Mass

IMPORTANT DATES

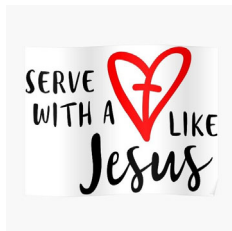
***PSR Opening Family Event: Tue., Aug. 31, 6:30–8:30**

- ◇ **Open House 6:30-8:30pm**– parents and students will stop by to see the classroom(s)
- ◇ **Stop by the Cool Times Ice Cream Truck 7–8 pm in the Parking Lot in front of Church**– see Julie Spinner or Linda Farhat on the sidewalk outside Church for a ticket that entitles you to a \$1 or \$2 treat! Feel free to bring extra money if you'd like a more expensive treat.

***PSR Class and REQUIRED Parent Meeting –Tue., Sept. 7th.** Drop children off at their classrooms and come to the Parish Hall for the Parent Meeting **6:45–8:00 p.m.**

SHOUT OUT TO TEENS

DO YOU NEED SERVICE HOURS??



PSR is looking for A FEW GOOD TEENS to serve as HELPERS to the catechists and students during PSR classes on Tuesday nights. Scheduling can be flexible - you do not have to commit to the entire year - We know how busy a teen's life can be. For more information or to volunteer, Please contact Linda Farhat 314-739-0230 ext. 108 or email lfarhat@holyspiritstl.org

SCHOOL NEWS

Back to School Packets are available in the Parish Hall for full time school families Kindergarten through Grade 8 after all Masses this weekend. If your Back to School Packet is not picked up today please come to the School Office to pick up your packet Monday through Friday 9:00 AM-4:00 PM.

Preschool & Pre-Kindergarten parent meetings will take place on Thur., Aug. 12, 6:00 PM Preschool Parent Meeting; 7:00 PM Pre-Kindergarten Parent Meeting

Mon., Aug. 16, 6:00 PM- 7:00 PM Back to School Night for Kindergarten through Grade 8 Families. this event begins in the School Gym . Drop off completed school forms, sign up to volunteer, register for Spirit Zone, register for Boy Scouts, Girl Scouts, order school clothing, check out uniform exchange. Then drop off student supplies in their classroom.

FIRST DAY OF SCHOOL, PreK thru Grade 8, Wed., Aug. 18, **NOON DISMISSAL** There is **NO** Spirit Zone Aftercare on Aug. 18. Preschool Playdate, Wed., Aug. 18, 9:00 AM-10:00 AM

RCIA

RITE OF CHRISTIAN INITIATION FOR ADULTS

Are you interested in finding out more about the Catholic Church? Is a spouse, fiancé, neighbor, friend, or co-worker interested?

The RCIA process enables those who are interested in the Catholic faith to “come and see” –to explore Catholic teaching and to discover what it means to be a Catholic Christian.

Most people come because they are invited. **Be the voice of Christ & offer the first invitation.** RCIA is for anyone unbaptized or baptized in another Christian tradition, as well as Catholic who are baptized but have never celebrated Confirmation or received 1st Communion.

There is no commitment placed on any one who may be interested or who has questions.

Please contact Fr. Bob Evans, 314-739-0230, OR revans@holyspiritstl.org, or have them contact us so we can invite them to attend inquiry sessions beginning Sept. 15th at 7 p.m. in the Parish Hall.

SOCIAL JUSTICE

In November 2018, the United States Conference of Catholic Bishops approved a new pastoral letter against racism, *Open Wide Our Hearts: The Enduring Call to Love*. In the letter, the bishops invite all people of faith to conversion. We are called to open our minds and hearts to Christ's love for all people and to the experiences of those who have been harmed by the evil of racism... The process of praying through, reflecting upon, and acting upon the message of the pastoral letter is hard work, but it is work from which all will benefit. ...The bishops write, “Finally, too often racism comes in the form of the sin of omission, when individuals, communities, and even churches remain silent and fail to act against racial injustice when it is encountered.”

Source: https://www.usccb.org/resources/study-guide-open-hearts-2019-09_0.pdf pg 1

IT'S COMING...
SAVE THE DATE
FRIDAY & SATURDAY, SEPTEMBER 10 & 11



Mark your calendars for this year's Annual Carnival.

Plan to join us for all the family fun!

