

SEVEN WAYS TO S L O W D O W N

In today's culture we don't really know how to slow down. We just keep going until we're burned out. This isn't the kind of life God wants for you. He wants you to slow down and refresh from time to time. Here are 7 practical things you can do to slow down this summer and throughout the rest of the year.

1. Do less

Most of us are doing too much because we haven't taken the time to really evaluate our priorities. Without a clear sense of what our priorities are, everything is important. Take some time to stop, examine your priorities, and consider what matters most. Focus on the essentials. Let the rest go. Say "no" more often. Give yourself time between errands, work, and family commitments to give your day a more leisurely pace.

2. Be present

Be more present to what is going on around you. God wants you to be aware of things while they are actually happening. He wants you to fully experience every breath of air you take, every bite of food, every smile from a baby, every song you hear. Make an effort to focus on the now.

3. Eat slower

So many of us eat in a hurry, barely chewing our food. We're too busy thinking about the things on our to-do lists. Next time you eat, be more mindful of what you're putting into your mouth. How does it look? How does it smell? How does it taste? Sit at a table with others and just enjoy the simple pleasures of eating.

4. Surround yourself with nature

Research shows how nature slows us down. It brings our heart rates and blood pressure down, clears our minds, and brings us a greater sense of calm. Take time to get outside regularly. Look around and observe what's going on in the beautiful, natural world God created.

5. Do one thing at a time

We think we are efficient when we multi-task, but the truth is, we're being less productive. We have to choose between many options when deciding what to do on any given day or in any given hour, so it's important that we focus on one thing at a time. Remind yourself that you've chosen to focus on now and it is the most important thing.

6. Disconnect more often

Today we are constantly connected to our digital devices. It's incredibly distracting. Leave your phone behind more often. Turn it off more frequently. Set rules: maybe it's no digital devices at the dinner table or no checking your phone when visiting friends or no digital devices on Sundays. Choose something that will work well for you.

7. Allow more time and show up early

Most of us underestimate how long things take. Then we feel anxious, frustrated, and rushed—like we're always running behind. If you believe an activity will take 15 minutes, give it half an hour. Then, if it actually does take 15 minutes, you'll have an extra 15 minutes. By building more time into your schedule, you'll arrive early or on time for commitments and your days won't seem so unmanageable.



Matthew Kelly
Be Bold. Be Catholic.

Excerpt from Matthew Kelly's July 2017 online newsletter

Most Holy Trinity Parish

mhtstl.org

July 16, 2017

Mission: We are a people, graced by God, who come together as a community of faith, supporting each other as we live and celebrate the Good News of Jesus Christ.



Blessed are your eyes because they see, and your ears because they hear.
Matt: 13:16

We welcome those visiting our parish today!
We invite you to join us every Sunday at 9:30 AM.



Parish Mass Schedule:

4 PM Saturday Mass/ Eucharistic Prayer Service (in Rectory Chapel)
9:30 AM Sunday (in Church)
9 AM Wednesday School Mass during school year (in Church)

Parish Contact Information:

3519 North 14th Street,
Saint Louis, MO 63107-3734
Ph: 314-241-9165
Fax: 314-436-9291

www.mhtstl.org



Parish Leadership/Staff:

Fr. Rick Potts, CSsR	Canonical Pastor
Fr. Rich Creason	Pastor Emeritus
St. Louis Abbey	Sunday Ministers
S. Janice Munier, SSND	Parish Life Coordinator
Mr. Paul Hasser	Music Director
Mrs. Carol Nowak	Mission Advancement
Mrs. Evie Moore	Administrative Assistant
Mrs. Mary Busciglio	Parish Accountant

sjanice.trinitystl@sbcglobal.net
hasserpj@gmail.com
cnowak@mhtstl.org
emoore@mhtstl.org

Food Pantry / Utility Assistance:

Provided by OLP Food Pantry/St. Vincent de Paul. Serves residents of zip 63107. Open: Tuesday, Thursday, Saturday from 9 AM - noon, located on 4335 Warne Ave. **314-535-9794. Note: phone answered only during operating hours.** For information on donating or volunteering, please go to www.helpstlouis.org.

Most Holy Trinity Catholic School and Academy (K-8):

1435 Mallinckrodt
St. Louis, MO 63107
Ph: 314-231-9014
Mrs. Jessica Kilmade, Principal

Theme of Today's Holy Mass

The seed that falls on good ground will yield a fruitful harvest.

