

# Sixteenth Sunday in Ordinary Time

## July 18, 2021

St. Michael's, Spalding—St. Theresa's, Ericson—Sacred Heart, Greeley

**SUNDAY SCRIPTURES**  
**July 25:** 2 Kings 4:42-44  
 Psalm 145:10-11, 15-16, 17-18  
 Ephesians 4:1-6  
**John 6:1-15**

**FROM THE PASTOR'S DESK**

**Sixteenth Sunday in Ordinary Time - July 18, 2021**

Today's readings remind us of how our God is compassionate and passionately loves us. "Woe to the shepherds who mislead and scatter the flock of my pasture, says the Lord." Our First Reading

from the prophet Jeremiah addresses false prophets who had misled God's people away from the Lord. The Lord declares that He will restore His people by bringing back those who have gone astray and providing for them new shepherds so that they will "no longer fear and tremble."

This reading portrays God's infinite care and concern for our lives. We can see that God is the one who loved us first. Oftentimes, we are like the people who are blind to His goodness and enticed by sin - something we think will make us happy but does not. God is the one who constantly pursues us and gives us opportunities to say "yes" to Him. He wants to win us back, and ultimately, God is the one who make us happy.

So, we must ask ourselves, who or what is blinding us or leading us away from our ultimate happiness? Stop for a moment and name that thing - money, status, a person, career, laziness, addiction, self-image, health, etc. - that could be leading you away from a full and happy relationship with God.

As disciples of Christ, deep down we really know that our true happiness is God. So, what are we waiting for? Take the leap of faith and allow yourself to radically love God in return. As we begin this new week, let us name the things in our lives that are robbing us of our ultimate happiness, work to let go of them and let us strive to make Jesus our true shepherd by seeking Him in our daily lives.

This week we welcome Fr. Thomas Falkenthal from Food for the poor. Please welcome Fr. Thomas to the Families in Faith! *Fr. Antony*

**MASS INTENTIONS**

TUE	7/20	8:30 a.m.	SACRED HEART	Communion Service
WED	7/21	8:30 a.m. 10:00 a.m.	SACRED HEART CARE HOME	Communion Service No Mass
THU	7/22	5:00 p.m.	ST. CATHARINE'S	Communion Service
FRI	7/23	8:15 a.m.	ST. CATHARINE'S	Michaela Rios
SAT	7/24	7:00 p.m.	ST. MICHAEL'S †	Emil & Mary Reiter
SUN	7/25	7:00 a.m. 9:00 a.m. 11:00a.m.	ST. MICHAEL'S † SACRED HEART ST. THERESA'S †	Harry/Patricia Cockerill/Deceased Fam. PEOPLE OF PARISH Larry Shavlik

**COMMUNION SERVICES**

**SM** at 8:00 a.m.  
**SH** at 8:30 a.m. weekdays  
 when a Mass is not scheduled.  
**ST** at 8:00 a.m. Thursdays  
 with Rosary to follow.

**Holy Father's Prayer Intention of the Month : Social Friendship**

We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

**WE WELCOME INTO THE CATHOLIC CHRISTIAN FAITH,** McQuade Tyler Bernt, son of Tyler & Kaitlyn Bernt, baptized at St. Michael's on July 11th.



**REST IN PEACE** Our condolences and prayers to the family of Rose Mary Haggerty, who was buried from St. Michael's. Please keep them in your prayers.



**FOOD FOR THE POOR—**

Father Thomas W Falkenthal will be visiting Families In Faith to speak on behalf of Food For The Poor this weekend July 17 & 18. He will share personal witness about Food For The Poor's mission to care for the destitute as a means of living out the Gospel mandate to love one another.

**WANTED: ST ANNE'S FAIR STAND HAMBURGER DONATIONS**

We would appreciate hamburger and/or onion donations for the Greeley Co. Fair. Please contact Lori Carraher if you can help us out 308-750-1639. Also, anyone 13 or older wanting to be hired to work the Fair Stand (\$ 10.00/hr) please contact Lori. We will print the "for hire" list in the bulletin once we have names.

If any men of the community can volunteer (especially during the dinner & supper hours), we would love your help. Your support is greatly appreciated.



**ST ANN'ES FAIR STAND CIRCLE SCHEDULE 2021**

	Monday	Tuesday	Wednesday
10:30am-2:30	Faith A	Trust B	Joy A
2:30pm-6:30	Faith B	Peace A	Joy B
6:30pm-10:30	Trust A	Peace B	Hope A
Cleaning the stand before and after fair: Hope B			

Let us pray for seminarians, that they may listen to the voice of the Lord and follow it with courage and joy ...Pope Francis



**SM, SH, ST TRAVELING CRUCIFIX FOR VOCATIONS**  
 Please consider signing up for one week.



**EUCCHARISTIC ADORATION**

St. Michael's in Dominican Center

**WEEKLY**

Wed. 12:30 p.m. to Thurs. 4:45 p.m.

**MONTHLY**

First Friday, 24 hr, 9:00 a.m.

