

Blessed Trinity Parish

Roman Catholic Church

Greenfield, Massachusetts

Seventh Sunday of Easter - May 21, 2023



Schedule of Holy Mass

Lord's Day Vigil— Saturday 4 pm

Lord's Day—Sunday 8 am, 9:30 am, & 11 am

Weekday

M-T-Th-F- 8:30 am

Wed. 12:05 pm & 6 pm

First Saturday - 8 am

Holy Day Vigil - 6 pm

Holy Day - 8:30 am, 12:05 pm, & 6 pm

*"Just as the living Father sent me
and I have life because of the Father,
so also the one who feeds on me
will have life because of me." Jn 6:57*

Our Churches & Sacred Spaces

Blessed Sacrament Church

221 Federal Street

Mass: Saturday—4 pm | Sunday—11 am

Monday & Tuesday—8:30 am | Wednesday—6 pm

Holy Day Vigil: 6 pm | Holy Day: 8:30 am

Calvary Cemetery

Wisdom Way | First Burial recorded 1792

Holy Trinity Church

135 Main Street

Mass: Sunday - 8 am & 9:30 am

Wednesday 12:05pm | Thursday & Friday—8:30 am

Holy Day: 12:05 pm & 6 pm

Perpetual Adoration Chapel

221 Federal Street | Always present 24/7

www.blessedtrinitygreenfield.org

All are Invited & Welcome to Join Us!

We are a diverse Catholic Community of Greenfield which shares a faith in Jesus Christ, is nourished at the table of the Eucharist, celebrates life-giving and healing Sacraments, tries to live the Beatitudes, and reaches out in service, together.

Please join us on this journey of life and faith!

SEVENTH SUNDAY OF EASTER – THE MONTH OF OUR LADY

Graciously hear our supplications, O Lord, so that we, who believe that the Savior of the human race is with you in your glory, may experience, as he promised, until the end of the world, his abiding presence among us. —*Amen*



PARISH OFFICE.

14 Beacon Street. Greenfield, MA 01301

HOURS: Monday-Friday: 9 am - 3 pm

413.773.3311 | 413.774.2884
office@blessedtrinitygreenfield.org



PASTOR: Rev. Michael M. Pierz

pastor@blessedtrinitygreenfield.org | x103

DEACONS: deacons@blessedtrinitygreenfield.org

Deacon Paul F. DeCarlo | Deacon John Leary

Deacon George Nolan | Deacon Channing L. Bete (ret.)

CAMPUS MANAGERS:

Deacon Paul DeCarlo | Deacon John Leary

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Monique Richardson | Jane Fay | Amanda Edson

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CEMETERY ADMINISTRATION:

Betty Fritz, Administrator

MUSIC MINISTRY:

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Stephen Glover, Organist/Choir Director

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ReligiousEd@blessedtrinitygreenfield.org

FOOD PANTRY:

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BULLETIN:

Charlene Currie, Editor *pro tem*

bulletin@blessedtrinitygreenfield.org

(Deadline: **Wed.5pm -10 days prior-** for following weekend.)

FINANCE COUNCIL: (transitional)

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BL. MCGIVNEY CONFERENCE ROOM (14 Beacon St)

Arrangements for use can be made through the Parish Office.

PERPETUAL ADORATION CHAPEL

Deacon John Leary, Coordinator

Hours available and Coverage Requested

CALVARY CEMETERY

Arrangements for burial can be made through the Parish Office.

OUR MINISTRIES.

FOOD PANTRY

Saturday 9 am– noon | Tuesday Noon-3 pm | Thursday 3 pm-6 pm | pantry@blessedtrinitygreenfield.org

COMMUNITY MEALS: 2nd, 4th & 5th Thursdays—to volunteer call Kathy Melnik 413.773.3311

ALTERNATIVES PREGNANCY CENTER

413.774.6010 *Pregnancy Tests, Counseling, Support, Post Abortion Support*

NATURAL FAMILY PLANNING: Ed & Suzi Cottrill 413.773.3311

YOUNG & CATHOLIC YOUNG ADULT GROUP OF FRANKLIN COUNTY: Stephanie Paige 413.773.3311

POPE ST. JOHN PAUL THE GREAT YOUTH GROUP: Ed & Suzi Cottrill 413.773.3311

BLESSED TRINITY ROSARY SODALITY: Marcy Hoynoski, President. 413.773.3311

KNIGHTS OF COLUMBUS, LT. JOHN GALVIN COUNCIL No. 133: Dan Arsenault, Grand Knight. 413.773.3311

HOSPITAL MINISTRY | JAIL MINISTRY | HOMEBOUND MINISTRY | HOMELESS MINISTRY

Thoughts from the Pastor's Desk ...

Dear friends of Blessed Trinity,

Christ is Risen! Alleluia!

He is truly Risen! Alleluia!

Having celebrated this week the Solemnity of the Ascension of the Lord, we emulate our Blessed Mother and Jesus' fervent disciples in the concord of prayer and with expectant hope. The Risen Lord, raised from the dead, is now ascended into the Heavenly realm. At one time dead and buried, then truly risen in the flesh and present to our sight, He has now gloriously ascended and been taken up beyond our earthly grasp. Yet, we are not orphaned or afraid. Though we do not see Him, we know Him.

