



*I am the living bread
that came down
from heaven;
whoever eats
this bread will
live forever.*

John 6:51

Excerpts from the Lectionary for Mass © 2001, 1998, 1997, 1986, 1970, CCD.
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AUGUST

8

2021

NINETEENTH SUNDAY IN ORDINARY TIME

19th Sunday in Ordinary Time
Word of the Lord, pg. 424

ENTRANCE

For You Are My God
John Foley SJ

Refrain

For you are my God;
you alone are my joy.
Defend me, O Lord.

1. You give marvelous comrades to me;
the faithful who dwell in your land.
Those who choose alien gods
have chosen an alien band.

2. You are my portion and cup;
it is you that I claim for my prize.
Your heritage is my delight,
the lot you have given to me.

3. Glad are my heart and my soul;
securely my body shall rest.
For you will not leave me for dead,
nor lead your beloved astray.

4. You show me the path for my life;
in your presence the fullness of joy.
To be at your right hand forever
for me would be happiness always.

Text based on Psalm 16. Text and music © 1970,
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RESPONSORIAL PSALM

“Taste and see the goodness of the Lord, the
goodness of the Lord”

MASS OF CHRIST THE SAVIOR

COMMUNION

The Supper of the Lord
Laurence Rosania

Refrain

Precious body, precious blood,
seen as bread and wine;
here the Lord prepares the feast divine.
Bread of love is broken now,
cup of life is poured:
come, share the supper of the Lord.

1. This is the bread of God coming down from
heav’n, giving life to us, to all the world.

2. “I am the living spring of eternal life;
you that drink from me shall not thirst again.”

3. “I am the bread of heav’n giving life to you;
you that eat this bread shall never die.”

4. “All those who feed on me have their life in
me, as I have my life in the living God.”

5. All praise to you, O Christ, present in this feast;
in this bread, we share in one life, one Lord.

Text: Verses 1–4 based on John 4, 6. Text and
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RECESSIONAL

Sing of the Lord’s Goodness
Ernest Sands

1. Sing of the Lord’s goodness, Father of all
wisdom, come to him and bless his name.
Mercy he has shown us, his love is forever,
faithful to the end of days.

Refrain

Come, then, all you nations,
sing of your Lord’s goodness,
melodies of praise and thanks to God.
Ring out the Lord’s glory,
praise him with your music,
worship him and bless his name.

2. Power he has wielded, honor in his garment,
risen from the snares of death.
His word he has spoken, one bread he has
broken, new life he now gives to all.

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Our Lady of Sorrows

5020 Rhodes Avenue
St. Louis, MO 63109
www.olsorrows.org

Business Hours

Monday - Friday
8:00 a.m. - 4:00 p.m.
Phone (314) 351-1600
Fax (314) 351-1602

Pastor

Fr. Sebastian Mundackal



Mass Schedule

Daily

Monday—Friday 7:00 a.m.

Holy Days

7:00 a.m., 7:00 p.m.

Rectory closed on all Holy Days

Sunday

Saturday 5:00 p.m.

Sunday 10:00 a.m.

Confessions

Tuesday 6:45—7:00 a.m.; Saturday 4:00—4:45 p.m.

By appointment anytime

PARISH STAFF

Rev. Sebastian Mundackal, Pastor
sebastianosb@yahoo.com

Rev. Andrew Sigmund, Retired
andrewjsigmund@gmail.com

Deacon Dan Skillman, Pastoral Associate
skillmand@olsorrows.org

Mrs. Anna Barringer, Business Manager
olscan@sbcglobal.net

Mrs. Mary Ann Rachas, Bulletin Editor
rectory@olsorrows.org

Mr. Greg Schweizer, Director of Music
gregschweizer@hotmail.com

SOUTH CITY CATHOLIC ACADEMY

Mrs. Laura Hirschman, Principal
lhirschman@sccastl.org

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St. Louis, MO 63139
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OTHER HELPFUL NUMBERS

Corinne Bardgett , Parish Council	481-0335
Prayer Chain	330-9275
Parish Helpers	351-4673
Medical Equipment Needs	752-4660
Martha Ministry (funeral luncheons)	351-4673
St. Vincent de Paul (assistance line)	289-6101 mailbox 1123

Eucharistic Adoration: The Adoration Chapel is located in the South Sacristy; call the rectory for specific hours. Please come & spend some time in prayer before the Blessed Sacrament.

