

## HIS WORD TODAY

by Rev. William J. Reilly

Sixteenth Sunday in  
Ordinary Time  
July 23, 2023

“But though you are master of might, you judge with clemency, and with much lenience you govern us; for power, whenever you will, attends you. And you taught your people, by these deeds, that those who are just must be kind; And you gave your children good ground for hope that you would permit repentance for their sins.”

Aware that all of us are going to die, also aware that we will be judged for the good we do and the evil which sometimes overwhelms us. The book of wisdom invites us to reflect upon God’s great gift and remedy for our shortcomings. We are called to be perfect, a noble task for imperfect people. We are also called to be merciful, as is our God for us. If we see God as a merciful judge, we approach Him with great confidence. It is even better if we reflect the same virtues of mercy and clemency.

Take a minute to consider you meeting our judge. Bring to Him the gift of kindness. How easy it is for us to be kind, as will be our judge who is ‘abounding in kindness and mercy.’ Give Him your package of virtues, wrapped in a simple reflection of kindness.



# CHURCH OF ST. DENIS

MANASQUAN, NEW JERSEY

## STAFF

Reverend William J. P. Lago, Pastor  
Reverend James Burke, Weekend Assistant  
Rev. Lewis Papera, Weekend Assistant  
Mr. George R. Kelder, Jr., Deacon  
Mr. Gary J. Pstrak, Deacon

Mrs. Eileen Ziesmer, Pastoral Associate  
Mrs. Kathleen Bodnar, Parish Cat. Leader  
Mr. Mark Mataranglo, Director of Music Ministry  
Mr. Ralph Cabrera, Trustee  
Mr. Robert Butler, Trustee

BEACH CHAPEL ..... 554 East Main Street  
RECTORY ..... 90 Union Avenue ..... 732-223-0287 ..... FAX ..... 732-528-1901  
CONVENT ..... 117 Virginia Avenue ..... 732-292-0772  
RELIGIOUS EDUCATION OFFICE ..... 119 Virginia Avenue ..... 732-223-1161  
ST. DENIS CONFERENCE OF ST. VINCENT DE PAUL SOCIETY ..... 732-223-1383  
CHURCH E-MAIL ADDRESS ..... st.denis@verizon.net  
PASTOR'S E-MAIL ADDRESS ..... wlago@dioceseoftrenton.org  
WEB PAGE ADDRESS ..... http://www.churchofstdenis.org



## MASS SCHEDULE:

Weekday Masses: 7:30 AM (Mon.-Tues.-Wed.-Fri.) – St. Denis Church  
Saturday: 8:30 AM – St. Denis Church  
Saturday Evening: 4:30 PM (fulfills Sunday obligation) - St. Denis Church  
Sunday: 8:00 AM & 9:30 AM - St. Denis Church  
Mass is shown on the Parish Facebook Page each weekend.  
Sunday: 10:00 AM - Our Lady Star of the Sea Chapel  
Holy Days: See bulletin or website for schedule

**SACRAMENT OF RECONCILIATION:** Saturdays, 3:30-4:15 pm & by appointment.

**MIRACULOUS MEDAL DEVOTIONS:** Tuesday morning after the 7:30 AM Mass-St. Denis Church

**BAPTISM:** The sacrament of Baptism is celebrated on Saturday and Sunday afternoons. Parents must complete the required preparation with the Pastoral Associate and obtain godparent eligibility letters before a date for Baptism will be given. Please call the rectory for further details.

**MARRIAGE:** Please contact the rectory office for more information about weddings. All couples contemplating marriage are asked to give the priests one year prior notice in order that all the requirements for marriage can be satisfied. Do not reserve the reception hall before contacting the church; your requested date may not be available.

**CARE OF THE SICK AND HOMEBOUND:** We will gladly bring Holy Communion to anyone who is ill or otherwise unable to get to Mass. Please call the rectory to make arrangements. The priests and deacon make regular visits to the local hospitals. Please call the rectory if any loved one is hospitalized.

