

# 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

## WELCOME

SUNDAY, June 3, 2018 A.D.

To the Parish Family of  
**OUR LADY OF VICTORIES**

(THE LITTLE CHURCH WITH THE BIG HEART)

### COME WORSHIP WITH US

Rev. Bryan F.J. Adamcik SFO, KCHS  
*Pastor*

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KCHS

Rev. John O'Connor

Rev. Brian Muzás

*Latin Mass Assistants*

*Weekend Assistants*

Sr. Elizabeth Holler, SC

Sr. Mary Corrigan, SC

*In Residence-Convent*

Mr. Thomas Lagatol Mr. Albert McLaughlin

*Deacons*

Susan Evanella

Deacon Al McLaughlin

*Religious Education*

*Parish Catechetical Leader*

Selena Piazza

Elizabeth Gulfo

Lesa Rossmann

Martin Coyne II

*Ministers of Music*

*Parish Trustees*

Michael Flynn & Meagan Mullany

Curtiss & Katie Stella

*Jr. High School Ministry*

*High School Ministry*

Maria Hellrigel

*Parish Secretary*

Jorden Pedersen Esq.

Jon Fischer CFA

*President Parish Council*

*Chairman Finance Committee*

#### 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

**St. Peregrine:** First Friday of the Month

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

**Tuesday-Novena Prayer and Adoration:** 12:30pm-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.

**Latin Mass every Sunday 8:15AM**

**Spanish Mass every Sunday 1PM**



OLV Rectory  
Phone: 201-768-1706  
Address: 81 Lynn St.  
Email: olvrectory.hp@gmail.com

OLV Fax 201-768-3962  
Religious Education 201-768-1400  
155 Parkway  
olvhpccd@gmail.com

OLV Convent  
201-768-1705  
145 Parkway

## **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**: Kathy Freeburn, Marietta Flahive, Kyle Gauweiler, Tom Giuliano, Marylou Goreb, Thomas Haring, Megan Kavanagh, Peter Kellar, George Loder, Lisa LoSchiavo, Anne Matthaëi, Canice Prince, Dan Ragusa, Mary Rinner, Suzanne Rothschild, Wendy Ruggiero, Michael Tobia, Kathryn Turrell, Therese Vaglio, Jim Walsh.

## **SPIRITUAL EXCERPT**

### **God in the Ordinary**

On the contrary, you must realize now, more clearly than ever, that God is calling you to serve him *in and from* the ordinary, secular, and civil activities of human life. He waits for us every day, in the laboratory, in the operating theatre, in the army barracks, in the university chair, in the factory, in the workshop, in the fields, in the home, and in all the immense panorama of work. Understand this well: there is *something* holy, something divine hidden in the most ordinary situations, and it is up to each one of you to discover it.

I often said to the university students and workers who were with me in the thirties that they had to know how to *materialize* their spiritual lives. I wanted to warn them of the temptation, so common then and now, to lead a kind of double life: on the one hand, an inner life, a life related to God; and on the other, as something separate and distinct, their professional, social, and family lives, made up of small earthly realities.

No, my children! We cannot lead a double life. We cannot have a split personality if we want to be Christians. There is only one life, made of flesh and spirit. And it is that life which has to become, in both body and soul, holy and filled with God: we discover the invisible God in the most visible and material things.

There is no other way, my daughters and sons: either we learn to find our Lord in ordinary, everyday life, or we shall never find him. That is why I tell you that our age needs to give back to matter and to the apparently trivial events of life their noble, original meaning. It needs to place them at the service of the kingdom of God; it needs to spiritualize them, turning them into a means and an occasion for a continuous meeting with Jesus Christ. **St. JoseMaria Escriva Passionately Loving the World**

### **"I Am Decidedly & Unapologetically Catholic," Justice Clarence Thomas**

U.S. Supreme Court Justice Clarence Thomas recently delivered the commencement address to Christendom College, a Catholic liberal arts school in Virginia. And it was quite the speech! "I spent 25 years of my life in the wilderness away from the Church, and yet the clarion call of Sunday church bells never went away," he told the students. "Something restrained me in those days of the 1960s and 1970s. This inner restraint was called a 'hang-up' or an inhibition. In fact, it was a conscience – a Catholic conscience that had been formed in a world much like this wonderful college.

