DATE	MASS TIMES	FEAST DAY	
Sunday, June 16	9:00 & 11:00 AM St John the Baptist	Solemnity of the	
	9:00 AM St Paul 11:00 AM St Michael	Most Holy Trinity	
Monday, June 17	No Mass	Weekday	
Tuesday, June 18	9:00 AM St John the Baptist	Weekday	
	7:00 PM St Michael		
Wednesday, June 19	7:00 PM St John the Baptist & St Michael	St Romauld	
Thursday, June 20	9:00 AM St John the Baptist & St Michael	Weekday	
Friday, June 21	9:00 AM St John the Baptist & St Paul	St Aloysius Gonzaga	
Saturday, June 22	4:00 PM St John the Baptist & St Michael	St John Fisher &	
	6:00 PM St Peter	St Thomas More	

Why Pray? Part 1

There has been a renewed call to a personal relationship with Jesus in the Church and it is something we should desire and long for but what does it mean in daily life? This relationship is, for our part, a response to an invitation that has been resounding within us from the very moment that God thought of us. We began this journey at our baptism but the question now is: what do I do with that call? The answer is: I PRAY! But why?

Prayer is a response to God's call to seek him; a call that is in us from creation. We freely choose to respond to him (or not) and prayer is that yes to a relationship with God, one that is always initiated by God. Prayer is not a wish list; it is not ideas in my head or thoughts but rather prayer is my whole being in relationship with God. Prayer is not a Christmas list of things I want and need where I only speak to God when I need something or I am worried about something so I talk to him about it and I expect Him to deal with it the way I tell him to or else! Do you know any relationship that works like that and is healthy and loving?

Are your words the entire piece of any relationships you have in your life? Every relationship is made up of so much more than just the words we speak to one another. How do you describe your earthly relationships? Now try to do that with prayer.

I pray so that I may grow closer to Christ in my heart and in my life. I pray so that I am conformed to Him who is love itself. I pray because as Jesus says in the gospel of John, "I am the vine and you are the branches..." this is our relationship with God, we (God and I) are not separate entities but I am fed and nourished from the very source of life: God. I pray for the same reason that I breathe: so that I may live and have good health, not just physical health but spiritual health which is far more important. I pray so that I may know in some small way, the One who knows me better than I know myself. I pray because Love itself calls me by name to be in relationship; do I want to deny myself that sort of relationship?

Financial Corner					
	Sunday Envelopes	PAD (Pre-Authorized Debit	Loose	Total	
Saint John the Baptist	62 Env \$1247.00	59 PAD \$1345.58	\$260.25	\$2852.83	
Saint Michael	74 Env \$1898.00	24 PAD \$585.00	\$347.95	\$2830.95	
Saint Peter & Saint Paul	67 Env \$1562.85	12 PAD \$247.50	\$117.00	\$1927.35	
Thank you for your continued generosity					

Welcome to our Parish!

...a growing community of missionary disciples led by the power of the Holy Spirit, is a beacon of Hope and Love committed to witnessing and sharing God's mercy and presence!

Holy Trinity - June 16, 2019



All that the Father has is mine, & the Spirit will take what is mine & declare it to you.

Weekly Reflection

As we transition to "Ordinary Time" on this Trinity Sunday, it provides an opportunity to look back and reflect on our individual journeys since Ash Wednesday. On that day we saw parishioners from all four churches going to other churches for Mass, which also signaled a new journey for our parish as well. But what are we retaining from the period of lent and the Easter Season? Are we sliding back on progress we made, or moving forward in our quest to walk closer to Jesus? Like staying fit, it is a constant struggle to retain and build upon new elements of faith and prayer, but the gift of the Holy Spirit can help each of us on that journey, and God's Spirit wants us to be kind to ourselves: forward in faith is a direction, not a speed... PA

Our Mission: Go and make disciples!

Contact Information/Mainland South Catholic Community Saint John the Baptist Fr. Raymond Odumuko Administrator 782-414-7990 ravmondodumuko@gmail.com sibparishsecretary@gmail.com Sr. Bernadette Secretary 902-407-2414 (Office hours: Tuesday and Friday, 10AM - 2PM) susan.stmichaels@gmail.com Susan Hann Finances 902-407-2414 Marie-Claire Arseneau P. Council mcarseneau@ns.sympatico.ca 902-479-1194 Saint Michael, Saint Peter & Saint Paul Fr. David Bangsiibu banoebangs@yahoo.com Priest902-477-3530, 106 Greg Aikins Pastoral Adm. pastoralmission19@gmail.com 902-477-3530, 105 office.stmichaels@gmail.com Paula Cormier (St M) Secretary 902-477-3530, 103 (Office hours: Tuesday - Friday, 10AM - 2PM) Sr. Teresa (St P&P) 902-477-3530. 104 stpeter-stpaul@eastlink.ca Secretary (Office hours: Tuesday, Thursday and Friday, 10AM - 2PM) Susan Hann Finances 902-477-3530. 102 susan.stmichaels@gmail.com Monica McNamara CWL 902-477-4142 K of C Francis MacArthur 902-237-1537 Carolyn Vess (St M) Religious Ed. reledstmichaels@gmail.com 902-405-4216 Carolline Lajoie Stang (St P&P) Religious Ed. caro lajoie14@hotmail.com judibeagan@gmail.com Music Ministry Judi Beagan Mike Coughlan (St P&P) P. Council 902-410-8186 Sisters of the Eucharistic Heart of Jesus 902-475-1385

