



The Disciples Go Forth in Jesus' Name

Dear Brothers and Sisters of Our Lady of Lourdes,

I share with you this reflection on saints and the spiritual life. Some of us consider ourselves "extroverted" or "introverted". These labels are often used to mean something positive or negative psychologically.

However, being an extrovert is not better than being an introvert. While we may feel 'labeled' in this way, it need not be a liability. It's also true that many successful people consider themselves to be introverted and, at times, given to great reserve and shyness.

God Himself also invites us not to put on a show, but to be the best versions of ourselves. There are spiritual strengths also in in our ability to look inside of ourselves as we also relate to others.

This an article from BUSTEDHALO.COM, in 2 parts.

Patron Saints for Introverts: How to Live Your Best Introverted, Spiritual Life (Part 1 of 3) BY JOSH MCDONALD JUNE 19, 2019 (Site: bustedhalo.com)

We live in an extroverted world, and as an introvert and a writer, I love the idea of shutting out the rest of the world for several hours each day to write about faith. I often find it beneficial to remember what the Prophet Elijah experienced in 1 Kings, 19:12 when he found God's presence not in earthquake or fire but in "a light silent sound."

God speaks to us in those silences, which, in all the bustle and noise of modern life, can be hard to come by. As Catholics, our faith brings us to an experience of God through communal worship in the liturgy, as well as through parish life and the Works of Mercy. But for a Catholic introvert like me, it can be a challenge to find the balance between that active engagement with the world and the quiet contemplation I need to sustain me.

Fortunately, our faith connects us with the great Communion of Saints – all those holy souls who have gone before us and still offer us their wisdom and guidance in living a holy life. Whether or not any of them were true introverts is a question lost to history, but the saints can teach us valuable life lessons about how to be our best introverted, spiritual selves.

____ Saint Clare of Assisi

Clare lived an introverted expression of one of the more extroverted of religious orders, the Franciscans, who were actually among the first orders to reject the cloistered life. They begged in the streets, preached in the towns, and made themselves living examples of the Christ-centered life.

But Saint Clare and the sisters of her order (commonly known as the Poor Clares) lived in a cloister. This was more in keeping with the tradition of the day for all religious orders, men and women. Francis and his brothers were considered eccentric for the public nature of their lifestyle; for Clare and her sisters, it would have been scandalous. They were able to live out the Franciscan charism from within the cloister walls.

The Poor Clares, like their Franciscan brothers, were an order devoted to being public examples of a Gospel-centered life. And like Francis, Clare rejected the idea of the cloister as protection against the evils on the outside. It was a spiritual refuge – a place, as Jesus said, to withdraw to her inner sanctum, close the door, and pray to God in secret. For this Catholic introvert, my prayer time can be like that cloister – a place of quiet, solitary retreat when I need spiritual rejuvenation.

So, the next time you feel like an introvert out of place in an extroverted world, remember the saints who went before you, setting an example of how to be a vessel that God can use.

Bibliographic Source:
WWW.BUSTEDHALO.COM

In Christ's Peace,
Father Jim Ferry



For Your Stewardship of Time, Talent and Treasure

FISCAL YEAR STARTING JULY 2018	
WEEKLY GOAL	\$ 6800
Collection: June 15-16*	\$ 3612
Deficit:	\$ 3188

* Includes Online Giving Weekly Average Deposit

MASSES FOR THE WEEK	
SATURDAY 6 JULY	
8:30 am	Ann Marie Rommel
5:30 pm	Evelyn Judge
SUNDAY 7 JULY	
7:30 am	People of the Parish
9:30 am	Marge Hensler
11:30 am	Richard Iannacone
MONDAY 8 JULY	
8:30 am	Charles J. DiVencenzo
TUESDAY 9 JULY	
8:30 am	Peter Caste
WEDNESDAY 10 JULY	
8:30 am	Lawrence Del Plato
THURSDAY 11 JULY	
8:30 am	Hugo Russo
FRIDAY 12 JULY	
8:30 am	Lunez Campanelli
SATURDAY 13 JULY	
8:30 am	Ann Strollo (25th Ann.)
5:30 pm	Edna Drudy
SUNDAY 14 JULY	
7:30 am	People of the Parish
9:30 am	Deceased Members of the Pflug & Napolitano Families
11:30 am	Richard Iannacone

SUNDAY 7 JULY	
9:00 am	Recitation of Rosary—Church
THURSDAY 11 JULY	
10:00 am	Deadline for News & Announcements for July 21st bulletin email: lourdesbulletin@aol.com.
SUNDAY 14 JULY	
9:30 am	Mass and Meeting—Religious Educ . w/newly registered—Church

	This week's Altar Candles, a gift of J. A. Konvalinka, is in memory of EDNA DRUDY .
	This week's Bread and Wine, a gift of J. A. Konvalinka, is in memory of EDNA DRUDY .
	This week's Sanctuary Candle, a gift of J. A. Konvalinka, is in memory of EDNA DRUDY .





