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**REFUELING OUR SPIRITUAL TANKS**

Spiritual burn-out is a common problem among church workers, both professionals and volunteers. Because the needs of people are great, and workers are few, gifted individuals step forward to meet these needs, sometimes taking on more than is humanly possible. Often excessive energy is expended through prolonged periods of service, then suddenly a vital laborer who is discouraged, will resign and withdraw from church life and activities, leaving everyone wondering what happened. Though several patterns may emerge, such as interpersonal conflict and feelings of being unappreciated, often the real problem is due to the violation of a basic principle: "If your output, exceeds your intake, then your upkeep, becomes your downfall." They simply have burned-out or expended all their existing spiritual and emotional reserves. They had nothing left to give.

In this week's Gospel Jesus seems aware of the principle, that when people have been heavily concentrating on ministry they need to renew and refresh their spiritual and emotional resources. This is true in any situation that draws heavily on one's spiritual and emotional reserves.

The disciples had just been sent out two-by-two into a stressful witnessing situation to share the Good News throughout the region. Probably they returned weary, only to find Jesus' ministry situation to be even more demanding. Consequently, Jesus invited them to temporarily come apart with him from the ministry demands of people, to rest and renew their energies. Later, when the enthusiastic crowds interrupted the start of this retreat, the disciples' spiritual and emotional reserves were tested.

Jesus undoubtedly was equally as tired as the disciples, yet we see him caring for both their needs and the needs of the crowd. He is the promised Good Shepherd, caring for their needs wisely, so that they can dwell securely. As this week's second reading indicates, "He is our peace," and only as we are in close harmony with him will we be able to experience the peace he offers. It is essential for life and ministry that we avail ourselves of the necessary opportunities to refill our spiritual reservoir with his presence and the peace he offers. Obviously, the first place to do this is by regular and meaningful participation in Mass and Eucharist. However, with our hectic, fast-paced lifestyles we should also avail ourselves of time to read sacred Scripture and pray daily. In addition, we have the privilege, through personal or directed retreats to also withdraw into a lonely place to rest and renew our soul for an extended period of time. Stressful living is not work-free living. Jesus said that his "yoke is easy" and his "burden is light." Perhaps, in life and ministry, when we find that the opposite is true we should see our stress as a sign, or a red flag so to speak, that our reservoir is nearly empty, and that it is time to concentrate on being refilled by the Holy Spirit.

Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and Him alone. If we really believe not only that God exists but also that he is actively present in our lives - healing, teaching, and guiding - we need to set aside a time and space to give him our undivided attention. Jesus says, "Go to your private room and, when you have shut the door, pray to your Father who is in that secret place" (Matthew 6:6). But we do not take the spiritual life seriously if we do not set aside some time to be with God and listen to Him.

Let's make this concept of coming apart from the busyness of life to a daily retreat with Jesus a reality for us even if it only involves a few minutes each day. We will find that it will become a great reservoir of strength.

Emmaus Journey Reflections

Bishop of the Diocese  
Most Reverend Gerard P. Bergie, D.D.

Pastor  
Rev. Father Christopher Gerard Gillen P.P.  
Diocesan Social Justice Rep

Sunday Masses  
Saturday 5:00 p.m.  
Sunday 9:00 and 11:00 a.m.

Weekday Masses  
Mon, Tues, Thurs & Fri @ 9:00 a.m.  
Wed @ 6:30 pm

Exposition of the Blessed Sacrament  
First Sunday of the Month  
Reconciliation/Confessions  
Sat 4:00 - 4:30 p.m. or on request

Baptism  
Catechesis and appointment necessary

Marriage  
Contact the parish office

Sacrament of the Sick  
Please call the office

Secretary  
Sandy Johnson  
Office hours: Tuesday and Thursday  
9:00 a.m. to 12:00 p.m.

Bookkeeper  
Tracy Pigott

St Martin School  
Phone 905-957-3032

Cemetery  
Ron Roscovich at 905-386-0648

Parish Organizations  
Catholic Women's League  
Knights of Columbus

Parish Groups  
Scripture Study . Children's Liturgy  
West Lincoln Loaf of Bread  
Parish Events Group