ST. MICHAEL'S	SACRED HEART	ST. THERESA'S																																										
<p><b>LECTOR</b> July 24: Ed McCarthy July 25: Dan Mailander</p> <p><b>EXTRA-ORDINARY MINISTERS</b> July 24: Jerry &amp; Marlynn Scheef</p> <p><b>HOSPITALITY MINISTERS</b> July 24: Joe Seamann, Aprill Murphy, Volunteers July 25: Bill Spelic, Tom Asche, Volunteers</p> <p><b>ALTAR SERVERS</b> July 24: Connor, &amp; Brady Carraher Adam Glaser, Bronson Meyer July 25: Jack, Aspen &amp; Lily Molt</p> <p><b>MUSIC MINISTRY</b> July 24: Dan &amp; Shelly July 25: Therese &amp; Denise</p> <p><b>COLLECTION COUNTERS</b> July 25: Joe Seamann</p> <p>CDA Rosary Second Sunday of the month at 10:00 a.m. </p>	<p><b>LECTOR</b> July 25: Vanessa Wood</p> <p><b>EXTRA-ORDINARY MINISTERS</b> July 25: Dilynn Wood</p> <p><b>HOSPITALITY MINISTERS</b> July 25: Scott Wood Family</p> <p><b>ALTAR SERVERS</b> July 25: Neleigh Poss, Taylor McIntyre</p> <p><b>MUSIC MINISTRY</b></p> <p><b>ROSARY</b> July 25: Chuck Sweeney</p> <p><b>SACRISTAN</b> July 25: Patty Harris</p> <p><b>COLLECTION COUNTERS</b> July 25: Tom &amp; Jackie</p> <p><b>CARE HOME/HOMEBOUND COMMUNION</b> July 25: Charlotte Murphy</p>	<p><b>LECTOR</b> July 25: Jacob Smith</p> <p><b>EXTRA-ORDINARY MINISTERS</b> July 25: Paul Nordhues</p> <p><b>HOSPITALITY MINISTERS</b> July 25: Pauline Marker &amp; Sharon Swett</p> <p><b>ALTAR SERVERS</b></p> <p><b>CHURCH CLEANING</b> July: Sue Patrick, Nancy Swett, Yvonne Bodyfield</p> <p><b>PRAYER CHAIN</b> Call: Helen Plugge, Sue Patrick</p> <p>Rosary for Vocations—Sundays 10:30 a.m. prior to Mass.</p> 																																										
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**STEWARDSHIP BIBLE REFLECTION** "He said to them, "Come away by yourselves to a deserted place and rest a while." MARK 6:31  
Do you spend time, every day, alone and in silence listening to how God is calling you? If not, you are missing out on a wonderful opportunity to develop a more personal relationship with Him. Unless we talk and more importantly, listen to God every day, how else will we know how He is calling us? Consider making a retreat this year, spend some "alone" time with God.

**Note:** School resumes  
Spalding Academy- Aug. 19  
Spalding Riverside -Aug. 17  
Wheeler Central- Aug. 18  
Central Valley- Aug. 13.



**Wednesday Dedication to St. Joseph**

The Catholic Church traditionally dedicates each day of the week to a special devotion. As Saturdays are devoted to Our Lady, Wednesdays are devoted to St. Joseph. This year, consider giving your Wednesdays to St. Joseph by attending Mass, or devoting time as a family to learning about him, and asking for his intercession for your family and home.



**THE MAN OF THE SHROUD** in collaboration with the Turin Shroud Center of Colorado is coming to Grand Island! July 23-30 ~ St. Mary's Cathedral Square, 42 panel exhibit on display  
July 28 ~Presentation by Jim Bertrand ~6:30 pm.  
Sponsored by Spirit Catholic Radio Network.

**CHURCH COLLECTION ENVELOPES** will be mailed out every other month instead of monthly beginning in July for all Families in Faith. SM will see some new envelopes marked Church Improvement Fund and also Utility Fund to defray heating/cooling expenses. Church Improvement Funds will be used to cover costs of our recent sacristy repairs.

This summer, you may purchase & pick up **SCRIP** gift cards at the SM parish office 8 am-1pm every day and 8-5 Wednesdays. Scrip is a great way to help support our SM parish. Thanks!



**SM/St. Anne's**  
July Church Cleaning: Circle of Joy  
Side A: prefect Ann Bernt; **Rotation:** Peace, Faith, Hope  
July Men's Club Team 7: John Bernt, Gary Miller

Join Fr. John Riccardo, Executive Director, ACTS XXIX, and his team members Nick and Mary in their podcast, *You Were Born For This*, as they talk about anything and everything aimed at transforming the Church. Listen to the conversation. Click on the link:  
<https://www.actstxxix.org/you-were-born-for-this-podcast>

# **PARISH NURSES' NOTES**

## **July is Blueberry Month**

### **10 Benefits of Blueberries:**

Besides their great taste, blueberries are known to have a variety of health benefits. Today, blueberries are added to several food products or eaten freshly. Blueberries are considered a superfood for all contents and properties. Just one cup of blueberries contains 3.6g dietary fiber, 28.6mg of vitamin K, 14.4 mg of vitamin C and 0.8mg of Vitamin E. Blueberries are also known to be a delicious low calorie and carbohydrate fruit.

