















STAY NOURISHED

Eating nutritious foods such as apples helps keep our bodies healthy. But Proverbs tells us about other important sources of “nourishment.”

Directions: Use the words in the apples to complete Proverbs 3:7-9, NIV.



Do not be  in your own  ;
 the  and shun  .
 This will bring  to your 
 and nourishment to  bones.
 the LORD  your wealth,
 with the firstfruits of  your .

PROVERBS 3:7-9, NIV

Answer: Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Honor the LORD with your wealth, with the firstfruits of all your crops.

@ChurchArt Online

NEWS & EVENTS



VIRTUS Training Opportunity
 Saturday, August 24, 2024
 9:00 AM—Noon

St. Mary of the Presentation Church
 202 S. Broad St. Suffolk, VA

Are you VIRTUS trained? Do you want to join one of the church ministries to share your time, talent, and treasure? You NEED VIRTUS! All parishioners who work with children or vulnerable adults are required by the Diocese of Richmond to take this training.

Register online at www.virtus.org or email office@stmarysuffolk.org for more information.

Join us for FAMILY GAME NIGHT!
 Friday, August 23, 2024



We are having an end-of-summer GAME NIGHT at Good Shepherd parish!

We have a lot to offer, including:

- Potluck dinner and snacks
- Assorted board games
- A pre-catechism Family Feud (with prizes!)
- Outdoor activities (weather permitting)

The fun begins at 6:30 PM, and all ages are welcome! There will be a [sign up in the commons to bring a dish](#), so we can accommodate all who are interested in attending.

Worldwide Marriage Encounter

Married Couples. Getting ready for school means lots of time spent on your children. After school begins, why not give yourselves some time together? Make a Worldwide Marriage Encounter Weekend!

For more information or to register, go to WWME.org, click “Apply” and search for “Virginia” or your desired location. Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

Here are a few upcoming experiences:

- September 27-29, 2024 in Herndon, VA
- October 11-13, 2024 in College Park, MD
- November 15-17, 2024 in Virginia Beach, VA



Food Pantry Needs for the Week of August 11
PEANUT BUTTER OR JELLY

The AED is located in the Commons by the fire extinguisher outside the office.



FAITH FORMATION

Join us for a DEEPER DIVE into the Scriptures after the 9:00 AM Mass on Sunday. Come and expand your knowledge and appreciation of the Bible and our Catholic Faith.



St. Teresa of Avila Book Club



The Book Club will meet on the FIRST and THIRD Wednesday of the month from 7:15-8:30 pm beginning September 4th. Our next book will be “*My Sisters, the Saints*” by Colleen Carroll Campbell. It is available through most retail booksellers and on eBay.

“A poignant and powerful spiritual memoir about how lives of the saints changed the life of modern woman.”

In *My Sisters, the Saints*, author Colleen Carroll Campbell blends her personal narrative of spiritual seeking, trials, stumbles, and breakthroughs with the stories of six women saints who profoundly changed her life: Teresa of Avila, Therese of Lisieux, Faustina of Poland, Edith Stein of Germany, Mother Teresa of Calcutta, and Mary of Nazareth. Drawing upon the rich writings and examples of these extraordinary women, the author reveals Christianity’s liberating power of women and the relevance of the saints to the lives of contemporary Christians.



2024 Annual Diocesan Appeal
 “Sharing His Love with Others”
 A Message from Fr. Tony

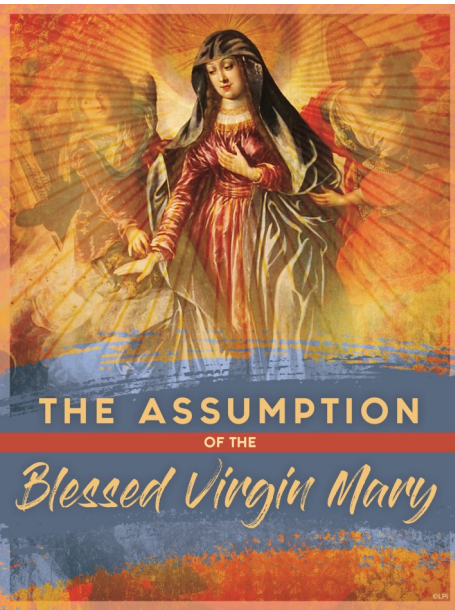


Supporting the 2024 Annual Diocesan Appeal is about supporting important ministries of our Catholic Church. For example, did you know that the Appeal:

- Supports the local needs of our parishes by returning a sizable portion of the dollars collected from the Appeal effort. **Our parish has benefitted by receiving \$3,218.00 from the appeal thus far.**
- Provides needed resources to St. Francis—Manchester, a Richmond-based facility to aid in their ongoing ministry of serving seniors and disabled adults who have little or no means of income.
- Offers stipends to bi-lingual Latino advocates who serve children in Catholic Schools.