"This is a decidedly and unapologetically Catholic college. And I am decidedly and unapologetically Catholic."

He continued: "It is this faith that has been the guiding beacon during some difficult and seemingly hopeless times, even when I had turned my heart against it and turned my back on it. And I have no doubt that this faith will do the same for you if you let it."

## **QUESTION**

**Can the devil read your mind, and does he know the future?** No, Satan cannot read our minds and he does not know the future. He is also no match for sanctifying grace. The sacraments are a strong guard against him. *Fr. Vincent Serpa*

## **AMONG THE 10 THINGS GOD WON'T ASK**

...God won't ask what kind of car you drove; He'll ask how many people you drove who didn't have transportation.

...God won't ask the square footage of your house; He'll ask how many people you welcomed into your home.

...God won't ask about the clothes you had in your closet; He'll ask how many you helped to clothe.

...God won't ask what your highest salary was; He'll ask if you compromised your character to obtain it.

...God won't ask what your job title was; He'll ask if you performed your job to the best of your ability.

...God won't ask how many friends you had; He'll ask how many people to whom you were a friend.

...God won't ask in what neighborhood you lived; He'll ask how you treated your neighbors.

...God won't ask about the color of your skin; He'll ask about the content of your character.

...God won't ask why it took you so long to seek Salvation, He'll lovingly take you to your mansion in Heaven, and not to the gates of Hell.

In happy moments praise God. In difficult moments, seek God.

In quiet moments worship God. In painful moments, trust God.

At every moment, thank God.

## **OUR ENEMIES**

Our enemies are demons. Fallen angels. Evil spirits. So says Jesus Christ: "Do not fear those who can kill the body and then has no more power over you. I will tell you whom to fear. Fear him who has power to destroy both body and soul in Hell."

So says St. Peter, the first pope: "The Devil, like a roaring lion, is going through the world seeking the ruin of souls. Resist him, steadfast in the faith." So says St. Paul: "We wrestle not against flesh and blood, but against principalities and powers of wickedness in high places." So said Pope Leo the XIII, who received a vision of the 20th century that history has proved terrifyingly true. He saw Satan, at the beginning of time, allowed one century in which to do his worst work, and he chose the 20th. This pope with the name and heart of a lion was so overcome by the terror of this vision that he fell into a trance. When he awoke, he composed a prayer (see below) for the whole Church to use to get it through the 20th century. The prayer was widely known and prayed after every Mass—until the '60s: exactly when the Church was struck with that incomparably swift disaster that we have not yet named (but which future historians will), the disaster that has destroyed a third of our priests, two-thirds of our nuns, and nine-tenths of our children's theological knowledge; the disaster that has turned the faith of our fathers into the doubts of our dissenters, the wine of the Gospel into the water of psychobabble.

## **EWTN**

Did you know that there is a truly Catholic Television Station carried on cable TV? **Channel 67 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 67 for a welcome change.

## **GOING ON VACATION**

Visit [www.masstimes.org](http://www.masstimes.org) for the locations of Catholic Churches and a Mass schedule, throughout the USA.

### **OLV K of C Baby Bottle Collection**

Just a reminder—if you took a baby bottle, please bring the bottle with your monetary donations to the church or drop it off at the rectory. You may deposit loose change, checks or cash. Your contributions will benefit mothers in need and their new-born babies.

## **Upcoming OLV Parish Events**

Jun 5 - Tue – Marian Novena Prayer 2:00-3:00PM  
Jun 6 - Wed - OLV Needlers 6:30PM  
Jun 8 - Fri - Adoration from 12:30PM-3:00PM  
Jun 10 - Sun - Thank you reception for Fr. Bryan

## **Sisters of Charity 50/50 Raffle**

Sr. Elizabeth will be selling 50/50 raffle tickets the weekend of June 23/24 after Mass 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 September 2, at Maris Stella. Winner need not be present. Please make checks payable to Sisters of Charity.

## **7th Annual Gladys Heyliger/Mary Carley Scholarship**

The Catholic Daughters of the Americas Court 1639 is offering a \$1,000 scholarship to an 8th grade student going into a Catholic High School in Sept. 2018. For an application, please send a self-addressed, stamped envelope to Dr. Marie Woke, 20 Kensington Court, Norwood, NJ 07648.

