

EIGHTEENTH SUNDAY IN ORDINARY TIME

5 AUGUST 2018

Readings for Sunday, August 5: Exodus 16:2-4, 12-15; Ephesians 4:17, 20-24; John 6:24-35.

The Lord provides heavenly food for the Israelites to eat. Jesus proclaims himself to be the very bread of life. We lay aside our way of life to be created anew in his image.

Readings for Sunday, August 12: 1 Kings 19:4-8; Ephesians 4:30-5:2; John 6:41-51.

St. Gabriel of the Sorrowful Mother Parish Special Day of Prayer is Monday.
Adoration of the Most Blessed Sacrament: Monday after 9:00 A.M. Mass to 4:00 PM in the Chapel.

MASSES FOR THE WEEK

<u>Date</u>	<u>Intention</u>	<u>Requested By</u>
6 Aug. MON. 9:00 AM	June W. Lamonica	Tony & Theresa Vitacco
8 Aug. WED. 9:00 AM	Timothy Reilly	Mom & Dad
9 Aug. THU. 9:00 AM	Earl Keck	Wife, Cathy
10 Aug. FRI. 9:00 AM	August Ferrante	Wife, Jeannine
11 Aug. SAT. 4:00 PM	People of St. Gabriel of the Sorrowful Mother Parish	
12 Aug. SUN. 9:00 AM	Marie Dellaquila	Husband & family



ETERNAL REST grant unto them, O Lord. May the souls of the faithful departed rest in peace, especially VALENTINO RULLI.

PRAY FOR THE SICK AND SUFFERING of the parish especially those in homes and hospitals.

REMEMBER OUR TROOPS: Pray that God will bless and protect our young men and women in the military.



Flowers on the Altar are in memory of VICTOR D'EMILIO requested by his wife, Lucy and family.

THE ROSARY PRAYER GROUP leads the recitation of the Rosary every Sunday before the 9:00 AM Mass. They also pray the Rosary before the 9:00 AM weekday Masses. All are welcome to join in these special Marian Devotions.

BOSCOV'S FRIENDS HELPING FRIENDS on Tuesday, October 16 from 8:00 AM to 11:00 PM. \$5.00 shopping pass for 25% off purchases made that day. Available now at the parish office and will be on sale after Masses during September and October. Benefits St. Gabriel Women's Society and your church.

MINISTRY SCHEDULE - August 11/12:

4:00 PM Mass

Lector - John Nester

Extraordinary Ministers - Vincent Tamaro, Mara Tamaro, Shelly Stockmal, Helen George

Altar Server - John Nester

Greeters - Marie Hildebrand and Nikki Gambino

9:00 AM Mass

Lector - Sylvia Marcheskie

Extraordinary Ministers - Gary Huster, Debbie Huster, Cindy Nore

Altar Server - Tommy Miller and Madelyn Miller

Greeters - Jack and Lori Carr

REFLECTIONS FROM THE DESK OF FR. GREGORY J. HICKEY

One of the topics that I have discovered and I would like to focus on in this article is the grieving process. There is a lot of hurt out there and people bring that to many professionals. Many people come with suitcases full and I urge them to unpack them. Some are grieving the loss of a loved one; some are distraught over a marriage that has ended in divorce; others are grieving their former selves because of an addiction; others have had aneurysms and strokes and are grieving the loss of their former lives. Currently in our neighborhood, many are experiencing the loss of jobs and are worried about paying their bills and will go through this process.

All of us experience grief. We have all felt those intense rolling waves of emotion but also we all experience the same feelings each time we either lose a loved one or find ourselves in one of the situations I have outlined above. Many people have tried to explain what grief is and some have actually identified certain stages of grief.

Probably, the most well-known of these might be from the late Dr. Elizabeth Kubler Ross in her book, *On Death and Dying*." In her writings she began to look at the stages a person goes through when a loved one dies and in her later writings, she states that whenever we fracture a relationship, we go through the stages. It would be so nice and clean if we went through the stages in order but we all know that does not happen as it would happen in a book.

The stages that Dr. Ross has identified are:

1. **Denial** (this is not happening to me!)
2. **Anger** (why is this happening to me?)
3. **Bargaining** (I promise I will be a better person if...)
4. **Depression** (I don't care anymore)
5. **Acceptance** (I'm ready for whatever comes)

Another author is Dr. Roberta Temes who wrote a book entitled, *Living With An Empty Chair – a guide through grief*." Temes describes three types of behavior that are different than Dr. Ross' stages but all so true for those who are suffering from grief and loss. They are: **Numbness** (mechanical functioning and social isolation); **Disorganization** (intensely painful feelings of loss); and **Reorganization** (re-entry into a more normal social life.)

