October 28, 2018  Thirtieth Sunday in Ordinary Time

**Readings:** pgs. 645-647
- **Ordinary of the Mass:** pg. 850 *Kyriale Simplex* Mass I (5pm and 8am); pg. 879 *Missa Orbis Factor* (11am)
- **Prayer of St. Thomas Aquinas:** pg. 1000
- **Entrance Hymn:** Joyful, Joyful, We Adore Thee #82
- **Entrance Antiphon (@5pm and 8am):** Let the hearts... (pg. 944 #140); Laetetur cor @11
- **Responsorial Psalm:** The Lord has done great things for us; we are filled with joy.
- **Creed:** *Credo III* (only sung at 11am) pg. 899
- **Offertory Hymn:** We Walk By Faith #110
- **Communio:** We will ring out our joy...; Laetabimur @11
- **Communion Hymn:** Soul of My Savior #112
- **Marian Antiphon:** Salve Regina #124
- **Recessional Hymn:** Faith of Our Fathers #90
Saturday October 27th
4:30pm - Confessions
5:00pm - Mass - (St. Mary’s Parishioners)
6:00pm- **Ladies Bunko Night - (FH)**

Sunday October 28th  Thirtieth Sunday in Ordinary Time
7:30am - Confessions
8:00am - Mass - (David Barchak Family)
9:00am - PSR Classes (MC)
9:00am - RCIA & Basic Catechism for adults
10:30am - Confessions
11:00am - Mass- (Alice Buckley+)
4:30pm - Confessions/5:00pm - Mass - Sung Latin Mass -(Pete Madrid+)

Monday October 29th
11:30am - Confessions
12:00pm- Mass - (Jim Swarm+)

Tuesday October 30th
10:15am - Catechesis of the Good Shepherd (MC)
11:30am - Confessions
12:00pm - Mass - (Narcisco Chan Sr Family)
5:30 pm - Vespers (C)
6:30 pm - Choir practice (C)
6:30pm - Scouts (FH)

Wednesday October 31st  Vigil of All Saints
10:00am - Scripture Study (MC) **ADORATION AFTER MASS TODAY**
11:30am - Confessions **THROUGH THURSDAY AT 6:00PM**
12:00pm - Mass -Ex. Form - (Jack Salanky+)
6:30pm - Scripture Study (MC)

Thursday November 1st  All Saints (Holy day of Obligation)
10:00am - Secular Franciscans (MC)
11:30am - Confessions
12:00pm - Mass - (Curtis Roberson+)
5:30pm - Vespers (C)
6:00pm Mass - Ex Form- (Tom Perez+)
8:00pm - Venture Scouts (FH)

Friday November 2nd  All Souls
11:30m - Confessions
12:00pm - Mass-Ex. Form - (Deceased members of the Altman,Dennee,
Stone & Martin Families)
5:00pm - Wedding Rehearsal (C)

Saturday November 3rd  Saint Martin de Porres
2:00pm - Wedding (C)
4:30pm - Confessions
5:00pm - Mass - (Jim & Wanda LeMay+)

Sunday November 4th
7:30am - Confessions
8:00am - Mass - (Linda McDermott+)
9:00am - PSR Classes (MC)
9:00am - RCIA & Basic Catechism for adults
10:30am - Confessions
11:00am - Mass- (St. Mary Parishioners)
4:30pm - Confessions/5:00pm - Mass - (Joseph Foster+)

Mass Times:
Monday - Friday @  12:00 Noon
Saturday @ 5:00pm
Sunday @ 8:00am, 11:00am & 5:00pm

PARISH OFFICE
600 N.Liberty St. Independence, Mo.
OFFICE HOURS:
MONDAY & TUESDAY
8:00AM - 4:00PM
WED. & THURS. 9:00AM - 12:00PM
FRIDAY - CLOSED
816-252-0121
www.saintmarysparish.org

St. Mary’s Outreach Agency:
Food, Clothing and Prescription
Medication Assistance
Hours: Wednesday & Thursday
9:00am - 3:00pm
(816) 252-8649
(Please call for an appointment)

*Donations of food & clothing may be brought
to the Ministry Center Monday - Thursday by
12:00 noon.