## **CONFESSION/RECONCILIATION**

**Our Lord** told St. Margaret Mary Alacoque that individuals should go to confession at a minimum once a month. This sacrament is offered EVERY Saturday from 11:00AM to Noon and 3:00-3:30PM; every weekday morning at 7:30AM, as well as every First Friday at 6:30PM. A Priest is also available to hear Confessions daily by appointment.

## **Murphy's LESSER KNOWN LAWS**

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. If the shoe fits, get another one just like it.
10. The things that come to those who wait may be the things left by those who got there first.
11. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
12. Flashlight: A case for holding dead batteries.
13. God gave you toes as a device for finding furniture in the dark.
14. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

## **SUN/SUN TAN**

During the summer we often go down the shore to "work" on our tans. We may spend an hour in the sun and get "burned" by the sun. Imagine how much good spending an hour before the Son of God will do us. Why don't you stop by the Church on Thursday evenings at 7PM.

## **Government Man**

A Department of Water official stopped and told an old farmer, "I must inspect your farm for your water allotment." The farmer said "OK, but don't go in the field over there". The official advised that he could go anywhere he wanted, and he showed the farmer an official card to prove it. The farmer nodded politely and went about his chores. Later, hearing screams, the farmer saw the Water Rep. running for the fence with the farmer's long horned bull close behind. The Rep. was terrified. The farmer ran toward the fence shouting, "Show him your card! Show him your card!"

## **PRAY for THOSE in the MILITARY**

Lance Corporal Matthew Brady, U.S. Marine Corps;  
Lieutenant Commander Julia H. Cheringal, US Navy;  
Captain Ben Clemente, US Army;  
Ensign Jon Clemente, US Navy;  
1st Lieutenant Ryan Colomeo, U.S. Marine Corps;  
Specialist Peter Dipolito, U.S. Army;  
Major Michael Franson, US Army;  
Sergeant First Class Charles Greene, US Army;  
Lieutenant Tara Harris, US Air Force;  
Lance Corporal Thomas lafrate, 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;  
Captain John G. Miele, US Army.

## **Dominican College Information Session**

Wednesday, June 8, for those interested in Undergraduate and Graduate degrees, including Undergraduate online programs, 5:30-7:30PM in the Prusmack Center. Information about financial aid, grants and scholarships will be available. Visit [www.dc.edu](http://www.dc.edu).

## **DON BOSCO HSPT TEST PREP PROGRAM**

Don Bosco Prep is hosting its HSPT Test Prep Program this summer, open to all rising eighth grade students to help prepare for the high school entrance exam. Session I runs from Monday, July 9 through Thursday, July 12 and Monday, July 23 through Thursday, July 26, and Session II runs from Monday, July 16 through Thursday, July 19, and Monday, July 30 through Thursday, August 2. Program Tuition is \$500. For more information, please visit [www.donboscoprep.org/admissions](http://www.donboscoprep.org/admissions).

## **Singer Andrea Bocelli Walks on Knees in Reverence**

Famous opera singer Andrea Bocelli recently performed at the Basilica of Our Lady of the Rosary in Fatima, Portugal, as part of an on-going celebration of the 100th anniversary of the apparitions there. And he posted about it on social media with some really interesting comments! The text reads: "Every mother symbolizes her, every womb giving life incarnates her and brings her among us. Maria is the only path to reach our Father, she's our heavenly mother, a mediator and comforter. Then, there are certain places, like the Santuário do Nossa Senhora do Rosário de Fátima, where the air is filled with her presence, so much so that every breath becomes a prayer."

His comment that Mary the mother of Jesus is "the only path to reach our Father," is a bit strange, since that role is given in Scripture to Jesus her Son (cf. John 14.6). However, if one understands Mary as the way to Jesus, and then through Him to the Father, this can make more sense. Notice his amazing comments about how Fatima feels to him spiritually: he says that around the basilica "the air is filled with her presence, so much so that every breath becomes a prayer." The Facebook page for the basilica posted a picture of Bocelli walking on his knees at the basilica, a common gesture of reverence.

Bocelli has been blind since he was injured at age 12 in a football accident. He was raised Catholic, but fell away from the faith as an adult. In the 1990s, however, partly inspired by the novels of Russian Orthodox author Leo Tolstoy, he returned to Catholicism. Since then, he has been public about his Catholic faith, and has performed for multiple popes.