**RITE OF CHRISTIAN BURIAL:** At such times of deep pain and loss, we seek to offer our bereaved families comfort and hope as they commend their loved ones to God. Please note that, in accordance with Church regulations, eulogies are not permitted during Funeral Masses.

**RECTORY OFFICE HOURS:** Monday-Thursday 8:30 AM-12:00 noon & 1:00 PM- 4:30 PM, Friday 8:30 AM- 12:00 noon only. There are no office hours on Saturday & Sunday. Evenings are by appointment only.

**NEW PARISHIONERS:** Welcome! We encourage new families moving into the area to stop in or call the rectory to arrange for registration.

**CELIAC SPRUE PARISHIONERS** – Saint Denis provides a low gluten (<0.01% gluten content) host. Parishioners who are gluten-intolerant should see a deacon or priest prior to the start of Mass in order to be included in the reception of the Eucharist.

**VISIT US ON FACEBOOK-** Saint Denis Parish Facebook page: [www.facebook.com/churchofstdenis](http://www.facebook.com/churchofstdenis). You don't need to have a Facebook account to read parish news and updates, but would need one to leave comments and feedback.

**Saturday, July 22, 2023**

8:30 am Kay Farrell by the Heuser Family  
 8:30 am Theresa Sergel by Jean Lennon-Eslinger  
 8:30 am Harold Zuber by Maryann Crowe  
 4:30 pm Walter "Whitey" Wojton (25th Anniversary)  
 by his Daughter, JoAnn  
 4:30 pm Victor Avon by his Son  
 4:30 pm Donald Dickson by his Family

**Sunday, July 23, 2023**

8:00 am For the People of the Parish  
 9:30 am William Rottino by Mary Rottino  
 9:30 am Richard Ples by Bill & Mary Ellen Bell  
 9:30 am Frank Wall by Colleen Carton  
 10:00 am John Fritz by Jeffrey Aversa  
 10:00 am Marie Rose Policastro by Jeffrey Aversa  
 10:00 am Donald Aversa by Jeffrey Aversa

**Monday, July 24, 2023**

7:30 am John J. Fox by John & Ellie Fox  
 7:30 am Jim & Jerry Maywalt by Gene Bialas  
 7:30 am Roger Brandell by Family

**Tuesday, July 25, 2023**

7:30 am Al Essner by Gene Bialas  
 7:30 am Christine Mutch by Gene Bialas  
 7:30 am Helen Oneto by Gary & Cathy Negra

**Wednesday, July 26, 2023**

7:30 am Anna Piccinich by Betty Scrivanich  
 7:30 am Augustine Sindabiwe by Parish of Saint Denis  
 7:30 am Thomas Quinn by Susan Schreck  
 7:30 am Eugene Ertle by his Children

**Thursday, July 27, 2023**

No Mass

**Friday, July 28, 2023**

7:30 am Bernard & Agnes Gowen by the Gowen Family  
 7:30 am Mellody & Lennon Families by Harry Mellody  
 7:30 am Michael Smith by Tara Vermillion

**Saturday, July 29, 2023**

8:30 am The Parish Family of St. Martha Church  
 in Pt. Pleasant  
 4:30 pm Rosemary Vorbach by K of C #3231  
 4:30 pm Elizabeth Stankunas by Deacon Gary  
 4:30 pm Karen & Patricia Monaghan by the Easton Family

**Sunday, July 30, 2023**

8:00 am Maurice Fitzgibbons by Kevin & Fran Kearns  
 8:00 am Anthony Comforti by Kevin & Fran Kearns  
 8:00 am Lounna Meo Kaven by Fran & Kevin Kearns  
 9:30 am For the People of the Parish  
 10:00 am Ruby Clark by Patrick Lewis  
 10:00 am Louise Anderson by Cheryl & Frank & Janet & Brian  
 10:00 am Roger A. Brandell by Charlotte & Jay Madison

**MASS INTENTIONS** for the weekend, as well as the coming week, can be found on our parish website on Friday mornings [www.churchofstdenis.org](http://www.churchofstdenis.org)

