



ST. JOHN NEUMANN CATHOLIC CHURCH

601 E. Delp Road, Lancaster, PA 17601
www.sjnlancaster.org * (717) 569-8531

VERY REV. DANIEL F.X. POWELL, V.F., PASTOR

Welcome!

MASS SCHEDULE

July 5, 2026

Weekend Masses

Saturday | 4:00 pm Vigil
Sunday | 7:30 am, 9:00 am, 11:00 am,
5:00 pm

Weekday Masses

Monday | 9:00 am
Tuesday | 9:00 am
Wednesday | 9:00 am
Thursday | 9:00 am, 6:00 pm
Friday | 9:00 am

Live-Streamed Masses

Saturday | 4:00 pm Vigil
Sunday | 9:00 am, 11:00 am
Monday through Friday | 9:00 am

Confession

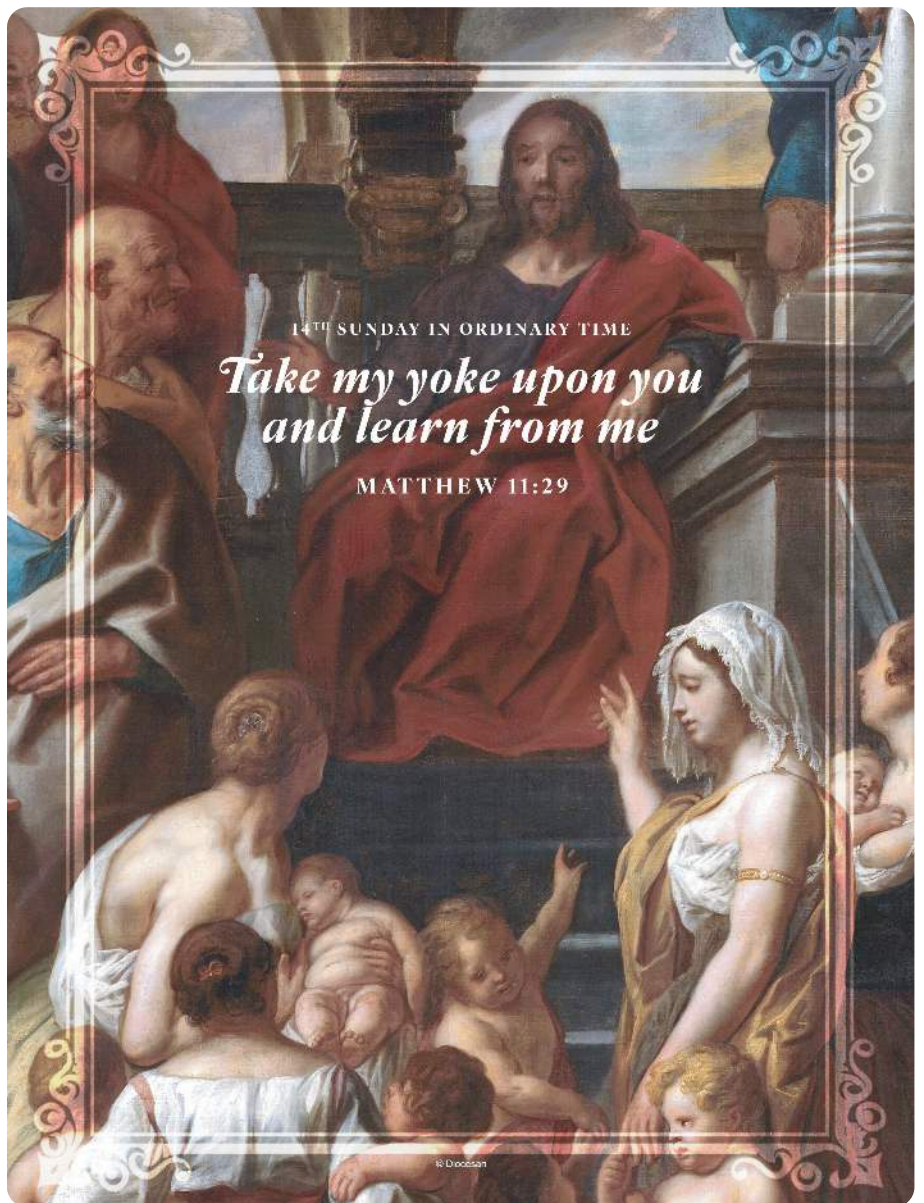
Thursday | 4:30 pm - 5:45 pm
Saturday | 2:00 pm - 3:30 pm
Other | By Appointment

