

Good News Reflection: How to make burdens feel light

Does the yoke of Jesus weigh you down or does it feel light? His yoke -- according to what he exampled with his life -- is servanthood, a ministry that cares for others, a love that makes sacrifices.

We feel weighed down by personal struggles; we have so many of our own crosses to carry and so many people need our attention that we're exhausted from it all. We need a vacation, an escape, time out! So why does Jesus tell us that his yoke is easy? Why does he say that the burdens of servanthood are light?

How can sharing in the ministry of Jesus be restful? When the burdens of life wear us down and tire us out, it's usually because we've taken on more responsibility than God has actually given to us.

Or else it's because we're expending energy trying to get rid of a cross after Jesus has yoked us to it. If the burden leads to burn-out, God lets us get tired, because he's warning us: "Slow down! Simplify your life! Make a change! Spend more time in prayer!"

If it leads to anger and resentment, God is showing us that our selfish desire for an easier life is, in reality, making our lives more difficult.

In other words, when we strain and pull against the yoke -- against our union with Christ -- we suffer from our own mistaken ideas of what we should be doing. It is when we remember that we're yoked to Someone who is infinitely stronger and wiser than we are that the burden becomes light. The yoke becomes a source of joy.

Jesus offers us everything we need for plowing the fields that God assigns to us. When we cooperate with him, the burden is indeed light. We find rest in Jesus and we benefit from his strength. Our anger and resentment and weariness disappear. We experience holy pleasure in our tasks, because we're yoked to the goodness and the energy of Jesus himself.

Questions for Personal Reflection: What are you doing that seems like a good idea but is wearing you out? What part of it is not God's idea for you? What can you do to slow down, simplify, make a change, and become more aware of the strength of Jesus?

Upcoming Eucharistic Celebrations					
Mon.	July 06	No Mass or Lay service			
Tues.	July 07	7 PM Mass	Lilane Kot +		
Wed.	July 08	9 AM Mass	Jim Brown +		
Thurs	July 09	9 AM Mass	Betty Herlick		
Fri.	July 10	12:10 PM Mass	Doris Van de Sype +		
Sat.	July 11	5 PM @ SVDP 7 PM @ St. Mary's	Mark Himmelspach +		
Sun.	July 12	9 AM SVDP	The People of the Parish		
		11 AM SVDP	Marc Nickel		



Congratulations: to Zayne Lendrum, Paige Ball, Anna Madridejos and her sons Shan and Andrew on receiving the Initiation Sacraments on July 4th! They spent many months of preparation and then an unexpected delay, but now they have officially

become full members of our Roman Catholic faith. Please join us in welcoming and congratulating them!

<u>Weekly Donations</u>: For those who are not yet attending masses, are not on pre-authorized payments and have been asking, donations can either be mailed to the office: St Vincent de Paul 314 3rd St. NE, Weyburn, SK S4H 0W7 or dropped off at the church office



We would like to remind you the dispensation from attending the Sunday Eucharist is still in effect by our Archbishop

<u>Prayer for the Spiritual Act of Communion for</u> those shut in at home and unable to receive communion;

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things and I desire to receive You in my soul. Since I cannot receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.



<u>Readings for July 11 & 12</u> 15th Sunday in Ordinary Time Isaiah 55.10-11 Romans 8.18-23 Matthew 13.1-23 **Thanks for your Patience:** The seating plan we have implemented at this time is following the government's guidelines for Covid 19 so we can follow the guidelines for both social distancing and sanitizing before being occupied again. Of course individual couples and families are allowed to sit together. The problem is we are directed to arrange up

to 5 groups of 30 people with 5 meters between each group. Our main objective is to keep everyone safe since our prayers have been answered and we are allowed to gather and receive the Eucharist again. Thank you for your patience and understanding as we try to keep up to the ever changing rules and please thank our volunteers for helping us get through these trying times.

The office is open! Janice and Val invite your calls and visits but please remember to follow the guidelines of social distancing to keep us and you safe.

St. Vincent de Paul Bursary Applications; are available for any of our parishioners who will be attending a post-secondary educational institution within the next year. This scholarship is for a student who has been faithful in their commitment to their relationship with Christ, as well as in their parish involvement. Application forms can be found in the church foyer, or on the main page of our parish website. The applications are due on July 15, 2020.

Congratulations to: Howard and Lauretta Schmidt on their 70th Wedding Anniversary, on July 4th



God of love and hope be with us as we ask for your blessing on those who are in need of our prayers, especially: Ron Knox, Adolph Hoffart, Lynne Garner and Mary McCurry We are in need of new Hospitality ministers for Saturday, 5 PM masses. Please contact the office if you have time to share the gifts God gave you.



<u>Prayer Shawls</u> Do you know of someone who would be comforted by a prayer shawl? Please submit their name to the parish office. If you would like to knit a prayer shawl we have a large supply of wool as well as patterns for the shawls: please stop by the office to pick up supplies.



We are a Scent-Free building.

Our many chemically sensitive parishioners appreciate your thoughtfulness by not wearing perfume, aftershave, scented hand lotion, fragranced hair products, essential oils and/or scented products.

Stewardship Bulletin Bit:

July 5, 2020 - 14th Sunday in Ordinary Time "For my yoke is easy, and my burden light." (Matthew 11:30)

When we think of being good stewards, we may think that God is asking too much of us when He calls us to generously share our time, talent, and treasure. However, we must remember that we are not "owners" of anything, we are merely "stewards" of the gifts God has given us. All He is asking is that we give back a small portion, in gratitude, of what He has already given to us.

