



Dear Brothers and Sisters of Our Lady of Lourdes,

*I share with you this post from National Catholic Register.*

**Mother Teresa's 15 Tips to Help You Become More Humble  
(Excerpt)**

by Patti Armstrong, National Catholic Register, Sept. 5, 2019

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us.

Good self-esteem is confidence in one's worth or abilities. Think about Mother Teresa. That little nun had good self-esteem. She even dared to speak against abortion at the National Prayer Breakfast in 1993 before her invited hosts President Bill Clinton, and Vice President Al Gore, and their spouses. That's guts. That's self-confidence. And that's humility. It's the understanding that everything comes from God and that God is everything.

Mother Teresa called humility the mother of all virtues. She said: "If you are humble nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed you will not be discouraged. If they call you a saint you will not put yourself on a pedestal."

**3 Myths About Humility**

Humility, however, is often misunderstood. In a recent Sunday homily, Father Jared Johnson, associate pastor of Cathedral of the Holy Spirit in Bismarck identified three myths about humility.

**Myth #1. The humble soul lacks confidence.** "The most humble people out there are some of the most confident and sometimes some of the most prideful people are the most insecure," he said. "Humble souls know their life is dependent on God and know what to value – things lasting not passing. They value the Lord over anything else."

**Myth #2. Humility is not attractive.** "True humility is attractive," he explained. "It is the humble person who listens and cares about others as opposed to the one focused on their self and trying to look good."

**Myth #3. Humble people want to be recognized as humble.** Father Johnson explained that wanting to look humble is false humility. In reality, he said they simply want to do something because it is right and they are not looking for praise. "Our greatest block to growing closer to God is when we rely more on us than on him," Father Johnson said.

**Ways to Become Humble**

Mother Teresa kept a list of ways to cultivate humility for the sisters in her care.

1. Speak as little as possible about yourself.
2. Keep busy with your own affairs and not those of others.
3. Avoid curiosity (she is referring to wanting to know things that should not concern you.)
4. Do not interfere in the affairs of others.
5. Accept small irritations with good humor.
6. Do not dwell on the faults of others.
7. Accept censures even if unmerited.
8. Give in to the will of others.
9. Accept insults and injuries.
10. Accept contempt, being forgotten and disregarded.
11. Be courteous and delicate even when provoked by someone.
12. Do not seek to be admired and loved.
13. Do not protect yourself behind your own dignity.
14. Give in, in discussions, even when you are right.
15. Choose always the more difficult task.

**The Power of Humility**

Humility seems to be a contradiction, and yet, Jesus was meek and humble of heart (Matthew 11:29). "He emptied Himself, taking the form of a bond-servant, and being made in the likeness of men." (Philippians 2:7)

The world does not value or understand the power of humility but we do, because it was what Jesus used to save us. "Just as the Son of Man did not come to be served, but to serve, and to give His life as a ransom for many." (Matthew 20:28)

*Source: National Catholic Register, Sept. 5, 2019*

**In Christ's Peace,  
Father Jim Ferry**



**PARISH GIVING**

|   |         |
|---|---------|
| FISCAL YEAR STARTING JULY 2019                  |         |
| WEEKLY GOAL                                     | \$ 6800 |
| Collection: Oct 19-Oct 20                       | \$ 4274 |
| Deficit:  | \$ 2526 |
| * Includes Online Giving Weekly Average Deposit |         |



**For Your Stewardship of Time, Talent and Treasure**

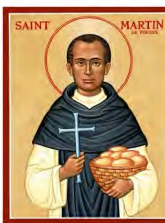
OUR LADY OF LOURDES CHURCH – NOVEMBER 3, 2019



|                             |   |
|-----------------------------|---|
| <b>SATURDAY 2 NOVEMBER</b>  | 8:30 am ALL SOULS<br>5:30 pm NOVENA OF MASSES   |
| <b>SUNDAY 3 NOVEMBER</b>    | 7:30 am ALL SOULS<br>9:30 am NOVENA OF MASSES<br>11:30 am                               |
| <b>MONDAY 4 NOVEMBER</b>    | 8:30 am ALL SOULS<br>NOVENA OF MASSES   |
| <b>TUESDAY 5 NOVEMBER</b>   | 8:30 am ALL SOULS<br>NOVENA OF MASSES   |
| <b>WEDNESDAY 6 NOVEMBER</b> | 8:30 am ALL SOULS<br>NOVENA OF MASSES   |
| <b>THURSDAY 7 NOVEMBER</b>  | 8:30 am ALL SOULS<br>NOVENA OF MASSES   |
| <b>FRIDAY 8 NOVEMBER</b>    | 8:30 am ALL SOULS<br>NOVENA OF MASSES   |
| <b>SATURDAY 9 NOVEMBER</b>  | 8:30 am ALL SOULS<br>5:30 pm NOVENA OF MASSES   |
| <b>SUNDAY 10 NOVEMBER</b>   | 7:30 am People of the Parish<br>9:30 am Renato Abad (4th Ann.)<br>11:30 am Bessie Horky |

