

July 23 Eighth Sunday after Pentecost (Green)
St. Apollinaris, B, M – St. Liborius, B, C
Proper of Sunday, “Suscepimus”, Gloria, 2nd of St. Apollinaris,
3rd of St. Liborius, Credo, Preface of the Most Holy Trinity, Ite

15 Decade Rosary recited weekdays at 8am when no Mass is available

Mon	24	Vigil of St. James, A – St. Christina, V, M
Tue	25	St. James, A – St. Christopher, M
Wed	26	St. Anne, Mother of the Blessed Virgin
Thu	27	St. Pantaleon, M
Fri	28	Mass 8:15am Sts. Nazarius and Companions, M
Sat	29	Mass 8am St. Martha, V – St. Fleix II and Companions, M Confessions 7:30 & 4pm

Holy Hour of Reparation Every Wednesday at 3 pm in the Chapel. Next Rosary Rally August 5th at the Garden Grove Civic Center 12 noon.

Mass Requests for the living, dead or special intentions-\$20 stipend per Mass.

Calendars- “Our Lady Help of Christians Liturgical Calendar for 2023” on the gift shop counter offering \$4. They have all the details you’ve come expect regarding the traditional liturgical calendar and practices of the Roman Rite.

Death Remembrances July

Grace Pisano, Norman Meyer, Gail Cassil, Bernard Petronella, Stan Nelson, Ken Fisher, Scott Winchester, Dick Marsh, Walter Nickel, Harriet Willis, Susan Avila, Paul Lieb, Pauline Finley, Margaret Selway, Jane Re, Gladys Cordell, Cardinal McIntyre, Richard Goodwin, Doris Allison, Bill O’Grady, Leonard Paajanen, Mary Thomas, Ed Heffner, Ray Cwodzinski, Ann Hopkins, Joe Marquez, Ralph Piro, Fran Beausoleil, Rita Churney, Gil Peters, Msgr. Lloyd-Russell, Jim Creger, Wally Rouston

Death Remembrances August

Patrick Kurz, Mary Prescott, Rosemarie Smith, Walt Wetzel, Dorothy Foote, Rafael Atotubo, Kay Strothman, Manuel Moreno, Sally Sweeney, Sr. Clare Francis, Duyen Nguyen, Robert Kuhle, Guy Coulombe, Norina Roberts, James Nolan, Sr. M. Grace Heiner, Bettie Borup, Connie Wyatt, Craig Schumacher, Dan Baur, Yvonne Stalder, Violet Berthelot, Joe Ardizzone, Thomas Healy, Anne Cillis, Betty Wilcox, Lyle Moran, James O’Mara

Parish Illness and other Prayer Intentions

Tesa Becica, Agnes Selway, Paul Isley, Homer Sweeney, Leroy Cadman, Inez Williams, Ida Ramirez, Julie Ayraud, Isabella Codeceira, Dean Paajanen, Linda Whitlock, Comptons, Peggy Perez, All Priests
(renewable monthly OLHCbulletin@yahoo.com)

Our Lady Help of Christians Chapel

Padre Pio Academy

9621 Bixby Avenue

Garden Grove, CA 92841

School Office: 714-530-6840

(Please direct all correspondence and church business here)



Masses Sunday 7:30 & 10:00

Always check website for most current schedule

15 Decade Rosary recited weekdays at 8am when no Mass is available

Confession All Masses typically preceded by substantial time for confession, which must end 10 minutes before Mass begins. Out of consideration for others, please don’t use the confessional for lengthy counseling. Be brief. Be blunt. Be gone!

Streamed Mass WWW.OurLadyHelpOfChristians.US - Select Mass Stream & Subscribe (Televised Mass in the Hall)

Saint Patrick’s Mission - Northridge Mass is temporarily unavailable at this location

Sacramental Planning: (626) 447-1752

Emergency Contact ONLY: (626) 355-0845

To Modern Catholics We are what you once were. We believe what you once believed. We worship as you once worshiped. If we are wrong now, you were wrong then. If you were right then, we are right now.

July 23, 2023

Eighth Sunday after Pentecost

St. Apollinaris, B, M

St. Liborius, B, C

Modesty in Church Out of respect to our Lord, we beg all to appear in church modestly dressed. No shorts allowed. Ladies heads must be covered, no slacks or pants, low cut or sleeveless tops. Your cooperation is evidence of your love for our Lord in the Blessed Sacrament and respect for the House of God.