Watch the bulletin for more details.

Want to get involved?

Contact Bryan (see below).

This is a GREAT way to meet your fellow parishioners,
classmates, and other volunteers!

HOLY SPIRIT CARNIVAL NEEDS YOU!

The Holy Spirit Carnival has been enjoyed by many for over 40 years. We want to Thank You for being a part of the success of the carnival, whether you have enjoyed attending, working or helping out in any capacity. Thank You! You, the parishioners of Holy Spirit, are what have helped to make the carnival so successful! As you are well aware it is the largest fundraiser we have and is vital to continuing the over 30 ministries Holy Spirit provides to our community. In the past we have had great chair people and many friends work together to bring this great event to Northwest St. Louis County.

We are currently asking for your help. We are looking for a few more co-chairs and also for help with running the booths that the kids love to play at.

It is so much fun working with friends & making new friends on the weekend. The best part is seeing how everyone comes together to make Our Carnival a family friendly event for all ages to enjoy.

**To work together to help Holy Spirit continue to be
one of the best parishes in the
Archdiocese, please contact**

Bryan Hercules 956-7727
bhercules1717@gmail.com.

OR

Sue Hercules, 780-6866
suehercules@aol.com





Many volunteers are needed to have a successful carnival.

We need BOOTH CHAIRS as well as help with clean up, working booths, and many other things. It is a great way to meet others in the parish and have fun too!

Please complete this form and return it to the parish office.

If you have questions contact:

Bryan (956-7727) or Sue (780-6866) Hercules
bhercules1717@gmail.com...OR...suehercules@aol.com

Name_____

Phone_____

Email_____

___ I would like to be contacted for clean up Saturday 10 p.m. until ?

___ I would like to be contacted to work a booth (2 hour shifts)
Friday: ___ 5-7 p.m. ___ 7-9 p.m. ___ 9-11 p.m.
Saturday: ___ 1-3 p.m. ___ 3-5 p.m. ___ 5-7 p.m.
 ___ 7-9 p.m. ___ 9-11 p.m.

___ I would like to be contacted to chair a booth

___ I would like to be contacted about joining the carnival committee.

Thank you in advance for your time!

BENEFITS OF WORKING AT A CARNIVAL BOOTH

- ✦ Your children will know where to find you.
- ✦ While you're working, you're not spending money.
- ✦ An opportunity to meet other people in the parish.
- ✦ Give the booth chairman a break.
- ✦ An easy way for high school students to earn their service hours.
- ✦ You'll feel good for being a part of it and knowing you had a part in making it happen.



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YOUTH MINISTRY

FIND HOLY SPIRIT YOUTH MINISTRY ON FACEBOOK & INSTAGRAM

www.facebook.com/hsyouth AND as hs_youth_stl

(HS Youth STL) on Instagram

Check out our reflections from F3 and questions for you to ask your child.

HIGH SCHOOL:

Gatherings: JOIN EAT, PRAY, DISCUSS gatherings for high school every Thur. We have begun gathering in person. Join us in the Resource Center basement (Holy Spirit Room) from 7:00-9:00 p.m. every Thur.

8TH GRADE CONFIRMATION FORMATION

IMPORTANT: Don't forget to send in your Confirmation Record Form

Next gathering will be **Sun., Aug. 15**, for the Rite of Sending at 9:00 a.m. Mass. Families should plan to attend. Sponsors are invited as well.

WANTED:

- ~PGC Adults who are willing to chaperone for high school (Eat. Pray. Discuss.), &/or 7th & 8th grade (MSM-Middle School Madness).
- ~PGC Adults willing to chaperone large events like retreats or March for Life, or service projects.
- ~Someone with knowledge of the area to help organize leaf raking project
- ~PGC Adults who are interested in working on occasional opportunities for younger youth (5th & 6th grade) during the school year.

PRAYER STARTERS FOR PARENTS AND TEENS:

- ⇒ Talk about the upcoming school year – fears, hopes, excitement. Say a prayer with your child asking for blessings and peace on those.
- ⇒ Name a few friends and say a quick petition for each one.
- ⇒ As you prepare for a new school year – buying supplies, beginning extracurricular – stop and say a quick prayer “God bless this _____ (time, person, object). Let them help me to give my best.”



