

Offertory: May 29, 2018 OLM \$475, OLV \$682, COS \$297, Total \$1,454  
May 30, 2017 OLM \$532, OLV \$494, COS \$478, Total \$1,504

**MASS INTENTIONS**

Saturday, July 28, OLM 4:00 PM For a Special Intention, requested by John Nappi, Jr.  
Sunday, July 29, OLM 8:30 AM For the Souls in Purgatory, requested by John Nappi, Jr.  
Sunday, July 29, OLV 10:30 AM For the Healing of Jennifer Duzinski, requested by Anne Duzinski  
Sunday, July 29, COS 12:30 PM For Muriel and Norman Eingurt, requested by Angela and Tony Letizia  
Saturday, Aug. 4, OLM 4:00 PM For Tom Lee, 5th anniversary, requested by Marie Lee  
Sunday, Aug. 5, OLM 8:30 AM For Terese Blood, 2nd anniversary, requested by Marie Lee  
Sunday, Aug. 5, OLV 10:30 AM For the Souls in Purgatory, requested by John Nappi, Jr.  
Sunday, Aug. 5, COS 12:30 PM For a Mass of Thanksgiving for the Thailand Cave Rescue, requested by Marie Lee

**MARK YOUR CALENDARS**

Aug. 1: Parish Pastoral Council Meeting, —*CANCELLED*  
Aug. 3: First Friday Mass, 5:30 PM, St. Edmund’s, Saxtons River  
**Aug. 15: ASSUMPTION OF THE BLESSED VIRGIN MARY-Holy Day of Obligation**  
**MASS: OLM 5:30 PM OLV 7:30 PM**  
Aug. 16: Finance Council Meeting, 6:30PM, OLV  
Aug. 17: Adoration, 3 PM, OLV  
Aug. 18: **Mass on the Mountain**, Stratton Mountain, **12:00 PM**-Gondola ride is free for those going to Mass

 **Weekly Intention:**  
For the grace this week to live with all humility, gentleness, and patience, bearing with one another through love.

“You don’t have to be great at something to start, but you have to start to be great at something.”—Zig Ziglar 

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).



The Bishop’s Annual Appeal is 75 percent to goal and we need everyone’s help to make it to the finish line. A successful appeal supports so many essential services that directly impacts all 73 parishes, including VT Catholic magazine, youth workshops that engage more than 1,000 youth statewide; catechesis for more than 2,000 students in religious education programs; a new Lay Formation Program; a redesigned Pre-Cana Program; Emergency Aid to those in financial crisis and so much more. To learn more about your gift at work, please visit: [www.bishopsappealvt.org](http://www.bishopsappealvt.org).

**Mass on the Mountain:**  
**Date:** Saturday, August 18th  
**Where:** Stratton Mountain  
**Time:** 12:00pm  
You are invited to join Kristina Wright and Michael Adrian for their annual hike up the mountain before mass. They will meet at **9:30am** in front of the gondola. Families welcome! Children are invited to hike with Kristina and Michael while their parents ride the gondola and meet back up at the top of the mountain.



**Teachers needed:**  
We are looking for a couple of people to teach in our Religious Education Program at Our Lady of the Valley. No degrees or previous experience are required though these would be greatly appreciated. Talk with Deacon Richard Anderberg at [anderbergdr092571@gmail.com](mailto:anderbergdr092571@gmail.com) or 802-365-4012. We pray regularly for our teachers.



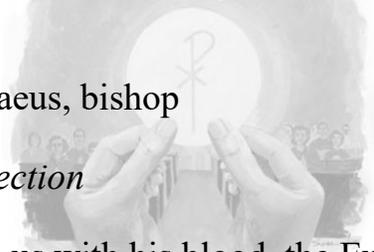
**REGISTRATION** is open for the 2018-2019 year of Religious Education at Our Lady of the Valley for grades K-8. We will meet two times each month, September- May. Forms are available at the church. For more information contact Deacon Richard Anderberg at 802-365-4012 or email at: [anderbergdr092571@gmail.com](mailto:anderbergdr092571@gmail.com).

*Thank You* Our Parish Picnic was a great success! A special Thank You to Jon-Michael and Alice Muise for all of the work they did and for all of the food they donated and grilled!

**From Fr. Fred** *Many Catholics are under the impression that only our souls go to heaven. But we will have our bodies in heaven too. The Creed says: "I believe in the resurrection of the body." Also one of the great Fathers of the Church makes it very clear in this passage.*

From the treatise Against Heresies by Saint Irenaeus, bishop

*The eucharist, pledge of our resurrection*



If our flesh is not saved, then the Lord has not redeemed us with his blood, the Eucharistic chalice does not make us sharers in his body. There can be no blood without veins, flesh and the rest of the human substance, and this the Word of God actually became: it was with his own blood that he redeemed us. As the Apostle says: *In him, through his blood, we have been redeemed, our sins have been forgiven.*

We are his members and we are nourished by creation, which is his gift to us, for it is he who causes the sun to rise and the rain to fall. He declared that the chalice, which comes from his creation, was his blood, and he makes it the nourishment of our blood. He affirmed that the bread, which comes from his creation, was his body and he makes it the nourishment of our body. When the chalice we mix and the bread we bake receive the word of God, the eucharistic elements become the body and blood of Christ, by which our bodies live and grow. How then can it be said that flesh belonging to the Lord's own body and nourished by his body and blood is incapable of receiving God's gift of eternal life? Saint Paul says in his letter to the Ephesians that *we are members of his body*, of his flesh and bones. He is not speaking of some spiritual and incorporeal kind of man, *for spirits do not have flesh and bones*. His is speaking of real human body composed of flesh, sinews and bones, nourished by the chalice of Christ's blood and receiving growth from the bread which is his body.

The slip of a vine planted in the ground bears fruit at the proper time. The grain of wheat falls into the ground and decays only to be raised up again and multiplied by the Spirit of God who sustains all things. The Wisdom of God places these things at the service of man and when they receive God's word they become the eucharist, which is the body and blood of Christ. In the same way our bodies, which have been nourished by the eucharist, will be buried in the earth and will decay, but they will rise again at the appointed time, for the Word of God will raise them up to the glory of God the Father. Then the Father will clothe our mortal nature in immortality and freely endow our corruptible nature with incorruptibility, for God's power is shown most perfectly in weakness.

**Quote of the week:**

"The Church needs true unity in the richness of diversity." ~ Pope Francis

**Just for Fun:**

A lady was mailing an old family Bible to her brother in another state.

"Is there anything breakable in here?" asked the postal clerk.

The lady replied: "Only the Ten Commandments."