-- ChurchPOP Editor

## **FRIDAY ADORATION**

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays from 12:00Noon – 3:00PM.

**So stop by and adore Our Eucharistic Lord.**

**LIFE'S LITTLE INSTRUCTIONS**

Sing in the shower \* Treat everyone you meet as you wish to be treated \* Watch a sunrise at least once a year \* Never refuse homemade brownies \* Strive for excellence, not perfection \* Plant a tree on your birthday \* Learn three clean jokes \* Return borrowed vehicles with the gas tank filled \* Compliment three people everyday \* Never waste an opportunity to tell someone you love them \* Leave everything a little better than you found it \* Keep it simple \* Think big but relish small pleasures \* Floss your teeth \* Ask for a raise when you feel you earned it \* Be forgiving of yourself and others \* Over tip breakfast waitresses \* Say "Thank you" a lot \* Say "Please" a lot \* Avoid negative people \* Buy whatever kids are selling from card tables in their front yards \* Wear polished shoes \* Remember other people's birthdays \* Avail yourself to constant improvement \* Carry jumper cables in your car's trunk \* Have a firm hand shake \* Send lots of Valentine's cards. Sign them "Someone who thinks you're terrific." \* Look people in the eye \* Be the first to say "Hello" \* Use the good silver \* Return everything that you borrow \* Make new friends, but cherish old ones \* Keep secrets \* Sing in a choir \* Plant flowers every spring \* Have a dog \* Always accept a helping hand \* Stop blaming others \* Take responsibility for everything in your life \* Wave at kids on school buses \* Be there when people need you \* Feed a stranger's expired parking meter \* Don't expect life to be fair \* Never underestimate the power of love \* Drink champagne for no reason at all \* Live your life as an exclamation, not an explanation \* Don't be afraid to say, "I made a mistake." \* Don't be afraid to say, "I don't know." \* Compliment even small improvements \* Keep your promises \* Marry for love \* Rekindle old friendships \* Count your blessings \* Call your mother \*

**Thank You—First Communion Outfits**

This year's collection of First Communion Outfits was a total success! We were able to dress about 50 children with the beautiful dresses, suits, jackets, shirts, headpieces, shoes, and monies that were donated to make their day one to cherish. Thank you for your continued, wonderful support, your caring, and generosity. You have made a difference in the lives of so many children. May God bless you!

**CLOTHING BINS**

June is noted for graduations, the arrival of summer and a floral manifestation of Mother Nature. The gradual blossoming of sweet-scented June roses along with their beautiful colors adds to the charm of this delightful season. While you are enjoying the glory of these days, please reserve a little time to donate items to the Catholic Charities bin. Any questions or comments, please contact Maria F. Biancheri – 973-596-3985 or mbiancheri@ccannj.org. Thank you

**SAVE USED EYEGLASSES**

The Knights of Columbus collects used and old eyeglasses for the less fortunate. Any old or "retired" glasses may be left in the basket in the back of Church.

**God Knew Our Greatest Need**

If our greatest need had been information, God would have sent us an educator. If our greatest need had been technology, God would have sent us a scientist. If our greatest need had been money, God would have sent us an economist. If our greatest need had been pleasure, God would have sent us an entertainer. But our greatest need was forgiveness, so God sent us a Savior.

**DAILY OFFERING**

O My Jesus, I include myself in all the Holy Masses which are celebrated this day throughout the world, and offer them to You in union with the intentions of Your Sacred Heart. I implore You to reserve for me, from each Holy Mass, Your most precious Blood to atone for my sins and their punishment.