Contact Information
Pastor: Rev Matthew Bartulica 
ext 104
mbartulica@hotmail.com

Labor Mariae Sisters -
Religious Education
mailto:filiaelaborismariae@gmail.com

Brad Davis - Grounds & Facilities
ext 106 brad@saintmarysparish.org

Tony Douglas - Contributions, Scripture
Study ext 101 tony@saintmarysparish.org

Angelina Gearke - Music Ministry,
angelina.gearke@gmail.com

Debbie Gilbert - Secretary, Bulletin ext 110
(Mon. & Tues. 8 -4)
debbie@saintmarysparish.org

Kari Boutross - Office Assistant
Wed. & Thurs 9:00am - 12:00pm
PLEASE REMEMBER THESE PARISHIONERS and FRIENDS IN YOUR PRAYERS:
Jeffrey Klenklen, Joyce Klenklen, Betty Underwood, Annie Moran, David Barrett, Mary Pappas, Anthony Rizzi, Bob Trusty, KE Hun Ngo, Bob DeSchepper, Roberta Vargas, Tonya Huey, Brodie Gorbet, Michele Jordan, Pat Sicola, Jerry Belcum, Darlene Huey, Maggie Cruz

PLEASE PRAY FOR OUR MILITARY MEN & WOMEN:
SFC. Christopher Kinnaman - Wainwright, Fairbanks AL. (Grandson of Betty Kinnaman)
Fr. CPT. Brian Klingele - Kreech AFB & Nellis AFB, Nevada, (Nephew of Ken & Karen Klingele)
Cpl. Trevor Melton - Camp Pendleton, CA (Grandson of Marilyn Pontalion)
Rev. Joseph Reardon - Bahrain (Persian Gulf) Command Chaplain
SSGT Christopher Wood - Cherry Point, NC (Grandson of Jean Wilcox)
ICSN Josiah Smith - San Diego, CA. (Grandson of Mary Smith) & IC3 Christina Smith - Virginia (wife of Josiah)

Readings for the Week of October 28, 2018
Sunday: Jer 31:7-9/Ps 126:1-2, 2-3, 4-5, 6 [3]/Heb 5:1-6/Mk 10:46-52
Monday: Eph 4:32--5:8/Ps 1:1-2, 3, 4 and 6 [cf. Eph 5:1]/Lk 13:10-17
Tuesday: Eph 5:21-33 or 5:2a, 25-32/Ps 128:1-2, 3, 4-5 [1a]/Lk 13:18-21
Wednesday: Eph 6:1-9/Ps 145:10-11, 12-13ab, 13cd-14/Lk 13:22-30
Thursday: Rv 7:2-4, 9-14/Ps 24:1-2, 3-4, 5-6 [cf. 6]/Jn 3:1-3/Mt 5:1-12a
Friday: Wis 3:1-9/Ps 23:1-3a, 3b-4, 5, 6 [1 or 4ab]/Rom 5:5-11 or Rom 6:3-9/Jn 6:37-40
Saturday: Phil 1:18b-26/Ps 42:2, 3, 5cdef/Lk 14:1, 7-11
Next Sunday: Dt 6:2-6/Ps 18:2-3, 3-4, 47, 51 [2]/Heb 7:23-28/Mk 12:28b-34

Collection: 10/14/2018: 3,245
Year to date total: 200,201

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Visit: www.saintmarysparish.org and click on the online giving button to get started.

Keep up with St. Mary’s happenings by liking our Facebook page: www.facebook.com/stmarycatholicchurch

***The BOOK OF REMEMBRANCE will be displayed in front of the Sacred Heart of Jesus Statue beginning on All Souls Day, Friday, Nov. 2nd and will remain in the church throughout the month of November. You may write the names of your deceased loved ones and friends in the book and they will be remembered in our prayers.

