

DATE	MASS TIMES	FEAST DAY
Sunday, June 23	9:00 & 11:00 AM St John the Baptist 9:00 AM St Paul & 11:00 AM St Michael	The Solemnity of the Most Holy Body and Blood of Christ
Monday, June 24	6 PM St John the Baptist	The Nativity of St. John the Baptist
Tuesday, June 25	9:00 AM St John the Baptist 7:00 PM St Michael	Weekday
Wednesday, June 26	7:00 PM St John the Baptist & St	Weekday
Thursday, June 27	9:00 AM St John the Baptist & St	St. Cyril of Alexandria
Friday, June 28	9:00 AM St John the Baptist & St Paul	The Most Sacred Heart of Jesus
Saturday, June 29	4:00 PM St John the Baptist & St Michael 6:00 PM St Peter	Saint's Peter and Paul, Apostles

How Do I Pray? Part 1

The question of how to pray takes more time to answer because there are so many different forms of prayer. The first thing I must do is commit to a time of prayer. If I begin to recognize my need for God; recognize how much prayer will change my life and the lives of those around me, I will see that prayer should get first place in my life and not just the left over time I have in my day. I set my time for God and I decide in advance how I will spend that time so that it is not directed by my feelings. I should begin by quieting myself as much as I am able (this takes practice, don't give up); take time to praise and thank God for all His blessings, especially the things you may not consider a blessing, for example the rain on a day you wanted sun, etc. Pray for your needs and the needs of others, and finally take time to listen to God – this can be done in many ways but begin by reading his word: the New Testament, especially the daily readings is a great way to become familiar with how God speaks to his people. Throughout the day try to recall what you read and how it connects to your life.

At the end of your day, before going to bed take a minute to thank God for your day, ask him to show you anything you should do differently and take time to pray a traditional prayer of the Church like the Our Father or Hail Mary or any of the other beautiful prayers; there are lots of them: St Michael Prayer, Guardian Angel prayer, prayers for the faithful departed, etc.

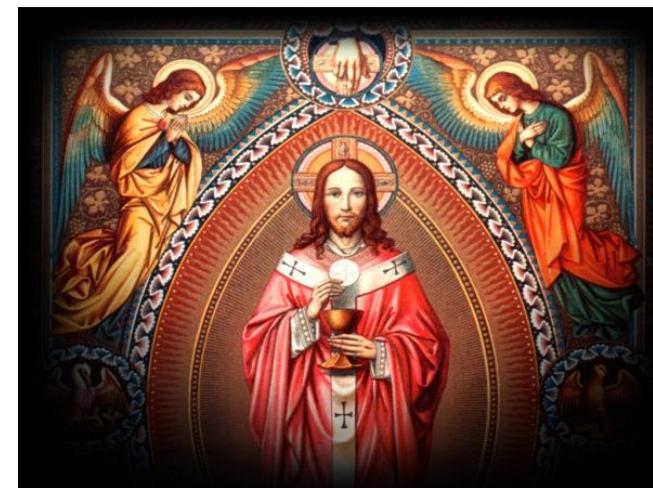
Always be mindful that praying is never just for yourself, but we are the Body of Christ and so this time is for you AND for the good of your family, friends, and community, those that you are close to and those that you aren't. Be faithful to this commitment just as you are faithful to the other important commitments in your life. This one has eternal consequences unlike anything else. It is important to always remember that my attention is toward God in prayer and not toward myself. It is always about trusting God to care for me and letting go of my wants and needs so I may focus on Him who loves me that allows my prayer to grow and deepen. If I focus on me, then I am not praying I am simply talking to myself. I must not lose heart when I am distracted but I must fight for the focus and discipline that comes with time and practice, but never forgetting the fountain of grace that God pours out to all those who are created and loved by God who is love itself.

Financial Corner					
	Sunday Envelopes	PAD (Pre-Authorized Debit)	Loose	Total	
Saint John the Baptist	58 Env \$1315.60	59 PAD \$1345.58	\$224.35	\$2885.53	
Saint Michael's	82 Env \$1739.10	24 PAD \$585.00	\$353.70	\$2677.80	
Saint Peter & Saint Paul	64 Env \$1870.00	12 PAD \$247.50	\$68.75	\$2186.25	
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!