**PLEASE PRAY FOR THE DECEASED** especially Carol Dillon.



especially Doris Abruzzo, Maiya Andrews, Velma Andrews, Peggy Andrich, Vincent Azzollini, Baby Lucy, Bobbie Banks-Grove, Edith Bean, Belle & Ashton, Bernadette Bevan, Stanley Bevan, Joseph Bick, Lois Borton, Holly Boyd, Cathleen Brenner, Borgias Family, Lois Brookes, Karen Brown, Eileen Byrne, Stephen Byrne, Barbara Cabrera, Campbell Family, Dule Campbell, Sean Campbell, Mary Carstens-Lockenmeyer, Amanda Castro, Albert J. Cifelli, Mark Clarkin, Elizabeth Clos, Christine Coburn, Mary Collins, Mary Conlon, Jimmy Conrey, Rick Constrisciano, Thomas P. Coyle, Linda Custode, Mary Damico, Duane Danish, Lauren Davis, Rose De-

Marco, Constance & Hugh Doherty, Frank Dugan, Lisa Dunfee, Thomas Evans, Thomas Fahey, Gail Fallon, Chris Faraca, Joseph Fiamingo, Christine Fields, Steve Ford, Nannette Forkan, Denise Frank, Norma Friel, Mary Anne Gearing, Katherine Geiger, Nicole Giambrone, Sharon Goettle, Johnny Gondek, Baby Kelly Grace, Phillip Graceffa, Julianna Grusso, Angeline Hart, Irene Hayes, Jeanne Hayes, Teresa Hayes, Thomas Hayes Jr, Beverly Heinz, Sandy Heitner, Shawn Herenburg, Katie Holbrook, Jimi Hood, Lori Hurd, Baby Cayden Joseph, Gordon Justin, Eugene Karpinski, Jim Kazenmayer, Haley Keating, Marian Keefe, Catherine Kelleher, Robert Kelleher, Regina Kiesche, Bill Koch, Tanner Koch, Bridget Korn, Christopher Kurtanick, William Liao, Barbara Liggett, Elizabeth Ann Linden, Joan Lipscomb, Nick Ljuljana, Frank Lopez, Linda Lowery, Barbara Magda, Douglas McCartney, Ed McCullough, Michael McGonigle, Helen McGowan, Michael McNulty, Claire Meachum, Frank Meidenbauer, Nair Messias, Ronnie Micciulla, Marylee Monsell, Mary Moran, Elizabeth Morgan, Margaret Mullin, Nancy Murphy, Pauline Naturile, Nesbitt Family, Jack Noble, Jennifer Noble, Neil O'Callaghan, Catherine O'Connor, Sue O'Connor, Gerald O'Keeffe, Diane Padluck, Wes Pal, Dolores Palmisano, Joanne Panzarella, Joseph Pastore, Charlotte Pentek, Tony Picinich, Mike Pierce, Lisa Pirrello, Marty Pirrong, Samara Pirrong, Timothy Michal Przywara, Vera Raffetto, Windell Rainey, Leanna Rawson, Al Ricciardi, Marybeth Richards, Joel Rivera, Taryn Rotondi, Christina Roundtree, Christian Russo, Donna Schwear, Slotnick Family, Rob & Katie Spawn, Susan Suagee, Norma Summers, Sadie Svenson, Marie Tashjian, Cindy Tomkins, Jim Trischitta, Paul Tuyp, Phyllis Van Salders, Riley Veazey, Dee Vulgaris, Siobhan Vuono, Stephen Whyte, Kathy Wicks, Karen Williams, Marilyn Woerner, Patricia Wolfe, Albert Wood, Butch Wright, Linda Wynd, and Werner Ziesmer.



**Ladies,**

Curious about Walking with Purpose?

**Walking with Purpose (WWP)** is a women's study that dives into the Catholic faith in a way that is not intimidating or overwhelming.

WWP will reveal your Catholic faith in a new way—giving you the answers and tools you need to live in a world of uncertainty.

At WWP we learn how to face life's uncertainties and "walk" through life with peace, joy, and purpose.