Adoration

Wednesday | 12:00 pm - 4:00 pm
with Divine Mercy Chaplet at 3:45 pm
Thursday | 6:30 pm - 7:30 pm for
Vocations & Consecrated Life

DONATE ONLINE

Donating online is easy! Just aim your phone camera at the QR Code and follow the link. Thank you!



PARISH CLERGY

Pastor

Very Rev. Daniel F.X. Powell, V.F.
frdan@sjnlancaster.org

Parochial Vicar

Rev. Gregory Aabaa
frgreg@sjnlancaster.org

Permanent Deacons

Deacon Peter Jupin
pjupin@sjnlancaster.org
Deacon Michael Oles
moles5@comcast.net

Substitute Priest

Rev. Michael Culkin

PARISH STAFF

Parish Manager

Tom Conner
tconner@sjnlancaster.org

Parish Secretary

Kim Mikulski
kmikulski@sjnlancaster.org

Youth Protection / Admin. Staff

Linda Gowarty
lgowarty@sjnlancaster.org

Parish Health Ministry

Tonianne Bertel
tbertel@sjnlancaster.org

Music Coordinator

Kurt Kehler
kmk@pa.net

RELIGIOUS EDUCATION

Director of Religious Education

Nate Gulya
ngulya@sjnlancaster.org

Assitant to the Director of Rel. Ed.

Erin Houser
ehouser@sjnlancaster.org

Youth Ministry

Udoka Ugoagwu
youthministry@sjnlancaster.org



STEWARDSHIP

June 28, 2026

Sunday Envelopes & ParishSoft
Will be posted in a future bulletin.
Each parish in the diocese operates as an independent Charitable Trust. Contributions provided to our parish are used solely for the operation of our parish and its missions.



If you are interested in enrolling in ParishSoft Giving, please visit our webpage and click on the Donate Now Tab or scan this QR Code. If you have any questions, please contact Linda Gowarty at 717-569-8531.

Thank you for your continued generosity!

2026 Diocesan Annual Campaign
FAITHFUL STEWARDS
Goal \$ 223,042
Total Pledged \$ 169,651
Total Cash Collected . . \$ 156,796

Find A Mass

Are you planning a trip? Check out FindAMass.org and masstimes.org. With these tools, you can easily locate the most up-to-date Mass and sacrament times, as well as Catholic Church locations across the United States.

Hospital Visiting

The local hospitals are not obligated to notify us when you are admitted. If you or a loved one enter the hospital, please contact Tonianne at the Parish Office to let her know.

Meal Ministry

Parish Health Ministry volunteers will provide meals for people recently released from the hospital and for women or families who have recently given birth. Please contact Tonianne at the Parish Office if you would like to receive a meal.

Counseling Services Available

Counseling services are now available at St. John Neumann by Kathy Birmingham, L.C.S.W. for a free-will offering. If you are interested in hearing more about this opportunity or would like to schedule a time, please call Kathy at (717) 397-8647.

Sacrament of Baptism

Parishioners who would like to have their child baptized at SJN are asked to go to the "How Do I" tab on our website to personally schedule a date. Baptisms are held on Sundays at 1:00 pm and Saturdays by request. At least one sponsor must be a practicing Catholic, age 16 or older, Confirmed, and must present a sponsor certificate if from another parish. A Baptism class is required if you have not completed one already. More information available on the website.

Please remember our neighbors in need. Help us to help them.

You can now use our new website for donations. Use the QR code or go to www.sinconfvdp.org and click on the **DONATE** button in the upper left corner.
Thank you.

MASS INTENTIONS

Saturday, July 4 – First Saturday

4:00 pm | Dick Schmidt

Sunday, July 5

7:30 am | Suzanne Slegowski

9:00 am | George Casey

11:00 am | Daniel Gambale, Jr.