The Lord has prepared us to live in hope.

The Gospel we hear today comes from the 17th chapter of St. John, the beloved disciple. Jesus is confirming the ones He is about to send out with the proclamation of His Word, therefore likewise us, with the confidence and charge that the glory of God is truly revealed.

"Father, the hour has come. Give glory to your son, so that your son may glorify you, just as you gave him authority over all people, so that your son may give eternal life to all you gave him. Now this is eternal life, that they should know you, the only true God, and the one whom you sent, Jesus Christ" (Jn 17:1-3).

Ironically, this Gospel passage forms part of the Last Supper discourses as recounted by St. John, and not the occasion we are marking in the sacred liturgy and its course of time following the Resurrection and Ascension of the Lord. Rather we hear from Jesus' gathering in the Upper Room on Holy Thursday with His apostles which begins in chapter 13 and runs for five chapters. Here He teaches and instructs them in the revelation of His glory and salvific mission. He disposes them to live in the mystery of Faith and the expectation of divine recompense. "The Advocate, the holy Spirit that the Father will send in my name – he will teach you everything and remind you of all that I told you. Peace I leave with you; my peace I give to you. Not at the world gives do I give it to you. Do not let your heart be troubled or afraid" (Jn 14:26-27)



On this Sunday, as we find ourselves in the novena of days between the Lord's Ascent into Heaven and the Descent of the Holy Spirit, we are back again in the Upper Room, this time with St. Mary and the Apostles. United in prayer, we are invited to recall in lasting hope the living encounters with the Lord in life and in death. As the disciples were witnesses to His earthly sojourn and bodily resurrection, so now are we called to be witnesses of a living hope. Eagerly anticipated. Fervently prayed for. Patiently practiced.

Most Holy Trinity, I adore You! My God, I love you in the Most Blessed Sacrament!

Fr. Pierz

May is The Month of Our Lady

THE ROSES FOR MARY PRAYER GROUP.

Join us for prayer in our Perpetual Adoration Chapel every Monday at 6:30pm.

DAILY ROSARY IN MAY.

During the Month of May, please join us in our Perpetual Adoration Chapel to pray a daily Rosary at 7pm in honor of our Mother Mary.

OUR FAITH.

OUR SACRAMENTS.

EUCCHARIST:

LORD'S DAY MASS

Saturday 4:00 pm (BSC) | Sunday 8:00 am (HTC), 9:30 am (HTC), 11:00 am (BSC)

WEEKDAY MASS

M & T 8:30 am (BSC) | Wed. 12:05 pm (HTC) & 6 pm (PAC) | Th & F 8:30 am (HTC)

ADORATION

Always present, 24/7 in our Perpetual Adoration Chapel (PAC)

CONFESSION:

Saturday, 2:30-3:30 pm | 30 min. before Sunday Masses | Wednesday, 5-5:45pm | or by appointment. (Every effort is made to arrive 30 min. before the 11 am Mass for Confession, however priest availability can be limited.)

BAPTISM:

Please contact the Parish Office to schedule baptism preparation classes, review sponsor eligibility, and plan celebration of the sacrament. Typically celebrated within 8 weeks of birth. Ceremony may be private or during our Sunday Masses.

MARRIAGE:

Please contact the Parish Office at least 9 months in advance to enroll in marriage preparation classes and plan liturgy arrangements.

CONFIRMATION:

Typically takes place through our Religious Education program. If you are an adult and have not received the Sacrament of Confirmation, please contact the Parish Office.

HOLY ORDERS:

Have you ever been inspired of a vocation to the priesthood or religious life? Please speak with Fr. Pierz or call the Parish Office.

ANOINTING OF THE SICK: Available during pastoral visit, Sacrament of Confession, or by appointment.

ORDER OF CHRISTIAN INITIATION FOR ADULTS: Seeking to receive all your sacraments and enter full communion with the Catholic Church? You are invited and welcome to join us! Please contact the Parish Office to learn how to become Catholic and receive the sacraments of initiation.

NEW PARISHIONERS. Welcome!

We are eager to meet you & invite you to register at the Parish Office.

We look forward to getting to know you in prayer & service & we hope that you will favor our Parish with your prayers, your presence, and your talents.

PRAYER CHAINS.

Please contact us with your petition.

Our Parish Prayer Chains are available to all.

Andrea Lapointe / Parish Office at 773.3311

Marie Boynton 775.3633 | memeboynton@comcast.net



Congratulations on your
First Communion.

May you feel the Lord's *Love*
with you every day.

May 7, 2023



First Communicants from left to right: Maddie, Charlotte, & Adriana with Lori Peters and Katie Pierce. (photo credit Karen Lepore)

OUR FAITH.

