

Daily Parish Communication

August 28, 2022

Good Morning All,

~First Communion Parents Meeting - Hall - 9:45am

~ Divine Mercy Chaplet and Penitential Prayers in the Church at 3:00pm

~Fr. Gillespie will be taking a few days off this week. Therefore, there will be No Masses, Confessions, or Adoration services this week. Mass will resume with the First Saturday Mass at 9:30 am on Saturday.

~RCIA is the program for 1) those who think they might like to become Catholic, 2) those who are interested in learning about the Catholic faith both Catholic or non-Catholic, 3) those Catholics who have not made their First Communion or Confirmation. Sessions begin October 9th and are held from 9:45-10:45 am weekly until Easter. Registrations may be obtained on our website, in the office or in the narthex of the church. Please call the office if you have any questions 864-225-5341.

~Parish Directory Signup continues on the website and at the Masses. [Online appointment scheduler \(instant-scheduling.com\)](#) Please help us fill all our appointment times! Pictures will be taken at the Church Business Office - 1303 McLees Road on the appointed day and time.

~~For your information~~ We have had a great start to the new school year. We have 100 students (plus or minus as everyone gets settled in their new schools)! With this terrific enrollment, we have started a new policy for the Parish Hall during the school day Monday -Friday from 7:30 to 5:00. Please check in at the front desk of the school for a volunteer/visitor pass so we are aware of who is on the campus. This is part of Safe Environment policies for the protection of the children. This policy applies to everyone. Thank you for helping us keep the smallest of our family safe! Please share with your groups and friends!

1. Today's Readings: [Twenty-second Sunday in Ordinary Time | USCCB](#)

2. The RE Corner with Jan Heithaus: What is something that many people struggle with? Staying focused in prayer. Including Mass. But since Mass is the highest form of prayer and worship that we have, we owe it to God and to ourselves to struggle to overcome this. Our Sunday Eucharistic article today gives us 9 tips to do just that.

3. Quotes of the Day:

~"Let us utter this one prayer: "Thy will be done." Let us repeat it time and time again and it will please God more than all our mortifications and devotions. There is no better way to serve God than cheerfully to embrace his holy will." *St. Alphonsus de Liguori*

~"When we pray continually, God will enlighten us as to what we must do in each situation, even the most difficult. God will speak in our heart. He will find ways." *St. Porphyrios*

~"You will never enjoy the sweetness of a quiet prayer unless you shut your mind to all worldly desires and temporal affairs." *St. Norbert*

St. Joseph, Pray for Us!

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9 Tips to Help You Stay Focused at Mass



Let's face it: fighting distraction during Mass is a difficult task for just about everyone. After all, we're human. We live in a fast-paced world. We have so many things bouncing around in our minds that we bring into Mass, not including the distractions we're bombarded with after we sit in our pew. And if we have children with us—multiply the distractions by ten.

It takes almost a heroic effort to prevent our minds from wandering away from the most important thing happening in our world in that moment: Jesus Christ coming to us in the Flesh. But it IS possible to limit *some* of our distractions at Mass. All we need is a little thoughtful preparation.

Here are some simple-yet-practical tips.

1. Turn off music streaming and the car radio on the way to Mass.

One of the best ways to mentally prepare for Mass is to begin before you arrive. Start clearing out your distractions in advance by spending your drive-time to the church in silence. Turn off the car radio, silence your phone, and avoid superfluous conversation if you have family or friends in the car with you. Leave any important conversations for after Mass. Consciously make your transition from the secular to the sacred. Let that silence sink in.

2. Get to Mass at least 10 minutes early.

It's very important to get to Mass a little early—rather than rushing in and looking for a seat while Mass is already beginning.

By clearing out your mind on the way to Mass and making room for silence, you have already taken steps to prepare yourself for prayer. Deepen that preparation by spending at least a few minutes in quiet prayer before Mass begins. Remind yourself that you are now in the presence of God and that you are about to receive Jesus in the Blessed Sacrament and thank Him for this gift of grace. This will help to settle you down and keep you attentive.

More time is better but a few minutes is better than none at all. This may take practice, but over time you can develop the habit.