The Diocese of Kansas City-St. Joseph is committed to combatting sexual abuse in the Church. If you are a victim of sexual abuse, or if you observe or suspect sexual abuse:
1. Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and
2. Contact your local law enforcement agency or call 911, and
3. After reporting to these civil and law enforcement authorities, report suspected sexual abuse of a minor or vulnerable adult to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or JeniferValenti@att.net, if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph. The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate, Kathleen Chastain, at 816.392.0011 or chastain@diocesekcjs.org for more information.
The “Eastern energy practices” of Yoga, Tai Chi, and Reiki are becoming increasingly popular in the United States, and around the world. Many Christians have become involved in them, thinking they are simply another exercise option. It is not unusual to hear of a Yoga or Tai Chi class being offered in Catholic settings also. Most of us probably know someone who is involved with one or more of these practices, or perhaps we are involved ourselves. A physician may have even recommended them as a form of exercise, a way to reduce stress, or an alternative form of healing.

At first glance, there may appear to be no problem with taking a Yoga or Tai Chi class or participating in Reiki. After all, they do appear to provide some attractive physical and emotional benefits. And it is often noted that they are a form of “spirituality”, not religion. They are widely available and easy to access. The question arises: why would someone choose not to participate in these practices?

Let us begin by examining what these things are. Yoga, Tai Chi, and Reiki are “Eastern energy practices”. Each is derived from and based on a distinct religious philosophy. They involve disciplined practices including physical movements, breathing, and meditation techniques.

-Yoga originated in India and is based on Hinduism.
-Tai Chi originated in China and is based on the religious belief system called the Taoist Philosophy.
-Reiki originated in Japan and is based on a blend of Taoist and Buddhist religious beliefs.

It is quite understandable that many, even most people, may begin practicing yoga, tai chi, or reiki without any intention of embracing the underlying religious beliefs. However, the postures and techniques that make up the practice of these disciplines are religious at their root. A Catholic participating in these things puts himself or herself at serious risk of spiritual harm. Even if a person begins practicing them only with the goal of improving his or her health, the postures and techniques themselves are inseparably linked to their underlying belief systems.

At the heart of all of these practices are belief systems based on an impersonal god. The key beliefs of these religious systems completely oppose Christianity, which teaches us of a loving, personal, Trinitarian God. In these practices, the ultimate purpose of all the exercises, breathing techniques, meditations, etc., is to produce what is called an Altered State of Consciousness, a key part of New Age Spirituality. An Altered State of Consciousness typically decreases the use of logical thought and makes the will become passive.

Altered States of Consciousness open a person to demonic influences, spirit possession, and occult bondage. Whether the person is seeking this or not, the danger is there!

Below is a helpful excerpt from *A Call to Vigilance (Pastoral Instruction on New Age, given by Cardinal Roberto Rivera Carrera, on January 7, 1996).* For the full text see: [https://mariancatechist.com/files/documents/yogacalltovigilance.doc](https://mariancatechist.com/files/documents/yogacalltovigilance.doc)

"Non-Christian Meditation 31. Another phenomenon that is especially disconcerting to the Catholic faithful is the inexplicable enthusiasm with which certain priests, religious, and people dedicated to teaching the faith have embraced techniques of non-Christian meditation. Frequently imported from the east, forms of asceticism historically far removed from Christian spirituality are practiced in retreats, spiritual exercises, workshops, liturgical celebrations, and children’s catechism courses.’

32. These practices were unquestionably born as spiritual disciplines or religious acts within traditional religions (as in the case of Zen, tai chi, and the many forms of yoga), or in sects or new religious movements (as in the case of transcendental meditation and dynamic meditation). At times an attempt is made to "Christianize" these forms, as occurred, for example, with "centering prayer" and "focusing," but the result is always a hybrid form with slight Gospel basis..