5:00 pm | People of the Parish

Monday, July 6

9:00 am | Andrew Kochanowski

Tuesday, July 7

9:00 am | Pat Armitage

Wednesday, July 8

9:00 am | Jon Lucin

Long Community | Special Intention for Sophie Nicolaescu

Thursday, July 9

9:00 am | Special Intention for

Joanne & Ray Schmoltdt

6:00 pm | Kathryn Frey

Friday, July 10

9:00 am | C. J. Francis (father of Bindu Francis) & Departed Souls of the Francis Family

Saturday, July 11

4:00 pm | People of the Parish

Sunday, July 12

7:30 am | Charles & Alice Fox

9:00 am | Rita O'Neill

11:00 am | George A. Ominski

5:00 pm | Lucille Davis



ALTAR FLOWERS

We are now accepting intentions for the Altar Flowers for \$50 for the week of your choosing. Please contact the Parish Office for more information.

WEEKLY READINGS

For the Week of July 6-11, 2026

Monday

Hos 2:16, 17c-18, 21-22; Ps 145:2-3, 4-5, 6-7, 8-9; Mt 9:18-26

Tuesday

Hos 8:4-7, 11-13; Ps 115:3-4, 5-6, 7ab-8, 9-10; Mt 9:32-38

Wednesday

Hos 10:1-3, 7-8, 12; Ps 105:2-3, 4-5, 6-7; 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, 12-13, 14, 17; Mt 10:16-23

Saturday

Is 6:1-8; Ps 93:1ab, 1cd-2, 5; Mt 10:24-33



SUNDAY READINGS

July 12, 2026

Fifteenth Sunday in Ordinary Time

1st Reading ~ Isaiah 55:10-11

2nd Reading ~ Romans 8:18-23

Gospel ~ Matthew 13:1-23

SUNDAY HYMNS

July 5, 2026

Entrance ~ America the Beautiful
 Preparation of the Gifts ~ Praise My Soul the King of Heaven
 Communion ~ Lead Me, Guide Me
 Recessional ~ Mine Eyes Have Seen The Glory



PLEASE PRAY FOR...

Our Sick Parishioners

Bob Beal
 Hans Deatrck
 Dennis Downey
 Michael Jurasinski
 Jeff Lamp
 John Perozich
 Dick Savicky
 Bob Sugra
 Bill White
 Karen Zielinski
 and all those on the Prayer Circle/Chain.



Our Christian Community Welcomes

MICHAEL JOSEPH DELVECCHIO

For by one Spirit we were all baptized into one body...



Congratulations!

United in Marriage on...

IN OUR HEARTS

Those Who Have Died



Rest in Peace

04 • CALENDAR OF EVENTS

Sun., July 5th	
Mon., July 6th	<ul style="list-style-type: none"> • 8:30 am – Rosary – Church • 9:30 am – 12:00 pm – Prayer Shawl Ministry – Conference Room • 6:00–7:30 pm – Walking With Purpose – Social Hall
Tues., July 7th	<ul style="list-style-type: none"> • 8:30 am – Rosary – Church • 6:30–8:30 pm – Divine Mercy Cenacle – Youth Room
Wed., July 8th	<ul style="list-style-type: none"> • 8:30 am – Rosary – Church • 9:30 – 11:00 am – Catholic Moms Bible Study – Youth Room • 12:00 – 4:00 pm – Adoration with Divine Mercy Chaplet at 3:45 pm – Church
Thurs., July 9th	<ul style="list-style-type: none"> • 8:30 am – Rosary – Church • 9:30 am – Pro-Life Stations of the Cross – Church • 1:00–3:30 pm – Pinochle – Social Hall • 4:30 – 5:45 pm – Confessions • 4:30 – 6 pm – Young Adult Bible Study – Library • 6:30 – 7:30 pm – Adoration for Vocations and Consecrated Life
Fri., July 10th	<ul style="list-style-type: none"> • 8:30 am – Rosary – Church • 9:30 am – Divine Mercy Chaplet – Church • 9:45–11:45 am – CFCL Saint Squad – Playground
Sat., July 11th	<ul style="list-style-type: none"> • 2:00–3:30 pm – Confessions
Sun., July 12th	<ul style="list-style-type: none"> • 1:00–4:00 pm – Secular Franciscan Order Gathering – Social Hall

Fourteenth Sunday in Ordinary Time Meek and Humble God

Jesus tells us in today's Gospel that he is "meek and humble of heart." Yet just a few lines before this, he says that he is equal to his Father, the almighty God. So how can the Son of God be both meek and mighty?

