



Our Mission Statement: *'Inspired by the Holy Spirit we are a Eucharistic community called by God To share the love of Jesus Christ and create a welcoming parish of renewal and mission.'*



**"Come away to a  
deserted place all  
by yourselves and  
rest a while"**

**Mark 6.31**

## Reflection

Ironically, when Jesus pulled away from the crowd, he discerned that their needs were more important than the rest he needed with his disciples. Retreating from our daily activities makes us clear-sighted and helps us know what God needs from us. This realization makes us able to serve. Interestingly, we are refreshed when we serve not from our ego but God's direction.

## Quote

As we serve others we are working on ourselves; every act, every word, every gesture of genuine compassion naturally nourishes our own hearts as well. It is not a question of who is healed first. When we attend to ourselves with compassion and mercy, more healing is made available for others. And when we serve others with an open and generous heart, great healing comes to us. - *Wayne Muller*

## Assignment

1. This week, learn about a new way you can retreat. Explore:

- Ignatian Contemplation,
- Lectio Divina,
- the Rosary, or
- Eucharistic Adoration.

2. Choose one new practice and devote some time to retreat each day. Remember to limit your distractions.





**SUMMER SCHEDULE**

# **EUCHARISTIC ADORATION**

**WED. EVENINGS WILL  
RESUME SEPT. 4**

**FRIDAYS 9 AM - 12 NOON**

**SUNDAYS 1 - 4 PM**



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