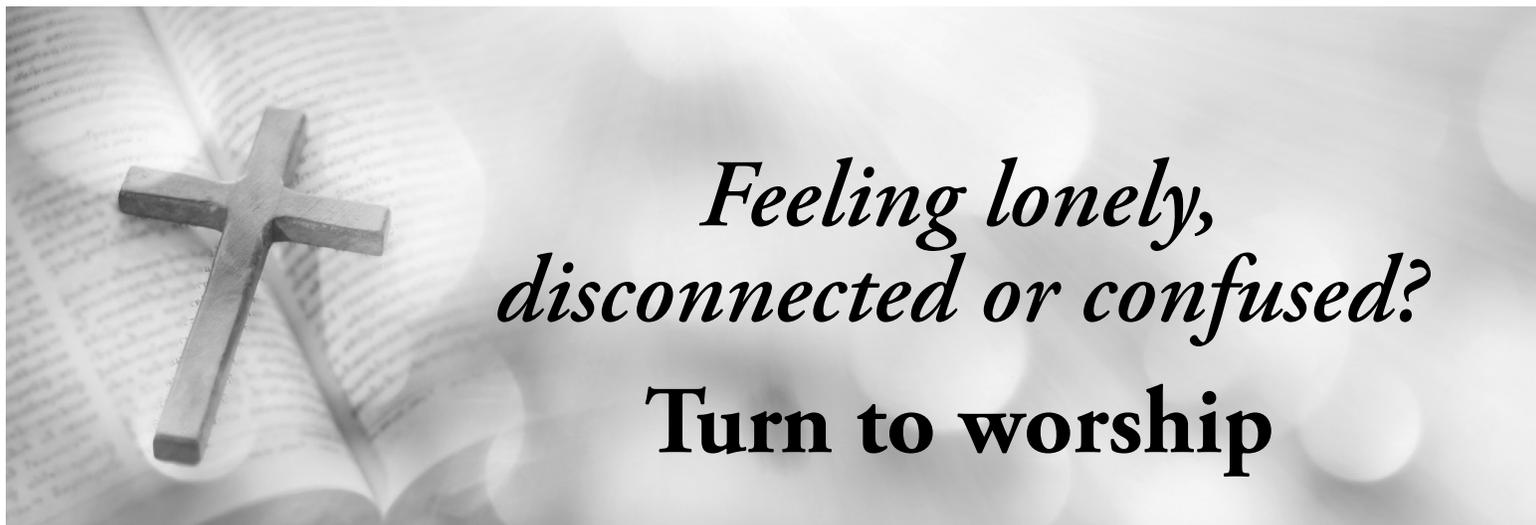


NEWS FROM The Inland See

August 27 – September 2, 2022

FOR THE DIOCESE OF BURLINGTON



Feeling lonely, disconnected or confused? **Turn to worship**

In our chaotic culture, personal and family breakdown, disconnectedness, disease, confusion and loneliness, we find ourselves seeking out many ways to soothe ourselves: exercise, alcohol, medications, therapy and busyness.

I would like to suggest that a very powerful and often overlooked remedy and antidote is worship. To worship the God who created us, who loves us unconditionally, who yearns for connection with us, is to address all the issues mentioned above.

Indeed, we are hardwired for worship. God in His all-loving “knowing” invites us, actually commands us, to worship on a weekly or daily basis, publicly in Mass and throughout our daily lives in prayer and thanksgiving. Unfortunately and tragically, we often find ourselves setting worship aside, giving priority to other activities.

As a health care provider and marriage and family therapist, I would like to suggest several reasons why we might want to give worship preeminence in our lives and how it will lift our mood and reduce our anxiety.

1. Whether public or private, worship gives us time to step outside our crazy schedules. It gives us quiet time, something we so desperately need, to smooth our ruffled feathers.
2. It also gives us opportunity to think, and for the Holy Spirit to remind us of what we may need to be taking care of, e.g., recent or past wounds, broken relationships, reaching out to someone who is hurting.
3. Worship helps us get outside our negative mindset, encourages gratitude, gives us a bigger perspective. It helps us to see God’s love and protection and what is good in our lives.
4. Worship, because it takes us outside ourselves, helps us to recognize the “bigger picture” in which our lives are embedded.