If you have not yet made a commitment, I hope you will join me in helping to not only meet but exceed this year’s goal!

Please visit richmondcatholicfoundation.org/appeal to make a secure online donation or visit our parish office for a hard copy pledge card. Thank you for partnering with us on this important ministry of our Catholic Church.



The Roman Catholic Church of the Good Shepherd

300 Smithfield Boulevard, Smithfield, Virginia 23430

Website: www.cgsparish.org E-mail: admin@cgsparish.org

Father Tony's Email: pastor@cgsparish.org

Office: (757) 365-0579 Fax: (757) 365-0994 Rectory: (757) 542-3879

*Summer Office Hours: Monday & Wednesday 10AM-4:30PM;
Tuesday & Thursday 10AM-4PM; Friday CLOSED

Mass Times: Saturday—5PM & Sunday—9AM

Weekday Mass Times: Tuesday—Friday at Noon

Adoration is on the 1st & 3rd Friday of each month.

Staff

Pastor - Fr. Tony Yllana, pastor@cgsparish.org

Admin Assistant - Vicki Dobbins, admin@cgsparish.org

Religious Education - Lara Detrich, formation@cgsparish.org

Youth Ministry – Scott Watterson, youthministry@cgsparish.org

Music Coordinator

Ministries

Ministry to the Sick - Deacon Stanley Stefanowicz

Pastoral Council - Joe Campo

Finance Council - Dan Falbe

Money Counters - Margaret Hickman

Building - Hart Smith and Tom Quick

Grounds - Tom Quick

Liturgical Ministries Head - Mark Lieberman

Altar Servers—Doyle Agnew

Children's Liturgy – Kathleen Day

Eucharistic Min (Sat) - Joan Nagy

Eucharistic Min (Sun) - Mark Lieberman

Funeral Mass Coordinator—Joan Nagy

Lectors - Michelle Romanello

Sacristan - Hart Smith

Ushers - Steve Reznick

Knights of Columbus - Joe Campo, gk17335@vakofc.org

Ladies' Guild - Margaret Hickman

Men's Club - Bill Knapp, billknapp1985@yahoo.com

Parish Community Life - Debbi Gatti

Justice & Peace - Mary Ellen Bebermeyer

Haiti Committee & E-Bulletin Board - Dave Maltby

Divine Mercy Cenacle - Dara Murphy

Special Needs Ministry - Sue Ellebracht

Mission Statement

We, as diverse members of the Body of Christ, come together to serve God, the Catholic Church, and our community. We celebrate God in the Eucharist and the word, as we help each other in the growth of our faith, share our gifts and welcome everyone.

Vision Statement

To know and love God and grow in the Kingdom Of God together.

Inclement Weather - Fr. Tony plans to be at church to celebrate Mass. However, you are not obligated to come if travel is unsafe for you.

Parish Registration and Changes – Registration forms are available on the Church website or at the entrance to the church. You may notify the office if you wish to register with, or be removed from the parish records, or if you have a change of address, telephone number, or email.

Baptisms – A preparation class for parents is required prior to the baptism. Contact Lara Detrich at the church office to register.

Funerals – Contact the office if you would like to schedule a Funeral Service. The date and time must be approved by the priest.

Marriage – Registered parishioners must contact the parish at least 6 months prior to the intended date.

Reconciliation – Before Saturday Vigil Mass or by appointment.

Visitation of the Sick – Please call the office to arrange for communion, anointing of the sick, or when someone is ill or hospitalized.