Sacramental Policies:

For details on sacramental policies for infant baptism, adult initiation, anointing of the sick, Christian marriage, or religious vocations, stop by the rectory or visit our website: www.olsorrows.org.

Bulletin Articles:

Should be submitted by 9am Tuesday morning prior to the weekend the article is to run. Articles may be emailed to bulletin@olsorrows.org, faxed to 314.351.1602, or dropped off at the Rectory office.

From the Pastor's Desk

We are living in a world where people of all races and creeds hunger more for spiritual sustenance than for physical food. In response to the spiritual hunger of people in his own day, Jesus proclaims Himself to be "the Bread of Life that came down from Heaven" and feeds them with His words.

Scripture lessons summarized: The **first reading** describes the physical and spiritual hungers experienced by the prophet Elijah. The Bread of Life Jesus speaks about is prefigured in this reading by the miraculous food with which the angel nourished the Prophet Elijah in the desert while he was fleeing from the soldiers of Queen Jezebel. After being nourished by the Lord, Elijah was strengthened for the long journey of "forty days and forty nights," to Mount Horeb where God instructed Elijah to continue his prophetic work. The **second reading** presents Christ Jesus, the "Bread of Life," as a "sacrificial offering to God for a fragrant aroma." Paul reminds the Ephesian Christians that, instead of seeking satisfaction in the stale food of anger, slander, bitterness, and malice, they are to nourish one another with the spiritual food of compassion, kindness, and mutual forgiveness. Today's **Gospel** describes Jesus' discourse in the synagogue at Capernaum on his return there after his miraculous feeding of the five thousand. During the discourse, Jesus reveals himself as the true "Bread of Life that came down from Heaven," to give life to the world. Jesus proclaims that it is He himself, the Incarnate Son of God, who is the new and perfect manna, literally "come down from Heaven." This means that in the Holy Eucharist, Jesus gives us a share of eternal life

while we are still on earth. But some of Jesus' followers turn away when Jesus explains the Source of His mysterious power and Heavenly origin.

Life messages:

#1 Let us accept the challenge to become bread and drink for others. "You are what you eat?" Let us recognize that Jesus whom we consume in the Holy Eucharist is actually God Who assimilates us into His being. Thus, from Sunday to Saturday we will grow into Jesus, as Jesus grows in us, our lives will be transformed by the power of the Holy Spirit, and we will become more like Jesus. In this way, we shall share in the joyous and challenging life of being the Body of Christ for the world – Bread for a hungry world, and Drink for those who thirst for justice, peace, fullness of life, and even eternal life. In other words, the Eucharist challenges us to sacrifice ourselves for others, as Christ has done for each of us.

#2 Let us appreciate Christ's presence in the Holy Eucharist. Since the Holy Eucharist is "the Body and Blood, together with the soul and Divinity, of our Lord, Jesus Christ," the Sacrament: a) increases our intimate union with Christ; b) preserves, increases, and renews the Sanctifying Grace we received at Baptism; c) cleanses us of past sin and preserves us from future sins; d) strengthens the theological virtues of Faith, Hope, and Charity in us, thus enabling us to be separated from our disordered attachments and to be rooted in Christ; and e) unites us more deeply with the mystery of the Church.

Christmas Manger Update

We have sold 56 of the 60 Christmas figure sets ordered in June. **If you did not pick up your order, please do so as soon as possible.** Someone will be in the basement after the 5:00 p.m. and 10:00 a.m. Masses this weekend.

We will put an order form in the bulletin next week if you want to order for September.

Thank you very much!

