

*SUNDAY OF THE PARALYTIC MAN 04/26/26*

Saturday: 5:30 PM (E) ✦ Martin M. Pushchak (req. by Martin &amp; Patricia Bovee)

Sunday: 8:30 AM (G) ✦ Don Hrinda (req. by Don &amp; Pauline Kowalski)

11:00 AM (E) ✦ Shirley Crisswell (req. by her children)

*SUNDAY OF THE SAMARITAN WOMAN 5/3/26*

Saturday: 5:30 PM (E) For the Parish Family

Sunday: 8:30 AM (G) ✦ Fr. Joseph Jugan (req. by Knights of Columbus)

11:00 AM (E) ✦ Michael Kavcsak (req. by nieces and nephews)

**OUR RETURN TO THE LORD FOR ALL HE HAS GIVEN US:**

04/19/26

\$451.00

**CHRISTIAN CUPBOARD APRIL COLLECTION – Canned Tuna***Proverbs 14:31 – “Anyone who oppresses the poor is insulting God who made them. To help the poor is to honor God.”***EASTERN CATHOLIC FORMATION**

God with Us Eastern Catholic Formation is the official catechetical apostolate of the Eastern Catholic Bishops of the United States. The website address is: [www.godwithusononline.org](http://www.godwithusononline.org) This website now makes available radio podcasts, online lectures, a monthly newsletter, books and other education materials which serve to promote a better understanding of Eastern Catholics and their expression of the Catholic faith in the United States. The resource material on this website is constantly updated or changed to better meet the needs of its users.

**FOR REFLECTION**

Jesus is both the sun and the Son. We can have Son-light even on the darkest days and endless nights. Each of us is like a bud on a bush waiting for the Son-light to waken us and make us blossom with all God’s beauty. The Son loves life. He created it. It is to the full blossoming of life that He leads us.

*Believe in the Risen Lord*

In the various resurrection accounts, when the followers of Jesus discover the empty tomb, they experience shock, fear, agitation, questioning and even tears. Only after these same followers see, hear, and touch the Risen Jesus do they experience amazement, joy, peace, gratitude, and understanding. The contrast is significant. It reminds us that times of turmoil, pain, doubt, and confusion may not mark the end of faith, but may be a necessary stage toward greater faith and understanding.

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*JESUS PRAYER – Lord Jesus Christ, Son of God, have mercy on me, a sinner*

## CHRIST IS RISEN! INDEED HE IS RISEN! CHRISTOS VOSKRESE! VOISTINNU VOSKRESE!

**PASCHAL TROPARION: Christ is risen from the dead! By death he trampled death; and to those in the tombs he granted life.**

**NOISE OVERLOAD**

Perhaps as in no other time in human history, silence is a treasured commodity. Our lives are so inundated with noises of all kinds. With the advent of the cellular phone, people seem to be speaking to others in almost every venue any time of day or night, and there is little or no silence in the world.

In addition to all this outer noise, our souls are noisy with worries, anger, busyness, and other things that distract us from the much-needed silence they require. That is why prayer is difficult for some people. It is not a lack of time, but rather a lack of inner silence that makes the gift of communing with the Lord so challenging. In fact, it is much easier to block out the noise around us than the noise within us!

If too many appliances are on one circuit, the breaker will trip and all the appliances will be unusable. Likewise, when we are on “overload,” we cannot find the peace that only Christ can give to us. It is only when we conscientiously reduce the distractions both within and without that can we can completely rest in the Lord – the only true Source of genuine peace.

*Humility and Peace*

St. John Bosco said, “Humility is the source of all peace.” It’s a bold statement but entirely true when you discover that humility isn’t thinking less of yourself; it’s thinking of yourself less. Our preoccupations, self-consciousness, and worries about how we are being perceived give way to a deep abiding peace through the virtue of humility.

Humility doesn’t mean that we neglect ourselves or our needs. Instead, as we grow in humility, we become free from the desire to be important or be acknowledged for the things we do. A greater desire burns within us to remain hidden, giving our Lord all the glory. A humble person is rarely offended, taking criticism and humiliations in stride. In practicing humility, we have nothing to prove and great inner freedom to gain.

**FROM HEAD TO HEART**

How many times a day do you have to remind yourself to get out of your own head? If you are like many, you camp out there way too often. Our true home, however, is in the heart, where Jesus lives. One of the best ways to move out of the head and into the heart is to consider the needs, wants, and interests of others. Serving our neighbors, family members, coworkers, and even strangers by performing intentional acts.

Kindness doesn’t cost a penny, but we need to stay alert to the needs of others. A hug, a compliment, a shared sandwich, a smile: for those who feel invisible or alone, you could be the Jesus they need today.