



The Great St. Joseph

# St. Joseph Catholic Church

Parish Bulletin  
June 6-7, 2015

PO Box 1010  
Nome, AK 99762  
907-443-2725

## Solemnity of the Most Holy Body and Blood of Christ

Today, the second Sunday after Pentecost, we celebrate a second solemnity, which marks our return to Ordinary Time in the liturgical calendar. **Today is the Solemnity of the Most Holy Body and Blood of Christ. At one time, this day was called Corpus Christi, the Latin words for "the Body of Christ."** In the most recent revision of our liturgical rites, the name for this day is expanded to be a more complete reflection of our Eucharistic theology.

In our reading for today, we read the account of the Last Supper found in the Gospel of Mark. It begins with the instructions that Jesus gave to his disciples to prepare their Passover celebration. It then goes on to give an account of the Last Supper. On this Sunday, however, our Lectionary reading omits the verses between these two passages; in those omitted verses we hear Jesus predict his betrayal by one of his disciples.

The Gospel of Mark describes Jesus' Last Supper with his disciples as a celebration of the Jewish feast of Passover. The Jewish celebration of Passover is a memorial to and a ritual participation in the defining moment of Israel's history. It celebrates God's deliverance of his people from slavery in Egypt. The Passover meal includes many ritually important elements, such as unleavened bread, lamb, and bitter herbs. Each food item recalls an aspect of the Exodus event. The instructions for the preparation of this meal are carefully prescribed in the Law of Moses. It is a central obligation of the Jewish faith tradition to celebrate this meal and to give thanks to God for his deliverance and protection.

In the description of the Passover meal found in today's Gospel, however, Mark omits many elements of the Jewish Passover meal. Instead he describes only those elements he believes to be most essential to the Christian Eucharist: Jesus took bread, blessed the bread, broke the bread, and shared it with his disciples. Similar words and actions follow as Jesus shares the chalice with his disciples. This bread now shared is Jesus' own body. Those who drink from the chalice are invited to share in a new covenant which will be sealed by Jesus' own blood. Mark's Eucharistic theology looks forward to the Kingdom of God that Jesus inaugurates.

The Gospel for today reminds us that the Eucharist is a memorial of Christ's sacrifice on the cross. We believe that Jesus is truly present to us in the elements of bread and wine. Each time we celebrate this sacrament, we prepare for the Kingdom of God. This celebration, as the Second Vatican Council taught us, is the source and summit of the Christian life.

--Background on the Gospel Reading - taken from Loylapress.com

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### Remember in your prayers

**Those who are ill or in need of prayer:** Francis Alvanna, Elsa Bronson, Jens Hildreth, Joe Kunnuk, Ben Mercurief, Megan Mackiernan, Nancy McGuire, Charles Tunley, Alex Oyoumick, Bryce Warnke-Green, Rylan Lewis, Jay Peterson

**Those in the military:** Souther Board, Bryan Braswell, Jake Froehle, Travis Kayouktuk, Andy Lean, Christina McGuire, Michael Miller, Jennifer Thomas

## Weekly Schedule

Sunday Mass 10:30 am

Monday Mass 8:00 am

Tuesday Mass 8:00 am

Wednesday—AMCC

Thursday Mass 8:00 am

Friday Hospital Mass

12:10 pm

Saturday Vigil Mass

5:30 pm

Confessions Saturday

4:30 pm

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**Father Vince Burns**

443-5527

**Deacon Bob Froehle**

443-3750

**Mo Koezuna**

304-1492

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### Parish Council:

**Rebecca Callahan**

**Patrick Callahan**

**Angela Gorn**

**Megan Mackiernan**

**Nancy McGuire**

**Tom Moran**

## COLLECTION UPDATE

**May 31, 2015**

\$454.00

*Thank you for your support  
of our parish!*

## Want to be Happier? Forgive Someone!

(Tips from my High School Religion Teacher) - taken from Catholicmom.com (by: Meg Bucaro)

Are you struggling with forgiving someone? Have you ever held a grudge? Is there hurt in your life that you just cannot seem to let go? I have to imagine that we all have struggled with forgiveness and healing at some point in our lives, or are still struggling. This must be something that we all share, right?

I attended a program on healing and forgiveness at a friend's church because I recognized the speaker. He was someone I have known for years as he taught me high school religion and I always enjoyed his classes. His messages have consistently been practical, relatable, relevant to daily life and always humorous. I jokingly told my friends that night, that if he were to speak on how to join the priesthood, I would still go, just to hear him speak! The bonus that night was how inspired I became by the 50+ women in the audience who shared their hurts and struggles with forgiveness. We all wanted to know how to REALLY forgive, when you know that you have forgiven, and what if the person who hurt you really does not deserve to be forgiven? Fr. White answered all these questions and more.

There were a few points that really stuck out because I think they relate to all of us at one point or another, especially those who have ever relied on their faith in times of hurt. Here are my favorites:

- Women tend to beat ourselves up because it hurts less if we do it ourselves before anyone else can. (*We must stop this!*)
- The inability to forgive can kill you. (*think stress and emotional turmoil*)
- Only when we open our hands to receive (*help and grace*), and say "I can not do this alone," does true healing really begin.
- The best tool we have for forgiveness is our Catholic faith.
- Pray for the person who hurt you...not because it will help them, but because it changes our disposition towards them.
- Resentment is spiritual cancer.
- It is okay to be angry; it is not okay to hold a grudge.
- You know that you have forgiven a person when you walk into a room and do not know where they are.
- We MUST forgive because it frees us up to express our beauty (*and best self*) and the world needs our beauty, intelligence, love and forgiveness.

I will always be grateful to Fr. White for his healing message that night. Women are such beautiful nurturers that we tend to not only feel our own pain, but our friends' and family's pain, our children's pain and anyone we care about! I realize we all have our own journey and hurts to go along. If we examine and seek forgiveness and healing as a process, only then can we focus on being our best self, which God intended, with more, true lasting peace in our hearts. And what woman shouldn't have more peace in her life?

Is there hurt in your life that is preventing you from receiving God's soul filling peace? Is there someone that has caused you pain that you should forgive? What could be your first step in seeking healing and peace?

### LECTOR / EMHC SCHEDULE

Saturday, June 6		Lector: Elsa Bronson EMHC: Spruce Lynch
Sunday, June 7	10:30 a.m.	Lector: Julie Farley EMHC : Chris Agloinga, Kitty Scott
Saturday June 13	5:30 p.m.	Lector: Tom Moran EMHC: Lynette Schmidt
Sunday June 14	10:30 a.m.	Lector: Kitty Scott EMHC: Yaayuk A-S, Sylvia Paniataaq
Saturday, June 20	5:30 p.m.	Lector: Pat Malone
Sunday, June 21	10:30 a.m.	Lecotr: Gretchen Froehle EMHC: Meaan Mackernan. Chris Adloinaa

### MARK YOUR CALENDARS!!

- ◆ Monday, June 15 -  
Fr. John Hinsvark comes  
to Nome for 2 weeks