Jesus will be well represented next Christmas in our neighborhood and beyond!! **Spread the Word.**



This Week @ OLS

Monday, August 9 St. Teresa Benedicta of the Cross, virgin and martyr

Readings: Dt 10:12-22; Ps 147:12-15, 19-20; Mt 17:22-27

7:00 a.m. †Mike & Rajta Sokol

Tuesday, August 10 St. Lawrence, deacon and martyr

Readings: 2 Cor 9:6-10; Ps 112:1-2, 5-9; Jn 12:24-26

7:00 a.m. †Mary Asinger

Wednesday, August 11 St. Clare, virgin

Readings: Dt 34:1-2; Ps 66:1-3a, 5, 8, 16-17; Mt 18:15-20

7:00 a.m. Special Intention (KK)

Thursday, August 12 St. Jane Frances de Chantal, religious

Readings: Jos 3:7-10a, 11, 13-17; Ps 114:1-6; Mt 18:21 — 19:1

7:00 a.m. †Jack Reilly

Friday, August 13 Sts. Pontian, pope and Hippolytus, priest, martyrs

Readings: Jos 24:1-13; Ps 136:1-3, 16-18, 21-22, 24; Mt 19:3-12

7:00 a.m. †David & Delores Friederich

Saturday, August 14 St. Maximilian Kolbe, priest and martyr

Readings: Jos 24:14-29; Ps 16:1-2a, 5, 7-8, 11; Mt 19:13-15

5:00 p.m. †Cornelius Brouk & Tom Manning
servers: E. Zimmerman, E. Cline, M. Noll
lectors: Carol Sykora & Pam Manning

Sunday, August 15 The Assumption of the Blessed Virgin Mary

Readings: Vigil: 1 Chr 15:3-4, 15-16; 16:1-2; Ps 132:6-7, 9-10, 13-14; 1 Cor 15:54b-57; Lk 11:27-28 Day: Rv 11:19a; 12:1-6a, 10ab; Ps 45:10-12, 16; 1 Cor 15:20-27; Lk 1:39-56

10:00 a.m. †Sheryl Peltz

servers: T. Kappel, P. Kappel, A. Kappel
lectors: Phil Klevorn & Denise Klevorn

SUN 8/8			
MON 8/9	Baptismal Preparation Men's Club	7:00 pm 7:30 pm	Rectory Cafeteria
TUE 8/10	Volleyball Clinic St. Vincent de Paul	6:00 am 7:00 pm	Faenger Hall Band Room
WED 8/11	Quilting Quilting Southside Basketball	8:00 am 5:00 pm 5:30 pm	Rectory Rectory Faenger Hall
THU 8/12	Legion of Mary Private Event	8:45 am 6:00 pm	S/S Rooms Band Room
FRI 8/13			
SAT 8/14			
SUN 8/15	Private Event Youth Ministry	12:00 pm 5:45 pm	Band Room S/S Rooms



www.facebook.com/olsorrows

**Sharing our Faith in Jesus,
Caring for our Community, Building on Tradition**

Parish Mission Statement: We, the Catholic community of Our Lady of Sorrows, are disciples of Jesus Christ through our Baptism. Nourished by Word and Sacrament we seek to form adults, teens, and children in the ways of the Gospel, while welcoming new members to our parish and our Catholic faith. As a Eucharistic people, guided by the Holy Spirit, we minister to all, especially the ill, elderly, and those in need, through works of fellowship, charity and justice. We strive to continue the mission of our parish begun a century ago through the prayerful intercession of Mary, Our Mother.

SUNDAY OFFERING

Sunday, August 1, 2021

Envelopes: \$ 8,994.
Loose: \$ 3,189.
Online: \$ 1,105.
\$13,288.

**Thank you for your sacrificial gifts
to our parish!**

Welcome!

We welcome our devoted and faithful parishioners, neighbors who come regularly to support our mission, all St. Louisans of all faiths, and our visitors. Serving you in this beautiful church of Our Lady of Sorrows is a great privilege.

- Fr. Sebastian Mundackal, pastor
- Fr. Andrew Sigmund, retired in residence
- Deacon Dan Skillman, permanent deacon

E-mail Account for Bulletin Submissions

If you wish to submit content to the bulletin via e-mail, please use the new address: bulletin@olsorrows.org. This account will strictly be for bulletin articles. Please direct all other inquiries for the parish staff to rectory@olsorrows.org or olscan@sbcglobal.net.

Baptismal Preparation

The next Baptismal Preparation Evening is **MONDAY, AUGUST 9** from 7:00-8:00 p.m. in the Rectory. If you need to have your child (under 7) baptized, please call 351-1600 to sign up for our next preparation opportunity.