**JOIN US FOR A**

**WWP SUMMER SAMPLE.**

**July 25, 2023**

**7pm, St. Denis Parish Center  
(School Building Cafeteria)**

**Lessons provided. No cost, simply *Open Your Heart.***

**Email your name to Allison at [allisonpenkethman@gmail.com](mailto:allisonpenkethman@gmail.com) to sign up.**

(Full WWP Study starts in Oct--

go to [www.wwpnjshore.com](http://www.wwpnjshore.com) for more info.)

**ST. DENIS MEN'S GROUP** is growing; we had **50 men participating in our spring program.** The group generally meets the 2nd and 4th Tuesdays of the month in the Parish Center from 6-7 pm. **We kicked off our summer program, "Fearless" with Chris Stefanick.** Our "Fearless" program will consist of several meetings over the summer. Each meeting starts with watching one of the videos, followed by a group discussion. All men are invited. Feel free to attend whenever you want, even if you can only make 2 or 3 meetings. Each video is stand alone, so if you miss a meeting, you can pick-up at the next meeting. Our "Fearless" meeting schedule is as follows: **July 25th, Aug. 8th, Aug. 22nd, Aug. 29th.** For more information, contact St. Denis Rectory at 732-223-0287.

**SAINT DENIS PRAYER GROUP**-The Prayer Group meets at 12:00 noon each Monday in St. Denis Church. There are no meetings on holidays. All are welcome.



especially Navy Lt. Rachael M. Honrath, Navy LS2 Nora N. Honrath, Army Major Matthew Cauda, Navy LL. Edward P. Windas, USMC Lance Corporal Laura Licata, Contractor Benjamin Ostrow, Air Force Major David Smith, Army Major Sean Fessenden, Army Lt. Nik-

kole Crosson, Navy Captain Colin S. Walsh, Army Captain Dr. Justin Eisenman, Army Lt. Brian Quinn, Navy E4 Patrick Moynihan, Air Force 1st Lt. Dominic Celiano, Air Force Academy Cadet 2nd Class Slade Kelling, Coast Guard Petty Officer Joseph Beattie, Navy CM Taylor Nesbitt, Airman Devon Webster, Army Private 1st Class Cody Svenson, Lt. Jg. Mary T. Herman, Matthew Van Pelt, Army, USMC Capt. Philip Cahill, USN LTJG Michael Zimmerman, Air Force 2nd Lt. Jason Trischitta, US Army 2nd Lt. Allison M. Ingraham, PFC Joseph J. Foley, Jr. USMC, Airman Andrew Halmi, Sgt. Jordan Basile USMC, US Army Airborne Private Zachary Hoyle, Army 2nd Lieutenant Brendan Ertle, USMC Corporal Patrick Bednarski, USMC 1st Lt. Diego Heinzerling, and USMC Private Robert E. Mullin IV.

**BACK TO SCHOOL DRIVE**-Young children of Monmouth County helped through the Division of Children Services need our help for "Back to School" items. A box for your donations is in the Church and Chapel and at the Rectory.



We need all donations by the end of July. Items will then be provided to the case workers to have enough time to deliver to their families in August, so the children will be ready for the first day of school in September. All school supplies are needed: backpacks, lunch boxes, pencil cases, notebooks,

**GARDEN NEWS**— We no longer need plastic containers for our Giving Garden. We thank you all for your generous donations.

**HAPPY 75<sup>TH</sup> ANNIVERSARY CHURCH OF THE VISITATION**- This year marks the 75<sup>th</sup> Anniversary of the founding of Visitation Parish in Brick. The parish will conclude its anniversary with a special Mass celebrated by Bishop David O'Connell. This will be followed by a 3 course sit down luncheon. There will be entertainment and dancing with Bob Kulik. Bob toured with the group "The Happenings" for 28 years as a singer. Some of their hits included; See You in September, Go Away Little Girl, I Got Rhythm, Breaking Up is Hard to Do, Why Do Fools Fall in Love, and so many others. When: Sunday, October 15, 2023 Mass: 11:00 AM Visitation Church Luncheon: 1:00 ~ 5:00 PM Where: Clarion Hotel ~ 815 Rt. 37, Toms River Cost: \$40.00 per person. Tickets are on sale now at the Visitation Rectory Office, or by visiting the website at [visitationRCchurch.org](http://visitationRCchurch.org) The luncheon will be open seating, however paid tables of ten will be reserved. Time to get your group together and reserve a table now! For additional information, please email [dpatetta@visitationRCchurch.org](mailto:dpatetta@visitationRCchurch.org).

