

Mass Etiquette – Part 2

Prior to Mass

1. As you enter into the Church it is part of our custom to **bleed ourselves with Holy Water** making the Sign of the Cross. This ritual is also repeated upon leaving the Church. It is a reminder of our Baptism, that we are children of God, and members of the Body of Christ the Church.
2. As we find our seats, it is important to make a **genuflection** as we enter the row as a sign of reverence and respect for the Real Presence of Jesus in the tabernacle. To make a proper genuflection bend the right knee to touch the ground, a sign of our acknowledgement of Jesus' Divinity.
3. Custom dictates that when we have found our seat, **we kneel in prayer briefly**. This is great opportunity to offer to God gratitude/thanksgiving or make our petitions that we intend to pray for during Mass.

Reception of Holy Communion

4. **FOR CATHOLICS:** As Catholics, we fully participate in the celebration of the Eucharist when we receive Holy Communion. We are encouraged to receive Communion devoutly and frequently. In order to be properly disposed to receive Communion, participants should not be conscious of grave sin and normally should have fasted for one hour. A person who is conscious of grave sin is not to receive the Body and Blood of the Lord without prior sacramental confession except for a grave reason where there is no opportunity for confession. In this case, the person is to be mindful of the obligation to make an act of perfect contrition, including the intention of confessing as soon as possible (canon 916). A frequent reception of the Sacrament of Penance is encouraged for all.

5. **FOR NON-CATHOLIC CHRISTIANS:** We welcome our fellow Christians to this celebration of the Eucharist as our brothers and sisters. We pray that our common baptism and the action of the Holy Spirit in this Eucharist will draw us closer to one another and begin to dispel the sad divisions which separate us. We pray that these will lessen and finally disappear, in keeping with Christ's prayer for us "that they may all be one" (Jn 17:21). Because Catholics believe that the celebration of the Eucharist is a sign of the reality of the oneness of faith, life, and worship, members of those churches with whom we are not yet fully united are ordinarily not admitted to Holy Communion. Eucharistic sharing in exceptional circumstances by other Christians requires permission according to the directives of the diocesan bishop and the provisions of canon law (canon 844 § 4). Members of the Orthodox Churches, the Assyrian Church of the East, and the Polish National Catholic Church are urged to respect the discipline of their own Churches. According to Roman Catholic discipline, the

Code of Canon Law does not object to the reception of communion by Christians of these Churches (canon 844 § 3).

6. **FOR THOSE NOT RECEIVING COMMUNION:** All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another. It is most appropriate for those not receiving communion to remain in their places in prayer. It is recommended that they offer a Spiritual Communion.

A Spiritual Communion

"When you do not receive communion...you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you" – St. Theresa of Avila

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Reference: <https://sacredheartoak.org/mass-etiquette>

Mass Intentions
August 19, 2024 – September 1, 2024

Tuesday, August 20, 2024 – **7:00 p.m.**
+ **Gertrude Giwojno – Agness Das**
+ **Mary Pat Hergott – CWL**
+ **Avis Onn – Ann & Michael Onn**

Wednesday, August 21, 2024 – **8:30 a.m.**
+ **Ludwig Ceh – Family**

Thursday, August 22, 2024 – **8:30 a.m.**

Friday, August 23, 2024 – **8:30 a.m.**

Saturday, August 24, 2024
5:00 p.m. – + Robert Gatchene – Shirley Gatchene

Sunday, August 25, 2024 – **10:00 a.m.**
Parishioners of St. Teresa Parish

Tuesday, August 27, 2024 – **7:00 p.m.**
+ **Stanislaus Das – Agnes Das**

Wednesday, August 28, 2024 – **8:30 a.m.**

Thursday, August 29, 2024 – **8:30 a.m.**

Friday, August 30, 2024 – **8:30 a.m.**

Saturday, August 31, 2024
5:00 p.m.

Sunday, September 1, 2024 – **10:00 a.m.**
Parishioners of St. Teresa Parish

Diocese of Hamilton Prayer Calendar

August 19 – Rev. Murray McDermott, C.R.
August 20 – Rev. Paul Voisin, C.R.
August 21 – Sisters of Immaculate Heart of Mary Mother of Christ (I.H.M.M.C.)
August 22 – **The Queenship of the Blessed Virgin Mary**
August 23 – Rev. Francisco Cruz
August 24 – Rev. Brian Quigley, M.C.C.J.
August 25 – **Twenty-First Sunday in Ordinary Time**
August 26 – Rev. Roque Concepcion
August 27 – Rev. Stanley Nwokeji
August 28 – Ursuline Sisters (o.s.u.)
August 29 – **The Passion of St. John the Baptist**
August 30 – Rev. Toby Collins, C.R.
August 31 – Catholic Youth
September 1 – **Twenty-Second Sunday in Ordinary Time**

Stewardship Report – August 4 th , 2024	
Sunday Offerings	\$ 1,684.20
Votives.....	\$ 16.50
Flowers.....	\$ 30.00
Mission Appeal.....	\$ 140.00
Building Fund.....	\$ 93.00
August 11th, 2024	
Sunday Offerings	\$ 3,457.65
Building Fund.....	\$ 105.00

We are most appreciative of your ongoing prayerful and financial support for our parish, St. Teresa of Avila.

Donations to the parish can be made through the use of Sunday Offertory envelopes, Pre-Authorized Giving, E-Transfer, and CanadaHelps.

If you require any further information, please contact the parish office.

- Parish Announcements**
- Parish Choir Team**
We are looking for volunteers to join our Parish Choir team. If you have a love for music, can play the guitar, play the piano, and wish to participate in your parish community, please contact the parish office.
- Sanctuary Cleaning Team**
We are looking for volunteers to join our Sanctuary Cleaning team. Teams are made in pairs, and cleaning takes place on Fridays. To join, please contact the parish office or enter your name on the sign-up sheet in the church foyer.

Divine Mercy Chapel
We have three openings in the chapel for Tuesdays at 6:00 p.m., Fridays at 12:00 p.m., and Friday at 6:00 p.m. Come and spend a quiet hour with Jesus. Please contact Sandra Nakluski - 226-789-1259.

Home Rental Needed
A family in our parish is looking for a two-bedroom apartment or part of a house by August 24th. If you are able to recommend a place, please contact the parish office.

Diocese Announcements

Marriage Tip of The Month
Love is a choice and sometimes little choices can make for a more loving and contented relationship. A smile and kiss as a greeting, a thank you for something your spouse does for you or for the family, a little note of gratitude for their gifts and talents. Over time, we can forget that kind words, compliments and seeing the good can change the way we interact. Choose to take these actions and watch your love grow. (Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250)

Young Adults Night - Saturday, September 7th – Formosa
Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of prayer, fellowship and praise music in support of your vocations. The Young Adults Night includes a Holy Hour, social with food, praise night with vocations testimony and Compline on Saturday, September 7th at Immaculate Conception Church (212 Concession Rd 12, Formosa, Ontario). Sponsored by the Vocations Office of the Diocese of Hamilton: <https://hamiltondiocese.com/vocations/> For more information, please contact: vocations@hamiltondiocese.com

Wisdom of the Saints
"Great love can change small things into great ones. It is only love that lends value to our actions."
– St. Faustina Kowalska

Pope Francis' Prayer Intention
August 2024
Please join Pope Francis in praying for political leaders during the month of August.