Online Giving

Sign up for Online Giving by visiting our parish website at www.olsorrows.org and selecting the online giving link. If you need technical support, you can contact Our Sunday Visitor at 1-800-348-2886, option 4, or contact Anna Barringer in the rectory at 351-1600.



Contributions

In lieu of dropping your contribution envelopes in the collection basket at Sunday mass, you can mail them to the rectory, drop them in the mail slot located on the interior rectory door, or set up Online Giving. If you need technical support to set up Online Giving, you can contact Our Sunday Visitor at 1-800-348-2886 option 4.

Thank you for your continued generosity, prayers, and patience.

Our Lady of Sorrows, Pray for Us

Pray for the Sick

Please remember the following people in your prayers:

Baby Ayda	Jen Mahanna	Kevin Reilly
Melissa Becker	Cindy McMahon	Marie Schiller
Penny Brennell	Audrey Mehan	Bruce Schneider
Mike Cebulski	Kenny Mehning	Chris Seitz
Audrey Hacker	Julia Michalka	Christopher Stafford
Jay Hahn	John Moran	Ethan Wagner
Gary Harbstreet	Rose Rehagen	Charlie Yanko
Chris Kirchner	Bob Reichelt	

Join us in praying for the deceased members of our parish community:

Josephine Haig
 Ronald Huddleston
 George Hunt
 Christian Mueller

To all who mourn their loss, we extend our deepest sympathy and prayers during this difficult time. We call on Mary, Our Lady of Sorrows, to comfort you in your grief.



Eucharistic Adoration Chapel

The Eucharistic Adoration Chapel **will be open every first Friday from 8am-5pm** with the Blessed Sacrament exposed. On other days when the Blessed Sacrament is not exposed, you may access the sanctuary through the chapel for quiet prayer.

Thank you.



Live-Stream

When using Our Lady of Sorrows Church for a wedding, baptism or memorial mass, we have the capability to live-stream the event so those that cannot attend may view it.

Please contact the rectory office at 351-1600 for more information.

HELPER NEEDED

God is a good worker; but loves to be helped.

—Basque proverb



OLS Parish School of Religion (PSR)

Program is open for registration

As Catholic Christian parents, we have the awesome responsibility of being the primary educators in our child's faith development. We bring our child into the church in Baptism so that they may begin their journey in Faith with the blessings of the waters of Baptism.

Our Lady of Sorrows PSR welcomes all children Kindergarten through 8th grade who are currently not enrolled in a Catholic School and/or are in need of religious education and preparation for the sacraments of Reconciliation, First Communion, and Confirmation.

PSR will meet **every Sunday** from 11:15am-12:30pm, after 10am Mass **beginning September 19th, 2021 through May 22nd, 2022.**

To register you may pick up a registration packet at the OLS Rectory, 5020 Rhodes Avenue, call 314-351-1600, or email at ourladyofsorrowpspr@gmail.com.

You may also visit our website at olsorrows.org to print a registration packet.

Financial assistance available.

Come Join Us!!

Lectors

Father Sebastian has announced the start of 8 o'clock mass on August 29th. In order to create the lector schedule, I need to find out who is willing to lector at the 8 o'clock mass. We do not need Eucharistic ministers yet.

This is just for the lectors. Let me know if you want to be scheduled or be a substitute for the 8 o'clock mass starting August 29th. Let me know even if you were on the 8 o'clock schedule before Covid. The only people I will schedule will be the ones who let me know they want to lector. I am rebuilding the list of lectors for 8 o'clock mass and will use this same list for future schedules.

Please call me at 314 651-8745 or email me at rjsongoethe@yahoo.com.

In your email, include any dates you cannot lector between August 29th and September 26th.

I'm sorry for the short notice. Please reply by Wednesday, August 11th.