BE A SOCK ANGEL

DROP NEW SOCKS IN THE BOX

Located in the Gathering Area

Campaign will run August 1st – September 7th, 2021

The number one item requested from homeless shelters, low income families, & seniors in need of warmth from the cold are **SOCKS**. Please donate **NEW** socks for infants, children & adults & be a **2021 SOCK ANGEL**. The **NEW** socks will be distributed to various catholic agencies, i.e. St. Patrick's Center & others serving less fortunate individuals in St. Louis. City & County. Last year we collected & distributed 14,000 pairs of socks from several parishes. The need is so great, our goal is 28,000 pairs for 2021. Each participating parish will be listed with the number of donated socks on our website & shared with all. Won't you be part of the top 10 by giving generously? Tell your friends & collect **NEW** socks in your neighborhood to add to **SOCKS IN THE BOX!** Get the kids involved—a fantastic community service project for them.

Dollar Tree, Walmart, Target are wonderful sources of quality warm socks at reasonable prices, some as low as 2 or 3 for \$1. Please buy as many as possible & **DROP NEW SOCKS IN THE BOX!** . God's Blessing!

Find More Information on our Website:

www.sockangel.org. and www.kofpc.org.



PSR SCHOLARSHIP FUND

The PSR Scholarship Fund has been established to assist PSR families who need financial assistance with their PSR tuition. Parent(s) wishing to be considered for a scholarship must complete a PSR Financial Assistance Form for the current year & submit it to the CRE for approval. Donations to the PSR Scholarship Fund may be made in honor of or in memory of an individual as well as general contributions. This is a wonderful way to pay tribute to someone who has made a difference in helping your family grow in faith. Donations may be made by check or cash or through electronic giving found on the parish website www.holyspiritstl.org. Go to the online giving tab & log in or create an account. When setting up a new donation, look for the “PSR Scholarship” choice in the designations for donations. To designate an honorarium (i.e. Sharon Kaufman's retirement) or memorial donation, please include information on the memo field or if mailing a check, please include a note. All donations are tax deductible.

**Knights of Columbus
Bishop John Wurm Assembly
#2012 - St. Ann Council #3977**



**Mike Koch Memorial
Tournament**

**Saturday October 2, 2021
Normandie Park Golf Club
7605 St Charles Rock Road Normandy,
Missouri**

4 Person Scramble

\$75.00 per golfer ~ \$300.00 per team

CATHOLIC ENGAGED ENCOUNTER WEEKEND

Are you engaged? Consider attending a Catholic Engaged Encounter Weekend, a time of discovery and love for you and your fiancé. Spend a focused weekend together to prepare for your lifetime commitment. Our next weekend will be held Sept. 24-26 at the Marianist Retreat Center in Eureka.

You can learn more and register at:
<https://www.stlengagedencounter.org/>,
Email: engagedencounterstl@gmail.com or
call Peggy & Richard Burton, 314-941-1371.

STEPHEN MINISTRY

Sometimes It's Hard to Ask for Help

We're brought up to be strong, self-sufficient, independent people. We tend to think that if we ask for help, it is a sign of weakness. So we try to keep our struggles hidden, stuffed deep inside. However, that's not God's plan. Galatians 6:2 says, "Bear one another's burdens, and so fulfill the law of Christ." God wants us to care for others—and allow others to care for us in our time of need.

If you're sad or struggling inside, don't suffer alone. Ask for help. Holy Spirit has a team of Stephen Ministers who are ready to listen, care, encourage, pray, and help you through a tough time. (It's confidential too!)

Call the Stephen Ministry confidential Hotline today:
(314) 739-0230 ext.130.

**DYNAMIC CATHOLIC, *ALIVE!*
THE BREAD OF LIFE CONTINUED**

"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." This statement caused some of Jesus' disciples to turn and run away; while for others, this statement galvanized their belief in God that they ultimately gave their life for Jesus. Where do you stand? Do you truly believe that the bread and wine we receive at Mass is the actual flesh and blood of Christ? If so, why? How would you explain the Eucharist to a curious friend? If not, why not? Many people believe in God. But there is a big difference between knowing facts about God and actually having a relationship with Him. You have to spend time with someone to develop a relationship, not read a book about them. God wants a personal relationship with each one of us. Take time every day, in silence, talking and listening to the Lord. Invite Him into your heart and enjoy the fruits of your new friendship.