**Mass Intentions****Monday, June 4 - St. Francis Caracciolo, Religious**

8:00 Anne Bellini R/b Carole Bellini

12:00 Emanuela Lombardi R/b OLV CCD

**Tuesday, June 5 – St. Boniface, Bishop and Martyr**

8:00 George and Frances Duggan R/b Pat Duggan

12:00 John and Marie Clawson R/b the Ferrara Family

**Wednesday, June 6 – St. Norbert of France, Bishop**

8:00 Frank Adamcik R/b the Adamcik Family

12:00 Rose Roccanova R/b Dennis and Kathleen Falotico

**Thursday, June 7- St. Robert of England - Abbot**

8:00 Blanche Olszewski R/b the Adamcik Family

12:00 Ellen Futterman R/b Joe and Johanna Healy

**Friday, June 8 – The Most Sacred Heart of Jesus**

8:00 Joan Mary Basic R/b Michael and Barbara Fizulich

12:00 John Shanley—Anniv. R/b Peter and Linda Wayne

**Saturday, June 9 – The Immaculate Heart of the Bl. Virgin Mary**

8:00 Gina Marie Ottomanelli Bender R/b the Ottomanelli Family

12:00 Intentions of Elizabeth Healy and Family R/b Joe and Johanna Healy

4:00 Michael A. Casenta R/b Colleen Connors Casenta

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

**Sunday, June 10 – St. Landry of France - Bishop**

7:30 Gina Ottomanelli Bender R/b the Ottomanelli Family

8:15 James P. Spillane R/b Marita Morgan

9:30 William Tristano R/b Josephine Tristano

10:45 Michael Valentine R/b Bob and Dolores Cavagnet

12:00 Paul Windels III R/b Rita McNamara

**No 1:00PM Mass Today**

6:00 Kathleen Belloise

7:00 Charles DaSaro R/b Marie DaSaro

**SANCTUARY MEMORIALS**

**The Church Sanctuary Lamp** burns this week for the repose of the soul of **Mary Ryan**, r/b Bonnie Ryan.

**The Convent Sanctuary Lamp** burns for the souls in Purgatory.

**The BV Mary Votive Lamp** burns this week for the repose of the soul of **Lydia DeJesus Mohsenin**, r/b the Dunn Family .

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

**The Pope John Paul II Votive Lamp** burns this week for an increase in religious vocations.

**The Hosts and Wine** used at Holy Mass this week have been donated in memory of **Joseph Baneky**, r/b the Skok Family.

**Sanctuary Offerings**

The Altar Flowers, Bread and Wine, the BVM Votive Lamp, and St. Joseph Votive Lamp, the Sanctuary Lamp in the Church and in the Convent can be dedicated on a weekly basis.

**CHECK OUT THE BOOK RACKS**

We have plenty of interesting books, booklets, and pamphlets as well as children's books and other items. The summer is a perfect time to learn more about your faith.

**Kidz Korner Answers**

1. 109 acres. 2. 1929 3. 826 4. 110 plus 6 officers
5. 3000 but once when Pope John XXIII was asked "How many worked"; he replied, "Only about half!"

## June is dedicated to the Sacred Heart.

### **Kneel. Up. Down. Up. Down. Kneel. Up. Down. Up.**

Every single movement, posture, word spoken, and thing done [during Mass] means something. The more you understand about what is going on in a Mass, the more you are able to appreciate its beauty. Which is why this post focuses on the “why” of the sitting, standing, and kneeling of a Catholic Mass.

**The Sitting:** *Sitting is a posture of listening.* Catholics sit for the first reading (often from the Old Testament), the Psalm (often actually sung), and the second reading (New Testament, not from the Gospel). We also sit for the offering, and the homily. We sit, ready to hear and receive. We sit to listen.

**The Standing:** *For Prayer:* Standing has been a posture of prayer for Jewish people since before the time of Jesus. Standing during prayer is also seen throughout different parts of the Bible. So, as Catholics, we continue to utilize this posture for prayer today. Some examples of when we stand during Mass for prayer: When we pray the opening prayer (led by the Priest) say The Lord’s Prayer (as a congregation), and the Prayers of the Faithful (the prayer requests for the congregation).

*For the Creed:* We stand as we say in unison what Christians have believed from the earliest times, in the form of the Nicene or Apostles Creed. We stand to affirm our unity and our beliefs together as Christians.

*For the Gospel:* Standing is also a sign of respect. We have many readings from the Bible during Mass, but we stand for the Gospel out of particular respect, since these are the words and deeds of Jesus himself.

*For the Procession:* We stand at the beginning and end of Mass, also as a sign of respect as the celebrant (Priest or Bishop who is celebrating the Mass) processes in to begin the Mass, and processes out once the Mass has ended.

