

Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)

150 Harriot Avenue, Harrington Park, New Jersey

www.olvhp.org

Rev. Bryan F.J. Adamcik SFO, KHS Pastor

SUNDAY, August 6, 2017 A.D.

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KHS

Rev. John O'Connor

Rev. Brian Muzás

Latin Mass Assistants

Weekend Assistants

Br. Angelus CFR

Parish Seminarian

Sr. Elizabeth Holler, SC

Sr. Mary Corrigan, SC

In Residence-Convent

Mr. Thomas Lagatol Mr. Albert McLaughlin

Deacons

Susan Evarella

Religious Education

Deacon Al McLaughlin

Parish Catechetical Leader

Selena Piazza

Lesla Rossmann

Ministers of Music

Elizabeth Ulisse

Martin Coyne II

Parish Trustees

Jerryl Pulis & Meagan Mullany

Curtiss & Katie Stella

Jr. High School Ministry

High School Ministry

Maria Hellrigel

Parish Secretary

Jorden Pedersen Esq.

President Parish Council

Jon Fischer CFA

Chairman Finance Committee



WELCOME

To the Parish Family of
OUR LADY OF VICTORIES

(THE LITTLE CHURCH WITH THE BIG HEART)

COME WORSHIP WITH US

Mass Schedule

Saturday: 4:00pm, 5:00pm

Sunday: 7:30am, 8:15am (Latin)

9:30am, 10:45am, 12:00pm,

1:00pm (Spanish)

6:00pm & 7:00pm

Weekdays: M-Sat 8:00am & 12:00noon

SPECIAL MASSES OR DEVOTIONS:

First Friday: 7:00pm, Mass of Sacred Heart & Devotions

First Saturday: 8:00am, Mass of Immaculate Heart of Mary

First Saturday: 12:00pm Mass for Souls in Purgatory

Novenas prayed after 8:00 a.m. Mass:

Our Lady of the Miraculous Medal: Monday

St. Jude and St. Anthony: Wednesday

Infant of Prague: 25th of the month

Rosary: Recited M - Sat after 8:00am & 12Noon Mass.

Tuesday-Novena Prayer and Adoration: 2:00-3:00pm

Thursday-Holy Hour with Adoration & Benediction: 7:00pm

Friday-Exposition & Adoration: 12:30PM-3:00pm

THE SACRAMENT OF PENANCE/CONFESSION:

Monday - Friday 7:30am -7:50am. First Friday at 6:30pm

Saturday at 11:00a.m.-Noon; 3:00pm -3:30pm

THE SACRAMENT OF BAPTISM:

To register for Baptismal preparation and Baptism, call the rectory.

THE SACRAMENT OF CONFIRMATION:

Call the Religious Ed Office for requirements/class schedule.

THE SACRAMENT OF MATRIMONY:

Please call the rectory for an appointment.

THE SACRAMENT OF THE SICK/LAST RITES:

Sick calls at any time in emergency.

THE SACRAMENT OF HOLY ORDERS AND VOCATIONS:

Anyone contemplating a vocation to the Priesthood or Religious Life should contact the Vocations Office at 973.497.4365.



Find us on
Facebook

OLV Rectory
Phone: 201-768-1706
Email: olvrectory.hp@gmail.com

OLV Fax
201-768-3962

Religious Education
201-768-1400
olvhpccd@gmail.com

OLV Convent
201-768-1705

PRAY FOR OUR SICK

Please **PRAY** in the name of **JESUS**, the Healer, that the **SICK** of **OLV PARISH** may be restored to health and all those who **ASSIST** and **CARE** for the sick will be given the **STRENGTH** to continue **GOD'S GOOD WILL**: Fr. Apostoli, William Biasi, Joey Bulger, Rich Ferrara, Kathy Freeburn, Marylou Goreb, Thomas Haring, John Harrison, Peter Kellar, Arnold Kemner, Lisa LoSchiavo, Joseph LoVecchio, Anne Matthaai, Canice Prince, Dan Ragusa, Mary Rinner, Suzanne Rothschild, Wendy Ruggiero, George Rush, Kathryn Turrell, Therese Vaglio, Jim Walsh, Mary Youngmans.