**WHY BECOME A HOSPICE VOLUNTEER?** The simplest gifts are often the most profound. If you've got time, empathy, and compassion, you have the ability to support those nearing end of life. If you have been searching for meaningful ways to spend your time, we invite you to explore the role of hospice volunteer with VNA Health Group. Companionship visits in patient's homes or facilities in Ocean or Monmouth County, pet therapy, administrative projects, or comforting phone calls from our Toms River office, are just some of the ways in which our volunteers support patients and their families. Training will be provided by members of the VNA Hospice Team on 3 consecutive Wednesdays: September 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> 10:00 am – 3:00 pm Advanced registration is required. *Volunteers must attend all 3 sessions.* 1433 Hooper Ave, Toms River To register or for more information please contact the rectory office at 732-223-0287.

### **OUR PROMISE TO PROTECT**

The Diocese of Trenton is committed to the initiatives outlined in the U.S. Bishop's Charter for the Protection of Children and Young People in regard to the reporting and investigation of sexual abuse allegations involving minors. If you have been sexually abused as a minor by a member of the clergy or anyone representing the Catholic Church, or if you know of someone who was, you can report that abuse through the Diocesan Abuse Hotline: **888-296-2965**





WEEK OF JULY 23, 2023  
IN LOVING MEMORY OF  
WILLIAM ROTTINO  
REQUESTED BY MARY ROTTINO

**EUCCHARISTIC ADORATION** takes place First Fridays, from noon to 1 pm, in the church. We look forward to the beautiful prayer of presence with our Lord. All are welcome!

**LOW-GLUTEN HOSTS** – Those in need of these specially approved Communion hosts at Mass are invited to receive from the priest. Look for the small cup attached to the priest’s ciborium, in order to receive the sacramental Body of Christ with a low gluten host.

**REGISTRATION FOR RELIGIOUS EDUCATION PROGRAM 2023-24-** All new students entering the 1<sup>st</sup> grade this Fall and all returning students must complete a new registration form each year in order to keep our records up to date. New students must provide a Baptismal certificate. All transfer students from other religious education programs should also include a copy of the Baptismal certificate, proof of any sacraments received if not at St. Denis, and a letter or progress report showing what level has been completed to date. Download the form from the St. Denis Church website <http://www.churchofstdenis.org/> under the Religious Ed tab. If you require any further information regarding the Religious Education program, please do not hesitate to contact the Religious Ed office at (732) 223-1161 or email: [office@stdenisccd.com](mailto:office@stdenisccd.com) We thank you for your interest in choosing to further your child’s Faith Formation at St. Denis Parish.

**BISHOP’S ANNIVERSARY BLESSING 2023-**All couples celebrating their 1st, 25th or 50+ wedding anniversary during 2023 calendar year are invited to share the Eucharist, reaffirm your sacred wedding vows, and receive Bishop O’Connell’s Episcopal Blessing. Anniversary couples from Ocean and Monmouth Counties may attend the Mass and reception at the Co-Cathedral of St. Robert Bellarmine in Freehold on Sunday, October 8, 2023 at 3 pm. For more info and to register for this event online visit us at [www.dioceseoftrenton.org/bishops-anniversary-blessing](http://www.dioceseoftrenton.org/bishops-anniversary-blessing), or call your local parish office. The registration deadline for all anniversary couples is September 15, 2023.



**St. Vincent De Paul Society’s Food Pantry at St. Denis Church Phone: 732-223-1383**

Location: Msgr. O’Connor Hall  
(lower level of church)

There is curbside pick-up of prepackaged food with social distancing.

