

## PRESENT NORMS AND GUIDELINES FOR CELEBRATION OF THE MASS

We have begun the process of returning to a pre-pandemic celebration of the Liturgy.  
We will continue to follow the established guidelines we have been using, which are enumerated below.  
The remainder will be introduced gradually.

1. Masks: **Fully Vaccinated.** Effective May 15, 2021, fully vaccinated people no longer need to wear a mask in any setting.  
**Unvaccinated.** From ages 5 and older must cover their mouth and nose with a mask when present for any Mass or liturgical celebration.
2. Hand sanitizer: All entering the Church are asked to use hand sanitizer placed at the entrance.
3. Music Ministry: Choir may resume.
4. Lord's Prayer and Sign of Peace: We are to continue the practice of refraining from holding hands during the Lord's Prayer and shaking hands during the Sign of Peace (bow or verbal gesture is appropriate).
5. Distribution of the cup: The distribution of the cup remains suppressed for deacons and the lay faithful until further notice.
6. Ushers: resume their normal procedures/functions as it was pre-Covid-19 except for collections. We will continue to use the baskets placed in the entrance.
7. Bulletins: We will continue to distribute them electronically until further notice.

*God's blessings upon you all.*

*Father Gerry*

## *The Catholic Church Of The Visitation*

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*19th Sunday in Ordinary Time*

*August 8, 2021 Year B*

We continue to hear Jesus' Bread of Life Discourse from John's Gospel, and in the Gospel for this weekend we hear the negative response that Jesus received from some of the crowd. Some are not pleased that Jesus said, "I am the bread that came down from heaven." They knew Jesus as the carpenter from Nazareth, how could he claim to come from Heaven, and how is he the bread? Jesus responds directly to them and their murmuring and repeats that he is the bread of life that comes down from heaven, and he is the living bread. If they receive the living bread they shall not die.

Jesus is telling us "I am the bread of life." I will sustain you. I will give you life. God fed his people in the desert. In the first reading Elijah, in anguish, is praying for death. Instead, God reaches out to Elijah through an angel, offers him cake and water and encourages him to eat and live and continue his journey. Likewise, God feeds us through His Son Jesus, the real bread of life.

Through Jesus God invites us for a special relationship with Him. He is reaching out to us, nourishing us, accompanying us, filling us with Love. When we have problems to overcome, and we all do have them from time to time, the Lord reaches out to us to help. Like Elijah who received help from heaven, in the same way, we receive help and strength from the bread of life which came down from heaven, Jesus Himself, He is the food we need to overcome all our problems, he gives us strength and courage to continue on our journey of faith and life.

Sometimes when we are down, feeling lonely or afraid, we have to stop and take a moment to look for the presence of the Lord. Feel His closeness, notice how He is telling us you are not alone. He is there always to feed us with encouragement, support, and His grace. The Lord continuously is reaching out to us. He is our Bread of life. We just need to take time to notice him. A moment of Eucharist adoration can change your life, you talk to Jesus directly!

Sometimes we fail to notice the Lord, or we do not accept his invitation to feed us because of our pre-existing agendas. We miss the message, because we are looking for something which we think will confirm our already set opinions.

These people who are murmuring/complaining about Jesus and his teaching are the same people who were praising Him when he performed a miracle and fed them, they even went looking for him. And now, because Jesus is asking them to be committed to the real meaning of his miracles, and all his teachings, they complain. They even start to doubt Him. They say: 'we know him, he is the son of Joseph!'

This leads us to the question of whether or not we do find ourselves murmuring sometimes. It could be over a particular teaching from the Gospel that we struggle with, and rather than embrace the need to work and change our lives, we complain against that particular teaching. We expect God to reform his teaching around us, rather than for us to reform our life around His Gospel. It could be some teaching of the Church that we disagree with. Rather than seek to better understand the teaching, we complain/murmur and work at finding a way around it or try to discredit it as old teaching, out of touch with reality.

So, as we listen to this Gospel of today, let us accept the challenge to become bread and drink for others. Let us recognize that Jesus whom we consume in the Holy Eucharist is actually God Who assimilates us into His being. Thus, day by day 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, let us allow ourselves to be challenged to sacrifice ourselves for others, as Christ has done for each of us.



Very Reverend Gerald Kaggwa, V.F.