The Solemnity of the Most Holy Body and Blood of Christ - June 23, 2019



All ate and were filled.

Weekly Reflection

On this Feast of Corpus Christi we have the opportunity to contemplate the centrality of the Eucharist in our faith. At Mass we enter into the presence of our Lord and then get as physically close to him as is literally possible at communion! But do we really get that, and do we focus on that as we prepare ourselves for this momentous event? As humans our minds naturally wander at Mass and sometimes it may even become a spectator event for some of us. Today, as the celebrant priest takes us through the Eucharist Prayer by commencing with "The Lord be with you", try with all your willpower to stay completely focussed on every word he says until you respond with your amen as you receive the host. Then thank Jesus for sacrificing everything so that you can be close to the Father through Him. PA

Our Mission: Go and make disciples!

Contact Information/Mainland South Catholic Community

Saint John the Baptist

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Saint Michael, Saint Peter & Saint Paul

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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

Hall Bookings

In an effort to ensure that all events that require any of the 3 parish halls, we ask that you please look at the events that you or your group has for the coming year beginning in the fall through to next spring and submit tentative dates, locations, times and relevant information needed. a calendar will be put together and any conflicts will be sorted out as the lists come in. Please be so kind as to submit your dates **ASAP** so that staff can coordinate the calendar and have the logistics organized in advance of the summer holidays. We would really like to enter into the fall programming season with an organized calendar that allows us to focus on the mission and not on juggling of schedules. Please email stpeter-stpaul@eastlink.ca with your hall bookings to ensure your event does not get overlooked.

Town Hall Meetings Postponed

The Town Hall meetings scheduled for this weekend have been postponed as the Pastoral Administrator will be away due to a family matter. The new dates are as follows: St Paul's, Sunday **7 July** after 9am Mass and St Michael's, Sunday **7 July** after 11am Mass.

Steubenville NOW: June 23

Steubenville NOW (Night of Worship) event will be hosted, for youth in grades 8-12 from all parishes in our Archdiocese, at St. John XXIII Church this weekend, Sunday **June 23** from 7:00-8:30pm. The event is free and all are welcome. RSVP: <https://www.facebook.com/events/624381394704302/?ti=i c l>



Parishioners in need

St. Michael's has a couple living in Kline Heights who are in need of a drive to mass. If this is something you are able to do, please contact Paula at the office.

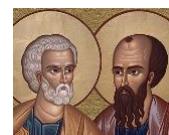
Feast Day of Saint John the Baptist



Please join us at SJB this 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.

Digital Nova Scotia

will be hosting a FREE "Tech Shy to Tech Savvy" course NEXT WEEK geared towards seniors in Spryfield and area. The course aims to improve technology literacy skills among older adults in a no-pressure environment. The course will take place **June 26-27** at the Golden Age Centre from 9am-noon. To register, contact Mary-Francis Lynch at 902 210-7350 or hfxatlanticcommunity@gmail.com.



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.

Anointing of the Sick

There will be a Mass with the Anointing of the Sick on Wednesday, **July 3 and Wednesday, August 7** at 7 pm at St Michael's Church. Those who wish to be anointed are asked to come by 6:30 pm so they can be part of the Exposition and Benediction prior to Mass.

First Saturday celebration

Saint John the Baptist, First Saturday celebration of 9am Mass, Rosary and 15-minute meditation followed by coffee, tea and muffins will be Saturday, **July 6, 2019**. Please join us for this spiritual experience and camaraderie. This will be our last First Saturday celebration until further notice.

St. Michael's **B I N G O**

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.

FORMED provides amazing content 24/7 for you to grow in your faith. It's FREE and ANYONE can Register! Just go to <http://stmichaelsHalifax.formed.org/> and select REGISTER NOW. ENJOY! Suggested presentations: **Take your faith wherever you go this summer!** Enjoy family movie nights, get lost in entertaining audio dramas during long road trips, and get started on your summer reading list all with the help of titles on FORMED! You don't have to take a vacation from your faith.

Chalice Canada

Is looking to hire an International Finance Assistant. The Office is located in Bedford. The position is fulltime permanent. Deadline for submissions is **July 19, 2019**. To learn more please view the chalice.ca website.