Jesus' meekness meant doing the will of God completely. The challenge for us comes in his words "learn from me." We must learn to do God's will as completely as Jesus did.

First, to be complete means that we do all that God wants from us. We cannot pick and choose what we want to do and what we want to ignore. For example, we may reserve the right to decide which teachings of the Church we will follow. But doing God's will completely means doing it without reservation.

Second, we may try to do all that God asks, but give up if something becomes too difficult. We may say we forgive someone, for example, but when they reject that forgiveness, we become even angrier. We can learn from Jesus how to do each part of God's will to completion, as Jesus did all the way to the cross.

Tom Schmidt

SAINT MARIA GORETTI (1890–1902) July 6

Does anything match a mother's pride in her children? First Communions, confirmations, graduations, weddings: how these delight a mother's heart! Imagine, then, Assunta Goretti, the only mother ever to attend her child's canonization! In poverty-stricken rural Italy, widowed Assunta tended fields for the Serenelli family, whose eighteen-year old son Alessandro propositioned her barely twelve-year old Maria; then, when she resisted, crying, "It is a sin! God forbids it!" he stabbed her fourteen times. As she lay dying, Maria assured the attending priest, "Yes, I forgive Alessandro! I want him to be in Paradise with me someday." Imprisoned, unrepentant, Alessandro changed after dreaming that a radiant Maria had offered him fourteen lilies. "I've kept my promise," she smiled. "You'll be here with me someday." Upon release, he rushed to beg Assunta's forgiveness. "Jesus has forgiven you," she replied, "my Maria too. How can I refuse?" Next morning, mother and murderer walked arm in arm to church and knelt side by side for Communion.

—Peter Scagnelli



COFFEE & DONUTS

We are currently on summer hiatus.

Please watch this space for next year's sign-up.



TRAVELING CHALICE

Have you signed up yet to welcome the Traveling Vocations Chalice into your home?

Each week, a family takes the chalice home as a reminder to pray together for those discerning God's call to the priesthood, diaconate, and religious life. It's a simple but powerful way to support vocations right here in our parish.

Ready to participate? Sign up at the Vocations Corner desk in the narthex or reserve your week online through SignUp Genius.

VOCATIONS CORNER

Adoration for Vocations to the Priesthood every
Thursday 6:30~7:30 pm

Fourteenth Sunday in Ordinary Time

"Come to me, all you who labor and are burdened, and I will give you rest." (Matthew 11:28)

Christ invites each of us to lay down our burdens and find true peace in Him. In every vocation, priesthood, consecrated life, or holy matrimony, we are called to follow Him with trust, allowing His grace to strengthen us and renew our hearts. Take a moment today to listen to His call and rest in His loving presence. If you feel a stirring desire to follow God's path, talk to your priest or reach out to the Vocation Office at (717) 657-4804 ext. 282 or via email: vocations@hbgdiocese.org

Pray for Our Priests

All Priests, Active and Retired, Diocesan and Religious

- 5th - Cidrian Cortes, Kevin Coyle, Michael Culkin, Gregory D'Emma, Dennis Dalessandro, Maximilian Dean
- 6th - Patrick Devine, Dominic DiBiccaro, Anthony Dill, Peter DiTomasso, Samuel Dubois, Benjamin Dunkelberger,
- 7th - Anthony Eseke, Dominic Eshikenda, Edmund Faliskie, Steven Fauser, Ryan Fischer, William Forrey,
- 8th - James Fukes, Timothy Geiger, Robert Gillelan, Leo Goodman, Joseph Gotwalt, Michael Grab,
- 9th - Richard Groff, Walter Guzman, Peter Hahn, Robert Harrison, Paul Helwig, David Hereshko,
- 10th - Jordan Hite, Norman Hohenwarter, Samuel Houser, Joseph Howard, Benny Jose, Augustine Joseph,
- 11th - William King, Jerome Kleponis, John Kuchinski, Benjamin Kwaghgba, Michael Laicha, Matthew Larlick