Thank you for your service to the Parish,
Randy

Feast of Faith

Sanctus, Sanctus, Sanctus: Song of Heaven

The words of the Sanctus are rooted in the scriptures. They recall the song of the seraphim in the prophet Isaiah's vision of God in majesty: "Seraphim were stationed above; each of them had six wings: with two they veiled their faces, with two they veiled their feet, and with two they hovered aloft. 'Holy, holy, holy is the LORD of hosts!' they cried one to the other. 'All the earth is filled with his glory!'" (Isaiah 6:2-3). They recall the Gospel accounts of Jesus' entry into Jerusalem: "Hosanna to the Son of David; blessed is he who comes in the name of the Lord; hosanna in the highest" (Matthew 21:9). Yet the liturgy adds something new to these ancient texts. The seraphim sang, "the earth is filled with his glory." But the liturgy proclaims, "heaven and earth are full of your glory." In the Eucharist, earth and heaven meet. For a moment in time, we join in the song that the angels sing for all time. The Sanctus raises us to heaven, but does not remove us from the earth. It is the song of the King who took on our human flesh so that we might share in his divine life.

—Corinna Laughlin, Copyright © J. S. Paluch Co.



August 8: Ordinary Time-
The Bread of Life Continued

Dynamic Catholic, Alive! – The Bread of Life Continued

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." This statement caused some of Jesus' disciples to turn and run away; while for others, this statement galvanized their belief in God that they ultimately gave their life for Jesus. Where do you stand? Do you truly believe that the



bread and wine we receive at Mass is the actual flesh and blood of Christ? If so, why? How would you explain the Eucharist to a curious friend? If not, why not? Many people believe in God. But there is a big difference between knowing facts about God and actually having a relationship with Him. You have to spend time with someone to develop a relationship, not read a book about them. God wants a personal relationship with each one of us. Take time every day, in silence, talking and listening to the Lord. Invite Him into your heart and enjoy the fruits of your new friendship.

archstl.org/dynamic

OLSY

Our Lady of Sorrows Youth Ministry (OLSY)

The OLS Youth Ministry 8th grade/high school group (OLSY) will be meeting on the third Sunday of each month. Eighth graders and high schoolers, please feel free to join us. Bring friends!

*****Our Meetings will be held from 6-7:30pm at OLS with social distance guidelines in place*****

If you would like to receive more information, please contact Mary Kabbaz or Rachel Schoenberger.

Mary Kabbaz:
314-614-6120 or marymargaret21@swbell.net

Rachel Schoenberger:
314-556-1811 or beautifulmountain96@gmail.com

Electronic/Metal Recycling

Boy Scout Troop 824 Electronics Recycling Fund Raiser on **August 14th from 8:00am until 12:00pm** at St. Matthias, 800 Buckley Road.

Acceptable materials (no charge) "Anything that has a cord."

- | | |
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TV's and monitors - contact Gil at 314-910-3994 for prices.



Healing the Pain of
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Weekend at a Time
For Women, Men and Couples



**"There is hope for your future."
– God (Jeremiah 31:17)**

August 20-22, 2021

Confidential, prayerful setting in St. Louis
Contact hopehealing@archstl.org
or 314.406.0815 through August 16

Men, women and couples wounded by abortion are invited to attend the Rachel's Vineyard Retreat, offered through the Archdiocese of St. Louis Abortion Healing Ministry.

A trained and compassionate team, including a priest and professional therapist, will gently lead participants through the critical steps of healing after abortion and help them encounter the merciful love of Jesus Christ, the Divine Physician.

The \$50 cost includes two night's lodging and all meals and materials. All information and inquiries are kept confidential.

Praise for Rachel's Vineyard

"I pray that all who participate in Rachel's Vineyard with the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace and love."

~ Mother Teresa of Calcutta



FEAST OF OUR LADY OF SORROWS
Sunday, September 19, 2021

Please join us as we celebrate our community's many blessings at our **annual Parish Feast**. We will celebrate with 5:00 p.m. Mass on Saturday, September 18th and with a Solemn Mass at 10:00 a.m. on Sunday, September 19th.

There will be a procession after 10:00 a.m. Mass followed by a box lunch in Faenger Hall. All are welcome!! Invite your children, grandchildren, neighbors, and friends!

To help us plan for the day, please **RSVP by September 11th** by putting this form in the collection basket, emailing rectory@olsorrows.org or calling the Rectory at 314-351-1600.

More details to follow.....



Parish Feast RSVP

Family Name: _____

of Adults: _____

of Children: _____

Please return RSVP form by September 11th



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