SPIRITUAL EXCERPT

PRAYER FOR HEALING THE MEMORY

"Heavenly Father, we put our weak selves before Your silent presence, You alone know the things forgotten and hidden that lie on the shelves of our memory. We cannot heal ourselves. We find it hard to forgive, and impossible to forget. Yet, as we are absorbed and surrounded by Your Presence, we stand in that light and watch as the spiritual sores of us lepers disappear. The rotted limbs are restored and our memories, at one time so ugly, are renewed and rejuvenated. Thank you, Lord. Amen."

MOTHER ANGELICA

Little Book of Life Lessons page 38.

Memorial Pavers

Memorial Pavers are available (4x8 inscribed bricks). If you would like to memorialize your family name or a loved one, please contact Maria at the rectory 201-768-1706.

NEED BAPTISM, FIRST COMMUNION OR CONFIRMATION

If you want to become a Roman Catholic or complete your Initiation into the Church, the RCIA is for you! For more information, phone the rectory. *Adult Catholics* who have not yet celebrated *Confirmation*, should also contact the rectory for preparation class information.

THE INFANT OF PRAGUE

Did you know that on the 25th of every month, we have a novena to the Infant Jesus of Prague after the 8:00AM Mass?

SAINTS OF TODAY AND YESTERDAY

SAINT ALTO Abbot (760)

The native land of Alto is uncertain. He may have been an Irishman or a Scot. His biographer relates that his departure from his native place was prompted by a divine admonition in the form of a vision commanding him to do so. Alto went to the south German region of Bavaria to settle as a hermit in a forested locale between Munich and Augsburg. The Frankish ruler Pepin the Short learned of Alto's sanctity and decided to donate to the hermit the Bavarian woods in which he was living. A circle of disciples had gathered around Alto to share in his ascetical life, and, following Pepin's donation, joined Alto in erecting a monastery on the site. This religious community became known as Altomunster, with an Irish monastic rule, and with Alto as its first abbot. The monastic church was consecrated by another saint, Boniface, around the year 750.

Jesus asked one thing from us!!!

On His last night of earth (Holy Thursday) Jesus asked His disciples one thing – to stay awake with Him for one hour. Every Thursday evening we at OLV try to fulfill this request by having a Holy Hour from 7-8PM. Join us in carrying out Jesus' request.

Sacrifices made for God have a sweetness and a joy unknown to the world." **Saint Pierre Henri Dorie**

Sisters of Charity 50/50 Raffle

Sr. Elizabeth will be selling raffle tickets the weekend of August 26/27 to support Maris Stella Retreat Center. Tickets are \$20 each or 3 for \$50. Three prizes: 1st prize 25%, 2nd prize 15%, 3rd prize 10% of gross receipts. Drawing will be held on September 3, at Maris Stella. Winner need not be present. Please make checks payable to Sisters of Charity.

QUESTION

What are the seven deadly sins? They are:

Pride - is the excessive conceit of one's own ability.

Covetousness - is an excessive desire for worldly things.

Lust - is the desire for the sinful pleasures forbidden by the 6th commandment (i.e.) inappropriate sexual desire.

Anger - excessive emotion of hatred against any person or a desire for revenge.

Gluttony - excessive desire for food or drink.

Envy - is the feeling of sorrow at others good fortune, or joy at evil that befalls another individual.

Sloth - is laziness of mind or body.

These sins are the sources of other sins or are the direct cause of other sin.

The Code of Amiability

- To smile until a kindly smile forms readily on one's lips.
- To repress a sign of impatience at the very start.
- To add a word of benevolence when giving orders.
- To reply positively when asked to do a favor.
- To lend a helping hand to the unfortunate.
- To please those toward whom you find repugnance.
- To study and satisfy the tastes of those with whom one lives.
- To respect everyone.
- To avoid complaining.
- To correct, if one must, with kindness.

LITTLE JOHNNY

Johnny (age 4) was listening to a Bible story. His dad read: "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to salt." Concerned, Johnny asked: "What happened to the flea?"

