

## ST. THERESA CATHOLIC CHURCH – Sunny Hills

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Please remember to leave a message when you call our Office or Em. lines.

Email: [moodyp@clergy.ptdiocese.org](mailto:moodyp@clergy.ptdiocese.org)

St. Theresa Parish Website: <http://sttheresa.ptdiocese.org>

“There is no higher dignity than to serve Christ.” - St. Ambrose

“... whoever exalts himself will be humbled,  
and the one who humbles himself will be exalted.”



The parishioners of St. Theresa and Fr. Paul Moody welcome everyone as we gather to worship.

### Mass Times for The Thirtieth Sunday in Ordinary Time and the Thirtieth Sunday Week of Ordinary Time.

October 22 Saturday Vigil Mass 5:00 pm  
Thirtieth Sunday in Ordinary Time

Intention: + Marta Gierowska

October 23 Sunday Mass 9:00 am  
Thirtieth Sunday in Ordinary Time

Intention: + Dolores M. Moody

October 24 Monday Mass – 8:00 am  
Thirtieth Week of Ordinary Time

Intention: Noah Nguyen

October 27 Thursday Mass – 8:00 am  
Thirtieth Week of Ordinary Time

Intention: + Frank Biela

October 28 Friday Adoration 7:00 am to 8:00 am  
Sts. Simon & Jude, Apostles - Feast Mass – 8:00 am

Intention: + Hans Reiband

October 29 Saturday Vigil Mass 5:00 pm  
Thirty-first Sunday in Ordinary Time

Int: All Single Men & Women

October 30 Sunday Mass 9:00 am  
Thirty-first Sunday in Ordinary Time

Intention: + Margaret Ciesla

“Lord give us grateful hearts and make us mindful of the needs of others.”

**ALL SAINTS DAY on Tuesday November 1 is a Holy Day of Obligation.** We will celebrate Mass on Monday, October 31 at 6:00 pm and on Tuesday, November 1 at 8:00 am for All Saints.

**ALL SOULS:** Mass is on Wednesday November 2 at 8:00 am for the Commemoration of All Souls.

**And Mary said, 'Behold, I am the handmaid of the Lord; let it be to me according to your word'" (Luke 1:38).**

**Prayer Requests:** We continue to pray for all of our parishioners who are sick and for the people who care for them. Please pray for all of the members of our Armed Forces and for all of our Law Enforcement Officers, especially Deputy Dakota Jarvis and Brian Paridon as they risk their lives to keep us safe.



There are special prayer requests for Jennifer Nason, Mrs. Maria Doniec, Mrs. Sonia Burke, Joana Macijauskas, Mrs. Hella Tompkins, Mrs. Ann Ivers, Albina Vysniauskas, Brone and Vida Nakas, Dennis & Jean Sandfort, Maria Antoniewicz, Glen Zanetic, Mrs. Anna Jarzabek, Fr. Andrew Sosnowski, Mrs. Jadwiga Kuc, Robert Espinosa, Winifred & Steve Flowers, and Bruce Paridon. Please remember to pray each day for the souls in purgatory and for our fellow parishioners at St. Theresa.

**"Anyone who wants to learn true humility should reflect upon the Passion of Jesus."  
- St Faustina**



**New Parish Hall Roof Finished:** Our Parish Hall roof has finally been replaced. The many leaks and on-going damage to the interior of the Parish Hall and the kitchen has been addressed. The rotten wood in the roof was replaced, a new moisture barrier was installed over the whole roof, joining the parish hall roof to the Church roof was done in a proper way, and new shingles on the whole roof. We still have to repair the interior damage but it is a relief to have the new roof on. The roof replacement was paid for with money

from the Parish Savings account, which is now greatly diminished. There is not a specific roof account set up, so anyone who may want to help with the cost of the new roof, please make any donations out to St Theresa Catholic Church. Thank you all very much! God willing, we will not need to think about any of our roofs for a while!

