



251 Glenridge Avenue, St. Catharines, Ontario L2T 3Y7  
Telephone: 905-684-5603 | Fax: 905-684-9479  
Website: [www.stjuliastc.com](http://www.stjuliastc.com) | Email: [stjuliaparishstc@gmail.com](mailto:stjuliaparishstc@gmail.com)

#### Mass Schedule

Monday, Tuesday, Wednesday and Friday 8:30 a.m.  
Saturday 5:00 p.m.  
Sunday 9:00 a.m. (Children's Liturgy of the Word)  
11:00 a.m.

#### Confessions

Saturday 3:30 p.m. to 4:30 p.m. or by appointment

#### Office Hours

Monday to Friday, 9:00 a.m. to 1:00 p.m.

#### Diocesan Bishop

#### Pastor

#### Deacons

#### Director of Music

#### Maintenance

#### Administration

Most Rev. Gerard P. Bergie D.D.

Fr. Greg Schmidt  
[frgregoryschmidt@gmail.com](mailto:frgregoryschmidt@gmail.com)

Deacon George Newman  
Deacon Brian Jeynes

Dr. David Holler

Jim Salmon

Christine Buckley  
Cheryl Wood



Parish Mailing Address: 16 Adelene Cres., St. Catharines, Ontario L2T 3C7



## August 8th, 2021 - 19th Sunday in Ordinary Time

Our readings today continue to educate us on the Eucharist. Jesus tells us in our Gospel that He is this Food that sustains us as He says, "I am the living bread that came down from heaven...and the bread that I will give is my flesh for the life of the world." This bread He is referring to is His Body, Blood, Soul and Divinity that we receive. This bread becomes the flesh of Christ Himself.



And in consuming Him, we receive every grace we need to live forever in eternal life. We are strengthened in virtue and united more closely to Christ. This is the Food that will fill us as we journey through this life.

Mistakenly we often take the Eucharist for granted. Maybe we come to Mass to "check the box" instead of actively partaking in this intimate exchange or we receive Jesus in the Eucharist and then forget about Him the second we leave the church after Mass.

To receive all that God wants to give us in the Eucharistic, we must do our part in being receptive to His grace and living out active discipleship in our day-to-day lives.

Let us approach the Lord acknowledging His Divine Presence and be open to all the graces He desires to pour out on us. Then we must go forth, being attentive to the moments that the Holy Spirit is calling us to act as He acts — in total love and sacrifice.

— Stewardship Reflections by Catholic Stewardship Consultants

### Parish Calendar

#### Monday, August 9

8:30 a.m. ( Livestream ) - Joseph Galliera †

#### Tuesday, August 10

8:30 a.m. ( Livestream ) - Tom Critelli †

#### Wednesday, August 11

8:30 a.m. ( Livestream ) - Deborah Mockford †  
Special Intention for Jane Oschypko's Birthday

#### Thursday, August 12

No Mass

#### Friday, August 13

8:30 a.m. ( Livestream ) - Teresa Fabiani †  
Special Intention - 60th wedding anniversary for  
Chuck & Kathy Masse | Special Intention

#### Saturday, August 14

5:00 p.m. ( Livestream ) - William Dion †  
Deceased members of the O'Neill & Behlau families †

#### Sunday, August 15

9:00 a.m. - Mass for the People  
11:00 a.m. - Richard Cobus † | Special Intentions

### Offerings for July

Envelopes	\$ 21,486.05
Monthly Preauthorized Giving	8,768.75
Canada Helps	168.81
Interac e-Transfer	2,975.00
Renovations & Repairs	310.00

**Total \$33,708.61**



### Are You Being Called?

**"Do not grieve the Holy Spirit."**

Your faithful response to your vocation gives joy to the heart of God. Perhaps priesthood or consecrated life awaits you.

Contact Fr. Greg at the church office,  
905 684 5603 or email  
frgregoryschmidt@gmail.com.