

GREETINGS FROM FR. SCOTT

Our bodies are complex. We have physical, emotional, sexual, social, mental, and spiritual appetites. I seem more peaceful, fulfilled, and alive when these six areas are in balance.

After becoming Catholic and partaking regularly of the Body of Christ, I had a revelation. The Holy Spirit guided my thoughts to think about the strong and weak areas of my life? I realized that my weakest area was my social life. I then made a plan of attack to strengthen that area.

First, I made a list of the seven people I care about the most. I then made a special effort to communicate with them at least once a week. It worked. Although we are never in perfect balance, regular nourishment from the Eucharist helps us to be more balanced. The Body of Christ gives us strength for both our earthly and heavenly journeys.

The ancient Greeks had a tradition of giving a meal (*ephodion*) to those setting out on a journey. In Latin, *ephodion* translates to *viaticus*. The Romans believed that a dying person's last meal provided strength to cross over from this life to the next. By the year 325 Catholics had *viaticum*, which is communion given to a dying person as "food for the journey."

Jesus left us the Eucharistic meal, which also gives us food for our earthly journey. It gives us the life we need to live out our faith. Jesus says, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." Translation: With regular nourishment from the Body of Christ our appetites will be satisfied.

Physical Appetite: Communion will alert us to the needs of hydration, exercise, or sleep. When we take care of our sacred bodies, we have more energy and strength to help others. If our physical appetites are not adequately met, we die.

Emotional, Sexual, and Social Appetite: When we partake in the Body of Christ every week, our thirst for acceptance, recognition, and affection will be fulfilled. Our Mass helps us realize the great love Christ has for each of us and how valuable we are to this community. If we ignore these appetites, our mental health deteriorates.

Mental Appetite: We all have the capacity to learn and gain valuable knowledge and truth. Communion motivates us to learn good morals and ethics so we are able to help fortify God's Kingdom.

Spiritual Appetite: We all need to know if our lives have meaning and purpose. Our spiritual appetites are for faith, hope, and love. If we ignore these appetites, we can be lost in regard to where we came from, why we are here, and where we are going.

Jesus is the bread of life. He wants us to fulfill our physical, social emotional, and spiritual appetites in this world. By striving to do this now, we get a glimpse of how we could be living with God in heaven forever.

STEWARDSHIP

July 29,2012	\$5,551.15
Online Giving	\$1130.00
Property Improvement Online	\$105.00
Last Year	\$7,125.30

Daily Mass Readings

Monday Aug 6

Dn 7:9-10,13-14 Ps 97:1-2,5-6,9 Mk 9:2-10

Tuesday Aug 7

Jer 30:1-2,12-15,18-22 Ps 102:16-23,29 Mt 14:22-36

Wednesday Aug 8

Jer 31:1-7 (ps) Jer 31:10-13 Mt n15:21-28

Thursday Aug 9

Jer 31:31-34 Ps 51:12-15,18-19 Mt 16:13-23

Friday Aug 10

2 Cor 9:6-10 Ps 112:1-2,5-6 Jn 12:24-26

MASS INTENTIONS

Saturday Aug 4

5:00pm For the People of the Parish

Sunday Aug 5

9:00am +Henry Alyss Brewis

11:30am In celebration of Patrick Maurin 70th Birthday

Monday Aug 6

9:00am

Tuesday Aug 7

9:00am

Wednesday Aug 8

9:00am

Thursday Aug 9

9:00am

Friday Aug 10

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 August 12 & 26 at 1pm in the family room. Please call Jenny at 907-297-7729 or email jmichaelson@caa-ak.org or call our office @376-5087

COMING EVENTS

AUGUST

- 6 Centering Prayer 6:30pm
- 9 Rosary 7pm
- 14 Vigil Mass—Feast of the Assumption 5:30pm
- 15 Mass—Feast of the Assumption 9:00am
- 16 Mass at Primrose

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.

RETRouvaille

The next weekend is Oct 19-21. Please call 907-863-8000 for information or 6001@retrouvaille.org. Website: www.HelpourMarriage.com

HOSPITALITY 5PM

We are in desperate need for more people to assist with Hospitality at this Mass. Please call the office.

FOOD PANTRY

Items needed at the pantry:
flour, sugar
all kinds of baby food
cereal, oatmeal
grocery bags
357-3769

CONFIRMATION

If you are a confirmed Catholic, practicing your faith, and would love to share that faith with one of our Sacred Heart Confirmation candidates, WE NEED YOU! The Confirmation preparation process is a two-year program and the Sponsor's role is vital to the spiritual preparation necessary to receive the Sacrament of Confirmation. Please, prayerfully consider this opportunity to not only share your faith, but to grow in holiness and love. If interested, please call our office.

VENTURING CREW

Venture crew - group of teens and young adults looking for outdoor excitement - meets the first Monday of the month 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

A Catholic education is a gift for your child. It provides a strong foundation for success in all aspects of life. We provide an education, which integrates faith formation with other development needs: moral, ethical, social, emotional and physical. Most important, your child is in a learning environment with others who share your values. Isn't all this worth the investment?

OLV is accepting applications & resumes for a certified teaching position.

Please contact Theresa Sand at 715-2788 for more information.

SECOND COLLECTION AUGUST 4-5, 2012

The Property Improvement envelope collection will be use for the Eagle Scout Project. Thank you for supporting this great project.



SACRED HEART ONLINE GIVING

Our Online Giving program is easy and convenient. Simply click the above image at our website <http://sacredheartwasilla.org/> This is a prayerful, planned, and thoughtful way to give safely. Thank you for supporting Sacred Heart Catholic Church. We greatly appreciate your kindness and generosity!

EAGLE SCOUT PROJECT —UPDATE August 18

The work day has changed to SATURDAY, AUGUST 18th.
7:00am—9:00am for adults who can help with the pavilion.
9:00am —2:00pm for everyone on all the projects.
Please bring a shovel, rake, work gloves, and work shoes/boots. We also need the loan of 12 foot ladders or bigger. Everyone is welcome; we will join together for some hard work and a lot of fun!! Questions, please call the office—376-5087