YOU'RE INVITED

Our young people often say that one of the biggest reasons they don't consider the priesthood or Religious Life when they think about the future is that **NO ONE EVER INVITED THEM** to do so. Do you know any young people who have a healthy sense of self, who spend time volunteering to help others, attend Mass regularly, and have leadership potential? Pray for them and invite them to consider a life of service in the Church. For info, call the Vocation office at 973-497-4365 or see Fr. Bryan.

EWTN

Did you know that there is a truly Catholic Television Station carried on cable TV? **Channel 73 is EWTN** – Eternal Word Television Network. It was started by a convent of Cloistered Nuns over twenty-five years ago. So, if you are tired of the nonsense on regular TV - try channel 73 for a welcome change.

CONVALIDATION

Were you married civilly by a mayor or justice of the peace and would now like to be married in the Catholic Church? See Fr. Bryan for more details and to see if your marriage can be regularized with the Church.

GOING ON VACATION

Visit www.masstimes.org for the locations of Catholic Churches and a Mass schedule, throughout the USA.

Upcoming OLV Parish Events

- Aug 8 - Tue – Marian Novena Prayer 2:00-3:00PM
- Aug 9 - Wed - OLV Needlers 6:30PM
- Aug 10 - Thu - Holy Hour 7:00PM
- Aug 11 - Fri - Adoration from 12:30PM-3:00PM
- Aug 12 - Sat - AA meeting lower church 7:00PM
- Sep 24 - Sun - Parish Picnic

How to Report Abuse

The Archdiocese takes very seriously any and all allegations of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform us immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who wish to report an allegation of sexual misconduct may do so by calling the Archdiocesan Office of Child/ Youth Protection at 201-407-3256.

GOD'S WIFE?

An eyewitness account from New York City, on a cold day in December, some years ago: A little boy, about 10-years-old, was standing before a shoe store on the roadway, barefooted, peering through the window, and shivering with cold. A lady approached the young boy and said, "My, but you're in such deep thought staring in that window!" "I was asking God to give me a pair of shoes," was the boy's reply.

The lady took him by the hand, went into the store, and asked the clerk to get half a dozen pairs of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store and, removing her gloves, knelt down, washed his little feet, and dried them with the towel.

By this time, the clerk had returned with the socks. Placing a pair upon the boy's feet, she purchased him a pair of shoes. She tied up the remaining pairs of socks and gave them to him.. She patted him on the head and said, "No doubt, you will be more comfortable now." As she turned to go, the astonished kid caught her by the hand, and looking up into her face, with tears in his eyes, asked her "Are you God's wife?"

PRAY for THOSE in the MILITARY

- Private First Class Matthew Brady, U.S. Marine Corps;
- Lieutenant Julia H. Cheringal, US Navy;
- Lieutenant Ben Clemente, US Army;
- Ensign Jon Clemente, US Navy;
- 1st Lieutenant Ryan Colomeo, U.S. Marine Corps;
- Major Michael Franson, US Army;
- Sergeant First Class Charles Greene, US Army;
- Lieutenant Tara Harris, US Air Force;
- Private Thomas Iafate, U.S. Marine Corps;
- Lieutenant Joseph Jaeger, US Navy;
- Lieutenant Andrew Jaeger, US Navy;
- Chief Master Sergeant Shawn Llewellyn, US Air Force;
- Captain Shawn Linn, US Army;
- SN Daniel T. LoVecchio, U.S. Navy;
- Colonel John McLaughlin, US Army;
- Lieutenant John G. Miele, US Army.

The cost of raising a medium-size dog to the age of eleven:
\$ 16,400

PHILOSOPHY OF LIFE

The following is the philosophy of Charles Schultz, the creator of the 'Peanuts' comic strip. You don't have to actually answer the questions. Just read straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remembers the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners .

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with. Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones who care .

SUNDAY SERMON

One particular Sunday the priest began his sermon ..."Dear Lord," the priest said, with arms extended toward heaven and a rapturous look on his upturned face. "Without you, we are but dust ..." He would have continued, but at that moment a little girl in the pews leaned over to her mother and asked quite audibly in her shrill little four year old girl voice, "Mom, what is butt dust?"

Prayer for the Safety of Soldiers

Almighty and eternal God, those who take refuge in You will be glad and forever will shout for joy. Protect these soldiers as they discharge their duties. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. We ask this through Christ our Lord.