33. However much proponents insist that these techniques are valuable merely as methods, and imply no teaching contrary to Christianity, the techniques in themselves always involve serious drawbacks for a Christian:

a) In their own context, the postures and exercises are designed for their specific religious purpose. They are, in themselves, steps for guiding the user towards an impersonal Absolute. Even when they are carried out within a Christian atmosphere, the intrinsic meaning of these gestures remains intact. (Underline added).

b) Non-Christian forms of meditation are, in reality, practices of deep concentration, not prayer. Through relaxation exercises and the repetition of a "mantra" (sacred word), one strives to submerge himself in the depth of his own "I" in search of the nameless Absolute. Christian meditation is essentially different inasmuch as it consists in openness to the transcendent and a relationship with Someone [God] who addresses us in a personal, loving dialogue.”

As Catholics, we need to steer clear of anything that could lead us away from Jesus Christ. *(Continued on next page…)*
Although they are marketed as harmless exercise and healing techniques to improve physical, mental, and emotional health, “Eastern energy practices” such as Yoga, Tai Chi, and Reiki are not safe or acceptable practices. Long before the “Eastern energy practices” became popularized in the United States, people were exercising and stretching in a way which was both spiritually and physically safe. The Catholic Tradition has long seen the valuable connection between physical activity and prayer, as evidenced by the way the very first monks and nuns embraced manual labor as a way to help them lift their minds and hearts to God. Prayer and exercise can go together, but need not involve elements of religions completely at odds with Christian beliefs.

Please feel free to talk to the Sisters or to Father about this if you have questions, as this topic can be confusing and there is a lot of misinformation regarding the acceptability of these practices for Catholics. The answer to this confusion is to more fully embrace Christ, putting on the “armor of God”, as Saint Paul teaches us. Through prayer, fasting, and educating ourselves about the dangers of these practices, we will be able to share in Christ’s victory and live.

Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore, take the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.” Ephesians 6:10-13

Nut Sales
Nut sales have begun. Order forms can be found at the entrances of the Church. Please place your order forms, along with payment, in an envelope and place in the collection box. Orders can be picked up the following week after your respective mass.

Thank you!
A huge thank you to all of the wonderful bakers that donated items to our Oktoberfest bake sale. Through your generous donations, the A&R profited $326.70. God bless you all!

St. Marks Catholic Church in Independence, MO will host its 13th Annual Craft Show and Business Expo on Sunday, November 4th, 8:00 a.m. – 2:00 p.m. Promote your business or sell your handiwork. Booth space is only $50 and you keep all your proceeds. If interested in participating, contact Charlotte Davis at c.davis@stmarksparish.com or Ken Fuenfhausen at k.fuenfhausen@stmarksparish.com. Forms are also available online at www.stmarksparish.com.

Enroll in Natural Family Planning classes in thanksgiving to God for His gift of the life-giving marital embrace. A course in the Sympto-Thermal Method of NFP offered by the Couple to Couple League begins Sat., Nov. 17, 10am, at St. Mark Parish, 3736 S. Lee’s Summit Rd., Independence, MO. Reasonable course fee. Call Mary Kathleen or Tom Morgan at (816) 795-9790 for more info. Registration for these in-person or online classes required at: www.live-the-

6th Franciscan Mission Warehouse Fundraiser
Spaghetti Dinner/Money Raffle/Bake Sale
4:00 pm – 7:30 pm, Saturday, November 10, 2018,
held at St Mark’s Church, 3736 S Lee’s Summit Rd, Independence, MO Free Will Offering – proceeds for Shipments. RSVP: Sr Andrea (816) 994-2659 x 4

• Missa Cantata
There will be a sung traditional Latin Mass on Sunday, 28 October, at 5 P.M., for the Feast of Christ the King.

• Help the Poor Souls!
You can obtain a plenary indulgence for the poor souls in purgatory on any and each day between November 1 and 8, by devoutly visiting a cemetery and praying for the faithful departed.
This is a "special" for the days following All Saints Day, so please make use of it for the sake of the souls of purgatory!

• On All Souls Day, we may obtain a plenary indulgence for the poor souls in purgatory by devoutly visiting a church or oratory and reciting an Our Father and the Creed.