



SAINT BENEDICT'S
PASTORAL UNIT

19th Sunday in Ordinary Time
WEEKLY CHECK-IN

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

WHO SAID IT?
THE BIBLE OR SHAKESPEARE

1. Angels and ministers of grace defend us
2. Stay me with flagons, comfort me with apples for I am sick of love.
3. Oh that my head were waters and mine eyes a fountain of tears.
4. How poor are they that have not patience.
5. A merry heart doeth good like a medicine.
6. Works with thoughts never to heaven go
7. Set me as a seal upon thine heart, as a seal upon thine arm for love is strong as death
8. Ignorance is the curse of God, knowledge the wing wherewith we fly to heaven.
9. Yet man is born unto trouble as the sparks fly upward.
10. Fine words are out of place in a fool; how much more, lying words in a noble.

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: Every Saturday from 11-12 at St. James. Please see website at sbpu.ca for confession protocol.

WEEKEND MASS RESERVATIONS

To reserve your spot for Mass 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 don't exceed our limit. The parish contact will call and confirm your spot is reserved. You cannot reserve for other households, they must phone themselves. **Deadline for registration for Sunday Mass is Friday by noon. But please phone earlier.** 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.

The Mass times and contacts for each parish are as follows,
4 pm Saturday at St. Francis de Sales Claire Young 902-330-5146
6 pm Saturday at St. James Claudia Batchilder 902-652-2402
9 am Sunday at St. George's Edith MacDonald 902-583-2541
10:30 am Sunday at All Saints Karen VandenBroek 902-583-2156

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

Wisdom of the Saints **Make Your Actions Count**

"Act as if every day were the last day of your life, and each action the last you perform."

~ St. Alphonsus Ligouri

THOUGHTS ON THE GOSPEL FROM THE EARLY CHURCH (St. Augustine)

Meanwhile the boat carrying the disciples—that is, the church—is rocking and shaking amid the storms of temptation, while the adverse wind rages on. That is to say, its enemy the devil strives to keep the wind from calming down. But greater is he who is persistent on our behalf, for amid the vicissitudes of our life he gives us confidence. He comes to us and strengthens us, so we are not jostled in the boat and tossed overboard. For although the boat is thrown into disorder, it is still a boat. It alone carries the disciples and receives Christ. It is in danger indeed on the water, but there would be certain death without it. Therefore stay inside the boat and call upon God. When all good advice fails and the rudder is useless and the spread of the sails presents more of a danger than an advantage, when all human help and strength have been abandoned, the only recourse left for the sailors is to cry out to God. Therefore will he who helps those who are sailing to reach port safely, abandon his church and prevent it from arriving in peace and tranquility?

PRACTICE makes PERFECT (Matt. 5:48)

Elijah sought God in the silence while the apostles sought our Lord in the midst of a storm. Try to cultivate the habit of seeking him in ALL the circumstances of your life. By all means when the storms are raging, like Peter cry out to Him, but don't forget when things are sailing smoothly, to thank him as well. Friends talk to each other about everything including sometimes talking about basically nothing at all. This week take that moment with your Lord, and speak with him. He is always waiting for us to reach out to him.

Wednesday, Aug. 12, 6:30 p.m. at St. George's, Int. Mary and Glen Taylor by Cindy Sheppard

Thursday, Aug. 13, 6:30 p.m. at All Saints, Int., Harold Campbell by Estate

Friday, Aug. 14, 6:30 p.m. at St. James, Int. Percy Henry by Mary Lou

Saturday, Aug. 15 at 4:00 p.m. at St. Francis de Sales, Int., Joe, Paul and Austin MacDonald by Carol MacDonald

Saturday, Aug. 15 at 6:00 p.m. at St. James, Int., Gerard Shepherd by Ann and Family

Sunday, Aug. 16 at 9:00 a.m. at St. George's, Int., Parishioners of the Unit

Sunday, Aug. 16 at 10:30 a.m. at All Saints, Int., Pauline Shepherd by Ann & Family

**** FOR MORE DETAILS on the Diocese New Safety protocol for Mass entitled WorshipSafe [CLICK HERE.](#)**

**PRAYER for the WEEK:
for a Child's Return to the Faith**

Dear Lord, you became man, suffered and died to win salvation for all souls. Look graciously on the soul of my child who has drifted away from you and the Faith. Grant him/her your grace to see the error of his/her ways and return to the fold in your care. Teach me to stay close to him/her during this time and strive to convert him/her by action and prayers more than by words that may antagonize. Sacred Heart of Jesus, I trust you to do everything to bring my child back to you.

Answers: 1. Shakespeare (Hamlet) 2. Bible (Song of Solomon) 3. Bible (Jeremiah) 4. Shakespeare (Othello) 5. Bible (Proverbs) 6. Shakespeare (Hamlet) 7. Bible (Song of Solomon) 8. Shakespeare (King Henry) 9. Bible (Job) 10. Bible (Proverbs)