TUESDAY AFTERNOON PRAYER GROUP

Every Tuesday afternoon from 2:00PM-3:00PM we have a group who are praying a **Marian Novena Rosary** in Church in front of the Blessed Sacrament. **ALL ARE WELCOME.**

CLOTHING BINS

Through the turbulence of your many demands, would you be willing to take a few minutes to gather your unwanted clothing and shoes to help Catholic Charities? Please drop them in the Catholic Charities donation bin located on the Church grounds. Your donations help Catholic Charities and Mt. Carmel Guild. Thank you.

APOLOGETICS

Defend your Catholic Faith, but first learn more about it. Check out this site to learn more about our faith - <http://www.biblechristiansociety.com/>

Question?????

What do the letters IHS stand for? The symbol IHS is the first three letters of the name Jesus in Greek.

SUNDAY ATTIRE

People generally have no real problem wearing proper clothing when entering places that demand such attire. Would you ever consider attending a formal dinner or a wedding dressed in a tee shirt and shorts, or a tank top and swimming trunks? Why be rebellious in God's house?

Margaret Sanger Quotes

(Founder of Planned Parenthood)

"Birth control: to create a race of thoroughbreds." - "More children from the fit, less from the unfit - that is the chief aim of birth control." - "The most successful educational approach to the Negro is through a religious appeal. We do not want word to get out that we want to exterminate the Negro population, and the Minister is the man who can straighten out that idea if it ever occurs to any of their more rebellious members." - "Those least fit to carry on the human race are increasing most rapidly. Funds that should be used to raise the standard of our civilization are diverted to maintenance of those who should never have been born." - "It now remains for the U.S. government to set an example to the world by offering a bonus or yearly pension to all those obviously unfit parents who allow themselves to be sterilized." Margaret Sanger, an American, is the founder of Planned Parenthood in the early 1900's. She believed in eugenics - that is, engineering a superior race, an idea that Adolph Hitler read about and embraced. For Margaret, the race would be Protestant, white, with Northern European ancestry. Catholics, Blacks, Southern Europeans, Indians and Asians were therefore, genetically all inferior and should not be allowed to breed.

I'LL BE HAPPY WHEN...

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation or when we retire.

The truth is there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with... and remember that time waits for no one. So stop waiting... Until your car or home is paid offUntil you get a new car or home.....

- Until your kids leave the house.....
- Until you go back to school.....Until you finish school.....
- Until you get married.....Until you have kids.....
- Until you lose 10 lbs.....Until you retire.....
- Until summer.....Until winter.....Until you die.

Rachel's Vineyard

Healing the Wounds of Abortion

Upcoming retreat weekends in the archdiocese:
 September 8th-10th—or for Spanish speaking September 15th-17th
 For confidential help / info' 973-497-4350 or rileyche@rcan.org.
 www.Rachelsvineyard.org.

Mass Intentions

Monday, August 7—St. Cajetan and St. Sixtus II –Martyrs

8:00 Maria G. McGloin R/b Tony & Laura Scott
 12:00 Thomas F. Lagatol II R/b the Lagatol Family

Tuesday, August 8 – St. Dominic of Calaroga, Spain-Priest

8:00 Kevin Naughton R/b the Barrett Family
 12:00 Eva Maria Kelly R/b Monika Senicar

Wednesday, August 9-St. Teresa Benedicta of the Cross (Edith Stein)

8:00 Elaine Lamendola R/b Jinnie Moran
 12:00 Frieda Heimbuch

Thursday, August 10– Saint Lawrence, Deacon and Martyr

8:00 Jean Hickey R/b the Barrett Family
 12:00 Jerome & Miriam Capone R/b Bill & Anne Cote

Friday, August 11 – St. Clare, Virgin

8:00 Charles & Alice Ruiz R/b Diana LoSchiavo
 12:00 Marie Hildebrandt R/b the Zaccaro Family