Communion Fast Holy Communion may be received only by Catholics believing themselves to be in the state of Sanctifying Grace, who are observing at least one hour fast prior to reception of the Sacrament. We are urged, however, to observe the fast from midnight, or, at least for three hours. While always welcome, non-Catholics and those who do not accept the traditional teachings of the Church in matters of faith and morals, are NOT to receive Communion at this Mass. To receive Holy Communion do so in silence- do not say Amen.

Confession Procedure Begin your confession with "BLESS me Father for I have sinned", when you have received your penance, immediately begin your Act of Contrition.

Mass Requests \$20 stipend per Mass, intention box located on the wall in the gift shop.

Chapel Etiquette Food, drink and matches are not allowed. Please use the butane lighters to light the votive candles. When the Blessed Sacrament is exposed, genuflect on both knees and bow. Otherwise, genuflect with the RIGHT knee touching the floor.

OLHC is an independent Traditional Chapel. We maintain no association whatsoever with Kentucky Resistance.

No unapproved literature may be left on the premises. It will be discarded.

Need something blessed? The first Sunday of each month after each Mass. The next blessing will be August 6th. Please be there to pick up your item, it will not be held.

Lost and Found If you have lost something, check the lost and found bin and if you find something left in the pews, please return it to the bookstore so it can find its rightful owner.

Have you Registered? To register and receive your offering envelopes, see the breezeway sign-up table or the gift shop.

Checks Payable to OLHC or Our Lady Help of Christians. Please DO NOT seal envelopes with scotch tape or stickers. By request, Venmo is also available for donations.



venmo

Useful Links

fsspx.org - Find a Mass Worldwide – scroll down

Traditionalcatholic.co - Spanish & English Traditional Catholic Books (Audio, PDF, Kindle, etc.)

ksmk.org - Catholic Radio Station

thanhlemisa.wordpress.com - Vietnamese/Latin Missal

CatholicFamilyNews.com - search: Archbishop Vigano

Padre Pio Academy News

Celebrating 40 Years of Catholic Tradition in Education

www.padrepio-academy.com email: padrepioacademy@sbcglobal.net

Liturgical participation is primarily interior and bodily actions are secondary. However the body is unquestionably involved in our worship. We are rational beings who depend on our senses for knowledge and communication; what we do with our knees, our tongues, our limbs expresses and reinforces what is in our minds. The Church's entire sacramental system, centered on the Incarnation, and therefore on the Eucharist, rests on the material, bodily, fleshly nature of man as God created him in the beginning. In the fullness of time He reveals Himself through Christ's own body and saves us by it. The Mass is not only the most spiritual but the most bodily of all events that take place in our world, since it hinges on the flesh and blood of Christ, the miracle of transubstantiation effected by the Holy Spirit who unites us to the risen Lord. It is the nature of the Mass to be a *visible* event involving bodies in motion and in response. Our participation is not supposed to be (and cannot be) simply invisible or purely spiritual, as we cannot use our minds for a moment without the aid of at least our interior sense powers. More than that, we are where our bodies are; that is why the requirement to attend Mass on certain days cannot be fulfilled by watching a live-streamed Mass from the comfort of our home. Part of what it means to "go to Mass" is to *be physically there*. A pilgrimage means going somewhere special and reaching it, not reading a map or travelogue.

At a Low or High Mass, depending on the feast, one will make the sign of the cross up to ten times ("In nomine Patris, et Filii et Spiritus Sancti"; "Adjutorium nostrum in nomine Domini"; "Indulgentiam, absolutionem et remissionem..."; "Cum Santo Spiritu" end of the Gloria; "Et vitam venturi saeculi" end of the Credo; Benedictus qui venit" in Sanctus; the Confiteor before Communion; at the final blessing and some also add, at the elevation of the Host and Chalice. The triple sign of the cross is made twice: once at the Gospel and once at the Last Gospel. One may end up striking one's breast as many as 18 times. These breast-beatings are no small matter: St. Thomas teaches that venial sins are forgiven when one does this action with a contrite heart. Traditionally-minded Catholics learn to make a slight bow of their heads at every mention of the name of Jesus (and that's quite a few!); at doxologies, at phrases in the Gloria ("Adoramus te," "Gratias agimus tibi," and "Suscipe deprecationem nostram")' and at the "simul adoratur" of the Credo, where we confess the divinity of the Holy Spirit; they may bow more fully at other times during the liturgy, such as when the priest is passing by in procession, at the "Gloria Patri" of the Asperges, and before and after the thurifer incenses the people. We genuflect at the final blessing and at the words "Et verbum caro factum est." ~ Peter Kwasniewski, "Reclaiming Our Roman Catholic Birthright"