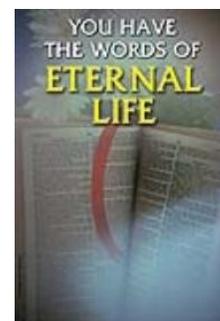


**Offertory:** May 20, 2018 OLM \$524, OLV \$683, COS \$442, Total \$1,649  
May 21, 2017 OLM \$446, OLV \$448, COS \$423, Total \$1,317

**MASS INTENTIONS**

Saturday, Aug. 25, OLM 4:00 PM For a Mass of Thanksgiving for the Thailand Cave Rescue, requested by Marie Lee  
Sunday, Aug. 26, OLM 8:30 AM For a Mass of Thanksgiving for the Thailand Cave Rescue, requested by Marie Lee  
Sunday, Aug. 26, OLV 10:30 AM For George E. Crombie, requested by Eleanor Crombie  
Sunday, Aug. 26, COS 12:30 PM For Edward Francis and Elizabeth Sweeny, requested by Bill and Rosemary Warden  
Saturday, Sept. 1, OLM 4:00 PM For Tom Rowley, requested by Fr. Francis McMahon  
Sunday, Sept. 2, OLM 8:30 AM For the Shaw Family, requested by Karen Shaw  
Sunday, Sept. 2, OLV 10:30 AM For a Special Intention, requested by John Nappi, Jr.  
Sunday, Sept. 2, COS 12:30 PM For Lou Wiener, requested by Frank and Rosa Cannella



**MARK YOUR CALENDARS**

Sept. 7: First Friday Mass, 5:30 PM, St. Edmund's, Saxtons River  
Sept. 12: Parish Pastoral Council Meeting, 7 PM, OLV  
Sept. 19: Cursillo Ultreya, at the Anderberg's, 7 PM  
Sept. 20: Finance Council Meeting, 6:30PM, OLV

**Weekly Intention:** For the grace this week to confess Jesus as our Savior to those we meet. 

“The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It’s the one that stands in the open where it is compelled to struggle for existence against the winds and rains and the scorching sun.” ~Napoleon Hill

This fall, the 177 Project is partnering with 22 different artists to bring an evening of Eucharistic Adoration and music to every single diocese in the US! On October 6th at 6:45pm, we’ll be at St. Michael Parish in Brattleboro, VT and we want you to join us. Tickets to the evening are completely free and can be picked up in the church office or by visiting [www.itickets.com/events/402201](http://www.itickets.com/events/402201). Can’t wait to see you there!



**Teachers needed:**

We are looking for one more person to teach in our Religious Education Program at Our Lady of the Valley. Talk with Deacon Richard Anderberg or email him at: [anderberg-dr092571@gmail.com](mailto:anderberg-dr092571@gmail.com) or call: 802-365-4012. We pray regularly for our teachers.

**REGISTRATION** is open for the 2018-2019 year of Religious Education at Our Lady of the Valley for grades K- 8. We will meet two times each month, September- May. Forms are available at the church. For more information contact Deacon Richard Anderberg at 802-365-4012 or email at: [anderbergdr092571@gmail.com](mailto:anderbergdr092571@gmail.com).

Thank you for supporting the Bishop’s Annual Appeal in the past and in this 2018 Campaign! To date, our pledge goal progress is \$17,468, toward a total goal of \$22,789. For more information and to make your gift, please visit [bishopsappealvt.org](http://bishopsappealvt.org).



Do you work or volunteer with youth in the Church? Please read the following: As part of the Diocese of Burlington’s continuing commitment to protect children and young people, all adults who work with children and youth are required to participate in child abuse prevention training, submit background check paperwork, read the Diocesan Policies on Ethics and Integrity in Ministry, and sign a Code of Conduct. The training program for adults currently used within the Diocese of Burlington is Safe and Sacred by Proud to Protect, Inc. To learn more, or to participate in the program, visit the "Child Safety" section of [www.vermontcatholic.org](http://www.vermontcatholic.org).

**From Fr. Fred**     *Here's an interesting one I ran across from Dana Riley*



### Ten things My Dog Taught Me:

10. There is a great beauty in the quiet stillness. Let it envelop you.
  9. Sniff it. Touch it. Feel it. Taste it. Hear it. Engage all your senses in the world around you.
  8. Plunge in. You can always get out and shake it off.
  7. Don't be afraid. Just stand your ground. And bark loudly when truly necessary—especially if a big ol' bear is in your backyard.
  6. Trust that most people have an innate goodness.
  5. Forgive fully—and let it go.
  4. Love is truly unconditional. If it has conditions, it isn't really love.
  3. Accept the inevitable with peace and grace—even while the vet is taking your temperature.
  2. It's OK to feel sadness, but remember that joy is just a squirrel chase away.
- And the No. 1 thing my dog taught me: Live in the moment. Embrace it. Feel it. Become it. Share it. Then repeat for the next moment and all the moments that follow. Life is not about the quantity of moments; it's about appreciating the quality of moments.

### **Just for Fun:**

Two priests who were friends both smoked and also meditated regularly. They got talking one day about whether they could do both at the same time. The younger priest decided to write to Rome. He asked: "Is it okay to smoke while meditating?" Rome answered: "Definitely not!" The older priest then wrote to Rome. He asked: "Is it okay to meditate while smoking?" Rome answered: "Of course!"

### **Quote of the week:**

"Put aside your hatred and animosity. Take pains to refrain from sharp words. If they escape your lips, do not be ashamed to let your lips produce the remedy, since they have caused the wounds. Pardon one another so that later on you will not remember the injury." ~St. Francis of Paola