

**JOINT BASE MYER-HENDERSON HALL
CATHOLIC COMMUNITY**
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FORT MYER, VIRGINIA 22211
(703) 696-3532
www.jbmhhcatholicparish.com
www.milarch.org

**Sixteenth Sunday in
Ordinary Time**
18-19 July 2015


LORD, HEAR OUR PRAYER--for Vocations to the Priesthood and the Military Chaplaincy; for our deployed troops and their families; for our parishioners who are ill; and for our deceased:

Deployed: FC2 Joseph Reed, USN; Carol Yannarella, USAF; Ginny Ortiz, Peace Corps
Deceased: Sue Higgins; Joseph Timothy Fleming (husband of Polly, son-in-law of Jackie & Jim Campbell)

Healing: Buddy Craven, Bob Daknis, Joseph Toth, Jeanmarie Jonston, Jim Campbell, Alfred Prados, Jim Egan, Len Trahan, Bob Bowen, Kevin Tighe, Bob Schaaf, Alexis Coffey, Frank Bernardo, Bonnie Benne, Richard Wicks, Richard Brysacz (father of Margaret Asten), Morris McGregor, John Bikus, Suzie Kumashiro, Bill Hubbard, Hamlin Ortiz (father of Ham Ortiz), Randy Krug, Justin Cimino

~ Please contact Pam to remove names from the Deployed and Healing lists~

Introduction to Today's Readings

First Reading: Jeremiah 23:1-6

Second Reading: Ephesians 2:13-18

The prophet Jeremiah preached some 500 years before Christ, at a time when unworthy kings ruled the Jewish people. He looked to the day when God would raise up a good shepherd from the House of David. Later, the Gospel writers emphasized that Jesus was born of the House of David, and Christians have seen him as the fulfillment of this prophecy.

Our second reading is from the letter to the Ephesians. Ephesus was a community made up of Jewish people who had become Christian, and Gentiles who had become Christian. In this part of the letter, the author is addressing Gentiles – people who were once “far off” from the true God, but have “come near.” As a result, both Jews and Gentiles are together as one “new person,” namely the Body of Christ which is the Church.

The Lord is my shepherd; there is nothing I shall want. ~ Psalm 23

Announcements

The next **Baptism Instruction class** is on Sunday, **26 July** at 1030 in the Conference Room.

Congregation Survey: Your participation in this survey will be greatly appreciated as your opinions matter towards the completion of the Mission, Vision, and Core Values Statement. If you're unable to complete the survey online via Survey Monkey, please ask an usher for a form. Once completed, return your form to an usher. If you have any questions about the survey, please contact Ham Ortiz at hamortiz@netscape.net.

Offertory for 11-12 July 2015

Please make checks payable to C.T.O.F.

1700 Vigil: \$1,941.00 0900 Mass: \$2,321.51

TOTAL: \$4,262.51

Attendance: 397

JBM-HH Catholic Community

Pastor: Fr. Fred Wendel 703-696-5688 or alfred.w.wendel2@mail.mil

Deacon: Rev. Mr. Joe Pak 206-549-6169 or 703-602-5781 or deacon@jbmhhcatholicparish.com

Emergency Contact: Marshall Desk SGT 703-696-3525

Mass: 5PM Saturday Vigil, 9AM Sunday, Noon M-F. **Daily Mass:** Noon in the Blessed Sacrament Chapel

Reconciliation: 11:30-11:45AM Tuesday-Friday in Room 112

Catholic Coordinator: Pam Ortiz info@jbmhhcatholicparish.com

Parish Registration: Forms may be obtained from an usher or from website. Notify Pam of any changes.

Sacraments and Sponsor Letters: Requires registration. Fr. Fred has pastoral jurisdiction only for active duty military and their family members

Bulletins: Available on website; advance copy e-mailed each Thursday

Dear Catholic Community,

Is it hard for you to take time off, to relax? For some people it's very difficult. I was telling someone the other day that for the first 19 years of my priesthood I never took a day off. I was kind of proud of that. I got a reputation in the Diocese of Cheyenne, Wyoming as a workaholic. I knew though that within myself this wasn't very healthy. Inwardly, I was angry many times and somewhat resentful. I knew also that I was so busy working that I didn't take time to develop my "whole self". When I went back to Atlanta and the Archdiocese there, I made a decision to make a change. I started taking a day off. I realized that I had no history in Atlanta as a priest, so people would think that's the way I'd always done it. Wow! It was enlivening. I began to really develop other parts of myself besides my ministry and that actually enriched my ministry.

Taking time for our Spiritual life is an important part of our development. Too often now our society looks at what's on the outside TOO much. There's a real neglect of the SPIRIT. Jesus knew that ministry involved a tremendous amount of self-giving. That's why he also knew that taking time to get away and resting was important too. Within our Christian understanding of the human person, we're called to realize that taking care of ourselves is the basis for taking care of others. It's not one or the other. It's both and that's not selfish. That's what I had to come to realize. I wasn't being selfish in spending time for myself.

Sometimes life makes it VERY difficult to take time for ourselves. Caring for a sick person or responding to a real need came sap up our energy. In my own mind, that makes it even more important that a person find any opportunity they can to step aside from the rat race and demands. Even if it's difficult, don't give up trying. Remember too, within all of this, the importance of a prayer life. Being in the presence of the Lord in a VERY CONSCIOUS sense, can re-energize us. However we do it, continued blessings on the journey.

Blessings,

Fr. Fred

July 20 – August 7

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	20	21 Bible Study 1100	22	23	24	25
26 Baptism Instruction Class 1030 Conference Room	27	28 Bible Study 1100	29	30	31	1
2 Name Tag Sunday	3	4 Bible Study 1100	5	6	7	