

# Mass Intentions

An individual may ask a priest to offer a Mass for several reasons: for example, in thanksgiving, for the intentions of another person (such as on a birthday), or, as is most common, for the repose of the soul of someone who has died. One must never forget the infinite graces that flow from the Sacrifice of the Mass which benefit one's soul. Pope Leo XIII in his encyclical "*Mirae caritatis*" (1902) beautifully elaborated this point and emphasized the connection between the communion of saints with the Mass: "The grace of mutual love among the living, strengthened and increased by the sacrament of the Eucharist, flows, especially by virtue of the Sacrifice [of the Mass], to all who belong to the communion of saints." —catholiceducation.org

Saturday, July 8th, 2017, 5:00PM

†Milton Wilkie By Ann & Eddy Parr

†John Moran By Burchell Family

†Death Anniversary of Emelia Lagman

Sunday, July 9th, 2017, 10:30AM

†Eddy Susanto Ong

†Kathleen Capstick, Stan Carlin, Peter Kinsella, and Lorraine Féquet.

Thanksgiving Blessings by Ruth Laxina

Tuesday, July 11th, 2017, 7:00PM

Pro Populo

Wednesday, July 12th, 2017, 7:00PM

†Teresa Antonacci By Christina Parsons and family

Birthday Blessings for Juliet Quiocho

Thursday, July 13th, 2017, 9:00AM

Healing and speedy recovery for Isabel McKeever

Friday, July 14th, 2017, 9:00AM

†Teresa Antonacci By PREX family

Saturday, July 15th, 2017, 5:00PM

†Mary Lea Jordan By Jack Jordan

Birthday Blessings for Adeline Doyle

Sunday, July 16th, 2017, 10:30AM

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We pray for the healing and peace of all our sick,

Flo Davies, Adeline Doyle, Adrienne Coombs, Sterling Smith, Joe Brisindi, Dan Boyer, Rita Riley, Beverly Fender, Marie-Paul, Rickie Walsh, Muriel Boutin, Joey Walsh, Johnny Palisoc, Myrna Bolofer Go, Jennifer Parsons, Carmen Al Fudhaili. Temperence Miriam Browning, Bernard Fournier, John & Wendy Keating, Peggy & Eddy Wargachuk, Carmen Lapello, Eddie Rodgers, Terry & Liz McHugh, Dale Flood, Isabel McKeever, Virginia Feledick, Charlene Poirier, Gordon Parsons.

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July 9, 2017

fourteenth Sunday in Ordinary Time

Learn from me and you will find rest for your soul

Meditation: Do you want to know the mind and heart of God? Jesus thanks the Father in heaven for revealing to his followers the wisdom and knowledge of God. What does Jesus' prayer tell us about God and about our relationship with him? First, it tells us that God is both Father and Lord of the earth as well as heaven. He is both the Creator and Author of all that he has made, the first origin of everything. His authority, wisdom, and gracious care extends to every living thing, and his boundless love and goodness is directed to the welfare of each person made in his image and likeness. He is the source of all human life. That is why all fatherhood and motherhood is ultimately derived from him (Ephesians 3:14-15).

*Pride - the root of sin*

Jesus's prayer contrasts the "wisdom of the world" with the wisdom which comes from above - from the Father of heaven who is all wise and good. Jesus' prayer contains an implicit warning that pride can keep us from the love and knowledge of God. What makes us ignorant and blind to the wisdom of God? Certainly intellectual pride, coldness of heart, and stubbornness of will shut out God and his wise rule and fatherly care for our personal lives. Pride is the root of all vice and evil and the strongest influence propelling us to sin against God and to do wrong to our neighbor. Sinful pride first vanquishes the heart, making it cold and indifferent towards God. It also closes the mind to God's truth and wisdom for our lives. What is pride's flaw? It is the inordinate love of oneself at the expense of others and the exaggerated estimation of one's own knowledge, power, importance and position over others.

*Simplicity and lowliness of heart*

Jesus contrasts pride with child-like simplicity and humility. The simple of heart are like "little children" in the sense that they see purely and simply without any pretense or falsehood. They instinctively recognize their utter dependence and reliance on others - especially those who can teach and form them to live strong, healthy, mature lives. No one can grow in wisdom and maturity unless they are willing to be taught and formed in how to live wisely and to distinguish between good and evil, truth and falsehood.

Simplicity of heart is closely linked with humility - the queen of virtues that forgets oneself in order to love and serve others for their sake. The humble of heart are the freest of all - emptied of vanity and self-concern they can single-mindedly focus on the welfare of others. The Lord Jesus is our model. He proclaimed to his disciples, "I am gentle and lowly of heart" (Matthew 11:29). Jesus came "not to be served, but to serve and to give his life as a ransom for the many" (Matthew 20:28). Jesus' "gentleness" is not weakness or powerlessness. It is "strength under control" which is at the service of good rather than evil.

