



Rev. Mike Austin, Pastor

Deacon Bill Vrazel

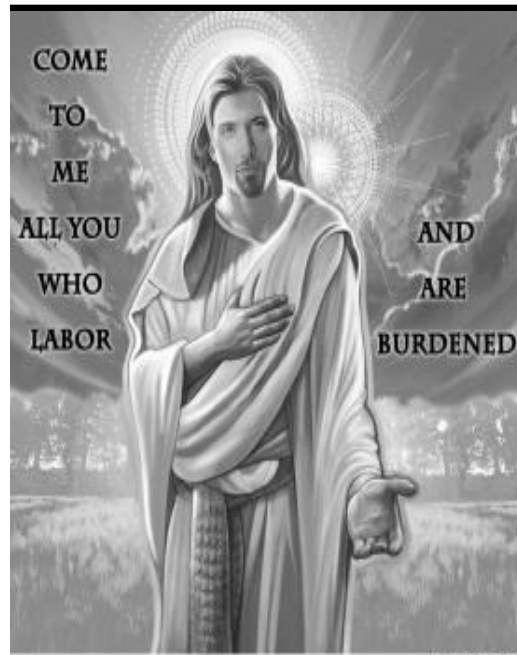
Mass Schedule: Summer Months, Saturday: 5:00 p.m.

Winter Months, Saturday: 4:00 p.m.

Sunday: 7:00 a.m., 8:30 a.m., 11:00 a.m., & 5:00 p.m.

Menge Ave./Evangeline Rd — Pass Christian, MS

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SHARE THE BURDEN

“Come to me, all you who labor and are burdened, and I will give you rest” (Matthew 11:28). These words of our Savior seem to be in stark contrast to the previous chapter from the same Gospel, when we were told that if we do not take up our crosses, we are not worthy of Christ. Connecting these two messages might help us on our faith journeys. Being a follower of Christ surely means that we must embrace the cross, in its mystery of both suffering and triumph. This is something that we need not do alone, for the burden is often too heavy for us to carry by ourselves. Who, then, do we turn to? We can turn to the Body of Christ—the community of disciples gathered for worship. When we find the burden too heavy, let us remember that we can share that burden with our Christian sisters and brothers, who can help bring us rest.

TODAY'S READINGS:

First Reading — Rejoice heartily, O Jerusalem! For see, your savior comes (Zechariah 9:9-10).
Psalm — I will praise your name for ever, my king and my God (Psalm 145).
Second Reading — The one who raised Christ from death will give life to your mortal bodies also (Romans 8:9, 11-13).
Gospel — Come, all you who labor and are burdened, and I will give you rest (Matthew 11:25-30).

READINGS FOR THE WEEK:

Monday: Hos 2:16, 17b-18, 21-22; Ps 145:2-9; Mt 9:18-26
 Tuesday: Hos 8:4-7, 11-13; Ps 115:3-10; Mt 9:32-38
 Wednesday: Hos 10:1-3, 7-8, 12; Ps 105:2-7; Mt 10:1-7
 Thursday: Hos 11:1-4, 8e-9; Ps 80:2ac, 3b, 15-16; Mt 10:7-15
 Friday: Hos 14:2-10; Ps 51:3-4, 8-9, 12-14, 17; Mt 10:16-23
 Saturday: Is 6:1-8; Ps 93:1-2, 5; Mt 10:24-33
 Sunday: Is 55:10-11; Ps 65:10-14; Rom 8:18-23; Mt 13:1-23 [1-9]

Events of the Week:

Monday, July 6—	- 8:00 am Mass in Church 5:00 pm Adoration until 11:00 pm in Church with Reconciliation available from 5:00 until 6:00 pm
Tuesday, July 7—	7:00 pm Mass in Church
Wednesday, July 8—	-8:00 am Mass in Church
Thursday, July 9—	-8:00 am Mass in Church 9:00 am Adoration until 5:00 pm in Church with Reconciliation available from 9:00 until 10:00 pm
Friday, July 10—	-8:30 am Mass in Church
Saturday, July 11—	-5:00 pm Vigil Mass

Prayer List:

Jimmy Allen, Sandra Angeline, Kay Armstrong, Zebulon Atkins, Phillip Babin, Jr., Jeff Beaver, James Bell, Reece Bentz, Tracy Biggs, Rusty Bohn, Dian Bradley, Fr. Ronnie Calkins, Jamie Ann Canton, Sarah Carboni, Fr. David Carucci, Jerry Casey, Jim Cooke, Butch Cuevas, Danny Davis, Sr. Helen Davis, Megan, Delgado, Marvel Desroche, Betty Dubuisson, Wilma Dubuisson, Kim Fitzgerald, Janet Galen, Adrian Gamez and Family, Elyn Goldstein, Karl Gorbert, Alison Grey, Darren Grumme, Chris Hanson, Barbara Hayden, John Hayden, Rogers Hayden, Barbara Henderson, Kenny Hoda, Pat Hoda, Al Hodges, Paul Hughes, Sally James, Janet Jefferson, Sierra Jefferson, Connie Jenkins, Faye Johnson, John Knight, Natalie Koenenn, Irma Ladner, Jill Ladner, Missy Ladner, Pam Ladner, Milton LeBlanc, Louis LeBourgeois, Austin Lizana, Debbie Lizana, Hilda Lizana, Mark Logan, Marlene Logan, Laura Creel Meadows, Lou Miller, Carl Molesworth, Pat Morley, Dennis Mottola, Judy Nelson, Kevin Niolet, Marie Peralta, L.J. St. Pierre, Sandy St. Pierre James Pug, Bryce Riordan, Taige Roof, June Rutland, Kevin Ryan, Olivia Ryan, William "Scooter" Sanders, Leah Scott, Jerry Sellier, James Senac, Roger Shaw, Melissa Starita, Carolyn Stewart, Morgan Ulrich, Pat Vial, Jimmy Wetzal, Susan White, Cathy Yoeman, Ken Yoeman

Weekly Operating Report

June 29, 2020

Weekly Operating Credits

Offertory/Collection: \$8,012

Building Fund: \$73

Cemetery Maintenance: \$0

Second Collection : \$100

Youth Ministry : \$0

Direct Debit—Electronic Transfers Forms are available in the back of the church or by calling the office @ 452.4686

Weekly Fixed Expenses

Schools: \$3210

Salaries and Benefits: \$4750

Diocese Support Tax: \$917

Utilities: \$1187.50

Janitorial, Maintenance, Grounds: \$1189.75

Insurance: \$584

TOTAL FIXED WEEKLY EXPENSES:
\$11,802.25

"These are just the fixed expenses. There are many areas of ministry that require funding throughout the year (Youth Ministry, Religious Education, Adult Education, Liturgy, Office Supplies). I am publishing this as part of our new financial budgeting system. There will also be a general report quarterly. God Bless!"

-Fr. Mike

Pray for a Priest each day:

Eternal Father, we lift up to you these Pope, Bishops, Priests, Deacons, & Seminarians. Sanctify them. Heal and guide them. May their lives be pleasing to you.

Sun. 5: Pope Francis

Mon. 6: Fr. Anthony Arguellas

Tues. 7: Fr. Philip J. Audet

Wed. 8: Fr. Mike Austin

Thurs. 9: Fr. Sergio Balderas

Fri. 10: Fr. Joseph Benjamin SSJ

Sat. 11: Fr. Dennis Carver

Property for Sale

Questions regarding the pricing for the lot next to the Chapel on 140 E. Scenic Dr. should be directed to:

bit.ly/holyfamilyproperty

July 11-12	5:00 pm Vigil	8:30 am	11:00 am	5:00 pm
Lector	Jimmy Benigno	KC Mass	Rick Allard	Sarah Putnam
EEM	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19
Altar Servers	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19	Not permitted at this time due to Covid-19

MASS INTENTIONS FOR THE WEEK

Adoration

Come visit Jesus in the Blessed Sacrament on Monday's in Holy Family Church. We have Adoration from 5:00 pm until 11:00 pm with Reconciliation offered from 5:00 -6:00 pm

We also have Adoration on Thursday's in the Church from 9:00 am until 5:00 pm with Reconciliation from 9:00 am until 10:00 am