Pray for Our Deacons

All Deacons, Active and Retired

- 5th - David Barto, Jeffrey Baylor, Daniel Bernardy,
- 6th - Edward Bertollo, Shawn Biter, Alex Bogdanoff,
- 7th - Thomas Boucek, Virgilio Centenera, Joseph Cingle,
- 8th - Thomas Conlin, Neil Crispo, Lawrence Crudup, Chris Darrup,
- 9th - Michael DeGrasse, Michael Derois, Michael DeVivo,
- 10th - Kenneth DiPaola, James Doyle, Frank Enderle, Brian Fabian,
- 11th - Thomas Fedor, Jerome Foerster, Carl Freidhoff

Pray for Our Seminarians

Brother Joshua-Maria, Justin Maclay, Joseph Amidon, Lucas Bastian, Carmine Cicalese, Reese Kurian, Benjamin Pace,
Erik Weibel





VETERAN BOARD

PHM maintains an honor board for both our veterans and active service members. If your loved one's name is on this bulletin board, in the back entry way, and their assignments have changed please call Tonianne at 717 569-8531 ext. 229 to update information. If a loved one, especially any of our SJN members have recently entered a service branch and you'd like us to honor them please send details of their name, branch, rank, and assigned location- forms can be found at the bulletin board or call the office.



PARISH HEALTH MINISTRY (PHM)

On July 4, 2026, our nation marked a remarkable milestone: 250 years since the signing of the Declaration of Independence. A quarter of a millennium ago, courageous men and women dared to imagine a country where people could live free; free to speak, to gather, to worship, and to pursue a life shaped not by tyranny but by dignity. Their vision may not have been perfect, yet it was undeniably bold. It set into motion a story still unfolding today.

As Catholics, we honor this anniversary with gratitude for the blessings of our nation. But we also recognize a deeper truth: the greatest and most enduring freedom does not come from governments or documents. It comes from the heart of the Triune God: Father, Son, and Holy Spirit. True freedom begins with knowing who we are. The Father created us in love, not domination. He calls each us His beloved child. This identity frees us from the chains of fear, comparison, and self-reliance. When we rest in the Father's love, we discover a freedom no earthly power can give or take away.

"Where the Spirit of the Lord is, there is freedom" (2 Cor 3:17).

Just as our nation's independence was secured through sacrifice, our spiritual freedom was won through the sacrifice of Jesus Christ. On the Cross, Christ shattered the power of sin and death. He frees us from guilt, from the lies that diminish us, and from the burdens we cannot carry alone. His Resurrection opens the way to a life of hope, courage, and purpose.

This is the freedom that transforms hearts—freedom for love, for mercy, for discipleship.

The Holy Spirit empowers us to live out our freedom with integrity and joy. Where the world's version of freedom often means "doing whatever I want," the Spirit teaches us a different way: freedom for goodness, for service, for building a community rooted in justice and peace.

The Spirit strengthens us to: speak truth with compassion, work for the common good, defend the dignity of every person, heal divisions and become instruments of God's peace in our neighborhoods and nation. This is the freedom that lasts.

As we celebrate 250 years of American independence, we are invited to reflect not only on our national story but on our spiritual one. Our country's founders sought liberty from oppression. Christ offers liberty from sin.

Our nation strives to form a more perfect union. The Spirit forms us into the Body of Christ. Our Constitution protects our rights. The Father's love anchors our identity.

This anniversary is a moment to give thanks and to recommit ourselves to living as people who are truly free in God.

Triune God; Father, Son, and Holy Spirit. We thank You for the gift of this nation and for the blessings we enjoy in freedom. Grant us the grace to use that freedom wisely: to seek justice, to love mercy, and to walk humbly with You. Renew our hearts, heal our land, and make us instruments of Your peace. May the freedom won by Christ shape our lives, our communities, and our nation. Amen.