Jesus humbled himself to lift us out of our misery and slavery to sin in order to raise us up to glory with him and the Father. Jesus came not to bruise the weak but to heal, to pardon and not to condemn, to restore us to abundant life by defeating sin, Satan, and death. It was love for his eternal Father and for each one of us that motivated Jesus to humble himself to death on the cross in order to rescue us from slavery to sin and death. The Lord Jesus shows us the truth path of love and victory, freedom and joy, through the cross that defeats pride and hatred, greed and selfishness, guilt and condemnation. True humility - which is the opposite of false modesty or feeling bad about oneself - frees us to pursue what is good, right, holy, and true. Scripture tells us that *God opposes the proud, but gives grace to the humble* (Proverbs 3:34, James 4:6). Only the humble in heart can receive the wisdom which comes from God and the understanding of God's perfect goodness and plan for our lives. Do you acknowledge your utter dependence on God and do you trust him with your whole heart, mind, and being?

The greatest reward for those who seek the "summum bonum" or "greatest good" is to be united with God - the one and only true source of peace, joy, and happiness that will last forever.

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ST. WILLIBRORD ROMAN CATHOLIC CHURCH

Dates for faith formation and Formation for lay people

Faith in the family: To all the families, who attended faith in the family, have a blessed summer and we look forward to seeing you for faith in the family, this coming fall.

Lectors Meeting: To be determined.

Acolytes: The next meeting will be on July 15, 2017

Dates to Remember

Thursday Bible Study and Catholicism Every Thursday, Bible Study at 6:30PM, in Rectory, followed by Catholicism 7:15PM



Bible Study: Every Saturday, at 4:00pm and Every Sunday, starting June 4, 2017: Session 1 at 9:30am, Session 2 at 12:00pm (following the 10:30am Mass)

If you are interested in attending a particular session, please speak with either Carole or Stasi.

Flea Market: Saturday, July 8, 2017, 9:00AM to 3:00PM

Parishioners Meeting: Sunday, July 9, 2017, following the 10:30AM Mass

PREX and ALPHA

If you are interested in learning more about these two programs, please contact the office at 514-769-9678

Collection Envelopes

If you would like to receive envelopes, we ask that you contact the rectory.

To All Parishioners living in the St Willibrord territory (postal code beginning with H4G or H3E)

There will be a brief meeting on July 9, 2017, following the 10:30am, Mass.

**SUNSHINE AND MUSIC AT THE ORATORY** In this festive summer, Montrealers want to make the most of everything their city has to offer! Saint Joseph's Oratory of Mount Royal (3800 Queen Mary Rd., Montreal) is not to be outdone and proposes a first this year— the *Sun-shine and Music* series. Free musical performances will be offered in the evening on the Mezzanine Terrace, from where you can admire the most beautiful sunsets over the city. Wednesday evenings from August 2 - September 20 at 7 p.m. (weather permitting). Contact 514-733-8211 or info@osj.qc.ca.

**ST. KEVIN PARISH**

Join us for a pilgrimage to Cap de la Madeleine in Trois-Rivières, Quebec, on Saturday, July 29. Departure from St. Kevin Parish (5600 Côte-des-Neiges Rd., Montreal) at 10 a.m. and return arrival at around midnight. Visit includes the museum of Blessed Frédéric Janssoone, Mass in English and a candlelight procession. Tickets are \$35. Contact Emma at 514-481-6424.

CONFESSIONS will be heard 15 minutes before each Mass ~ weekdays, as well as on weekends.

BAPTISM Parents wishing to have their child baptized are asked to contact the Parish Office at 514-769-9678.

A meeting with Parents and Godparents is a pre-requisite. Godparents must be baptized and confirmed in the Catholic Church.

MARRIAGE Please contact the Parish Office or Father Gregory well in advance, as it is important to reserve the church before the Hall.

Pastor

Fr. Gregory Nunez

Office Staff

Anastasia Wargachuk  
Administration

Flea Market June 3, 2017—  
\$2,055.25

June 3-4, 2017—\$2,282.75  
June 10-11, 2017—  
\$2,188.30

First Communion Dona-  
tion—\$270.00

June 17-18, 2017—\$957.60

June 24-25, 2017—\$671.60

July 1-2, 2017—\$1,240.50

Mass Schedule

Saturday @ 5:00 pm

Sunday @ 10:30 am

(incl. Children's Liturgy)

Tues @ 7:00 pm (Rectory)

Wed @ 7:00 pm

Thursday & Friday

@ 9:00 am

Adoration Fridays

9:30am to 11:30am

Birthday/Anniversary

Blessings to

all Parishioners who are  
celebrating this week.