Sat. July 4	5:00 pm	Special Intentions of Leon Negrotto Gene Rogers
Sun. July 5	7:00 am	Hoi Joseph Nguyen
	8:30 am	Roger Shaw Robert DeMetz
	11:00 am	David Paysee Homer Jenkins
	5:00 pm	Special Intentions of Luke Putnam
Mon. July 6	8:00 am	Special Intentions of Donors to the Catholic Extension Society Jesse Parker
Tues. July 7	7:00 pm	Dr. Daniel Conwill III Dolores Peralta
Wed. July 8	8:00 am	Knost Family Roger Shaw Adelaide and Ella Brennan
Thurs. July 9	8:00 am	Gene Rogers Homer Jenkins Bert and Dot Clark
Fri. July 10	8:30 am	Special Intentions of Charles Jackson Roberts Wilma Dubuisson

Know someone who would Like to become Catholic?

Ask them to join our RCIA Process!!

Pick up and fill out a sign-up form on the tables in the back of the Church, drop in the collection basket, or bring by the office or call the office at 228-452-4686.



Important

The Open Nights at the youth center on Wednesday's are cancelled until further notice.



Adjustment to COVID

We have been dealing with enforced lockdowns, isolation from loved ones, loss of job and economic instability. This is grief and loss on so many levels – from missing milestones such as birthdays and graduations to severe illness and death. Difficult times made worse by the fear of an invisible, deadly enemy who strikes via the very air we breathe.

Such is the anxiety-ridden reality of living in the age of coronavirus for many people around the world. While some of us may be coping well right now, experts worry that our emotional resilience will begin to fray as the threat of Covid-19 drags on. They call it Hypothetical anxiety, “what if?”

We're living constantly with a level of fear, a heightened state of arousal, much like Vietnam vets and Iraqi vets live with every day. Our sympathetic nervous system can only stay in that overwhelmed, almost frenetic state for so long before we crash. It is a “chronic threat response” – the continued state of being in a hyper-aroused survival mode. We are in auto stress/anxiety mode. Chronic threat response is an escalation of many of the same symptoms associated with post-traumatic stress – sleep problems, floods of anxiety, irritability, difficulties concentrating and a hair-trigger startle response.

What are some of the signs that our coping skills are becoming threadbare and our anxieties may turn dark and more dangerous?

Poor sleep

When nightmares become a regular thing and our sleep quality is consistently bad, that is often the first sign that we may need to take action to improve our mental health. Poor sleep is a double-edged sword. Not only does anxiety create poor sleep, a lack of quality sleep can lead to anxiety, stress and depression, a sort of circular impact. The good news is that exercise and practicing good sleep hygiene can often help get us back on track.

A focus on bad news

As we shelter in place or return to a “new normal”, a focus on watching alarming media reports on the growth of the virus and the devastation to the economy is another warning flag. If we are spending our days soaking in this general anxiety and dread about what may happen, in a sort of foxhole waiting for bad news, that's another sign that things are getting into a more clinical range. There's the guilt of taking our feelings out on loved ones, which is likely to happen when you're in close quarters with people for a long time and you haven't adjusted to that.

Loss of interest and pleasure

An even more serious sign is when we lose the taste for connection to others and stop reaching out to friends and family. When we can't find pleasure in anything and we begin to feel numb rather than connecting with others and doing things we value or want to do with our lives, that's a sign that we may need help and support.

Helplessness or crippling anxiety

If the current threat of Covid-19 has reawakened feelings of helplessness, such as in the face of violence at home, or from a loss of identity and purpose after being fired or furloughed from a job that can also be a key sign of risk. An overwhelming feeling of helplessness is what often leads to trauma symptoms.

Those who've been let go from a job can feel as if we've lost our identity, due to the absence of the roles and relationships that give our lives meaning, and therefore we feel helpless. We can be at risk. Helplessness can turn to a dark and crippling anxiety, which is another sign that we need help. Crippling anxiety is where you feel constantly flooded with feelings of panic and this nameless dread about what may unfold. You don't have a sense of a hopeful future. Anxiety creates tunnel vision and it really puts us in a state of fight or flight. And when we are in that survival mode for a prolonged period of time, that's when anxiety goes into a darker phase and it really warrants clinical support.