Questions or special food needs?

Please call our hotline number at 732-223-1383

Pantry hours: Tuesdays: 1PM–3PM

This week’s needed items:

Apple juice and cereal

Donations can be dropped off at the shopping cart in the gathering space of the church. For monetary donations please make checks payable to: SVDP/St. Denis Conference. On the memo line please write: “Food Pantry”. Thank you!

**CURSILLO** is all about building long-term Christ-centered relationships with God and others through prayer and a focus on authentic Christian living. For information contact [trentoncursillo@gmail.com](mailto:trentoncursillo@gmail.com) or 609-396-8447 x14.

**33 DAYS TO MERCIFUL LOVE** by FR. MICHAEL E. GAITLEY, MIC- Please join us for a summer 33-day retreat. Fr Gaitley, who authored 33 Days to Morning Glory, was inspired to explore St. Therese of Lisieux’s Offering to Merciful Love. The retreat is presented in a wonderfully readable and understandable manner. St. Therese’s Little Way teaches us how we can glorify God’s mercy by doing small things with great love. Each participant will listen to a 30-minute audio weekly, read a five minute passage each day, and then we will meet weekly to discuss at St. Margaret Church, Duffy Hall, located at 300 Ludlow Ave. in Spring Lake, 10:00 AM - 11:30 AM Wednesdays July 26, Thursday August 3, Wednesdays August 9, August 16, & August 23. **NO PREVIOUS EXPERIENCE NECESSARY.** Please email: Ruthie Wagner [ruthier2@comcast.net](mailto:ruthier2@comcast.net) or Steve Kenny [skenny17@mac.com](mailto:skenny17@mac.com)

**THE SOCIETY OF ST. VINCENT DE PAUL**



Admission into heaven is something money cannot buy. The only currency that has any value to secure our entrance is that of love. In a world where so many things can be bought with money, our minds often center more on money than love. What Jesus is trying to tell us is that money is a good servant-but a bad master. When money is employed as a servant, it can bring joy and comfort to millions and especially to those who have little or none of it.

Our goal as members of the Society of St. Vincent de Paul, is to enable money to be a servant of the poor, but also to demonstrate the love of Christ to those we help. But, let money become our master, let it take first place in our lives and it can become a tyrant. It can harden our hearts and blind our vision of the supreme realities of our existence.

Millions of “dollars” passed through the hands of St. Vincent and he made every cent a good servant. Vincent regarded the money which he received or possessed as the “patrimony of the poor” and so it was always to be used for the benefit of the poor. The parishioners of St. Denis, in their generosity, continue to make it possible for us to make every dollar a “good servant” for the poor.

If you would like to donate to our ministry, checks can be made payable to “SVDP/St. Denis Conference” and placed in the shopping cart in the gathering space of the church (envelopes available). At the Beach Chapel, please drop them in the collection basket.”

To learn more about helping those in need, come to the Society’s next meeting on Thursday, August 17, 2023 at 7 pm in the Parish Center. **The July meeting has been canceled.**

If you need assistance, please call the hotline at 732-223-1383.

## **A MESSAGE FROM FATHER BILL**

God bless all grandparents and all the seniors of our parish as we celebrate, with all Catholics, the World Day of Prayer for Grandparents and the Elderly on this weekend closest to the Feast of Sts. Joachim and Anne, parents of our Blessed Mother, and grandparents of Jesus. As Pope Francis wrote: “The Holy Spirit, who had earlier descended upon Mary, prompted her to respond with the Magnificat, in which she proclaimed that the Lord’s mercy is from generation to generation. That same Spirit blesses and accompanies every fruitful encounter between different generations between grandparents and grandchildren, between young and old. God wants young people to bring joy to the hearts of the elderly, as Mary did to Elizabeth, and gain wisdom from their experiences. Yet, above all, the Lord wants us not to abandon the elderly or to push them to the margins of life, as tragically happens all too often in our time. ...To better appreciate God’s way of acting, let us remember that our life is meant to be lived to the full, and that our greatest hopes and dreams are not achieved instantly but through a process of growth and maturation, in dialogue and in relationship with others. Those who focus only on the here and now, on money and possessions, on “having it all now”, are blind to the way God works. His loving plan spans past, present and future; it embraces and connects the generations. It is greater than we are, yet includes each of us and calls us at every moment to keep pressing forward. For the young, this means being ready to break free from the fleeting present in which virtual reality can entrap us, preventing us from doing something productive. For the elderly, it means not dwelling on the loss of physical strength and thinking with regret about missed opportunities. Let us all look ahead! And allow ourselves to be shaped by God’s grace, which from generation to generation frees us...”