TODAY'S MASS

**First Reading:**

*1 Kings 19:4-8*

**Responsorial Psalm:**

*Taste and see the goodness of the Lord.*

**Second Reading:**

*Ephesians 4:30-32*

**Gospel:**

*John 6:41-51*

MUSIC

**Entrance:** Praise To The Lord #208

**Responsorial:** 195

**Offertory:** Christians, Let Us Love One Another #473

**Communion:** I Am The Bread of Life #325

**Meditation:** Loving And Forgiving #654

**Recessional:** I Sing the Mighty Power of God #425

TODAY'S ASSIGNMENTS

**Community Leader:** Kevin Hayes

**Altar Server:** Steve Forte

**Cantor:** Cindy Powers

**Eucharist Minister:** Cindy Jessee

**Lectors:** Becky Nunn & Eileen O'Brien

PLEASE REMEMBER IN YOUR PRAYERS

*Taylor Deagle, Janet Sheldon, Ed Mahoney & Eleanor Alter*



PARISHIONERS

John & Diane Weidner, Spike & Becky Nunn, John King, Jim Moncure, Peggy Williams, Lois & Skip Kramb, Marianne Krop, Tom Foley, Michele Meanely, Jack & Louise Petralia, Paul Pearce, Grace Anderson, Natalie Smith, Lorie & Sal Messina, Pat Paul, Margaret Hock, Anne Dunn, Lynn & Jim Vajda, Tom & Cindy Jessee, Mike Lokie, Steve Kirsch, Marilynne Cerullo, Tom Hawksworth, Mary Ann & Kenneth Gulick, Nancy Wirth, Bettie Hodge, Bob & Ingrid Borden, Laurie King, Bill & Linda Gray, Carol Smith, Pat & Lee Reamy, Carole McPherson, Colin Walsh.

FAMILY OF PARISHIONERS

Lucy Walker, Arnold Fahrman, John Matthews, Ramon Placinte, Jillian Messina, Karen Tatum, Lynn Messina, Dave Hersh, Mike Shea, Pam Tibbs, Sherry Newton, Aquela Parker, Bernie Smith, Virginia Talke, Phil Melancon, Doris Melancon, Dominick Perry, Kimberly Lavinder, Doug Meuse, Michele Brune, Noele & Mike Anglin, Anita Bomberger, Drinkwater Family, Kathy Shepherd, Lucy Walker, Suzanne Whelan, Jim Rundle, Rundle-Kehl family, Doris & Arthur Green, Rachel, Brian & Marcus Pittman, Robbie Beasley, Sandra Bush & Children, Mary Gray, Denis Popp, PJ Schwedler, John Calvin Barnard, Colleen O'Rollins, Michael Reamy, Natash Walsh, Ellen DeMaurez, Michele MacFarland, LC Warren, JoAnn Dwyer, Sandy Alter, Andy & Iris Hetzer.

FRIENDS OF PARISHIONERS

Hunt Addison, William Scott Smith, Eddie Hall, David Smith, Sandy Bruce, Matt & Marianna Parowski, Penny Hoar, Gene Tunney Walker, Joe McInerney, The Butt Family, Greg Chambers, Bristow Family, Peg Meushaw, Dave Gunn, Chuck Taylor, Paula Harcum, Cathy Kirkland, Remy Maine Miller, Jessie Debusk, Ryan & Jeanne Norris, Donna Newcomb, Vickie Hogge, Pumpkin Brownley, Rita Blommel, Brenda Knupp, Ashely Scott & family, Susie Loustaunau, Elizabeth Panzer, Linda Cryer, Tyra Freed, Valerie McCarthy, John Rychtarik.

*If you would like to add someone to the Prayer List please contact the office by email or phone.*

MAIL IN OFFERTORY, AND ON LINE DONATIONS: August 1, 2021

Collection: \$ 1,724  
Second Collection: New Worship Area \$ 500  
Total Offertory Collection Year to Date \$ 11,435  
Total Budget Projection: \$ 12,023



Our second collection today is for Parish Pence  
There were no principle checks signed this week.

BIRTHDAY'S FOR AUGUST



1st-Ed Harriman & Carol Walsh, 3rd-Germaine Hayes, 5th-Pat Paul,  
6th-Grace Anderson & James Davenport, 8th-Pat Marchant, 10th-Al Langer,  
11th-Marysue Dougherty, 12th-Steven Kirsch & Donna Thompson,  
15th-Aldo DeCollibus, 20th-Lee Reamy, 21st-Roseanne Moncure,  
22nd-Paula Wilson, 23rd-Robert Wilson & Francis Demaurez, 24th-Richard  
Dougherty, 28th-Mary Ann Gulick, 29th-Bill Puttmann & Rebecca Riley.

ANNIVERSARY'S AUGUST



2nd-Spike & Becky Nunn, 3rd-Charlie & Margaret Hock, 4th-John & Vera England,  
7th-Charlie & Anne Costello, 8th-Tom & Cindy Jessee, Don & Maria Tyrrell,  
10th-Skip & Lois Kramb, 17th-Sal & Lorie Messina, 18th-Mike & Gretchen Borzelleca,  
19th-John & Carol McCormack, 22nd-Lee & Pat Reamy, 25th-Bill & Michelle Puttmann.

SAVE THE DATE

COV Oktoberfest Celebration  
Saturday, October 2nd, 5-9pm  
(rain date Sunday, Oct. 3rd)



Fundraising event celebrating the completion of the NWA

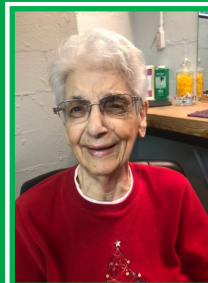
MEMORIAL PLAQUES



Our deadline is fast approaching for the Memorial Plaques. Before the plaques can be ordered we need you to check and sign off on your wording, and names. If you have any questions please contact the office or see *Lynne Richardson* after Mass today. Thank you for your assistance.