3. Sit closer to the front.

Another good reason to get to Mass a bit early is to get a free seat in one of the front pews. If all that is in front of you is the altar, it is much easier to stay focused on what is happening there. You will also be less distracted by what is happening in the pews around you.

4. Keep your hands folded in prayer.

Posture is very important to prayer. Let your body remind you of what your heart and mind should be doing by keeping your hands reverently folded. There is a reason why we teach this to kids! Try it, and you'll probably find that it helps lessen your distractions.



5. Fully participate in the Mass.

Mass is not an event for spectators. Participate! Say all the prayers and sing all the songs. If it helps, follow along with each part of the Mass using a missal.

Where does this Sunday fall in the liturgical calendar? How is the Old Testament reading connected to the New Testament reading? How does the Responsorial Psalm connect both?

If you are engaging in all of this, it is a rewarding occupation for the mind, and God will undoubtedly assist you to better grasp and understand His sacred truths.

6. Bring back those wandering thoughts.

Mass is the place where heaven meets earth. Each time you are distracted, bring your mind back to where you are, even if you have to do this 100 times from start to finish. As instructed by St. Francis de Sales:

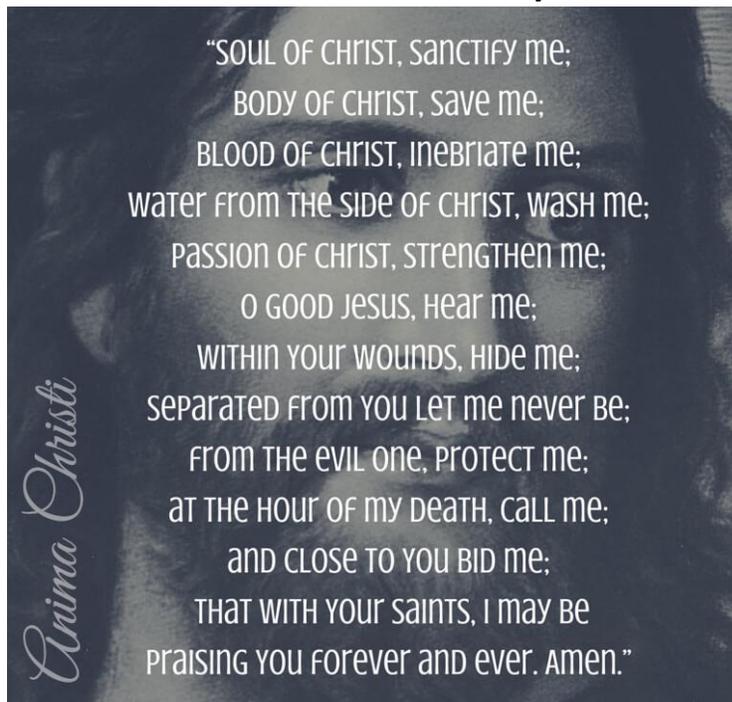
“If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master’s presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in Our Lord’s presence, though it went away every time you brought it back, your hour would be very well employed.”

- St. Francis de Sales -

7. Intentionally add your intentions and sacrifices to the prayers of the Mass.

Two things that you can bring with you to every Mass are the special intentions that you're praying for, and the personal sacrifices that you're uniting to Christ's one great sacrifice. Both come together as you "offer it up" at Mass. At the point before the Consecration when the priest says, "Pray brethren, that my sacrifice AND YOURS may be acceptable to God, the almighty Father," consciously think of what these things are for you.

8. Memorize the Anima Christi Prayer.



The *Anima Christi* is a beautiful Communion prayer dating back to the Middle Ages. Pray these words very slowly as a meditation to keep your mind focused on what Christ is doing in your soul at your reception of every Holy Communion. Do this enough times and you'll have it memorized.

9. Ask for help—from your guardian angel!

If you want help overcoming distractions away at Mass, just ask! Your guardian angel is with you to help you with things like this. Humbly ask your angel—who is adoring Christ along with you—to assist you in staying attentive and praying well.

Source: goodcatholic.com