This week marks Natural Family Planning Awareness Week, which is a national educational campaign. We celebrate and reverence God’s vision of human sexuality. The Church teaches that the sacrament of marriage symbolizes Christ's relationship with His Church. What is this relationship but one of total, faithful, permanent, and fruitful love! When couples live their vocation according to Church teachings, especially with regard to the transmission of life, many benefits can be reaped. Indeed, married couples who use Natural Family Planning (NFP) report that among these benefits is their mutual growth in holiness and consequent deepening of their respect and awe of God's gifts of human sexuality, marriage and family. These are gifts that call for praise! The dates of Natural Family Planning Awareness Week highlight the anniversary of the papal encyclical *Humanae Vitae* (July 25) which articulates Catholic beliefs about human sexuality, conjugal love, and responsible parenthood. For further information, contact [nfp@uscgb.org](mailto:nfp@uscgb.org). As always, I am available to speak of NFP to anyone interested; I do speak of it to each of the couples I am preparing for the Sacrament of Matrimony. But most importantly, don’t forget that there are women who teach NFP to other women. I know them personally, as great women of faith who are so approachable and positive in their approach to life. If you contact me, I can put you in touch with them and you can take it from there. All I know is that God has given people a great gift in NFP and throughout all my priesthood, I have had such positive feedback from every couple who have practiced NFP in their marriage. May God bless all married couples and all who minister to them during this Natural Family Planning Awareness Week and always.

### **NFP AWARENESS WEEK—July 23–29, 2023**

In celebration of 2023 National Natural Family Planning Awareness Week (July 23-29), the Diocese of Trenton encourages all married couples in their fertile years to learn more about *Fertility Awareness Based Methods* of Family Planning that cooperate with God’s wonderful plan for co-creation and responsible parenthood. Natural methods of family planning are consistent with the healthy, holistic lifestyle so many couples are seeking today. To learn more Natural Family Planning or to take an online class, go to [www.dioceseoftrenton.org/natural-family-planning](http://www.dioceseoftrenton.org/natural-family-planning), or call 609-403-7156.

So, what is Natural Family Planning (or NFP) anyway? The Church encourages married couples to learn about NFP methods because they represent authentic family planning that can be used both to achieve or postpone pregnancy. NFP makes use of periodic abstinence from sex based upon the observation of the woman’s natural signs of fertility, in order to space births or to limit the number of children when there is a serious reason to do so. No drugs, devices, surgical procedures, or other artificial means are ever used to avoid pregnancy. This practice fosters in married couples an attitude of respect and wonder in their openness to human life, which is always sacred! It also fosters profound respect for one’s spouse, which is necessary for authentic intimacy.

Isn’t Natural Family Planning just like contraception for Catholics?—NO!! There is a BIG difference between Natural Family Planning (NFP) and contraception!! Contraception actively employs a drug, device or surgical procedure to inhibit or block the natural effects of the sexual act. It always strives to separate the bodily union of the man and woman from any possible procreative effects of that union. NFP teaches mutual respect of the spouses, always drawing them closer together in every way. NFP allows spouses to avoid conception by identifying the naturally occurring infertile times of the woman’s cycle when they have a serious reason to avoid conception...NFP can also help spouses achieve pregnancy, even, in some cases, when there are significant fertility issues... now that’s REAL family planning! Either way, Natural Family Planning always values fertility as a gift, never as a problem, works with the body, not against it, and respects God’s design for married love...On top of all that, it’s free, “organic”, and good for the environment! Be on the lookout for more information about NFP in the bulletin over the next few weeks. For more information about NFP education in our area, email Peg Hensler at [phensler@dioceseoftrenton.org](mailto:phensler@dioceseoftrenton.org)



