

RELIGIOUS EDUCATION FORMATION

CCD: Catholic Christian Discipleship

Teach the children how they should live and they will remember it all of their life! (Proverbs 22:6)

Reclaim the Lord's Day: Attend Mass

HOW TO CELEBRATE SUNDAY AS A CATHOLIC

When God gave Moses the Ten Commandments, he reminded us "to **keep holy the Sabbath Day**. Six days you may labor and do all your work, but the seventh day is the Sabbath of the Lord, your God" (Exodus 20:8-9).

Sunday is the Lord's day, a day of rest. There was a time when Sunday was a special day. Catholics went to church on Sunday morning. Sunday afternoon was a great time to visit with relatives, read a book or take a nap. Most stores were closed and families would gather for dinner on Sundays. It was unthinkable to do housework or laundry. Today, Sunday seems like just another day. Supermarkets and malls have parking lots filled with cars. Families juggle work demands with the busy schedule of their children involved in sports and other activities. Sunday has become another day for catching up on errands and chores.

We have to ask ourselves if this is a good thing? What implications does this round-the-clock world have on our physical, mental and spiritual well-being? Experts agree that it is important to balance activity with rest. This strain of activity depletes your energy and produces feelings of tension and fatigue. Rest gives your body a chance to replenish itself. **Sunday gives our souls a chance to catch up with our busy lives, appreciate our blessings and draw us closer to God.**

If you want to reclaim the Lord's Day, you have to make it a priority. When we set aside time for God, we begin to see everything from a different perspective. Our lives no longer spin out of control because God is in charge. We can look forward to Sunday as a holy day. Make a commitment to attend Mass every Sunday to hear God's words in the Scripture and be nourished by the Eucharist. **Mass is one hour out of 168 hours in the week.** Take care of shopping and errands during the week or on Saturday. Try to fit a family meal in on Sunday. Slowing down your Sunday may be a welcome change! Yes, it may be difficult at first but God will help you!

In the story of creation, God rested on the seventh day - not because he was tired but **because he wanted to give us an example of how to live.** He showed us that work is not an end in itself. He created a day of rest. "God blessed the seventh day and made it holy because on it he rested from all the work he had done in creation" (Genesis 2:3).

OUR WEEKLY GIVING

	COLLECTED	*NEEDED*
	March 18-19	
	Ss. Peter & Paul	
Adult Envelopes	\$ 1,498.00	970.00
Loose	\$ 83.00	77.00
Total	\$ 1,581.00	*1,047.00*
Month of March		
Building Fund =	\$ 1,551.00	*1,667.00/mo*
	St. Stanislaus	
Adult Envelopes	\$ 810.00	500.00
Loose	\$ 145.00	77.00
Total	\$ 955.00	*577.00*
Month of March		
Building Fund =	\$ 225.00	*500.00/mo*
	St. John	
Adult Envelopes	\$ 610.00	827.00
Loose	\$ 80.00	120.00
Total	\$ 690.00	*947.00*
Month of March		
Building Fund =	\$ 443.00	*667.00/mo*
	St. Michael	
Adult Envelopes	\$ 300.00	250.00
Loose	\$ 85.00	29.00
Total	\$ 385.00	*279.00*
Month of March		
Building Fund =	\$ 52.00	*84.00/mo*
*The weekly Envelope & monthly Building Fund totals needed are based on the 2022-2023 budget set by each Parish Council.		

Centered in the Eucharist

Catholic Services Appeal 2022-2023

	Assessment	Payments & Pledges	Amount Due
Ss. Peter & Paul	\$ 10,860.00	\$ 5,800.00	\$ 5,060.00
St. John	\$ 9,049.00	\$ 5,635.00	\$ 3,414.00
St. Stanislaus	\$ 5,759.00	\$ 2,930.00	\$ 2,829.00
St. Michael	\$ 3,018.00	\$ 1,450.00	\$ 1,568.00

OUR SPONSOR THIS WEEK