August 11, 2024

Written by
THE
FAITHFUL
DISCIPLE

Nineteenth Sunday in Ordinary Time

1 Kgs 19:4-8 | Eph 4:30—5:2 | Jn 6:41-51

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

In the first reading, we encounter the prophet Elijah as he is fleeing for his life from King Ahab and Queen Jezebel. He accomplishes a day's journey, then sits under a tree and prays for death. This is a tough scene! He is at the lowest point a human being can be. Yet in this darkest moment of despair, the light of faith flickers: Elijah cries out to God. He cries out for what he thinks he wants, and God provides him with what he *needs*, sending an angel (a messenger) to him with food and water for nourishment and strength. Thus fortified, Elijah continues his journey to Horeb. God took care of his tired, hungry, and despairing child. And over time, and through generations, his people continued to cry out to him, and in abounding love, God took care. Yet they remained separated from him. So he sent them, and the whole world, another messenger to bring food and drink for nourishment and strength: his Son. Jesus says in today's Gospel, "I am the living bread that came down from heaven; whoever eats this bread will live forever." With even just a flicker of faith at our lowest point, or in the best of times, we call upon the Lord and can receive the perfect nourishment of the body, blood, soul, and divinity of Jesus Christ. Through God's merciful love, he is food for this life and the next.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Our earthly life is never going to be easy. We will have exhausting days where we feel tired, hungry, and possibly despairing. What's important to remember at those times is that God loves us, travels with us, and he gave us the gift of Jesus to lead us to a heavenly banquet. To have a foretaste of that banquet here on earth requires us to let go of our fears, doubts, anger, and selfishness. Paul tells the Ephesians they need to leave their bad temperament behind and imitate God, living in love. When we open our hearts to the love and joy Jesus offers, we can turn to others and share the Good News that Jesus is "the bread of life" and the bread that he gives is his flesh for the life of the world. He gives us the strength to continue *our* journey, and to help others in theirs. We become his earthly messengers, bringing nourishment and sharing his love.

SERVE Think of someone you know who is struggling right now. This week bring this person some food or drink. Say a prayer for and with them. You'll be a messenger of God's redeeming love, offering nourishment for the spirit and soul as well as the body.

LITURGY AND MINISTRY

Today's Readings:

In the Eucharist, the Lord has given us a great gift: his whole self—body, blood, soul, and divinity. This can be challenging to accept since our eyes see what looks like bread. But those who see and receive this gift with the eyes of faith, trusting in the Lord's words that he is *the bread of life*, can rejoice in his promise of eternal life.

Gospel Focus:

Those who receive the Eucharist with eyes of faith can rejoice in Jesus' promise of eternal life.



"Encounter the Joy of the Gospel and Set the World Ablaze"

EVANGELIZED PEOPLE...

Make the Eucharist the source and summit of their lives.

FATHER'S CHALLENGE OF THE WEEK

Adults: When has the Bread of Life given you the strength you needed to face a difficult situation in your life?

Children: What will you ask Jesus, the Bread of Life, to help you with this week?

PRAYER AND VOCATIONS

Pope Francis' Prayer Intentions for the Month of August



Evangelization: For Political Leaders

We pray that political leaders be at the service of their own people, working for integral human development and for the common good, especially caring for the poor and those who have lost their jobs.

Pope Tweets:

"Life is always worth living, and there is always hope for the future, even when everything seems to be over. The fact that each of us exists is a unique gift for both ourselves and for others. God never abandons us—He knows how to listen, rejoice, and weep with us."

Please Remember in Prayer:

Gordon Blackman, Barbara Bonney, Gene Chappell, Justin Evans, Ellen Gauthier, Carol Kelly, Leslie Lunger, Christopher Morris, Betty Nagy, Mary Pasko, Alice Reece, Debbie Steiger, Irene White, and Thomas Wunder



Solemnity of the Assumption of the Blessed Virgin Mary

(Holyday of Obligation)

Thursday, August 15, 2024

NOON Mass ONLY!

Vigil Mass at 7pm on August 14

There will also be weekday Mass at Noon on August 14



We're accustomed to thinking about "rules" as limitations on what we want to do. But when we talk about the *Golden Rule* we must think of a "ruler" instead of a rule. It is like a yardstick that measures our own behavior.

In the Old Testament, behavior towards a neighbor was stated in the negative way: "Do not do to others what you yourself dislike" (Tobit 4:15). The teaching outlined a minimum requirement of justice: that is, don't hurt others.

The Lord's words in the New Testament, however, raise the standard much higher. We are to evaluate and do what is positively good for our neighbor, the way we would want them to do good to us.