REGRETS



With regrets we announce the death of Min Tassone from natural causes Wednesday, July 28th. Min and spouse Bruno joined the parish 25 years ago and were revered and active parishioners. After Brunos' death, Min moved to Williamsburg about 5 years ago to be closer to family. Her Mass of the Resurrection was held August 2nd, and she now resides with her husband Bruno in our cemetery.

*Our prayers are with her family.*

REMEMBERING AUGUST 2016



This past Tuesday, August 3rd our Father Gerry celebrated his arrival to COV five years ago. Praying to keep him for at least another 5 years.

*We are Thankful and Blessed to have him!*

HONORING THE BLESSED VIRGIN MARY

On the first Saturday of the month, in honor of the Blessed Virgin Mary, Francis de Sales (our sister church) is saying the Rosary-starting at 9am followed by Mass at 10am. *All are welcome.*

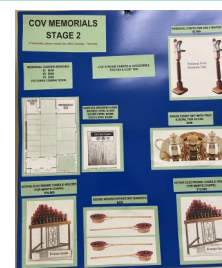


MEMORIAL UPDATE

As promised, we have entered Stage 2 in our Memorial Campaign for the New Worship Area.

Listed below are the new memorial items:

- \*Memorial Garden Benches
- \*Live stream camera & Accessor
- \*Narthex Wooden Floor
- \*Pedestal Fonts for Holy Water
- \*Round Woven Offertory Baskets
- \*Pews and Choir Chairs
- \*Votive Electronic Candle Holder-Mary's Chapel



For I know the plans I have for you, declares the *Lord*, plans to *prosper* you, and not to *harm* you, plans to give you *hope* and a *future*.

Jeremiah 29:11

To view some of these artifacts, please view the poster located in the alcove.

Any questions please come by the office or give us a call.





### ST NOA SCHOOL UPDATE

It is my joy and privilege to update you about St. Noa School after a period of time. The global Covid-19 pandemic did not spare Uganda, and as I indicated a few weeks ago,

Uganda right now, is experiencing a second wave which is far worse than the first one. Several of my family members including my mother were affected and hospitalized for several weeks. Thanks to your prayers and others they are now slowly recovering.

Because of this situation, the Government has on several occasions ordered lockdowns which closed all public gatherings including schools. So, for more than a year now, learning in schools has been sporadic. This has had a tremendous negative effect on students, especially the girls. Some, who are in upper classes might not return to school due to social circumstances, like the fact that some girls are married off by their parents at a very young age.

But despite all this, during this Covid-19 pandemic period, something positive has been achieved. With the generosity of some parishioners, we managed to construct and furnish a new Administration Block comprising Offices for a Head Teacher and receptionist/secretary, a staff room where teachers can meet and prepare lessons, and two more classrooms. Also, we managed to construct a small house which serves as quarters for male teachers which can accommodate 4 persons. This is good news because we have now all the facilities to accommodate children of all stages from pre-primary (pre-elementary) through primary education.

The next step in this project is to look for funds to construct 2 dormitory blocks housing about 60 students each (one for girls and one for boys). We will begin with the one for girls because they are the most vulnerable in the society. They have many chores at home, face abuses (defilement), and other obstacles. Having them in the dormitories will improve their academic growth as well as their safety.

It is my prayer that this crucial phase of the project becomes a reality. Much has been achieved, and I trust even this, with God's blessings, will be realized. Thank you for helping my people, I am really touched by your generosity.

I promise to keep you posted on the developments of the project.

You are always in my prayers.

Fr. Gerry Kagwa



### COLLECTION COUNTER REFRESHER

As we slowly return to normal practices, we will re-engage the Collection Counters Ministry in September.

On Sunday August 22nd, we will hold a short meeting after Mass in the Daily Mass Room to review procedures and answer any questions you may have. There are 13 of you, and we ask you to plan your schedules accordingly. Thank you *Admin. Staff*



COME JOIN OUR  
**BIBLE**  
Study

Our Bible Study small group will undertake a study of the Gospel According to John and John's Letters over the next several months. Our group meets on the first and third Tuesday of each month from 6:30 to 8:00PM. Our first meeting will be on September 7 and the study will wrap up in April. Anyone interested in joining the group should complete the sign up sheet after Mass which John will have or contact John Weidner at [jaweidnerl@verizon.net](mailto:jaweidnerl@verizon.net) or 240.780.1872.

### WHAT WILL BE YOUR LEGACY?

It's true, whether we want to believe it or not: we can't take our possessions with us.

That's why it's important, while we are able, to decide and name the recipients of our possessions before our earthly life ends. This allows us to remember the people and causes important to us. It lets us determine guardianship for any minor children.

And it's one way to make a gift to COV.

There's many ways to do this. Some provide better tax advantages than other. There are also ways you can receive a stream of income for life with the church getting the remainder at death.



*Potential, Purpose, Promise*



### CHURCH LIVESTREAMING INFORMATION

The Dioceses has compiled a list of churches who continue to livestream Masses. If you are someone who could benefit from this information please call the office and we will forward the list to you.