|                               |   |
|-------------------------------|---|
| <b>SUNDAY 3 NOVEMBER</b>      | 9:00 am Rosary Recitation—Church<br>10:30 am Children’s Choir Rehearsal<br>11:30 pm Intergenerational Program—Church/School—Grades 1-6          |
| <b>Raffle Drawing Today!!</b> |   |
| <b>MONDAY 4 NOVEMBER</b>      | 7:00—8:30 pm M/HS Rel. Ed.—Chapel   |
| <b>WEDNESDAY 6 NOVEMBER</b>   | 7:30 pm Parish Council Meeting—C. Hall  |
| <b>THURSDAY 7 NOVEMBER</b>    | 10:00 am Deadline for News & Announcements for Nov. 17th bulletin email: lourdesbulletin@aol.com.<br>6:00 pm Choir Practice                     |
| <b>SUNDAY 10 NOVEMBER</b>     | 9:30 am—12:00 pm 1st Penance Retreat—Church/Cafeteria<br>10:30 am Children’s Choir Rehearsal<br>11:30 am <b>FOUNDER’S DAY MASS &amp; BRUNCH</b> |

 This week’s Bread & Wine, a gift of Nancy & Michael Lanfrank, is in memory of **ARLENE MONTEVERDE (5th Ann.)**



**St. Martin de Porres Velázquez, O.P.**, was a Peruvian lay brother of the Dominican Order who was beatified in 1837 by Pope Gregory XVI and canonized in 1962 by Pope John XXIII. He is the patron saint of mixed-race people, barbers, innkeepers, public health workers, and all those seeking racial harmony.

**Born:** December 9, 1579, [Lima, Peru](#)  
**Died:** November 3, 1639, [Lima, Peru](#) —  
**Feast Day:** November 3





**PRAYERS**  
Needed For...

|                    |                 |
|--------------------|-----------------|
| Catherine Gascoyne | Mary Lou Ruppel |
| Nicholas Larusso   | Pat Schoeler    |
| Peter McDonald     | Patricia Seib   |
| Mary McGuiness     |                 |

**PRAYER**  
*Requests*

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

|  <b>WEEKEND</b> NOV 9– NOV 10, 2019<br>MINISTRY SCHEDULE |                      |  |   |
|---|----------------------|--|---|
| Mass  | Lector               | Eucharistic Ministers  | Altar Servers   |
| 5:30 pm   | Pauly Camosy         | Judith Albore<br>Frank Refinski<br>Eileen Reilly                         | Gina Camosy<br>Jenie Camosy<br>Jonathan Camosy  |
| 7:30 am   | Hermie Santos        | Bless Bernardo<br>Hermie Santos  | Rosalinda Saniel<br>Lisa Westheimer   |
| 9:30 am   | Andrew Novoa         | Annette Chiaramonte<br>JoAnne Chiaramonte<br>Myrna Regino<br>Bill Talbot | Seamus Murphy<br>Volunteer  |
| 11:30 am<br>Choir   | Doris Spivey         | Paul Hirsch<br>Nancy Lanfrank<br>(C) Wendy Sheyka<br>Eileen Reilly       | Gregory Clark<br>Ramone Eugene<br>Faith Nzegwu  |
| 11:30 am  | Children’s Liturgy - | Rachelle Brown   |  |



November 2—December 15

**TAKE A TAG—**

Purchase the gift on the tag—  
Wrap the gift and  
Attach the Tag -

Place under the Giving Tree by  
**the deadline of Sunday,**  
December 15th



New Community Corporation  
Archdiocese of Newark

*Peace & Good Corner  
Sidewalk Sale*

*Saturday, November 16  
(before & after 5:30 Mass)*

*Sunday, November 17  
(before & after all Masses)*

**Start Your  
Holiday Shopping  
Early!!**

**B**ut Zacchaeus stood there and said to the Lord,  
“Behold, half of my possessions, Lord, I will give to the  
poor, and if I extorted anything from anyone I shall  
repay it four times over.” (Luke 19:8)

# Thank you!

*from the Little Sisters of the Poor*

Dear Father James,

What a joy it was to be at Our Lady of Lourdes and share Liturgy with your people and witness to the devotion of all in your Parish staff to spreading God’s love. How grateful we were for the welcome received and the friendliness of the people we met. Please excuse the mix-up. Will pay attention if you allow us to come again.

We never cease to admire the devotedness of our Priests to the Parish family. Prayers are always offered for their ministry.

The collection was wonderful (at first count over \$1,500.00). We will send a total sum soon.

With gratitude we remain in Christ,

Sr. Cecilia, I.s.p.  
Little Sisters of the Poor

## How to Report Abuse



The Archdiocese takes very seriously any and all allegations of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform us immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who wish to report an allegation of sexual misconduct may do so by calling the Archdiocesan Office of Child and Youth Protection at 973.497.4012.

## True Gratitude



A very popular Thanksgiving prayer concluded with the supplication, “Let us live true lives of gratitude, as we pray in thanks to you, our God, who lives forever and ever. Amen.” One way to express gratitude is to help those who are struggling. Are you willing to spend some time to clean out your closets, attics, and basements to fill the Catholic Charities donation bin? Thank you.