HAPPY ★ ★ ★
Independence
★ ★ ★ ★ ★ DAY





ST. JOHN NEUMANN CATHOLIC SCHOOL

As an authentically Catholic community, we welcome and value each person's giftedness while inspiring growth in Truth, Wisdom, Faith & Virtue. We exemplify Christ's love in service to others.



(717) 844-6100
Principal ~ Karen Henry
henryka@sjschoollancaster.org

This Week at SJNCS

St. John Neumann Catholic School is now operating under summer office hours. The school office will be open Monday through Thursday from 8 am - 12 pm.

Tours are still able to be scheduled over the summer so give us a call!

Applications are still being accepted for the 2026-2027 School Year. Interested parishioners can complete the online application on the school's website at www.sjnclsancaster.org or reach out to Janice Wolfe at 717-844-6100 or wolfeja@sjschoollancaster.org.

LANCASTER CATHOLIC HIGH SCHOOL



(717) 509-0315
President ~ Kyla (Morrison) Hockley '96
khockley@lchsyes.org
Principal ~ Sean Van Eman
svaneman@lchsyes.org

HERE IS THE SIGN



SCAN HERE TO FILL OUT THE INFO FORM, THIS FORM IS NOT A COMMITMENT. IT EXPRESSES INTEREST TO LEARN MORE.

THAT YOU ARE READY TO JOIN A SMALL DISCIPLESHIP GROUP!

SMALL DISCIPLESHIP GROUPS ARE GROUPS OF 8-10 PEOPLE WHO HELP EACH OTHER GROW IN FELLOWSHIP, FAITH, THEIR CHARISMS, AND EVANGELIZATION.

SUNDAYKIDZ
14th Sunday in Ordinary Time

Y	O	G	R	A	C	I	O	U	S
M	Y	O	T	L	W	E	V	F	U
E	B	A	D	V	A	U	S	C	G
E	W	L	H	R	W	B	X	V	W
K	Y	T	I	I	E	I	O	B	V
L	L	Y	E	T	D	V	S	R	O
D	D	X	N	N	T	D	E	E	B
M	R	E	S	T	Q	L	E	A	I
Y	O	K	E	B	C	I	E	N	L
V	J	B	H	U	M	B	L	E	O

Hidden Wise Little Gracious Reveal
Labor Rest Yoke Meek Humble



SJNCS is currently looking for a part-time PK Aide (two days a week). Applicants must obtain their Diocesan Clearances for employment. If you are interested, or need more information, please contact Karen Henry, SJNCS principal, at henryka@sjschoollancaster.org.



SJN Bible Study Every Thursday: June 20 - July 12 Summer 2026
4:30 pm - 6:00 pm


YOUTH GROUP EVENTS

SAT 20	6:00 pm 8:30 pm	Location @ St. Mary's Youth Group Theme: Fear Factor
SUN 21	No YG	Quo Vadis Days June 21 st - 25 th No Youth Group @SJN
JUNE SUN 28	12 pm - 3 pm	SJN Parish Picnic Come and play games, water balloons, volleyball, tug-of-war, etc. Dunk yours truly during the Dunk Tank
JULY SUN 5	No Youth Group @SJN	Catholic Work Camp July 5 th - July 10 th No Youth Group @SJN I'll be away all week :(
JULY SUN 12	No Youth Group @SJN	Steubenville Retreat July 10 th - July 12 th No youth group again :(

SJN Youth Minister & St. Mary's YM Assistant: F. Udoka Ugoagwu
Contact: youthministry@sjnlancaster.org

JOIN OUR
BIBLE Study

Learn. Reflect. Grow in Faith



THURSDAYS 4:30 – 6:00 PM

St. John Neumann
601 E Delp Rd, Lancaster PA

Ages 16–20 are welcome
No experience needed!

“For where two or three gather in my name, there am I in the midst of them.”
— Matthew 18:20

Scan for more information and to join the group!

Works of Mercy Week 2026

Sunday, July 26 to Friday, July 31, 2026
Historic St. Mary's Church
For Grades 7-12 | Chaperones needed!
Information for parents, teens and chaperones on the QR code.