Thoughts of suicide

Being so hopeless and anxious that we begin to think of ending our life is, of course, a sign that immediate professional help is needed. Military veterans say this is when 'whispers of our demons' begin to take over is when we start to script out a story in our heads of how others won't miss us or that we're a burden to those that we love, that is a critical sign that we need to get help immediately. Suicide Hotline: **1-800-273-8255**.

What to do to help yourself

Reach out and connect, just not physically. The first thing to do is stay socially connected with friends and loved ones even though you're physically apart. Technology is a great way for many of us to do that, but some in the family, such as grandparents, may be as adept at using Facebook, Facetime and Zoom, for example. Instead of just relying on social media, we can make a list of the 10 or 20 people that we care the most about and put them in our phone on a rotating basis. Decide that you are going to call one of those people every day. Adding more people from our outer ring of friends and associates that we may not be as close to and put those people into that daily call rotation. That's especially critical if you think those people may be especially isolated right now or in the future. Reaching out and connecting with people, especially those who are isolated, and giving them space to talk about their experience and anxiety during this unprecedented time of anxiety and then sharing our own experience is how we will get through this.

When we connect, we survive.

Breathe deeply. The thing we teach most is deep breathing. It's free, it doesn't cost anything and it really works. Here's how to do it properly. Breathe through the nose, hold it and then exhale very slowly out through your mouth like you're breathing through a straw. And when you breathe slowly out, you improve your whole picture of life and you reduce your nervousness.

Practice gratitude. Science has shown that people who practice gratitude are happier and more optimistic – and you can easily teach yourself how to do it. One thing in scary times is to write two or three things each day of what you're grateful for. It shifts your view of the world.

Take control of your mental state. Fight back against anxiety turning darker, experts suggested, by taking control of how you think. One of the ways to do that is to take out a sheet of paper, put a line down the middle and on one side write down the things we can't control right now, and on the other write what we can control. Then we form a plan of action that allows us to move on those things that we can control. This stops us from soaking in that feeling of helplessness or if you will just be sitting in our foxhole and waiting for more bad news to come. We're actually moving on things that we want to be doing with our lives, even if there are some very challenging circumstances right now.

For some people that may not feel possible, especially if you or a family member have lost a job. Losing a job is a seismic stressor. But you can sit and ponder on your negative situation or you can use the time to learn something new or deepen yourself or gain some skills.

So people can use this time to build skills, continue education and become smarter, stronger and more prepared for when the workforce really kicks back in and full force. Establish a schedule. Our days and nights are blending together, and many people find themselves working more hours, or if they can't work, fretting about finances. One way to fight back is to establish a schedule that separates work or job search from family and play time, especially exercise, which is critical for boosting our mental mood. Meditation or mindfulness are also excellent options to schedule into our day, experts say.

We have to create routines in order to get through this absolutely surrealistic world right now. Focus on the little things, such as making a lunch in a special way, knitting, crocheting, meditation, mindfulness, yoga or walking or running to do something physical to help us reach a more calm mental state.

Be careful with media, especially social media. Be sure to limit the amount of time you spend watching the news, especially if you feel it makes you anxious, experts said. That can also apply to social media. There is a lot of misinformation on social media and when you couple that with a lot of contradictory information, it creates more anxiety for people.

For example, social media can be filled with conspiracy theories and other wrong information and that can be contradicting what we are hearing from professionals who really know and understand these issues ... so limiting the information to reliable sources, sources you can trust, goes a long way in helping manage that stress."

Crack a smile. It's long been said that "laughter is the best medicine," and that applies to the anxiety of our times, experts said. Remember, you can't be anxious and smile at the same time. That's a physiological thing. So watch funny movies, listen to comedy routines, ask everyone you talk to on the phone to tell you a joke. Give back to them by doing the same.

Stay optimistic. There are so many unknowns when it comes to this new disease that is terrorizing the world. Will it ease over the warmer summer months? Get better or worse as the world begins to open back up? Even worse, will it return with a vengeance in the fall and winter? Don't let those unknowns shake you or take away your optimism.

Consider optimism both healthy and an Achilles heel, because of course, being too optimistic might let you down. But if you had the choice, optimism is always better than pessimism. And optimism is always better than realism. If we have hope that the best will come, we might be disappointed, but that hope, I always believe, will get to the person that you love.

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