Diocesan Website: www.saintcd.com

**Ministry Schedule - July 28/29**

**Hospitality Ministers**  
5:00 pm - Dosseh & Claudette S.  
10:00 am - George Yakowenko

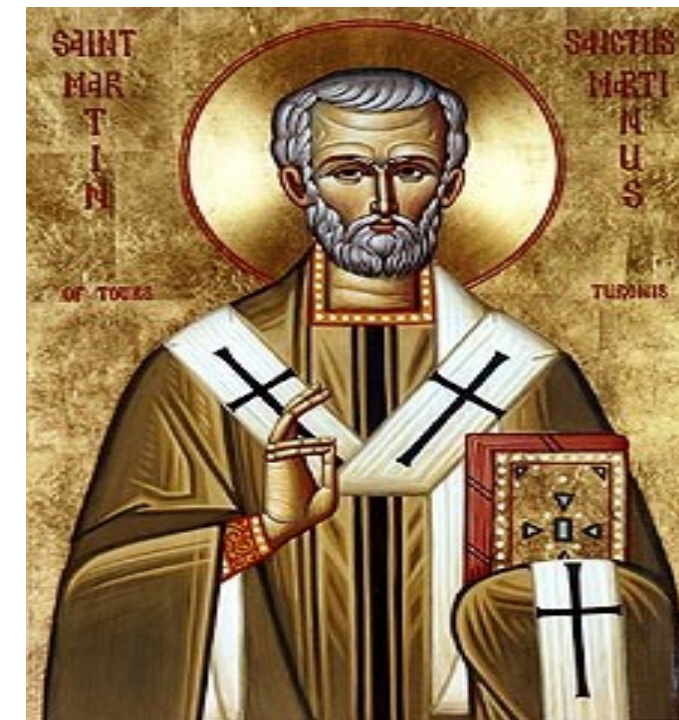
**Altar Servers**  
5:00 pm - Needed  
10:00 am - Needed

**Children's Liturgy**  
No Children's Liturgy until Sept 9th

**Next Hospitality Sunday**  
September 3rd

Diocese of St. Catharines

**St. Martin of Tours  
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**July 22, 2018  
The 16th  
Sunday in  
Ordinary  
Time**

**Lectors**  
5:00 pm #1 - Maeve Devlin  
#2 - Mitch Pogoda  
10:00 am #1 - Deanne Long  
#2 - Gemma Bose

**Extra-ordinary Eucharistic Ministers**  
5:00 pm - Doug, Maeve & Tom  
10:00 am - Vern, Marcel & Sherri

**Stewardship Counting**  
Halina Grzybek & Marg Van Geest

July 22, 2018

# The 16th Sunday in Ordinary Time - Year B



*Lord, may the request of your people  
rise before you like a fragrant offering*

|           |         |          |   |   |
|-----------|---------|----------|---|---|
| Monday    | July 23 | 9:00 am  | +For the repose of the soul of Dave Harris  | by Anita & Bernie Duggan                |
| Tuesday   | July 24 | 9:00 am  | +For the repose of the soul of Antonio Borges<br>+For the repose of the soul of Luke Scheck         | by Maria Borges<br>by the Lupien family |
| Wednesday | July 25 |          | NO MASS TODAY   |   |
| Thursday  | July 26 | 9:00 am  | <b>St. Anne &amp; St. Joachim</b><br>For the special intentions of Cathy Cartaginense               | by Sandy & Treeva Johnson               |
| Friday    | July 27 | 9:00 am  | +For the repose of the soul of Mark Snow  | by Vern & Josie Dell                    |
| Saturday  | July 28 | 5:00 pm  | <b>The 17th Sunday in Ordinary Time</b><br>For the special intentions of St. Martin's Parish family |   |
| Sunday    | July 29 | 10:00 am | For the special intentions of the Lewis children & spouses, grandchildren & great grandchildren     | by Pauline Lewis                        |

## PARISH MISSION APPEAL

Each year our diocese invites us to welcome a Missionary. We will welcome Father Paul Varuvel, Mission Co-ord-Diocese of Kuzhithur or his assistant. This Mission Appeal will take place the weekend of August 25,26,2018. Visit their website at: <http://www.kuzhithuraidiocese.com/>

Pope Francis created a new Latin rite Diocese of Kuzhithurai, carved out of the Diocese of Kottar, in Kanniyakumari District, Tamil Nadu, India making it a suffragan of the metropolitan see of Madurai and with great joy and pastoral concern, he announced it officially on 22nd December 2014 at 12.00 hrs, Italian Time/16.30 hrs (IST) appointing Fr. Jeromedhas Varuvel S.D.B. as its first Bishop. He was consecrated by Most Rev. P. Remigius, Bishop of Kottar on 24th February 2015 at Trinity Central School Campus, Chithrancode.

This new diocese comprises of Mulagumoodu and Thirithuvapuram vicariates and has 264,222 Catholics in 100 parishes, 123 mission stations and a Shrine, spread across 915 sq km. served by 131 priests and 269 religious men and women. The Cathedral of the new diocese is the church of the Most Holy Trinity at Thirithuvapuram in Kuzhithurai Town and municipality. It is the administrative headquarters of the Vilavancode Taluk. The new diocese of Kuzhithurai (nom. Lat. Diocese Kuzhithurainen(sis), bordered to the north with the diocese of Palayamkottai; east and south with the mother diocese of Kottar; south-west by the Indian Ocean; and to the west with the Archdiocese of Trivandrum and the Diocese of Neyyatt (in the state of Kerala).

## VACATION BIBLE STUDY

July 23-27 from 9am - 12am

St. Martin of Tours will once again be running the Summer Vacation Bible School. This program is free for children between the ages of 5 to 10 years.