Happy Birthday to

Thank You to

◊Mike, Judith and Ruth, Cora,  
Bong, Melina, Beng, Jonas,  
Pedro, Fely, Glen, for their work  
in the rectory and Church  
◊to all the volunteers  
from our Flea Market.

◊all of our benefactors, your  
support is greatly appreciated

**Can Catholic daily prayers change your life?**

Absolutely! You can develop a fuller relationship with God and live a better life through prayer. You have a better chance at finding fulfillment (to say nothing of salvation!), from daily prayers than from the many distractions bombarding us these days!

Think of all the promises we hear on TV and elsewhere: you'll find happiness if you buy this car, this book, this exercise bike, or this pill (after checking with your doctor first on that last one)! Yet many times our souls feel as empty as our wallets afterwards.

Developing a good prayer life can really change you for the better. Praying can become a most satisfying routine in many ways. It might not be an easy habit to start at first, but it's definitely one you won't want to break! Catholic daily prayers can give you a sense of peace and purpose.

Prayer has often been called "the raising up of the mind and heart to God". We engage in a literally divine conversation with Him. You get a wonderful opportunity from prayer to strengthen and deepen your relationship with our Creator and with your fellow human beings by praying for their needs as well as your own.

*What we pray*

There are many great Catholic daily prayers. Here are some suggestions in case you're wondering, or need a quick reminder, as to which are good to say regularly: The Lord's Prayer (also known as the Our Father), the Hail Mary and the Glory Be are excellent. The Rosary is an essential prayer that combines these three, along with the Apostles' Creed, in a wonderfully meditative way.

Other good prayers include: an Act of Spiritual Communion; prayers known as the Acts of Faith, Hope, Love, and Contrition; the Angelus; the Anima Christi; the Divine Mercy Chaplet; evening prayers; the Guardian Angel prayer; mealtime prayers; the Memorare; novenas; morning prayers; prayers to the Holy Spirit; a Three O'Clock Prayer; prayers of reparation such as the Golden Arrow, and other wonderful chaplets and litanies, to Our Lord, His Blessed Mother, as well as prayers to the Saints.

In addition to these prayers there are other beautiful ones said by the priest (sometimes with the congregation) in the Mass. (Just as a reminder, you can attend Mass daily whenever possible, not just on Sundays or other holydays of obligation.)

In case you feel overwhelmed by all this, don't worry! One of the most important prayers in many ways, the Rosary, only takes about 15-20 minutes each day. Pray what you can when you can. Feel free also to talk to our Lord in your own spontaneous prayers and other thoughts (good or bad!), about what's going on in your day. *Just remember to keep God front and center in your life.*

*How we pray*

The two main types of prayer are vocal and mental. In vocal prayer we use prayers, such as the ones mentioned above, from books. Or perhaps those we've written down ourselves. In mental prayer we reflect on God's word. (Mental prayer can also include meditation on various prayers and readings.)

Note that, as the renowned Archbishop Fulton J. Sheen once stressed "In prayer [we] do not do all the talking... we must also listen. God talks to us, more in meditation than in vocal prayer." The two forms can also be combined and often are, such as in the Rosary. Vocal prayer can help with mental prayer.

Reading can definitely help your mental prayer life as well! Try to read scripture or other devout material whenever possible, even if it's just for 15 minutes or so, (at least a couple of times each week!)

A good reading list includes:

- The Bible (especially the Gospels and St. Paul's letters in the New Testament, and the Psalms in the Old Testament).
- Writings by various religious, theologians, or well known lay people (such as G.K. Chesterton or Scott Hahn).
- Books by and about the Saints.
- A book or magazine, such as "Magnificat" that contains the daily Mass readings.

We should pray with confidence, humility, sincerity (from your heart), attentiveness and perseverance. Note the humility and confidence are not mutually exclusive here. We approach our Creator knowing we don't always have all the answers as to what's best for us. He does! With faith we have confidence that He will provide for our needs, thinking always of what's best for our souls. As we say in the Lord's Prayer "Thy will be done!"

On being attentive, if your mind wanders, let God know in your own words that you're sorry if you can't concentrate but you'd like to pray anyway. If you find your prayers are on "auto-pilot," slow down and try to focus on the words of each prayer and what they mean to you. —<http://www.ourcatholicprayers.com/catholic-daily-prayers.html>