"Do to others whatever you would have them do to you. This is the law and the prophets." ~Matthew 7:12

In other words, we are to measure "good" and "bad" in our relationships by our own basic human need to be treated fairly. If it's good for me...it's probably also good for thee.

(Prayers in the Pew monthly. August 2024. www.SitStandKneel.com)



Adoration of the Blessed Sacrament

August 16, 2024 at 11:30 AM

Followed by 12:00 PM (Noon) Mass.
Come and spend some time with Jesus!

Considering a call to the priesthood

"I will raise him on the last day." Reflect on the profound promise of resurrection and what your path to eternal life looks like. Will your path of holiness be as a priest or religious brother or sister? Talk to your priest or reach out to the Vocations Office, (804) 359-5661, or write: vocations@richmonddiocese.org.



"Taste and see the goodness of the Lord." (Psalm 34)

**August 11, 2024
Nineteenth Sunday in Ordinary Time**

Readings for the Week

Monday, August 12

Ez 1:2-5, 24-28c; Mt 17:22-27

Tuesday, August 13

Ez 2:8—3:4; Mt 18:1-5, 10, 12-14

Wednesday, August 14—St. Maximilian Kolbe

Ez 9:1-7; 10:18-22; Mt 18:15-20

Thursday, August 15—The Assumption of the Blessed Virgin Mary

Rv 11:19a; 12:1-6a, 10ab; 1 Cor 15:20-27; Lk 1:39-56

Friday, August 16

Ez 16:1-15, 60, 63; Mt 19:3-12

Saturday, August 17

Ez 18:1-10, 13b, 30-32; Mt 19:13-15

Sunday, August 18—**Twentieth Sunday in Ordinary Time**

Prv 9:1-6; Eph 5:15-20; Jn 6:51-58



Daily Mass & Intention Schedule

Mon.	August 12	No Mass	
Tues.	August 13	Noon	Available
Wed.	August 14	Noon	Jamie Santigate (Healing)
Wed.	August 14	7:00 pm	Assumption Vigil Mass
Thurs.	August 15	Noon	+Alfred & Ellen Dunn
Fri.	August 16	Noon	+Carl Heinz Hesse
Sat	August 17	5:00 pm	+Marjorie & Norman Meyers
Sun.	August 18	9:00 am	Good Shepherd Comm.

Parishioners are invited to remember their loved ones in a special way through prayers. If you would like to have a Mass celebrated in memory of a loved one or a special intention, please contact the parish office. **Stipends may be turned in with the collection or mailed to the office. Checks should be made out to Church of the Good Shepherd. Please write "mass intention" on the memo line of your check. Thank you.**



Church open for personal prayer:

Monday—Thursday 10AM to 2PM



We invite you to check out our On-Line Giving Program.

Visit our parish website: www.cgsparish.org
click on 'Give' then 'On-Line Giving'

Upcoming Special Collections
August 15—Assumption of Mary
August 18—Barron Dempsey Fund
September 1—Capital Reserve



Parish Life This Week

Tuesday, August 13

6:30 PM Boy Scouts

7:00 PM K of C Mtg.

Wednesday, August 14

*7:00 PM **The Assumption Vigil Mass**

Thursday, August 15

*12:00 PM **The Assumption Mass**

Friday, August 16

Office Closed

11:30 AM Adoration

Saturday, August 17

4:30 PM Rosary

Sunday, August 18

8:30 AM Rosary

10:15 AM AFF—Deeper Dive

6:00 PM Scouting BSA, Religious Medals



*The Assumption of the Blessed Virgin Mary is a Holyday of Obligation.

Weekly Offering for:

August 3 & 4, 2024

Regular Offering needed weekly: \$ 6,737.00

(The following totals include E-Giving)

OFFERTORY:

Regular Offering \$ 7,675.16

ADDITIONAL FUNDS COLLECTED:

Capital Reserve	\$ 2,086.27
Haiti	\$ 135.00
Barron Dempsey	\$ 75.01
Catholic Virginian	\$ 10.00
Altar Flowers	\$ 125.00
Roof Repair	\$ 153.84
Other	\$ 50.00

MASS ATTENDANCE

Saturday 122
Sunday 171



Thank you for your continued support of the Church of the Good Shepherd!
Your generosity is greatly appreciated!

If you are new to our parish, you can find the registration form on our website www.cgsparish.org or contact the parish office.