The Registration Forms are available at the St. Martin's Elementary School and here at the front church foyer. **"Maker Fun Factory"** gives the children: Bible learning experiences, team-building games, cool Bible songs, creative crafts, and tasty treats are just a few of the standout activities. Children will discover how to see God in everyday life! Save the dates and come, experience the joy.

## WEEKEND and WEEKDAY

### MASS SCHEDULE

**Saturday (VIGIL) at 5:00 pm**

**Sunday at 10:00 am**

**Monday/Tuesday/Thursday/Friday**

**9:00am**

**No Masses on Wednesday**

## OFFICE HOURS HAVE CHANGED

**Tuesdays and Thursdays**

**9:00am to 12 NOON.**

## FACILITY MAINTENANCE MEETING

Member are reminded: Next meeting is scheduled for Thursday, July 26 at 7:00pm.

Place: Crying Room / Meeting Place

## UPCOMING BAPTISM

On Sunday, July 29th at 1:00 pm we welcomed Matthew Peter Gunn to our faith community as he is baptized.

Welcome to our community.

## GETHSEMANE SUMMER FIAT (CAMP)

August 21-25

Gethsemane Ministries will be conducting a summer camp at the Robert Land Academy in Wellandport for young adults gr. 4-12. This will be an opportunity for a renewed spiritual experience with engaging Catholic speakers, daily Mass, confessions, teambuilding activities, campfires, and more. This 4-day overnight Catholic camp aims to foster fellowship and friendship among young people, and provide a solid foundation to deepen one's faith at a young age. Cost is \$250.

For more information and to register, visit: [www.gethsemaneministries.com](http://www.gethsemaneministries.com)

## WORLD MEETING OF FAMILIES 2018

"The gospel of the Family: Joy for the World". Dublin, Ireland . August 22-26, 2018 Held every three years, this major international event brings together families from across the world to celebrate, pray, and reflect upon the central importance of marriage and the family as the cornerstone of our lives, of society, and of the Church.

There will be four main elements of the meeting:

- a pre-catechesis on the theme.
- a Theological Pastoral Congress from August 22-26
- a celebration of the Feast of Families on Saturday, August 25
- a Solemn Closing Mass with the Pope on Sunday, August 26

For more information, visit: [www.worldmeeting2018](http://www.worldmeeting2018)

## GOING ON VACATION?

**Church bills never take a vacation.**

**Please remember your SUNDAY ENVELOPE!**

**THANK YOU!**

## PARISH SUMMER MEETING

Some members of the Knights of Columbus, Catholic Women's League and Parish Events Group will gather Monday, July 23, at 1:00pm to discuss and plan coming parish events for the Fall, and coming year of 2019. Place: Crying Room/Meeting Place.

## PARISH STEWARDSHIP JULY 14/15, 2018

Sunday Offering (55 Env): \$1234.00

Loose: \$62.75

*Thank you for your tithe/stewardship.  
God Bless.*

## WORLD YOUTH DAY PILGRIMAGE

Panama City, Panama

Young people between 19 – 35 years of age are invited to come and learn about the Diocesan pilgrimage to World Youth Day 2019 being held in Panama City this coming January. This *final* information meeting is being held on **Friday, August 17<sup>th</sup>** at **7 p.m.** at **Catholic Centre**, 3400 Merrittville Highway, Thorold. The Registration deadline is Sept. 16<sup>th</sup>.

Visit [www.saintcd.com/wyd](http://www.saintcd.com/wyd) to download your pre-registration forms.

Questions??

Please email [wydpanama2019saintcd@gmail.com](mailto:wydpanama2019saintcd@gmail.com) or call Terri at the Family and Youth office, 905-684-0154 Ext. 209.

## BABY BOTTLE CAMPAIGN

**Grimsby Life Centre results of the  
Life Change Campaign**

What amazing results from the 25 churches participating. This annual fundraising event has had a phenomenal effect and 2018 is classified as another successful year. As the bottles came back, counted, and recorded, collectively over \$35,000 was raised! We are in awe, having dubbed this as the most successful campaign in the history of the Grimsby Life Centre! We are so grateful for your contributions and that by the grace of God we are able to keep this local counselling ministry growing and thriving! Without your prayers and support we simply could not do what we do – walk alongside people who need help. Thank you again, from all of us at the Grimsby Life Centre!

## BEST WISHES THIS WEEK TO

**Birthdays:**

Robert Dell/Daniella Perry – July 23

Amber Sarantakos/Sharlene Volpatti – July 25

Andrew Lipiec – July 26

Paul Hutton/Michael Kutlesa – July 27

Roseanne Morissette – July 28

Antonella Wolek – July 29

**Anniversaries:**

Mark & Yolanda Baldasaro – July 22

Edward & Jenny Kotuza – July 25

John & Linda Mataseje – July 26

Sean & Mandy Tracey – July 26