

# SUMMER MASS INTENTIONS

**St. Bernardine of Siena Parish**

**St. John the Evangelist Parish**

DATE	ST. BERNARDINE OF SIENA 9:00 AM.	ST. JOHN THE EVANGELIST 10:30 AM.
13 <sup>th</sup> Sunday of Ordinary Time <b>July 2</b>	<b>Miocheal Kritz and Matt Humeniuk</b> By The Kritz Family	<b>Peggy Quackenbush</b> by Rolly & Elain Lamarche
14 <sup>th</sup> Sunday of Ordinary Time <b>July 9</b>	<b>Jack Terrell</b> By The Terrell Family	<b>Melina Fraser</b> by The Fraser Family
15 <sup>th</sup> Sunday of Ordinary Time <b>July 16</b> Skead Blueberry Festival	<b>Marilyn O’Conner</b> By Clarence Lefebvre	<b>Oliva Charboneau</b> by Joanne McFarlane
16 <sup>th</sup> Sunday of Ordinary Time <b>July 23</b>	<b>Mary Cyrwus</b> By Jack & Lucille McFarlane	<b>William Bardswich</b> by Vicki & Wayne Butler
17 <sup>th</sup> Sunday of Ordinary Time <b>July 30</b> Happy 90 <sup>th</sup> Birthday Eva Whidden (July 29)	<b>Melina Fraser</b> By The Fraser Family	<b>Mary Cyrwus</b> by Wayne & Vicki Butler
<b>August 6</b> Transfiguration Sunday	<b>The Parishioners</b>	<b>Colleen Colden</b> by Mark Bardswich and Family
19 <sup>th</sup> Sunday of Ordinary Time <b>August 13</b>	<b>Oliva Charboneau</b> By Maurice Lamothe	<b>Joe Cyrwus</b> by Vicki & Wayne Butler
20 <sup>th</sup> Sunday of Ordinary Time <b>August 20</b>	<b>Peggy Quackenbush</b> By Polly Rutenburg	<b>Walter Franke</b> by Faed & Marion Schenko
21 <sup>st</sup> Sunday of Ordinary Time <b>August 27</b>	<b>William Bardswich</b> By William & Frances Hayes	<b>Melina Fraser</b> by her Family
22 <sup>nd</sup> Sunday of Ordinary Time <b>September 3</b> Labour Day Weekend	<b>The Parishioners</b>	<b>William Bardswich</b> by Shirley & Don Henry

▶▶ There are no weekday Masses celebrated during the months of July and August.

▶▶ We return to our regular Sunday schedule on the weekend of September 9 - 10....  
Saturday at 4:30 pm. at St. John’s;  
Sunday at 9:00 am. at St. Bernardine of Siena and 10:30 am. at St. John’s.

Summer Mass times at our neighbouring parishes are:

+ **St. Andrew the Apostle (July and August only):** Saturday at 4:30 pm.; Sunday at 10:00 am.

+ **Holy Redeemer Parish:** Saturday 7:00 pm.; Sunday 9:00 am., 11:00 am., and 7:00 pm.

# Walking Meditation

There is a Zen tradition called “walking meditation” which invites us to do exactly what we do all the time: walk! But now we are invited to walk with awareness, slowly, mindfully. Not walking in order to hurry from here to there, but walking for its own sake and to be purely in the present moment, enjoying each step we take. If we transform our daily walks into a meditation, our feet will take each step with awareness. Our breathing and our stepping will be in harmony and our mind will be free to find peace and joy. And to cause peace and joy to flow through us to others. As far back as 1930, Romano Guardini, the great Catholic liturgist, also spoke of the sacramentality of walking: “Walking is the expression of essentially human nobility. The upright carriage of the who masters one’s self, who bears one’s self along calmly and quietly—that is a human privilege.” Walking upright means being a human.

But we are even more than just human. Scripture says that we are the “offspring of God, reborn of God to a new life.” Imagine! We should walk as though we remembered that Christ lives in us. His body dwells in our flesh; his blood circulates in our veins. For “they that eat my flesh and drink my blood, abide in me and I in them.” Guardini goes on to say “The knowledge of this mystery could find its expression in walking rightly, joyfully, with graceful and firm movement. It could be a profound fulfillment of the command: ‘Walk before me and be perfect.’”

We can transform our “daily constitutional” into walking meditation. Breathing and stepping in rhythm. Watching the firm, joyful steps we take. Walking in the faith that Christ is formed in us; that all that we do has become part of Christ’s life in us.