



Sts. Peter and Paul Ecumenical Catholic Church+USA
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January 2018 Parish Bulletin

Parish Web Site: www.sspp-eccusa.org

Parish Facebook Page: <https://www.facebook.com/Sts-Peter-and-Paul-EcumenicalCatholic-Church-USA-196106814053967/timeline/>

Church Web Site: www.ecc-usa.org

Pastoral Staff:

Pastor: +Fr. Bob Catlett, 314.800.3456, pastor@sspp-eccusa.org

Associate Pastor: Fr. Bill LaGrand, 314.650.9214, associate@sspp-eccusa.org

Presiding Bishop: +Fr. Carl Swaringim, 636.240.7839, domcarl@ecc-usa.org

Prayer Intentions

If you would like us to remember a special intention for you at Mass, please contact one of our priests.

If you or someone you know is in need of spiritual assistance (prayers, Sacrament of the Sick, etc.), please contact one of our priests.

Inquiries regarding the administration of Sacraments or services (Baptisms, First Communion, Marriages, and Funerals) are welcomed.

Clergy Mass Schedule

All Mass Times 4:00 PM unless otherwise noted

January 7, 2018: The Epiphany of the Lord*	+Fr. Bob
January 14, 2018: Second Sunday in Ordinary Time	+Fr. Carl
January 21, 2018: Third Sunday in Ordinary Time	Fr. Tom
January 28, 2018: Fourth Sunday in Ordinary Time	Fr. Bill**

***Quarterly Healing Service at this Mass**

****Mass time on January 28, 2018 is 2:00 PM**

Scripture Reflections

Fr. Bill LaGrand, M.A.

January 7, 2018 – Epiphany of the Lord: There are those who should have accepted Jesus as the Messiah, but they rejected him, while the Magi from the East came to pay him homage. What a powerful contrast! (*Matthew 2:1-12*)

January 14, 2018 – 2nd Sunday of Ordinary Time: The story of the call of the first disciples. Where are you staying? Jesus says, "Come and see." Do we seek Jesus with this type of trust? (*John 1:35-42*)

January 21, 2018 – 3rd Sunday in Ordinary Time: Simon, Andrew, James, and John took the call of Jesus not because of knowledge, discernment, or information, but as a heart to heart connection that surpassed human reason. (*Mark 1:14-20*)

January 28, 2018 – 4th Sunday in Ordinary Time: God has promised to interrupt history through unlikely prophets and events. As believers, we are called to heed the words of these prophets and lead prophetic lives. (*Mark 1:21-28*)

From the Presiding Bishop's Desk

+Fr. Carl T. Swaringim, Ed.D., Presiding Bishop

Dear sisters and brothers in Christ,

Happy New Year! OK! It is time for a new year resolutions. My new year resolution for my monthly bulletin article is to reflect and share on the aspects of "joy" in our lives as Christians.

The first aspect of joy needs to be the psychological aspect because everything we do as Christians happens through our God-given human nature. My reflection below is based on an article by Lifestyle mentor Rachel Fearnley posted on psychologies.co.uk. Some of the following concepts were also included in my Gaudete Sunday Homily.

Joy is an emotion comprised of feelings of happiness, contentment, and harmony. Joy differs from general happiness in that it is not caused by a particular event that happens to us, but rather comes from within ourselves. Some suggestions for fostering joy within ourselves is changing our internal thoughts to be more positive. Being kind, forgiving, and flexible to our self also is important because it promotes an acceptance of self that allows joy to develop from within. Seeking humor in life situations and having an appreciation of nature are also suggestions to promote joy from within.

Joy and happiness are both wonderful feelings to experience, but are very different. Joy is more consistent and is cultivated internally. It comes when you make peace with who you are, why you are and how you are, whereas happiness tends to be externally triggered and is based on other people, things, places, thoughts and events.

There is a profound difference between joy and happiness. A person who does not find joy in his or her life and relies on external happiness alone for self-worth and satisfaction can easily resort to quick fixes such as alcohol, drugs, or addictive foods, or find fleeting moments of happiness from other sources such as excessive TV or social media.

To truly be persons of joy, we need to challenge ourselves to shift our mindset from one on negative thinking to living with a sense of joy. Here are three things we can do to begin increasing the amount of joy in our lives

First, we should take time to quieten our mind with meditation. It's important to be able to tap into our heart rather than our head; intuition rather than our thinking mind. Quietening the chatter in our mind and creating space within allows us to listen more closely to what brings joy into our lives.

Secondly, limiting ourselves on how much time we spend on social media.

-Limit checking social media sites to a couple of times a day. -Limit messaging communication to one or two portals where friends and colleagues can contact us. - Choose wisely the people that appear in your various media feeds. Limit what we read and see to things that inspire us and not bring us down.

Thirdly, keep a mental or written journal on how we show gratitude for the things that bring you joy.

Cultivate gratitude wherever possible and even have gratitude for the things that challenge us; these help us grow, build strength, and enhance feelings of value and self-worth.

At the end of each day celebrate and recognize the positive aspects of our day; that will enable us to intersperse our day with more of the good stuff and less of the 'not so good' stuff.

Develop an attitude of gratitude which makes us more appreciative and trusting which gives positive self-esteem and helps us bounce back from stress. That leads us to view the world, and our situation within this world, in a more positive, healthy way.

Embrace the simple experiences and pleasures of life; don't just take the good, true, and beautiful for granted. Daily gifts of God, nature and friends, enhance our joy; take time to recognize them. The less we feel the need to seek happiness from external influences the more joy becomes a more constant state of being; we begin to cultivate joy from the inside out.

Next month, we will begin to consider the spiritual aspects of joy based on our faith in Almighty God.

"For the kingdom of God is not a matter of eating or drinking, but of righteousness, peace and joy in the Holy Spirit. St. Paul to the Romans 14:17.

Peace and blessings,

+Father Carl

Pastor's Corner

+Fr. Bob Catlett, M. Div., Pastor

It's "Tax Time" Again: Annual Parishioner Donation Statements, as well as our Annual Parish Financial Statement, will be available the first Sunday in January or will be mailed to you after that date.

Mass Time Change: On Sunday, January 28, 2018, we will celebrate mass at **2:00 PM** due to a scheduling conflict.

Congratulations to our parishioners who celebrate special days this month:

Birthdays: 1/6 - Bob Catlett, Sr.