I would highly recommend both books to those who are presently in this grieving process. The grieving process is a very complex process that is not clear cut for every individual. The process of grieving cannot be reduced to a surgical list with absolute definitions, time-lines, strategies, goals, and completion dates. Grief is as individual as those of us who feel it and as varied as the circumstances that surround each of us.

No matter what the situation is that is the cause of the grieving process, remember that we cannot always control the process. Actually, we will probably never be done. We will never forget the person we grieve for or the situation. Our feelings may be tempered more with good memories than sadness as time passes but that is not to say that the waves of raw emotion won't overcome us way after we think we should be done.

I think the solution here is to understand that the feelings will occur. Try to keep them in perspective, try to understand why you feel a certain way, and if there are unresolved issues that cause emotional pain, forgive yourself and others and if necessary talk to someone about it.

There are places to go. Make an appointment with a member of the clergy, a therapist, and/or a spiritual director or join a support group. We need to get our feelings and emotions out there and have someone walk us through the process. **There is no completion date to grieving.** Let your emotions flow through the stages of grief.

For additional information, go to our website: <http://stgabrielstowe.org>. Go to the tab marked Grief Support and click on that. A few years ago, I teamed up with TriCounty Home Health and Hospice. They have a variety of groups throughout the month in Pottstown, Phoenixville, Douglassville and Limerick. In addition to one on one support and grief groups, there is also a Tele-Grief Group via conference call. The telephone access number is listed as well as the password code. There are also webinars and Web-Cam Support Groups. Finally, there is an Anytime Grief support available 24-7 on your computer. I highly recommend any of these programs for those going through the Grief Cycle.

The summer is quickly coming to an end. The students will be grieving the loss of free time as they get back on a schedule. On the flip side, many parents will be rejoicing as their children will be going back to school and they will get back on a regular schedule. It all depends where one is! Have a great week and take time with your family and make room for the Lord.

Fr. Hickey

Parish Support

WEEKLY BUDGET.....	\$5,000
DEPOSIT FOR JULY 29, 2018.....	\$3,506
Regular Sunday Collection -	\$3,426
Parish Giving -	\$80
WEEKLY DEFICIT.	(\$1,494)
Year to Date Budget.....	\$25,000
Year to Date Collections.....	\$18,574
Average per week Collection.....	\$3,715
Year to Date Deficit.	(\$6,426)
Average per week Deficit.....	(\$1,285)
<i>July 30, 2017</i>	
Deposit.	\$3,278
2017-2018 Deficit to Date.....	(\$6,991)
Difference from previous year.....	\$565



PARISH LOTTERY RAFFLE TICKET based on the PA Pick 3 Evening Number. Winning ticket number must be the exact number drawn for the PA Pick 3 Evening Number. Tickets are \$5.00 each and are sold on a monthly basis. The prize for the winning ticket is \$50.00 on weekdays and \$100.00 on Sundays and one specially-designated weekday. Tickets are available after the Masses on weekends and at the parish office on weekdays. **This is our major fund raiser for the parish. We encourage each family to purchase at least one ticket each month. Your support is greatly appreciated.**

LOTTERY CALENDAR RAFFLE TICKET WINNERS

- July 23 - #624 - Marian Lippert - \$50.00
- July 24 - #612 - Barbara Hipszer - \$50.00
- July 25 - #141 - Nicholas & Judy Viscuso - \$50.00
- July 26 - #205 - Betty Hoffman - \$50.00
- July 27 - #087 - unsold
- July 28 - #889 - unsold
- July 29 - #254 - Ed Slaby - \$100.00

MASS ATTENDANCE for July 28/29:

4:00 PM Mass - 181
 9:00 AM Mass - 156
 Total Attendance - 337
 Mass Attendance for July 29/30, 2017 - 354

MISSIONARY COOPERATION PLAN APPEAL - Fr. Michael McCormack, O.P., a Dominican Friar, will preach a mission appeal at our parish during all Masses on August 4 and 5 as part of this year's Missionary Cooperation Plan. Fr. McCormack invites all parishioners to become spiritual partners with the Dominican Friars who serve in the mission in East Africa. The Dominican Friars in Kenya are engaged in the work of evangelization and faith development in a poor and under-served region where the Faith is very new. Their mission depends on the support of the faithful here at home. Your generosity is appreciated.