Saturday, August 12– St. Jane Frances de Chantal, Religious

8:00 Josephine Conlon R/b John Conlon
 12:00 George Malik R/b the Morandi Family

4:00 Thelma Minarik R/b Bruce Michael Ricciardi

5:00 Stephen & Mary Fogarino R/b Josephine J. Fogarino & Marie Michaels

Sunday, August 13– Sts. Pontian, Pope, & Hippolytus, Priest, Martyrs

7:30 Blanche Vespucci R/b the Poggi Family
 8:15 Gloria Orbeta R/b Marita Morgan

9:30 John Kevin Smith R/b Family

10:45 Alice Harloe R/b Peg Harrison

12:00 Michael A. Casenta R/b Colleen Connors-Casenta

1:00 People of the Parish

6:00 Frank & Anne Pizzichillo R/b Frank & Claire Lerant

7:00 Rose Benevento R/b Tom & Jeanne Hennessey

SANCTUARY MEMORIALS

The Church Sanctuary Lamp burns this week for the repose of the soul of Mary Harrington, r/b Jeanne Marie Walsh.

The Convent Sanctuary Lamp burns this week for religious vocations.

The Blessed Virgin Mary Votive Lamp burns this week for the souls in Purgatory.

The St. Joseph Votive Lamp burns this week for a special intention, r/b the Werner Family.

The Infant of Prague Votive Lamp burns this week for the unemployed.

The Pope John Paul II Votive Lamp burns this week for those who have given their lives in defense of our country.

The Altar Flowers have been donated by the Finan family, in loving memory of Vera Finan.

LITTLE JOHNNY

The math teacher saw that little Johnny wasn't paying attention in class. She called on him and said, "Johnny! What are 2 and 4 and 28 and 44?" Little Johnny quickly replied, "CBS, NBC, ESPN and the Cartoon network."

FIGHT

"When I got home last night, my wife demanded that I take her someplace expensive. So, I took her to a gas station... And then the fight started...."

KIDZ KORNER ANSWERS

1. St. John the Baptist.
2. The Jordan River.
3. 30 years old.
4. He was a carpenter like St. Joseph.
5. Jesus was a Phariseetic Jew.

I wondered why the baseball kept getting bigger. Then it hit me.

12 Steps to Avoid Purgatory

1. In every prayer you say, every Mass you hear, every Communion you receive, every good work you perform have the express intention of imploring God to grant you a holy and happy death and no Purgatory. Surely God will hear a prayer said with such confidence and perseverance.
2. Always wish to do God's will. It is in every sense the best for you. When you do or seek anything that is not God's will, you are sure to suffer. Say, therefore, fervently each time you recite the Our Father: Thy will be done.
3. Accept all the sufferings, sorrows, pains and disappointments of life, be they great or small, ill health, loss of goods, the death of your dear ones, heat or cold, rain or sunshine, as coming from God. Bear them calmly and patiently for love of Him and in penance for your sins. Of course, one may use all his efforts to ward off trouble and pain, but when one cannot avoid it let him bear it patiently. Impatience and revolt make sufferings vastly greater and more difficult to bear.
4. The greatest act in Christ's life was His Passion. As He had a Passion, so each one of us has a Passion. Our Passion consists in the sufferings and labors of every day. Therefore, let us do our work, accept its disappointments and hardships and bear our pains in union with the Passion of Christ. We gain more merit by a little pain than by years of pleasure.
5. Forgive all injuries and offences for in proportion, as we forgive others, God forgives us. Go to confession. This sacrament does more than "just" rid us of our sins; it gives us a tremendous increase in sanctifying grace. It wins for us a higher place in Heaven, with increased union with God. Each time we go to confession, we are preserved from many dangers and misfortunes which might otherwise have befallen us. A devout confession helps us to hear the inspirations of the Holy Spirit, and to hear and follow the advice of our guardian angels.
6. Avoid mortal sins, deliberate venial sins, and break off bad habits. Then it will be relatively easy to satisfy God's justice for sins of frailty. Above all, avoid sins against charity and chastity in thought, word and deed for these sins are the reason why many souls are detained in Purgatory for a long time.
7. If afraid of doing too much work, do many little things, acts of kindness and charity, give the alms you can, don't grumble or complain when things are not as you please, don't complain of others, never refuse to do a favor for others when possible. These and such acts are a splendid penance.
8. Do all in your power for the Holy Souls in Purgatory. Pray for them constantly, get others to do so, join the Friends of the Poor Souls and ask all those you know to do likewise. The Holy Souls will repay you most generously.
9. There is no more powerful way of obtaining from God a most holy and happy death than by weekly confession, daily Mass and daily communion. Masses may be arranged after or before someone's death to expedite their time in Purgatory.
10. A daily visit to the Blessed Sacrament – if only for three or four minutes – is an easy way of obtaining the same grace. Kneel in the presence of Jesus with eyes fixed on the Tabernacle or Monstrance, sure that He is looking at you, then repeat little prayers like these: My Jesus, Mercy. My Jesus, have pity on me a sinner. My Jesus, I love you. My Jesus, give me a happy death.
11. Enroll in and wear the Brown Scapular of Our Lady of Mount Carmel. "Whosoever dies clothed in this scapular shall not suffer eternal fire." This is the Blessed Virgin Mary's Promise, made July 16, 1251 to St. Simon Stock. The Sabbatine Privilege is Mary's promise to release from Purgatory soon after death all those who: 1) wear the brown scapular 2) observe chastity according to their state in life and 3) say the Little Office of the Blessed Virgin Mary every day. To be eligible for this scapular promise, one must be enrolled in the Family of Carmel. This is a simple ceremony which takes only a moment and may be done by any Carmelite or duly authorized priest. Mary's motherhood is not limited to Catholics. It is extended to all men. Many miracles of conversion have been wrought in