PRAY FOR THE SICK

Vincent Aiello, Sean Bailey, Josefina Balerdi, Suzane Ball, Kazimiera Borchet, Darlene Cangialosi, Teresa Carbin, Josephine Ciullo, Tom Collinson, Jeannie Cox, Ramona De Castro, Peggy Dolan, Pierre Ferrus, Catherine Gascoyne, Al Gebhardt, Judy Givas, Alberta Greco, Michael Harris, Marissa and Richard Hedstrom, Jovann Henry, Yann Henry, Glenn Holland, Prepty Joint, Bruce Kiefer, Tim Klein, James Leung, Rose Mateus, Marion McConville, Mary McGuinness, Stephanie Montano, Noreen Meyers, Liam Morley, Florence Olabiyi, William Ollenschleger, Otilia Ortega, Idelourdes Petion, Patrick Pierre, Mark Quarno, Thelma Ramaglia, Amy Ricciardi, Mary Lou Ruppel, Vincent Santucci, Jr., Heather Scoffone, Patricia Seib, Natalie Sims, Jimmy Tiernan, Robin Tobia, Harry Vendemia, Annalisa Verdi, Ann Whelan, Kathy Whelan, Michael Whelan, George Zachos.

If you wish to have a loved one prayed for, please call the rectory at 973.325.0110.

LITURGICAL MINISTERS— SUNDAY 14 JULY			
Mass	Lector	Eucharistic Ministers	Altar Servers
5:30 pm	Pat Sigalas	Judith Albore Marge Christiano Emily Kunz	Gina Camosy Jenie Camosy Jonathan Camosy
7:30 am	Bless Bernardo	Patricia Saway Sr. James Soon Louis Volpe	Rosalinda Saniel Lisa Westheimer
9:30 am	Carmelita Dizon	Annette Chiamonte JoAnne Chiamonte Ann Pflug Myrna Regino	Briana Sampson Volunteer
11:30 am	Julie Nzegwu	Virginia Dimapilis Michelle Gizzi Nancy Lanfrank Sharon Rosario	Faith Nzegwu Ikeh Uzor Mezu Uzor
11:30 am	Children's Liturgy -	TBA	

Around the Parish & Community

Training/Meetings Planned for Lectors and Eucharistic Ministers

Monday July 8 @ 5:30—6:30 pm (1st Session)

Monday July 8 @ 7:00—8:00 pm (2nd Session)

Meetings will be held in Church

All current Lectors and Eucharistic Ministers are asked to attend one of the above sessions.

We also welcome new members who would like to become a Lector or Eucharistic Minister



Stress In Your Marriage

- Do You feel lost, alone or bored in your marriage?
- Are you frustrated, hurt or angry with your spouse?
- Are you constantly fighting? Or, do you simply shut down?
- Have you thought about separation or divorce?
- Does talking about it only make it worse?

...**RETROUVAILLE** is a Lifeline to Help Couples Heal and Renew their Marriages. The program consists of a weekend experience for married couples (no group discussions) with six follow-up sessions.

UPCOMING WEEKEND: August 23-24, 2019

For more information call the Family Life Office at 732-243-473

TO REGISTER: Call Rich & Annette Colasuonno 732-236-0671

True Freedom



True Freedom is found in our Lord Jesus Christ who liberated us from sin through His death and resurrection. As we rejoice with our fellow Americans for the independence we enjoy in the United States, let us never forget those who are restricted by the chains of poverty. Why not celebrate your freedom by an act of kindness: One way do so this is by donating your unwanted clothing and shoes to the Catholic Charities donation bin located on our property. Thank you.



Lourdes PIPE DREAM Organ Raffle Tickets

\$50.00 per ticket

10 chances to win \$500!

Maximum 400 Tickets Sold
Available after Saturday evening and
Sunday morning Masses or at the
rectory 9 am—2 pm Monday-Friday.

2 Drawings to be held on the 1st
Sunday of the month beginning
November 3, 2019 - March 1, 2020.



SALESIANS
DON BOSCO

MISSIONARY APPEAL COLLECTION

SUNDAY—JULY 21

This year, a visiting missionary priest of the Salesians of Don Bosco will visit, celebrate Mass and preach the homily on Saturday, July 20 at 5:30 pm Mass and also Sunday Morning, July 21 at 7:30 am, 9:30 am, 11:30 am Mass.

On July 20-21, this visitor is Cherukattuparambil Mathew, SDB. Father Mathew is from Kersala, India. Father Mathew will speak about the work of the Pontifical Mission Societies of the Archdiocese of Newark. These form the Catholic Church's official support organization for the spreading of the gospel in the world, by fostering awareness of, and raising funds for the worldwide missionary and pastoral work of the Church.

Father Mathew will also share some of his direct experience with missionary work through Salesian Missions through whom charity and spiritual support are provided often in very large cities in Haiti, Nepal and the Philippines when natural disasters occur. The Salesians work in big cities with thousands of homeless and runaway children as well as in remote corners of the globe that have been forgotten and neglected by society.

Your envelope labeled "Missionary Cooperative" is the envelop for this collection. It does NOT have a date. If you prefer to give the envelope before or after July 21, you may do so. You may also use your own envelope and label it "Missionary Cooperative Appeal".

Thank you for your generous support. Please call Father Jim Ferry—973.325.0110 if you have any questions.