**"A truly humble person never believes that he can be wronged in anything. Truly, we ought to be ashamed to resent whatever is said or done against us; for it is the greatest shame in the world to see that our Creator bears so many insults from His creatures, and that we resent even a little word that is contradictory." - St. Teresa of Avila**



**October Is Respect Life Month:** Each October the Catholic Church in the United States celebrates Respect Life Month and the first Sunday of October is observed as Respect Life Sunday. As Catholics, we are called to remember every life is valuable to God and to cherish, defend, and protect

those who are most vulnerable, from the beginning of life to its end, and at every point in between.

With the Supreme Court ruling which returned abortion laws to the individual states' jurisdiction, Catholics need to be aware of upcoming legislation in their states, political positions of those running for public office, and provide support to unwed and low-income mothers who want to give birth to their children. **We should also pray for a change of heart for those who seek, advocate, financially support, and use their medical knowledge to end the lives of unborn children**

**Thank You**



**You Made My Day**

**Thank You!** A big thank you to Gene, Laurie and Larry, Cherry, Debbie and Steve for their dedication and hard work to help Catholic Charities distribute food to those in need! The Caring Coach is at St Theresa the second Wednesday of each month and without our volunteers this would not be possible. We also thank Catholic Charities for their out-reach programs which benefit so many in our Diocese!





**“O Jesus! When You were a Pilgrim on earth, You said: “Learn of Me for I am gentle and humble of heart and you will find rest for your souls.” O Mighty Monarch of Heaven, yes, my souls finds rest in seeing You, clothed in the form and nature of a slave, humbling Yourself to wash the feet of Your apostles. I recall Your words that teach me how to practice humility: “I have given you an example so that you may do what I have done. The disciple is not greater than the Master ... If you understand this, happy are you if you put them into practice.” Lord, I do understand these words that came from Your gentle and humble heart and I want to practice them with the help of Your grace. I beg You, my Divine Jesus, to send me a humiliation whenever I try to set myself above others. I know, O my God, that You humble the proud soul but to the one who humbles one’s self You give an eternity of glory. So I want to put myself in the last rank and to share Your humiliations so as “to have a share with You” in the kingdom of Heaven. But, You know my weakness, Lord. Every morning I make a resolution to practice humility and in the evening I recognize that I have committed again many faults of pride. At this I am tempted to become discouraged but I know that discouragement is also pride. Therefore, O my God, I want to base my hope in You alone. Since You can do everything, deign to bring to birth in my soul the virtue I desire. To obtain this grace of Your infinite mercy I will very often repeat: “O Jesus, gentle and humble of heart, make my heart like Yours!”**

**(Prayer of St. Therese of Lisieux)**

"Prayer is the raising of one's mind and heart to God or the requesting of good things from God." But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart? He who humbles himself will be exalted; **humility** is the foundation of prayer, Only when we humbly acknowledge that "we do not know how to pray as we ought," are we ready to receive freely the gift of prayer. "Man is a beggar before God." **(CCC 2559)**

**How to Request a Mass Intention at St. Theresa:** Please put your mass intention(s), a specific date(s), if desired, whether the person is deceased or living, and the \$10 per mass offering into a plain envelope marked Mass Intention. Please include your name and a phone number in case there are any questions. Then, either put it into the offertory basket or hand it to Fr. Paul. If the date(s) you requested have already been scheduled, the mass intention will be scheduled at the next available mass closest to the requested date(s).

**“You must accept your cross; if you bear it courageously, it will carry you to Heaven.”  
- St. John Vianney**

**Offertory:** We thank our parishioners and guests for their continued generosity.

St. Theresa Parish	Aug. 2022	Aug. 2021	Total for This FY (July 2022 – Aug. 2022)	Total for Prior FY (July 2021 – Aug. 2021)
Offertory	\$ 8789	\$ 10200	\$ 16554	\$ 17496
CSA for 2022	Goal	Pledged	Received	
	<b>\$ 8210</b>	<b>\$ 9135</b>	<b>\$ 8820</b>	

**“A single ‘Blessed be God’ in adversity is worth more than a thousand acts of thanksgiving in prosperity.” — St. John of Ávila**

