

GREETINGS FROM FR. SCOTT

Before going to college and becoming a priest, I felt guilty about sitting in my Lazy-Boy and relaxing. The culture we live in has evolved from working an eight hour day Monday through Friday into working at home, on weekends, and over 60 hours per week. I like to call it the culture of exhaustion. We are a culture of obsessive workers driven by intense competition and high bonuses.

The apostles had similar problems. The Gospel describes the long hours and hard work of the apostles during their missionary work: "There were many coming and going and they had no leisure, even to eat."

Pope John Paul stresses three aspects of work:

- Work gives us dignity. In other words our government and employers should not allow a work culture to develop where we lose our sense of personal importance, where we are treated like a number.
- Work enables us to improve the standard of living for us and our families
- Through working we develop our talents and gifts that build up our society as a whole.

These three aspects of work cannot be accomplished without rest. The advice Jesus gave to his apostles was to "come away to a deserted place all by yourselves and rest awhile." If we are to benefit from our work, we have to balance it with the right amount of rest.

With rest we can take time to reflect on our dignity, that is, that every person is loved and valued by God. With rest we will not burn-out. Burned-out people are not able to work efficiently and will have a tough time improving the standard of living for their families. With rest we have more energy to share our gifts and talents with others, which will help to build the Kingdom of God.

Balancing work and rest is challenging. To overcome the challenge, set good boundaries. Learn to say NO when you are exhausted. Plan time with your family, prioritize it, and refuse work that infringes on that time. Take your vacation every year. Don't get greedy because your work efficiency declines the more burned out you are. Set a time to pray every day to keep Jesus as your center.

Learning to relax is important for rest. After receiving some counseling in the seminary, I learned to relax without feeling guilty about it. I learned to make three easily obtainable goals in my life and vowed to complete them every day: getting up at 4:00 AM, prayer, and exercise. This took away any guilt I had about relaxing because I started feeling very good about myself for completing these three goals every day.

This Sunday's Gospel carries a critical message for us. Rest, recreation, and leisure are not indulgences about which we should feel guilty. They are rights defended by Christ to protect our human dignity. So, take a break, you deserve it!

STEWARDSHIP

July 15,2012	\$5,782.85
Last Year	\$6,194.30
Online Giving	\$195.00
Property Improvement	\$271.00
Property Improvement Online	\$5.00

Daily Mass Readings

Monday July 22

Mi 6:1-4,6-8 Ps 50:5-6,8-9 Mt 12:38-42

Tuesday July 23

Mi 7:14-15,18-20 Ps 85:2-8 Mt 12:46-50

Wednesday July 24

2 Cor 4:7-15 Ps 126:1-6 Mt 20:20-28

Thursday July 25

Jer 2:1-3,7-8 Ps 36:6-11 Mt 13:10-17

Friday July 26

Jer 3:14-17 (Ps) Jer 31:10-13 Mt 13:18-23

MASS INTENTIONS

Saturday

July 21

5:00pm

+ Michael & Margaret Lajcsak

Sunday

July 22

9:00am

+Annie Ruder

Monday

July 23

9:00am

+ Patricia Peterson

Tuesday

July 24

9:00am

Wednesday

July 25

9:00am

Thursday

July 26

9:00am

Mr. William T. O'Connor Birthday

Friday

July 27

9:00am



FAITH FORMATION

Registration for the 2012-2013 Faith Formation Classes will be available in August. Students entering 9th grade are eligible to register for Confirmation. Students entering 2nd grade are eligible to enter 1st Reconciliation and 1st Eucharist classes. Students must also register in the regular Sunday School program.

RCIA INQUIRY

Are you interested in learning about the Catholic Church or becoming Catholic? Inquiry sessions are for you. This is a time to learn about the what the Church believes and teaches in an informal setting. Join us on July 22, August 12 & 26 at 1pm in the family room. Please call Jenny at 907-297-7729 or email jmichaelson@caa-ak.org or the parish office @ 376-5087.

COMING EVENTS

JULY

- 20-21 OLV Garage Sale 10am-4pm
- 23 Centering Prayer 6:30pm
- 26 Rosary 7pm
- 27 Adoration 10am-2pm
- 28 OLV Picnic
- 30 Centering Prayer 6:30pm

AUGUST

- 2 Rosary 7pm
- 3 Adoration 10am-2pm
- 14 Vigil Mass—Feast of the Assumption 5:30pm
- 15 Mass—Feast of the Assumption 9:00am

JULY—AUGUST MINISTRY LIST

Please check the ministry lists on the bulletin board and arrange for a sub if you are not able to serve on the assigned weekend. Thank you.

ONE BREAD ONE BODY

The latest numbers for our participation in *One Bread One Body* are very encouraging. Sacred Heart parishioners have contributed \$34,537.50 towards our goal of \$49,355.00 If you feel like you would like to pledge, it is not too late: please contact the office or www.archdioceseofanchorage.org/ donate You can also go to the parish website.

VENTURING CREW

Venture crew - group of teens and young adults looking for outdoor excitement - meets the first Monday of the month (August 6) at 7 pm in the social hall. Call Ed at 357-7029 if you want more information or come to the meeting!

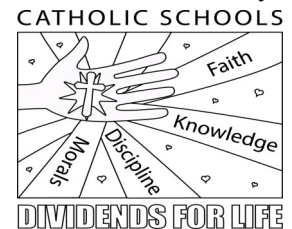


OUR LADY OF THE VALLEY CATHOLIC SCHOOL

OLV is now enrolling for the 2012-2013 school year in grades K-8. Please stop at the OLV office in the St. Jude Center or call 376-0883 for information. Enrollment packets are available.

School Opens—August 16th

OLV offers your children a faith based education centered on a national curriculum. Students meet high standards and benchmarks in academic and religious studies. The mission of Our Lady of the Valley Catholic School is to teach as Jesus did, with love for the law of God and the dignity of each person. In this environment, Our Lady of the Valley Catholic School backs, supports, and upholds the Catholic values of the family.



Welcome Children of God in Baptism

Orlando Manuel Figuerua

July 14, 2012

Leonardo Naumburg

July 15, 2012



FOOD PANTRY

Items needed at the pantry:
flour, sugar
all kinds of baby food
cereal, oatmeal
grocery bags

357-3769

SACRED HEART IMPROVEMENTS

Thank you for all the support of materials, resources, and funds to our Eagle Service Project. Please mark your calendars for Tuesday, August 7th and Saturday, August 11th. These are work days for the Scout Project. We also need 12 foot ladders on August 11th. More information will be in next week's bulletin.