favor of non-Catholics who have practiced the scapular devotion.

12. Use holy water. Holy water is a sacramental that remits venial sin. Because of the blessing attached to it, Holy Church strongly encourages its use upon her children especially when danger threatens such as fire, storms, sickness and other calamities. Every Catholic home should have a supply of holy water. Keep your soul beautifully pure in God's sight by making the Sign of the Cross carefully while saying: "By this holy water and by Thy Precious Blood, wash away all my sins and the sins of the Poor Souls in Purgatory, O Lord".

**Why "Spirit" Instead of "Ghost"
When and why did the Church start using
"Holy Spirit" instead of "Holy Ghost"?**

There is no magic date for a wholesale switch between "Holy Spirit" and "Holy Ghost", but the tendency to refer to the third person of the Holy Trinity as the "Holy Spirit" was strongly affected by the official translation of the sacred liturgy into English during and after Vatican II.

The International Commission on English in the Liturgy was set up in 1963 to guide the translation of our ritual prayers from the official Latin into English, and their option for spirit over ghost has shaped our official prayer ever since.

The terms were also affected by the shift from older English translations of the Scriptures to more recent English translations like the New American Bible where, as in the Liturgy, "Holy Spirit" was adopted as the more standard translation of Greek and Hebrew terms.

Over time, in common English usage ghost has moved from meaning "the living essence of a person" to having a greater association with the dead and the paranormal, so the changes to the official translation were beneficial from a cultural as well as a linguistic standpoint.

**Ten Steps: A Quick Review of
How to Receive the Eucharist**

At Communion time, mentally consider whether there are any serious sins or barriers to your worthily receiving the Sacrament. Join the Eucharistic Procession coming up the aisle (in itself a symbol that we are a pilgrim people, on a journey, passing through this world to the next). As you reach the Priest or Eucharistic Minister, make a sign of reverence and recognition (usually a bow of the head). Be ready to receive on your tongue – or – put your hand out, as if a plate for the Priest to place the host on. Answer "Amen" when the Priest declares: "The Body of Christ". Step to the side to place the host in your mouth. Proceed to the Deacon or Eucharistic Minister with the chalice. Bow to the chalice containing the Precious Blood, as a sign of reverence and recognition. Take the chalice in your hands as the Minister declares: "The Blood of Christ". Answer "Amen". Take a sip from the chalice. Return to your seat and meditate in silence on the Lord whom you have just encountered. Allow the Lord's presence to enlighten and enliven your life.

KIDZ KORNER

1. Who baptized Jesus?
2. In what river was Jesus baptized?
3. How old was Jesus when He was baptized?
4. Before Jesus started to preach what did He do for "a living"?
5. In what region was Jesus raised?

Answers on page four.

In ancient times, strangers shook hands to show that they were unarmed.