Clergy Sexual Abuse Policy revised June 2020

In September of 2019 the Archdiocese promulgated a new policy and procedure for handling reports of clergy sexual abuse of minors and vulnerable adults. In keeping with the nature of a policy that will need to be regularly updated, and upon reception of various proposals for revising the text, a slightly revised version of the policy and procedure has been posted on the website this week. The policy was drafted in close consultation with victims.

Attached is a copy of the new policy or you can find it on our web site at:

https://archregina.sk.ca/sites/default/files/protocol/Prot ocol%20for%20Clergy%20Sexual%20Abuse_0.p

Livestream Masses:

English Weekday and Sunday Masses are livestreamed at 9:00 AM daily from Resurrection Parish. French Sunday Masses are livestreamed from St. Jean Baptiste Parish every two weeks For Livestream Links visit: https://archregina.sk.ca/live

Daily TV Mass offers Mass each day on television and on the internet. Vision TV: Sunday - 6:00 AM Monday - Friday 6:00 AM & 10:00 AM Saturday - 6:00 AM & 7:30 AM Salt + Light: Sunday - 9:00 AM & 8:30 PM Monday - Saturday - 4:30 AM, 9:00 AM, 1:00 PM, 6:30 PM Internet: www.dailytvmass.com www.youtube.com/dailytvmass

St Vincent de Paul CWL purchased a tree from the City of Weyburn in honour of The Catholic Women's League of Canada's 100th Anniversary. A plaque acknowledging the donation will be displayed in City Hall. The plaque will read, "In honour of the 100th Anniversary of the Catholic Women's League of Canada June 2020"

The Recipients of the WCS grade 12 CWL Scholarships are Hunter Labbie and Jessica Dixon

The Archdiocese of Regina, in communication with Catholic health leaders, has compiled a series of onepage directives and guidelines on a variety of issues affecting churches and sacramental practice during this COVID-19 pandemic. Information is provided on current government directives, private prayer in church, sacraments, weddings, funerals, and more. https://archregina.sk.ca/content/church-andsacramental-guidelines-covid-19-pandemic.

Compassionate Listening

If you find that during this difficult time you need a compassionate listening ear, or visit from someone, https://archregina.sk.ca/archregina-outreach for a list of spiritual directors and candidates in training who have volunteered their time to be there for anyone who is struggling.

	Stewardship & 7	Falent - July 4 & 5, 2020	
	SAT 5 PM	SUN 9 AM	SUN 11 AM
Readers	Wendy Sidloski Ingri Roman	Dolores Herring Theresa Istace	Ingri Roman Marga Cugnet
Eucharistic			
Ministers			
First 3 serve bread			
Last 4 serve cup			
Acolytes			
Children's Liturgy			
Power Point	Randy Schiller	Mitzi Nicole Recto	Jacob Leblanc
Hospitality	Bernice Driscoll	Yvonne Kerr	Al Pitre Joe Glab
	Vacant	Omer & Chris Marcotte	Sheldon Leblanc
	Vacant	Richard & Celine Wawro	Roberto Roman
Counters			
	Stewardship of Ti	ne & Talent - July 11 &1	12
	SAT 5 PM	SUN 9 AM	SUN 11 AM
Readers	Merle St. Onge	Pete Broccolo	Jerome Sidloski
Reauers	Janice Seitz	Jean Woodard	Karen Sidloski
Eucharistic Ministers			
Acolytes			
Children's Liturgy	P ' 1 P 1	No cont	Den Kreft
Power Point	Fingler Family	Vacant	Don Kraft
Hospitality	Jeff & Mary Ann Flaaten	Willie & Adele Nimegeers	Judy & Mel VanBetuw
	Bonnie & Frank Kaip	Dick Michel	Gordon Rutten
<u> </u>		Jean Janoski	Danette & Calvin Tracey
Counters			

Parish Council Members: Marga Cugnet (chair), Pat Wolensky, Sarah Ayeri, Brenda Kosior, John Tuchscherer, Vic Messer, Jim Wanner, Val Wing, Wendy Sidloski Parish Finance Chairperson – Dave Creurer

K of C Grand Knight: Aime Isabey (861-3535) aime@sasktel.net K of C Faithful Navigator: Randy Schiller (861-1863) schrjt@sasktel.net Weyburn K of C Meetings: (Sept.-June) Exec & Directors – 2nd Mon. of month, Gen Mtg. – 4th Mon. of month

> **CWL President**: Fran Messer (842-6259) **CWL Meetings**: (Sept. – June) Executive Meeting – 2nd Mon. of month General Meeting – 3rd Mon. of month

Office Hours: Tuesday – Friday - 8:30-4:30 Phone: 306-842-2129 Fax: 306-842-7818 Website: www.stvincentdepaul.ca 314 – 3 rd Street NE • Weyburn, SK • S4H 0W7 Vebsite: www.stvincentdepaul.ca					
Sacraments: Baptism and Reconciliation – Contact the parish office Matrimony – Contact the parish office at least 6 months prior					
Pastor: Rev. Francis Plaparampil • 306-842-2055 • franplap@hotmail.com Bookkeeper/Receptionist: Janice Seitz • secretary@stvincentdepaul.ca Administrative Assistant/Receptionist Val Wing • stvincent@sasktel.net Hall Convener: Angelo Fresnido • 306-842-4481 • mckennaweyburn@gmail.com • www.mckennahall.ca Caretakers: Rani Roettger, Jeff Greening					