THEME: GIVE THANKS!
“GIVE THANKS TO THE LORD FOR HE IS GOOD, HIS MERCY ENDURES FOREVER!” ~ PSALM 107:1



Spiritual Works of Mercy
Volleyball
Scavenger Hunt
Small Groups
Street Evangelization
Games
Friends
Basketball
Corporal Works of Mercy
Karaoke

Daily Mass
Confession
Adoration
Service throughout the Lancaster area
HersheyPark Friday

...and MORE!!!

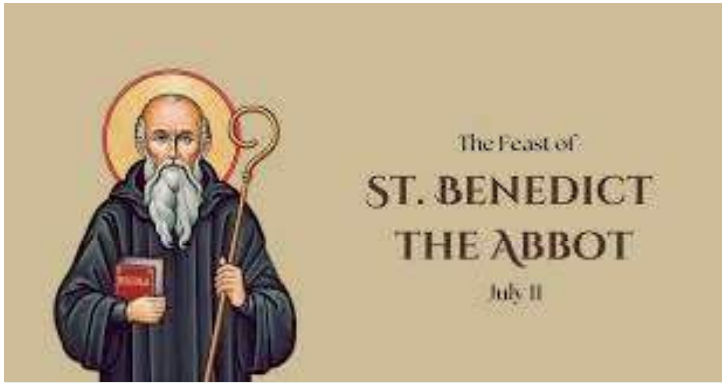
Register using the QR code:
Questions: Contact Ms. Irma - irma@stmaryslancaster.org



Order Tickets at a discounted rate!

Youthministry@sjnlancaster.org





It may be difficult for us to relate to someone who preferred to live by himself in a cave contemplating the mysteries of God. But if we are honest with ourselves, perhaps some of our most profound moments have been when we were alone in prayer. Born in central Italy, both Benedict and his sister Scholastica were drawn to religious life at a young age. He became a hermit for some time, but as others learned of his holiness, wisdom and ability to perform miracles, they began to follow him. Benedict came up with the idea of having devout lay people and monks live together in a monastery so that they could worship together in fraternity and unity. He began construction on Monte Cassino in Naples and started developing a rule of prayer, study, work and communal living under the guidance of an abbot. Benedict introduced to his community the idea that manual labor was not the work of slaves, but dignified, honorable and conducive to sanctity. His monks fasted and abstained from meat, but severe and self-inflicting austerity was not encouraged. During the Middle Ages, all western monasticism was eventually brought under the Rule of St. Benedict, which influenced European education, art and literature. Today the Rule includes two branches: The Order of St. Benedict and the Order of Cistercians. Saint Benedict is the patron saint not only of Monastics, but also all of Europe, of schoolchildren, and those suffering from kidney disease or poisoning. Let us invoke the intercession of this incredible monk who enriched our world through his holy life, writings and prayer.

—Tami Urcia

TREASURES FROM OUR TRADITION

Fourteenth Sunday in Ordinary Time

With the Reformation, some early Protestants, including the “Anabaptists,” rejected infant baptism in favor of “believer’s baptism.” Against Orthodox and Catholic practice, which favored baptism as soon as possible for a newborn, these movements desired that the candidate for baptism speak for him- or herself at a mature age, not through godparents as an infant. Today, it is clear that they were rejecting a very ancient practice (even as early as the second century) of baptizing children of all ages. Children came first in ancient baptismal ceremonies, and someone would speak for them. Gregory of Nazianzen wanted to delay the baptism of children to three years of age, since at that age they could retain at least some impression of the liturgy. He made an exception for the very ill, who were to be baptized ahead of the annual Easter baptism. That means that infants and children were normally baptized together with adults, and that everyone received confirmation and the Eucharist.

The tone of the early bishops’ writings is generous and compassionate, and seeks to build up the eucharistic assembly by widely celebrating the gift of the Holy Spirit. If a priest celebrated baptism, then the gift of the Spirit was postponed for the bishop, but with no regard for the person’s age. So, until the fifth century, confirmation was for infants, too.