Have an event you would like to see in our bulletin? Email: 3parishnews@gmail.com



CWL

St John the Baptist Catholic Women's League NEED women or men who would like to cook for Hope Cottage once a year, recipes are provided. Please contact Sylvia MacAskill at 902 477-0755 for more details. Thank you.

Knight of Columbus - Council 5017

Come join us. Information and recruitment opportunity. After Masses Saturday June 15 and Sunday June 16 at St Michael's , plus a social/open house after mass on Tuesday June 18 at 7:30 in St Michael's church hall. Open to men of all our churches.



Town Hall Meetings

The Transition Team of St. Michael's and St. Peter's and St. Paul's wants to update you on our progress to date and answer any questions you might have about what's happened so far and what's planned going forward. Please plan to attend one or all of the following 1-hour meetings. See you there! (St. Paul's following 9 AM Mass, **23 June**, St Michael's following 11 AM Mass, **23 June**)

Free course from Bishop Robert Baron!

Discover the 8 animating principles of Bishop Robert Barron's evangelical work, which have been recognized as the foundational pillars of our spirituality of evangelization. https://wordonfire.institute/free-course



Feast Day of Saint John the Baptist

Please join us at SJB on Monday, **June 24** to celebrate our patron Saint John the Baptist. We will have Mass at 6 pm followed by festivities in the hall with music by the Chebucto Big Band. Donations of food are welcome. If you are able to provide food, please contact Marion Marriott at 902-477-7936. Donations of food can be dropped off at the hall from 5:00 to 6:00 pm.

Feast Day of Saint Peter & Saint Paul

Please join us at St. Peter's Church on Saturday, June 29th at 6:00pm to celebrate the feast day of St. Peter and St. Paul for the last time as a parish. Following mass there will be a time of fellowship in the hall. All are welcome.



St. Michael's BINGO

During the summer months, there will be **NO** BINGO on the following dates: June 28th, July 12, 26th, August 2nd, 16th, 30th. All other dates there will be usual bingos. If there are any people who are interested in helping at the bingos please contact Paula Lawlor at 902-477-7118. Thanks for your help.

Seniors Expo

Hosted by Hon. Lena Metlege Diab, MLA Halifax Armdale at **St. Agnes Church on Friday**, **June 21**, from 10:00am to 1:00pm. Featuring a variety of seniors-oriented organizations and service providers gathered to share information, answer questions, and make connections with Armdale residents.

2nd annual Empowered Men's Conference

October 4-5 Halifax: Is a call for men to be challenged, to become more engaged in their faith and grow in faithfulness to serve God and the Church. Hear inspiring message from Archbishop Mancini and keynote speakers, Fr. Mark Cherry & Greg Moulaison, along with Stanley Cup Champion, Joe Dipenta (Anaheim Ducks) as our Emcee. To Register visit: empoweredccfm.com. Registration \$75 - Early Bird registration \$60 - Until June 30th. For more information, email empoweredccfm@hotmail.com

Grand Catholic Italy and Oberammergau 2020 Update

We still have space on this exclusive tour. As well we have a gentleman and a lady looking for roommates. For more information please contact Kevin and Michelle at 902-543-4948 or email kevinandmichelle@stewarttravelgroup.ca"

Young Couples Need Great Marriage Prep Mentors! Are you a faithful couple who can devote a bit of time assisting a couple prep for their marriage? It would consist of getting together 3-4 times to discuss their experience watching the sacramental prep videos on Formed and imparting some of your wisdom from the bumps, falls and highs of your own blessed union. You'd have all the materials needed for the discussions. Please contact the Pastoral Administrator.

Nightfever a great success!

We had about 50 people come in off the street and experience our Parish (at St John the Baptist Church) as warm, welcoming and alive—with mostly young people animating the night.

Community Prayer Event for the Transition of our Parish

All are welcome to an evening of prayer, praise & worship at St. Paul's Church on Friday, June 21 at 7 pm. Join us as we continue to pray for an outpouring of the Holy Spirit in this time of transition. If you can't come in person, please consider praying with us in solidarity.