**Summer Adult Faith Opportunities**

**Walking With Purpose Summer Sample**

July 25, 2023

7pm St. Denis Parish Center (School Building Cafeteria)

**St. Denis Men’s Group Summer Program**

“Fearless” with Chris Stefanick

Come to all or just one or two sessions

July 25, August 8, August 22, August 29

6-7 pm St. Denis Parish Center (School Building Cafeteria)

**Personality Dimensions and Spirituality- Father Bill**

How personality impacts our spirituality and our relationships with God, self and others

Monday, July 24<sup>th</sup> 10am & 7pm St. Denis Church

**Life of the Beloved- Spiritual Living in a Secular World-**

**A three part study of the book**

**by Henri Nouwen- Eileen Z.**

Come to 1 session or to all 3- either way, there is something to share!

**Session 1: Being the Beloved** Thursday, August 10<sup>th</sup>  
10am & 7 pm

**Session 2: Taken and Blessed** Thursday, August 17<sup>th</sup>  
10 am & 7pm

**Session 3: Broken & Given** Thursday, August 24<sup>th</sup>  
10 am & 7pm

*Come and share in the enlightenment of the sunny summer months!*

*All of these programs count towards the Religious Education Adult*

*Faith Component.... more to be announced!!*

**MOVING?** Please inform the rectory office if you are moving out of the area or if you have a change of address, so the envelope company can be notified. Thank you!

**ONLINE GIVING-** To help support our parish more easily we offer online giving! For information or to sign up, go to our parish Website [www.churchofstdenis.org](http://www.churchofstdenis.org) and click on “Online Giving”.



**July 9, 2023**

Weekly Collection- \$11,142.00

2nd Collection- Building Repairs- \$4,281.00

***THANK YOU FOR YOUR GENEROSITY !***

**RECOVERY CORNER**



Monday 7PM “SMART Recovery for Family and Friends”...Education and support using current concepts and a workbook, continuously cycling through the year. Right things, not wrong things. Presently just virtual on Zoom.

Thursday 7PM “Life Recovery Bible Study”...The 12 steps of Anonymous Recovery framed in their origin in holy scripture along with corollary readings. An education and support program featuring scripture and workbook assistance to enlighten and empower those seeking recovery from substance or behaviors. Presently just virtual on Zoom. Call the rectory office for more information.

Thursday 10AM “Life Recovery Bible Study”...Same as above but specializing in corollary readings from the 12 Gifts, the 12 Laws, the 12 Missteps of recovery and other corollary readings. Presently just virtual on Zoom. Call the rectory office for more info. Life Recovery Bible Weekly Podcasts by City of Angels Recovery Radio <https://play.google.com/store/apps/detail/sidst.shoutca.sh.coan> Download this app to listen to Life Recovery Bible podcasts. New ones can be heard each Sunday at 10AM and 10PM. There is a library of older podcasts. Please share with friends in recovery or anyone who may want to listen.

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October 10 March 5  
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A series for those who want to learn and practice Centering Prayer and have it become a way of life. You will notice that it changes your life radically. The evenings include two 20-minute Centering Prayer periods, with some Scripture between. We will view a short Thomas Keating video on Centering Prayer and use the classic *The Cloud of Unknowing* translated by Carmen Butcher between sessions...a restful monthly evening retreat. Led by S. Macy. Donation: \$200.

**Living Contemplatively** 9 Saturdays 9:15 AM – 3:30 PM  
September 16 December 9 March 2  
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November 11 February 3 May 4

This program calls out to those who desire to live more contemplatively in the world, to grow in union with God and others, and to become more aware, intentional, and free. God liberates us and heals us through the practice of contemplative prayer. Wonderful spiritual reading will support our contemplative prayer throughout the year. It’s well worth a day a month and an hour a day. Bring your lunch.





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