archstl.org/dynamic

BRIDGES SPIRITUAL EXERCISES OF ST. IGNATIUS IN EVERYDAY LIFE

Are you looking for a deeper prayer life and a closer relationship with God? If so, please consider the "Bridges Retreat in Everyday Life," based on the 450+ year-old Spiritual Exercises of St. Ignatius Loyola. This nine-month retreat is designed and adapted for persons in all walks of life. The retreat consists of daily prayer and journaling (experiencing discernment, contemplation, meditation), in addition to weekly or monthly small group meetings and weekly time with a prayer companion who listens to your experiences and provides oral and written guidance through the Spiritual Exercises of St. Ignatius of Loyola. The retreat runs Sept. into May and coincides with the Church's liturgical calendar.

The retreat begins in Sept., and information sessions (like the retreat) will be offered at five Greater St. Louis-area sites on various days and times this summer, as well as a virtual "Zoom" session. For more details about the retreat and information session schedules, visit www.bridgesfoundation.org.

For questions, contact Holy Spirit parishioner, Denny Klosterman, dgklos@gmail.com or 314-341-6924 OR
Steve Givens, executive director, executive.director@bridgesfoundation.org, 314-401-2072

19th Sunday of Ordinary Time

1 Kings 19:4-8
Ps 34:2-9
Ephesians 4:30-5:2
John 6:41-51

Monday August 9
Deuteronomy 10:12-22
Ps 147:12,15,19-20
Matthew 17:22-27

Tuesday August 10
St. Lawrence
2 Corinthians 9:6-10
Ps 112:1-2,5-9
John 12:24-26

Wednesday August 11
St. Clare
Deuteronomy 34:1-12
Ps 66:1-3a,5,8,16-17
Matthew 18:15-20

Thursday August 12
Joshua 3:7-10a,11,13-17
Ps 114:1-6
Matthew 18:21-19:1

Friday August 13
Joshua 24:1-13
Ps 136:1-3,16-18,21-22,24
Matthew 19:3-12

Saturday August 14
St. Maximilian Mary Kolbe
Joshua 24:14-29
Ps 16:1-2a,5,7-8,11
Matthew 19:13-15

This Sunday we hear Christ's explanation of the Eucharist: "Whoever believes has eternal life; I am the bread of life."

Why does he call the Eucharist "the bread of life"? How does it give us life?

He answers: "Whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." In other words, he gave himself to us – he gave his life for us – on the cross.

Our sinfulness put us on the path of death, but he who was sinless and divine substituted himself for us, taking our deaths upon himself so that we could have the eternal life of God.

The resurrection of his body defeated this death. Therefore, his body, crucified and risen, is the source of our life. This is what we celebrate in Mass. We are not re-enacting his death during the sacrifice of the altar, as some mistakenly assume; we are uniting ourselves to his life.

The "sacrifice of the altar" is our participation in the entirety of Christ – his life, his ministry, his crucifixion for our sins, his resurrection, and his ascension to heaven.

We unite with him by offering our lives to him so that he ministers to the world through us, sacrificing our will where it interferes with his, which results in being raised up to new life as we follow Christ to heaven.



Every Catholic Mass accomplishes this by providing us with our Savior's body and blood, here and now, in the form of edible food: the bread of life. This holy communion comes to us from Christ's Last Supper, through generation after generation of the apostolic priesthood, beginning with the very first Apostles.

Christ is as fully present and as truly real here as he was when he sat among the Apostles and said, "This is my Body, this is my Blood." Thus anyone who adores and honors Jesus in the Eucharist, believing that he is their Savior, is feasting on the source of their eternal life.

Reflect & Discuss:

1. How do you know that the Eucharist is truly the high point and center of *your* life?
2. What's missing from your current experience of meeting Jesus in person in the miracle that takes place on the altar?
3. How is the Eucharist life-giving for you? Share how Jesus has revealed himself to you through the Blessed Sacrament.
4. How did it change you?

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THE ASSUMPTION OF THE BLESSED VIRGIN MARY — (AUGUST 15, 2021)

1 Kgs 19:4-8 — Ps 34:2-3, 4-5, 6-7, 8-9 — Eph 4:30-5:2 — Jn 6:41-51



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