5. Worship takes us out of isolation, helps us know we are not alone. When we cultivate our relationship with God, we soon realize that He can comfort us better than anyone, that His love surpasses all others. And, worshipping publicly at Mass, we also come to realize that we are in community, in a family that can and should be bigger and better than our own less-than-perfect human nuclear families.
6. Worship, public and private, helps us know we are not alone in our suffering and loneliness. Public worship in particular gives opportunity for others to support us. Worshipping in Mass is not just an individual event, but we are worshipping together, in community, which can be and should be significantly empowering and comforting. For many who come from broken or toxic families, the Church can be a second chance at family, the Church family.

Cultivating a sense of worship through our day brings God into our daily lives with His love, perspective, protection and support. It orients us to what matters most.

Ultimately, worshipping God cannot be completely understood or analyzed, but undoubtedly it integrates our physical, emotional and spiritual lives, makes us whole, lifts our mood and orients us toward something bigger than ourselves, a love that our hearts yearn for.

— *Sharon Trani, a nurse practitioner, is a marriage and family therapist with Vermont Catholic Charities Inc.*

This article was first published in the Summer issue of Vermont Catholic magazine, made through the generosity of the Bishop’s Appeal and the goodwill and prayers of the faithful in the Diocese of Burlington..

Upcoming Events



08|31 WEDNESDAY Summer Reflection Series at Saint Anne's Shrine

St. Anne's Shrine, Isle LaMotte • 11:15 am

We hope you can join us for the 11:15 am Mass followed by the presentation. Lunch is available in the cafeteria after the presentation, except for July 27 when you can bring your own picnic lunch. Please call or email us with any questions at (802) 928.3362 or sas@sse.org.

August 31: Rev. Richard Myhalyk, S.S.E.,

How We See God: Our Spiritual Lens on Life



08|31 – 10|28 WEDNESDAYS "The Search" Video Series

St. John Vianney, S. Burlington

6:45 - 8:30 pm

Why are we here? What's life all about? What happens when we die? Have you ever pondered the answers to these questions, or others like them? Do you wonder what kinds of answers the Catholic faith has given throughout the centuries? To get to the crux of the matter, please consider joining us "The Search" video series: viewing, brief discussion, and some light refreshments. **FOR MORE INFO: Connie, sjvgoodnews@gmail.com.**



09|02, 09, 16, 23, 30 FRIDAYS SoulCore

Blessed Sacrament, Stowe

9 - 10:30 am

Join us on Fridays after the 8:30 am Mass. SoulCore is an apostolate that intentionally engages the whole person in the sacred experience of the rosary. Integrating the prayers of the rosary with core strengthening, stretching and functional movements to nourish body & soul and encourage deeper reflection on the virtues. A gentle path to grow in virtue and cultivate interior peace. Bring a mat and water, weights optional (1-3lbs). SoulCore is self-paced and can be modified for any ability



09|02 FRIDAY The Women Ancestors of Jesus and Salvation History

St. Anne's Shrine, Isle LaMotte

10 am - 3 pm

This day long event includes Mass and a day of recollection, prayer and reflection at peaceful and beautiful Saint Anne's Shrine in Isle La Motte. Directed by Brother Frank Hagerty, S.S.E. Begins at 10 am, includes lunch and concludes at 3 pm.



09|06 TUESDAY Article 22 (Prop 5) Discussion

St. Augustine, Montpelier

6:30 - 8:30 pm

Fr. Julian Asucan has invited Representative Anne Donahue to host a discussion on Article 22. Representative Anne Donahue is a spokesperson for Vermonters for Good Government, which seeks to educate the public about the ramifications of adding Article 22 — originally called Prop 5 — to our Vermont constitution. She is the vice-chair of the House Health Care committee and has served in the legislature since 2003, representing Northfield and Berlin.



