

## Mass for the Intentions Week

### Tuesday, June 26, 2018

7:00 p.m. Joe & Carol Baff  
req family  
Cathy Doody  
req family  
Jordan Jackson  
req Wally & Mary Ann Ley  
Maureen Hughes  
req Greg & Colette Donelson  
Bridie O'Neill  
req Angie Colalillo & Ida Alongi  
Rosina Keeton  
req The Judd family

### Wednesday, June 27, 2018

7:30 a.m. *Mass at Blessed Sacrament*

### Thursday, June 28, 2018

9:00 a.m. Lewine Anker  
req Susan & Barry Snow

### Friday, June 29, 2018

9:00 a.m. *Mass at Blessed Sacrament*

### Saturday, June 30, 2018

5:00 p.m. *Mass at Blessed Sacrament*

### Sunday, July 1, 2018

9:00 a.m. **For the Living & Deceased Members  
of Sacred Heart Parish**

### PARISH MINISTRIES FOR SUNDAY JUNE 24, 2018

#### Eucharistic Ministers:

9:00 a.m. Chuck Emberson & Josie Cruz

#### Lectors:

9:00 a.m. David Hartwell & Suzanne Melanson

### HAMILTON DIOCESAN PRAYER CALENDAR

Mon.	June	25	Rev. Malcolm Katzenberger
Tues.	June	26	Rev. Frank Freitas
Wed.	June	27	Sisters of St. John the Baptist
Thurs.	June	28	Most Rev. Douglas Crosby, OMI
Fri.	June	29	Rev. Edward Hinsperger
Sat.	June	30	Very Rev. Peter Tuyen Nguyen

### PARISH LEGACIES & BEQUESTS

Keep your love for your parish alive. Remember Sacred Heart Parish in your will and when recommending expression of sympathy.

#### Total Revenue for past week

June 17, 2018 \$2,870.00

Isaiah in our first reading today received a call from God, while in his mother's womb, to be a Prophet of God, his vocation in life. The teachings of the Second Vatican Council often spoke about the universal call to holiness, a call that all the members of the Church receive. We are all called by God to salvation and holiness. Specifically this call to salvation and holiness finds expression in a variety of ways: priesthood, religious life, marriage or single life = our vocation. John the Baptist in the Gospel reminds us of the importance of the "wilderness" experience, a place to silently hear the voice of God calling us to use our gifts and talents in a specific way in the service of God. Our readings today set the table for us to reflect upon call and vocation.

Each year, on June 24<sup>th</sup>, we celebrate the anniversary of the birth of the child who would become known as John the Baptist. In the early ages of the Church, John's nativity was a holy day of obligation, which was celebrated with three Masses, similar to Christmas. Since John's birth was six months before the birth of Jesus, it was the custom in the northern hemisphere to call it "Summer Christmas." When both John and Jesus were adults, Jesus called John the greatest person of the Old Testament, John called Jesus the greatest one of all time. Christmas has become overly diversified with commercial trappings, minimizing the true meaning of Christ's birth. John's nativity can give us a six-month vigil each year to better appreciate the real birth of Jesus, the child we honor and the spiritual value of Christmas.

### VOCATIONS

In every age and time the Lord's call brings forth priests to prepare a people for the Lord. Would you be willing to proclaim the truth of God's love and presence in your life as a priest, religious, or permanent deacon? If you think God is calling you call Fr. Michael King, Vocation Director, Diocese of Hamilton  
905-528-7988, x2246 or email  
[vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com)

### VOLUNTEERS NEEDED

Can you spare 4 hours a month? Our parish Bingo could use some help. If interested, please call the Parish Office and talk to Theresa.

**During the summer there will be two bulletins.  
July 1<sup>st</sup> weekend and August 5<sup>th</sup> weekend.**

## DIOCESAN CAMPAIGN

Planning Study Update – We Want to Hear from You!

The Diocese-wide planning study is off to a great start - thanks to all those who have participated! In the first few weeks, an incredible number of surveys have been completed. However - we also want to hear from YOU. If you have not filled out a survey and want to share your thoughts, visit [hamiltondiocese.com/campaign](http://hamiltondiocese.com/campaign) to learn more about the proposed campaign goals, complete the survey and provide your comments. The online survey closes on Monday, July 9 - please don't delay in sharing your thoughts about our plans to help your Parish and our Diocese to grow and thrive. Thank you.

## VACATION BIBLE SCHOOL



Most Blessed Sacrament Parish's Youth Ministry is hosting Vacation Bible School

(VBS) for children in JK to Grade 4. VBS is a week long opportunity for children to explore God's word. This year's theme is *High Seas*, which the children will learn about God's word through sailing the high seas. The half day program is free to all children. Information and registration forms can be found through their website [blessedsacramenthamilton.com](http://blessedsacramenthamilton.com). Any questions can be directed to Ashely Neto at [blessedsacramentyouth@hotmail.com](mailto:blessedsacramentyouth@hotmail.com). Registration closes June 30<sup>th</sup>.

## HAMILTON MOUNTAIN FARMERS' MARKET



The market is open on Saturdays from 7 a.m. to 1 p.m. The market is a True Farmers' market where all the produce is grown or produced on local area farms and sold by the farmers themselves. It is located at the corner of Viewpoint and Mountain Park Avenues on the Sacred Heart Church parking lot, one block west of the Juravinski Hospital, on the Mountain Brow. Come out and support the farmers and enjoy the fresh seasonal produce!

## PARENTING TIP OF THE MONTH

Experts have known for a long time that what children can't express they act out. As parents it is our role to analyze what may be causing poor behaviour and then help our children identify and work through their angst. Once children learn to use their words and express their feelings, life will be calmer in your household and they will gain skills that will help them throughout their lifetime. When your children act up, suppress your anger and help them to understand what is really going on; you will find both of you will be smiling more often.

## MARRIAGE TIP OF THE MONTH

Expressing gratitude to those we love goes a long way to making them feel appreciated, but as Michele Weiner-Davis (The Divorce Busting Center) pointed out in her recent blog, negativity bias, which scientists refer to as a tendency to be more sensitive to negative stimuli, often causes relationship problems. This bias makes it easy for us to slip into the habit of remarking on anything that is wrong or negative, but forgetting to express the good we experience and feel. We can help overcome this natural bias by being purposeful in our interactions: express appreciation often, say thank you frequently and remember to tell your spouse what you love about your relationship. Doing a frequent check-up is a sure way to ensure you are more positive than negative, which will be reflected in the positive feelings in your marriage.

## FRIDAY NIGHT SUPPORT GROUP FOR PERSONS SEPARATED OR DIVORCED

Would it help you to have people around you to understand what you're going through? Would you like to hear some ideas that will encourage and help you to develop new ways of coping with the stresses in your life? The Hamilton Diocesan Support Group meets the 1st and 3rd Friday of each month and they can help! No need to register. Chancery Office, 700 King St. West, Hamilton from 7:00 – 9:00 p.m. For more information call 905-528-7988 ext. 2249. There is NO COST.

## DON'T FORGET OUR PARISH HALL

Ideal for anniversaries, small wedding receptions, baptisms receptions, birthday parties & showers. Call 905 387-6650.