**The Kneeling:** When we enter Mass, we genuflect, where we bend and touch one of our knees to the floor. *We are humbly acknowledging Jesus in the tabernacle, in the Eucharist.* Catholics believe that Jesus is fully present, body, blood, soul and divinity in the Eucharist, which is Holy Communion. We believe when Jesus said “This is my body,” that he meant it literally. Jesus is veiled behind the appearance of bread and wine, but His presence is fully and truly there. This is something that the very earliest Christians believed, and continue to believe right through to the present day in Catholicism. So we acknowledge that by genuflection. *Kneeling is a posture of respect and adoration.* Another time when we kneel is during the preparation for and before/after reception of the Eucharist (the Body and Blood of Christ in Holy Communion). We kneel, again, because we believe Jesus is fully and truly present in Communion. If you believed you were literally in the presence of Christ himself, falling to your knees would be a natural thing to do - probably even falling flat on your face. So, we always kneel during this part of Mass, and we remain kneeling until the elements are put back away in the tabernacle, and the tabernacle is closed.

**Conclusion:** Well, at least you now know that we Catholics aren’t just confused about what we do with our bodies during Mass! And this was just a very basic description of what we do with our bodies as a whole. There are a host of other movements that the congregation and the celebrant do each Mass that carry additional meaning. How we move our body affects and reflects the state of our mind. Slouching, for example, can be a reflection of someone’s sadness, or lack of confidence, or shyness, or it can move someone in that direction. While standing tall with one’s shoulders back can be a reflection of pride, or confidence, or bravery. And, even if you aren’t feeling brave, for example, but you take a posture of bravery, it can help get you there. The postures of Mass can, likewise, reflect your state of mind, or it can help put you in the right one.

Also, both inside and outside of Mass, bodily changes of posture just for the sake of moving aren’t super helpful to anyone. If you are sitting, standing and kneeling during Mass at all the right times, but your heart isn’t in it, or you are distracted, or not focusing on the reason why you are in a particular posture, then you lose the benefit of what the postures are meant to accomplish.

But if you come into Mass and you genuflect towards the tabernacle, because you are humbly acknowledging Christ’s presence there, and if you sit, intent on listening with your mind, body, and soul, and if you stand, heart focused on prayer, and if you kneel acknowledging the presence of your Savior, then, then, you’ve got something. As in all of the structures within Mass, and within Catholicism as a whole, there are so many tools to help move your heart, mind, and soul closer in relationship with Jesus.

*But you can’t just go through the motions.* And if you truly engage, and accept and embrace the meaning behind what you are doing, the graces and joys and richness available to you in Mass and in the Catholic Church are immensely beautiful, and only bring you nearer to your Savior. **Churchpop.com, Lorelei Savaryn**

### **Here are the 7 defenses against the devil according to Archbishop Sheen:**

- 1) Catholics ought to stir up their faith, hang a crucifix in their homes to remind them that they have a cross to carry.
- 2) Gather the family together every night to recite the rosary.
- 3) Go to daily Mass.
- 4) Make the Holy Hour daily, in the presence of our Eucharistic Lord, particularly in parishes where pastors are conscious of the world’s need, and therefore conducts services of reparation.
- 5) Those who have the faith had better keep in the state of grace and those who have neither had better begin to find out what they mean, for in the coming age there will be only one way to stop your trembling knees, and that will be to get down on them and pray.
- 6) Pray to St. Michael: O Michael, Prince of the Morning, who conquered Lucifer who would make himself a god. When the world once cracked because of a sneer in heaven, you rose up and dragged down from the seven heavens the Pride that would look down on the Most High.
- 7) Pray to Our Lady, saying to her: It was to you as the Woman that was given the power to crush the head of the serpent who lied to men that they would be like unto gods. May you who did find Christ when He was lost for three days, find Him again, for our world has lost Him. Give to the senile incontinence of our verbiage the Word. And, as you did form the Word in your womb, form Him in our hearts. Lady of the Blue of Heaven, in these dark days light our lamps. Give back to us the light of the world, that a light may shine, even in these days of darkness.

### **Prayer to St. Michael the Archangel**

**Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host—by the Divine Power of God—cast into hell, satan and all the evil spirits, who roam throughout the world seeking the ruin of souls. Amen.**

## **KIDZ KORNER**

1. How many acres comprise the Vatican City State?
2. What year was the Vatican City State founded?
3. How many people are considered citizens of the Vatican?
4. How many Swiss Guards protect the Pope?
5. Approximately how many lay people work at in the Vatican?

Answers on page four

**Check out OLV’s website [olvhp.org](http://olvhp.org)  
and find us on Facebook:  
Our Lady of Victories Parish**