### **Blueberries Benefit #1: Helps Prevent Cancer**

Fighting cancer can be painful. Therefore, protecting our bodies against cancer is essential. Cancer can be caused by a number of things including radiation, smoking, viruses, carcinogens, inflammation and cancer-causing chemicals known as carcinogens. Blueberries are known to be a high vitamin C source. Vitamin C has the ability to protect cells DNA by trapping free radicals and inhibiting the formation of carcinogens. Studies continue to show that consuming blueberry extract can lead to a 25% reduction in cancer cells.

### **Blueberries Benefit #2: Lowers Blood Pressure**

High blood pressure, also known as hypertension, is known as a risk factor for deaths caused by cardiovascular disease. Maintaining your blood pressure under control is essential for extending your lifespan. Consuming blueberries daily has proven to help lower blood pressure. A study conducted with a postmenopausal woman with high blood pressure showed a lower blood pressure when blueberries were consumed.

### **Blueberries Benefit #3: Keeps Bones Strong**

Keeping your bones healthy and strong is essential at any age. For many, building and maintaining healthy bones involves making healthy food choices, not smoking, exercising and maintaining healthy body weight. However, everyone can benefit from additional help to keep your bones healthy and strong. Blueberries have the ability to maintain healthy, strong bones and prevent osteoporosis. Blueberries are packed with polyphenols, which has been known to help boost bone growth and prevent osteoporosis by delaying the osteoclast action which is known to break down bone minerals.

### **Blueberries Benefit #4: Boost Memory and Focus**

Memory loss can happen at any stage in life. Proper diet, exercising and getting enough sleep are general recommendations to keep your mind sharp. However, there are times we need that extra boost to keep us going through the day. Studies showed that individuals who eat a diet rich in blueberries had increased blood flow and oxygen to the brain, keeping the mind active. A study conducted showed that participants who consumed a blueberry smoothie in the morning were able to perform a mental task much more comfortably than the individuals who did not.

### **Blueberries Benefit #5: Keeps You Looking Young**

From the food that we eat to the way we take care of our skin, on a daily basis we are engaging in habits that can make our skin and health suffer and age us at the same time. What we eat can really affect how we feel and look. It is essential to get enough of good foods with excellent benefits on a daily basis. Blueberries are known as a superfood which can be used to boost your immune system with its antioxidant properties. This can protect our bodies from the damaging stresses in our daily environment. Antioxidants have the ability to protect our bodies from chronic disease and can slow the natural aging process.

### **Blueberries Benefit #6: Improves Eyesight**

Blueberries are packed with vitamin E whose main function is as an antioxidant. Research has shown that vitamin E has the ability to protect eyes from damage from free radicals. Other studies have shown that vitamin E plays an important role as it reduces the progression of cataract formation and age-related macular degeneration 4. A study conducted by the National Eye Institute showed that 400IU of vitamin E daily and other antioxidants slowed the progression of age-related macular degeneration by 25%.

### **Blueberries Benefit #7: Aids Weight Loss**

Weight loss can be tough. From exercising to eating healthy, there are certain foods that can help you get to your goal weight. Recent research shows that blueberries are one of those foods that can help with weight loss. Blueberries have the ability to influence specific genes associated with fat storage and burning. In an animal study conducted by the University of Michigan found that blueberries have the potential to aid our bodies to burn belly fat.

### **Blueberries Benefit #8: Powerful Antioxidant**

Antioxidants are known as molecules that can inhibit the oxidation of other molecules. Oxidation is defined as a chemical reaction that produces free radicals. Free radicals can lead to damaged cells and variety of diseases. Blueberries are known to be packed with antioxidants. A study conducted in China demonstrated that when compared to other berries, like blackberries, blueberries had the highest total antioxidant capacity. Blueberries are also known to have many specific antioxidants including anthocyanins, phenols, and flavonoids which have particular benefits.

### **Blueberries Benefit #9: Reduce Inflammation**

Inflammation can lead to a number of dangerous conditions that can affect your everyday life. Even though inflammation is a standard function which protects our bodies from injury and illness, reducing inflammation is essential to living a healthy life. Due to its high antioxidant content, blueberries have the ability to significantly reduce the anti-inflammatory response in our bodies. Studies show that the polyphenols found in blueberries help to reduce the activity of a variety of markers of inflammation.

### **Blueberries Benefit #10: Aids Digestion and Constipation**

Constipation can cause many discomforts. For many individuals, constipation can lead to other complications such as hemorrhoids and anal fissures. Luckily, besides just tasting great, blueberries are known to aid in relieving constipation. This is because today most Americans are not consuming an adequate amount of fiber per day, and blueberries are packed with fiber. Each cup of blueberries provides 3.6 grams of fiber and that is a powerful nutrient that can aid the digestive system.

For God's temple is holy, and you yourselves are his temple. 1 Cor 3:17

Jeanette, Kaye, Joan