09|10 SATURDAY National Day of Remembrance for Aborted Children

All Saints Cemetery, Richford • 9 am

We will be having a prayer service beginning with hymns and recitation of the Holy Rosary in remembrance of all aborted children. Event lasts about an hour. All are welcome. Please bring a chair if desired.



9|13, 27 TUESDAYS Grief & Loss Support Group for Widows/Widowers

St. Mark, Burlington • 9:45 - 11 am

The benefits of a support group with others who have experienced the loss of a spouse or partner helps universalize your experience. You are not alone, although it may feel that way sometimes. Listening to the experience of others who have traversed rough waters usually lends helpful insights into personal practices. Please join us every 2nd and 4th Tuesday of the month in the rectory parlor to explore supportive ways grief and loss can be the entry point for God's healing.



09|13 – 11|08 TUESDAYS The Creed Professed: a seminar on Part I of the U. S. Catholic Catechism for Adults

via Zoom • 7 – 8 pm

This bi-weekly Zoom seminar is being offered as part of the Diocesan "Year of Communion: Unity in Creed, Worship and Life." The first session was held on May 10. For information and to register: studythecreed@gmail.com

Sep 13, Session 9: *Receive the Holy Spirit (Jn 20:22)*

Sep 27, Session 10: *The Church: Reflecting the Light of Christ*

Oct 11, Session 11: *The Four Marks of the Church*

Oct 25, Session 12: *Mary: The Church's First and Most Perfect*

Member

Nov 8, Session 13: *Our Eternal Destiny*



09|17 SATURDAY Vermont Catholic Daughters Fall Retreat: The Rosary

Our Lady of the Angels, Randolph • 9 am – 2 pm

The Vermont Catholic Daughters Fall Retreat will be lead by Father Brandon Schneider. There will be a series of short talks and Mass will be celebrated during the retreat. Father will be available for confessions. Snacks and lunch will be provided.

We will be raising awareness of the need to support our seminarians. **Please pre-register by Sept. 7: Debbie, dgbrown264@gmail.com.**



09|24, 25 SATURDAY & SUNDAY Catechesis of the Good Shepherd Level II Course for Adults

Saint Andrew, Waterbury

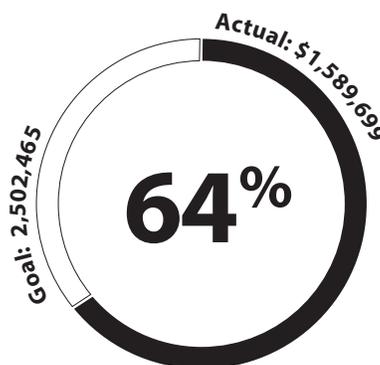
This Level II course builds upon the foundation of the Level I course and prepares catechists to work with 6-9 year old children. Complete dates: Sept 24-25, Nov 5-6, 2022, Jan 7-8, Mar 18-19 (tentative) 2023; May 13-14 (snow make-up date), June 19-25, 2023. **MORE INFO: Kathleen Cosentino, kcosentino@madriver.com or (802) 233-3009.**

BISHOP'S ANNUAL APPEAL



2022
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visit: bishopsappealvt.org



respect
LIFE
DIOCESE OF BURLINGTON

AFFIRMING A CULTURE OF LIFE

We do not "own" our children; they are not "property," that we may choose to keep or discard. From the moment of conception they are separate, unique human beings, precious to God. They have been entrusted to us to protect, love, and care for. From the beginning of human existence, parents have been called to love their children more than their own lives. It is a beautiful love, and mirrors the love God has for us. It is a sacrificial love. It is a costly love, but in some mysterious way it also liberates the mother.

Abortion perverts that love, and exalts the self. As was recently written in the journal "First Things," "In denying the obligation of the mother and father to the child, legal abortion denies not simply the personhood of the child in the womb, but also the humanity of the mother and father."

Let us affirm life — please vote "no" to Article 22.