—Rev. James Field



Non-Negotiable Naptime

Naptime was non-negotiable in my house when the kids were young. Sleep was not required, but if they were home in the afternoon, they had to lie down and rest. My youngest struggled with this. The only way my little girl would relax enough to fall asleep was if I wrapped her in my arms and lay cuddled next to her. I could not move. Anytime I did, she jolted back awake, and the process began again. I learned that if I stayed very still, she would drift off to sleep. Only then could I slowly sneak out of the bed and go about my chores.

Cuddling in those quiet moments, with multitasking not an option, I would think of God. Is this how Jesus wants me—resting in His arms? I imagined myself as a little one, held in God’s loving arms the same way I was holding my own child. Those afternoons taught me how Jesus invites us to rest in Him.

He seems to say exactly this when He prays: “Although you have hidden these things from the wise and the learned, you have revealed them to little ones.” My little one knew. And she taught me. Being in my presence was all she desired. Simple. She showed me how to rest in God’s presence.

Jesus reminds us: “Come to me, all you who labor and are burdened, and I will give you rest.” As we grow into adulthood, we forget the simple truth learned in childhood as the busyness and burdens of life take hold, often overwhelming us. When we understand a burden as an overwhelming, crushing weight—not meant for one person to carry alone—it is no wonder we struggle to find rest.

“Take my yoke upon you... For my yoke is easy, and my burden light.” Are we struggling because we are carrying the wrong burden? Jesus invites us to take His yoke and share His burden. If that burden is light, can we release our own burdens and help Him carry His? Christ invites our help to do His will on earth and wants to teach us how: “Learn from me, for I am meek and humble of heart, and you will find rest for yourselves.”

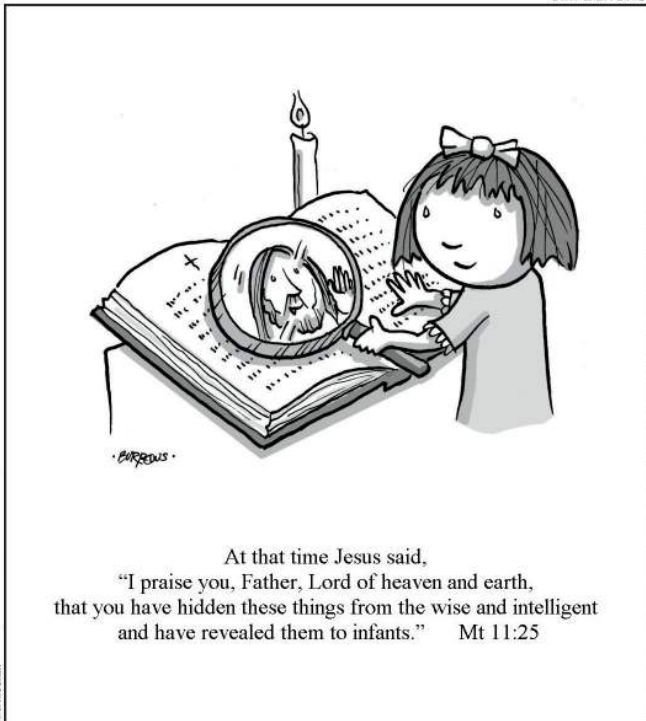
Before the Ascension, Jesus used His time teaching us. In His meekness—His quiet authority —He demonstrates how to respond in suffering, how to act when others hurt us, and how to love. We have been given people in our lives to love, and they are loved even more deeply by God. Jesus appoints us to help Him love them. This is the burden we take up with the yoke of Christ.

When I wonder how to do this, I think about my little girl (now taller than me) at naptime. Her simplicity of “just being” with me taught me how to “just be” with Jesus. By extension, maybe loving others is as simple as non-negotiable naptime—being with them, close enough that they too may find rest in God.

By Margaret Gartlgruber

The Little Ones

Jim Burrows



Scripture from the New American Standard Bible (NASB). © by the Lukanam Foundation. Used by permission: www.Lukanam.org



SJN FAITH FORMATION OFFICE

HOLY ROSARY COLLECTION

The Faith Formation Office is seeking new or gently loved rosaries to gift to our Faith Formation families during the coming school year. If you would like to donate, please place your rosaries in the labeled bin outside the Parish Office window.

Thank you!



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Janney

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Laura Pontz | Account Executive
Laura Jacobs | Registered Private Client Associate

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