MASS INTENTIONS

7/16	Sunday	Fifteenth Sunday
	9:30 AM	Joanne George
7/17	Monday	Weekday (14)
7/18	Tuesday	Weekday (14)
7/19	Wednesday	Weekday (14)
7/20	Thursday	Weekday (14)
7/21	Friday	Weekday (14)
7/22	Saturday	Weekday (14)
	4:00 PM	
7/23	Sunday	Sixteenth Sunday
	9:30 AM	Michael McFarland

Please pray for our sick . . .

Helen Barber, Piero Busciglio, Father Rich, Ollie Garger, Mary Lee Howard, Beatrice Hudson, Charles Jones, Sr. (Rocky's father), Bob Powers, Tillie Plouder, Dorothy Schulte (Don McFarland's mom), Andrew Tracy, and the needs of the Usanga family.

Ollie Garger has a change of residence. He is now at Beauvais Manor on Grand and Magnolia. The address is 3625 Magnolia Ave., St. Louis, MO 63110.

Beatrice Hudson had surgery recently. She is doing rehab at Mason Point Senior Living at 13190 Outer 40 Road, Room 2230, Chesterfield, MO 63017. The phone number is 314-434-3330.

Fr. Rich has moved back to St. Agnes which is located at 10341 Manchester Rd in Kirkwood. (63122)

Please contact the Rectory to add or remove a person from the prayer list. *Thank you.*

Liturgical Roles for Next Week

July 22 & 23	
Saturday	
Presider	Fr. Tom Bryon
Lector	Bob Schnell
Sunday	
First Reading	Sharon Ann Ryan
Second Reading	Barbara Russell
Eucharistic Ministers	Rochelle Jones
	Nancy Lemond
	Donna Lindsay
	Ann Russek
Cross Bearer	Kenneth Patterson
Sacramentary	Zachary Patterson

Readings for This Week

Monday	Ex 1: 8-14. 22/ Ps 124: 1b-3. 4-
Tuesday	Ex 2: 1-15a/ Ps 69: 3. 14. 30-
Wednesday	Ex 3: 1-6. 9-12/ Ps 103: 1b-2. 3-
Thursday	Ex 3: 13-20/ Ps 105: 1 and 5. 8-
Friday	Ex 11: 10 - 12: 14/ Ps 116: 12-
Saturday	Ex 12: 37-42/ Ps 136: 1 and 23-
Sunday	Wis 12: 13. 16-19/ Ps 86: 5-6. 9-10. 15-16 (5a)/ Rom 8: 26-27/ Mt 13: 24-43

Last Collection: 7/9/2017

\$ 1,795.00	Parishioner Tithes
93.00	Loose Contributions
35.00	Building & Maintenance
0.00	Holy Days/Special Collections
\$ 1,923.00	Total

Fifteenth Sunday of Ordinary Time
July 16, 2017

Blessed are your eyes because they see, and your ears because they hear.

Matt:13:16

Today's mid-summer Sunday gospel reflects the beauties of the earth - golden harvest, heavy-hanging fruit trees, bright-colored flowers, songs of birds, growing gardens. Our opened eyes and ears take in the Infinite surprises of God in all of God's lovely gifts of creation.

Blest be our eyes,
since they see your splendor.

In the sunlight at play in
summer trees.

In faces of loved ones.

Blessed be our ears
since they have heard your glory:
in the sound of geese high overhead,
in baby's laugh, in a lovely song,
and in the hello of a friend.

let us always listen
for the cries of
your poor.

And make our lives rich,
so our eyes and ears always wait
to receive you ever-tender
love.

Anne M. Osdieck

Happy Summer to all! S. Janice

Gatherings this coming Week

- 7/18, Tuesday, Spiritual Transformation, 3 PM in Rectory

Sunday, July 30 - A Summer Treat .



You are invited to the Rectory gardens after Mass for a Ted Drewes frozen custard, and a time to enjoy the garden and catch-up on each other's lives.



And what better way to celebrate S. Janice's birthday than with each other and Ted Drewes!!!!

CORRECTION: Last week's bulletin had a picture from Corpus Christi in which Don McFarland's son, Don Jr. was incorrectly identified as Don's other son Michael.

Interpreting Scriptures

What questions arise for you as you think about interpreting the Scriptures?

This Sunday's gospel is one example of a parable including an interpretation by Jesus. His interpretation centers around who can listen and who cannot.

When thinking about scripture, we should keep in mind that the cultural and community context which give rise to a particular interpretation is of another time and people. These given interpretations might tweak our imaginations to think in other ways about the word Jesus is giving us. Indeed, all the interpretations together keep opening up new meanings of God's word for us so that it can achieve "the end for which God sent it" (first reading)

Year Six Club Trinity

We will be drawing the first winner of Year Six right here after mass. Have you gotten your application in?