"CONSIDER REMEMBERING YOUR PARISH IN YOUR WILL". For further information, please call the parish office.

"ADVERTISER OF THE WEEK"

CROCKER & CROCKER, P.C.
 610-323-5700

ST. GABRIEL OF THE SORROWFUL MOTHER PARISH MEMORIAL FUND DONATIONS received in memory of: DOMINIC LANCIANO from Tony & Theresa Vitacco; VALENTINO RULLI from Kathy & Ron Bernhard, Bucciaglia & Boyer Families, Tom & Louise Roberts, Bob & Vivie Fitch, Tom & Lea Ann Care, Tom & Ann Marie Akana, Chris, Gene, Domenic Gerasimowicz and Lucy D'Emilio.



11TH ANNUAL GOLF OUTING
to benefit St. Gabriel of the Sorrowful Mother Church

Friday, September 21

11:00 AM Shotgun Start

Held at Blackwood Golf Course, Douglassville

Rain or Shine

\$85.00 per golfer includes Hot dog/sauerkraut Lunch, Post-play Banquet, Refreshments throughout the day, Door Prizes and Individual and Team Skill Prizes. Our goal is to have 72 golfers at our outing. Help us reach our goal by coming out to golf and invite your friends.

Banquet Guest only - cost is \$25.00 per person.

SPONSORSHIPS AVAILABLE

Family Sponsor - \$25.00

Prize Sponsor - \$50.00

Course Refreshment Sponsor - \$75.00

Hole Sponsor - \$100.00

Food Sponsor - \$250.00

Event Sponsor - \$300.00

For more information, sponsorships or registration, please call the parish office or email contact@sgsm62.org.

Come join us for a day of golf and lots of fun!

BIRTHRIGHT OF POTTSTOWN has been helping pregnant moms and babies in need since 1980. They are in need of volunteers to continue their life-affirming mission. Anyone interested can stop in to visit at 327 King St., Pottstown or call one of the co-directors: Carole (448-366-2065) or Lori (610-731-7012). A training session is scheduled for Wednesday, August 8.

GOLF TOURNAMENT & BANQUET sponsored by Fr. Bally Council #1192 Knights of Columbus on Friday, August 10 at Twin Ponds Golf Course, Gilbertsville - held rain or shine. Shotgun start at 9:00 AM. Golfers - \$100.00. Banquet only - \$30.00. This is a 100% prepaid event and limited to 36 foursomes. Contact Joseph Barrase (856-885-0687) for more details or registration.

FEAST OF ST. PHILOMENA on Saturday, August 11 at the National Center of the Universal Archconfraternity of St. Philomena, Holy Martyrs Catholic Church, Oreland. Mass at 8:30 AM followed by Novena Prayers and Veneration of the Relic of St. Philomena. The Rosary is prayed daily at 8:00 AM. A Reception will follow in the Father Szal Conference Room. St. Philomena Sacramentals will be available. For more details call 215-884-8575.

METANOIA is an active community of Catholic young adults in western Montgomery County that supports Catholics in their 20s and 30s who are looking to deepen their faith and meet fellow Catholics in the area. Upcoming events: Tuesday, August 14 - Bible Study at St. Rose of Lima Parish, North Wales at 7:30 PM; Tuesday, August 21 - Theology on Tap at Appalachian Brewing Co., Collegeville - Doors open at 7:00 PM, Talk starts at 7:30 PM; Saturday, August 25 - Annual Summer Retreat at St. Eleanor Parish, Collegeville; Tuesday, August 28 - Holy Hour at Mary, Mother of the Redeemer Parish, North Wales at 7:30 PM. For more information contact metanoiayoungadults@gmail.com.

RETROUVAILLE - Rediscover the Love in your Marriage. Next program is at the Family Life Center, Malvern on August 17-19. For more information call 1-800-470-2230 or visit www.HelpOurMarriage.org.

FOURTH ANNIVERSARY RETREAT - FLAME OF LOVE OF THE IMMACULATE HEART OF MARY on Saturday, August 18 at SS Simon & Jude Parish, West Chester. Begins at 9:00 AM with Mass. Bring your own lunch. For more details visit www.flameoflove.us.