



**SAINT BENEDICT'S**  
PASTORAL UNIT

**14th Sunday in Ordinary Time**  
**WEEKLY CHECK-IN**

to keep people up to date, along with the trivia to keep you on your toes.

**How Well Do You Know the Faith?**  
**This Week Marks Our Unit's Patron Saint, St. Benedict. We ran this trivia quiz before, lets see How Much You Remember About Him!**

1. What religious order was founded by St. Benedict?
2. What was the name of his saintly twin sister?  
(a) Perpetua (b) Cecilia (c) Scholastica (d) Modesta
3. St. Benedict wrote a classic text of Christian spirituality that is generally held to be the most widely read work of its kind, second only to the Bible itself. Which is it? (a) The Confessions, (b) The Rule, (c) The Spiritual Exercises, (d) The Imitation of Christ, (e) The Summa
4. Which of the following is St. Benedict NOT a patron saint of? Europe, Writers, Kidney Disease, Monks, Poisoning, Schoolchildren
5. When is St. Benedict's feast day?
6. How old was Benedict when he became a hermit?  
(a) a teenager (b) his twenties (c) his sixties
7. Who tried to poison St. Benedict? (a) The King (b) His Family (c) His monks (d) The Romans
8. What does the name Benedict mean?
9. What does Benedict's religious community motto Ora et labora mean?
10. How many popes have taken the name Benedict?

**Answers are found on bottom. \*\* Scores 9-10 Bible Scholar \*\* 6-8 Seasoned Scribe 4-5 Budding Disciple \*\* 0-3 Means... Time to Start Studying.**

**PRAYERS FOR THE SICK**

Please continue to pray for Ivan Gallant, Kevin Roberts, George MacPherson, & Fr. Egan. If you wish prayers for your loved one due to illness please email or phone Edith (583-2541) to let her know. Thank you!

**CONFESSIONS: Saturday 11 -12 at St. James Parish.**

**MASS SCHEDULE FOR THIS WEEK:**

**\*\*\* PLEASE NOTE THERE IS NO WEEKDAY MASS THIS WEEK \*\*\***

- Sat., July 4, at 4:00 pm St. Francis de Sales, Int. Casimiar MacDonald by Family
- Sat., July 4 at 6:00 pm St. James, Int. Gordon Batchilder by Family
- Sun., July 5 at 9:00 am St. George's, Int. for the Parishoners
- Sun., July 5 at 10:30 am, All Saints, Int. Evelyn MacGillivray by Roma

*Wisdom of the Saints* Love of Neighbour

"No one is to pursue what is judged best for oneself, but instead, what is better for someone else."

~ From the Rule of St. Benedict

**WEEKEND MASS RESERVATIONS**

Since we are only allowed 50 people in the Church at a time we will still be doing this by reservation.

To reserve your spot you must phone and leave your name **AND phone number** along with the names of anyone else in your household who will be attending so we can get an accurate count. The parish contact will call and confirm your spot is reserved. If Mass is booked up at the location you wish the option will be to try to reserve a spot at another one of our unit's churches or to go on the following weeks list. You cannot reserve for other households, they must phone themselves.

**Deadline for registration for Sunday Mass is Friday by noon.** This will allow parish contacts to return calls and to compile the list of registered people for the weekend. Thank you in advance for your cooperation and patience as we get all the kinks worked out.

For weekday Mass there is no need to register this will be done at the door.

**Here are the contacts for each parish.**

**\*\*Again please register before noon on Friday\*\***

**For 4 pm Saturday Mass at St. Francis de Sales**  
**Claire Young 902-330-5146**

**For 6 pm Saturday Mass at St. James**  
**Claudia Batchilder 902-652-2402**

**For 9 am Sunday Mass at St. George's**  
**Edith MacDonald 902-583-2541**

**For 10:30 am Sunday Mass at All Saints**  
**Karen VandenBroek 902-583-2156**

**PRACTICE makes PERFECT (Matt. 5:48)**

For monks in the tradition of Saint Benedict, both prayer and work stand side-by-side. As St. Benedict himself said, "Idleness is the enemy of the soul; and therefore the brethren ought to be employed in manual labor at certain times, at others, in devout reading. In honor of our Unit's Patron Saint, try this week to follow the balance set out by St. Benedict. Offer your workday to God, but also be sure to also include in each day, some time for prayer. Maybe say a rosary, do some spiritual reading or just find a quiet space each day and consciously sit in the presence of the Lord.

**\*\* FOR MORE DETAILS on the Diocese New Safety protocol for Mass entitled Worshipsafe CLICK HERE.**

**PRAYER for the WEEK: A Prayer to Saint Benedict for Protection**

A Prayer to Saint Benedict for Protection  
Dear Saint Benedict, I thank God for showering you with His grace to love Him above all else and to establish a monastic rule that has helped so many of His children live full and holy lives.

Through the cross of Jesus Christ, I ask you to please intercede that God might protect me, my loved ones, my home, property, possessions, and workplace today and always by your holy blessing, that we may never be separated from Jesus, Mary, and the company of all the blessed. Through your intercession may we be delivered from temptation, spiritual oppression, physical ills, and disease. Protect us from drug and alcohol abuse, impurity and immorality, objectionable companions, and negative attitudes. In Jesus' Name. Amen.

Answers: 1. Benedictines 2. Scholastica. 3. The Rule of St. Benedict 4. Writers 5. July 11th 6. A teenagers 7. His Monks 8. Blessed from the Latin benedictus 9. Pray and Work 10. 16