SAINTS AND ANGELS: ST. MICHAEL THE ARCHANGEL—OUR GREAT DEFENDER

*In today's complicated and everchanging world, we need this beautiful prayer
to St. Michael the Archangel now more than ever.*

PRAYER TO SAINT MICHAEL THE ARCHANGEL



St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

Whether he's referred to as St. Michael, St. Michael the Archangel, or Prince of the Heavenly Host, this powerful angel has been entrusted by God with the great mission of helping to defeat Satan and to shield God's children from the forces of evil on earth.

St. Michael is invoked for protection, especially from lethal enemies. He is also the patron of soldiers, police and doctors. He is considered a champion of justice, a healer of the sick, and the guardian of the Church.

In art, Saint Michael is depicted with a sword, a banner, or scales, and is often shown vanquishing Satan in the form of a

dragon. Depictions of Saint Michael often portray the scene where Satan, or the fallen angels, are helpless below the sword or spear of this triumphant archangel.

Saint Michael isn't a saint, but rather he is an angel, and the leader of all angels and of the army of God. The name "Michael" means "Who is like God" and the title "Archangel" means, that he is above all the others in rank. St. Michael has four main responsibilities as we know from scripture and Christian tradition:

- The first is to combat Satan.
- The second is to escort the faithful to heaven at their hour of death.
- The third is to be a champion of all Christians, and the Church itself.
- And the fourth is to call men from life on Earth to their heavenly judgment.

Very little is known about St. Michael other than a few mentions in the books of Daniel, Jude, and Revelation. In the book of Jude it is written that he is said to guard the tombs of Moses and Eve and has contended with Satan over the body of Moses. It's believed that Satan was trying to find where Moses' body was buried in the hopes of going against God's first commandment of "You shall have no other gods before me." Satan wanted to tempt the Jewish people into sin by luring them into worshipping Moses. The final mention is in Revelation, where St. Michael and his angels, will do battle with the dragon. There are other scriptures where St. Michael is implied, but not mentioned by name, such as the angel; who defends the gate to Paradise, who defends against Balaam, and "who routed the army of Sennacherib." *Catholic.org, CatholicFaithStore.com*

**We have a beautiful practice of closing our Mass with this prayer,
but let us remember to say this powerful prayer each and every day.**

OUR PARISH.



Mass Intentions

SATURDAY, May 20 — DEACON PATTEN

4:00 BSC CAMPBELL & CLARK FAMILIES — by the Family

SUNDAY, May 21 — FATHER AKSAMIT, DEACON NOLAN, DEACON DECARLO

8:00 HTC RICK DUFRANE — by Doug & Joanne Brown

9:30 HTC LIVING & DECEASED MEMBERS OF THE BLESSED TRINITY ROSARY SOCIETY

11:00 BSC JOYCE TILTON — by Laurie Tilton

MONDAY, May 22 — FATHER O'MANNION

8:30 BSC BARBARA CLAPP — by the Estate

TUESDAY, May 23 — CLERGY WHO ARE SICK

8:30 BSC RUTH COSTELLO — by the Family

WEDNESDAY, May 24 — FATHER ROACH, DEACON BUCCI

12:05 HTC ADA SEPPALA — by Georgianna Wiles & Family

6:00 PAC STANLEY & ELEANOR PARDA — by Donald Parda

THURSDAY, May 25 — DEACON CULLITON

8:30 HTC GRACE & BLESSINGS ANDREA FILIAULT— by Mom

FRIDAY, May 26 — FATHER ROUX

8:30 HTC REMEDIOS AVERGONZADO — Socorro & Dan Wong

SATURDAY, May 27 — MONSIGNOR YARGEAU

4:00 BSC RICK DUFRANE — by Doug & Joanne Brown

SUNDAY, May 28 — VOCATIONS

8:00 HTC GUY & ALICE BEAUDET — by the Family

9:30 HTC DECEASED MEMBERS OF KOC — by KOC, Council #133

11:00 BSC THADDEUS & STEPHIE KROL — by the Family

SEVENTH SUNDAY OF EASTER MAY 21, 2023

Give eternal life, O Lord, to all our beloved dead.
May they rest in peace! We remember in our prayers:

SHOOTING VICTIMS



MAY 21—JUNE 3

BSC SANCTUARY CANDLE is burning in memory/honor of William Haufler - from Virginia Vielmetti

ADORATION CHAPEL CANDLES will burn in memory/honor of:

1. Jim Hannigan — from Alec & Mary Anne Duda
2. Deceased members of the Foley Family
3. Marion Haufler — Virginia Vielmetti
4. Patricia Duffey Earley — from Robert Earley

HTC 7-DAY CANDLE: (Available by calling 773.3311).

If you would like to burn a candle or donate flowers for a special occasion, in memory of a loved one or other intention, call the parish office at 773.3311



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413-452-0670

or email

aca@diospringfield.org



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Google Play



SCAN ME

OUR PARISH.



Congratulations!

On the occasion of your 60th
wedding anniversary

George & Lina Roberge

May 25, 1963



WEEKEND OF MAY 7, 2023

*"Pray, brethren, that my sacrifice and yours may be acceptable to
God, the almighty Father"*

Weekly Collection: \$5489

Fuel/Energy Collection: \$87

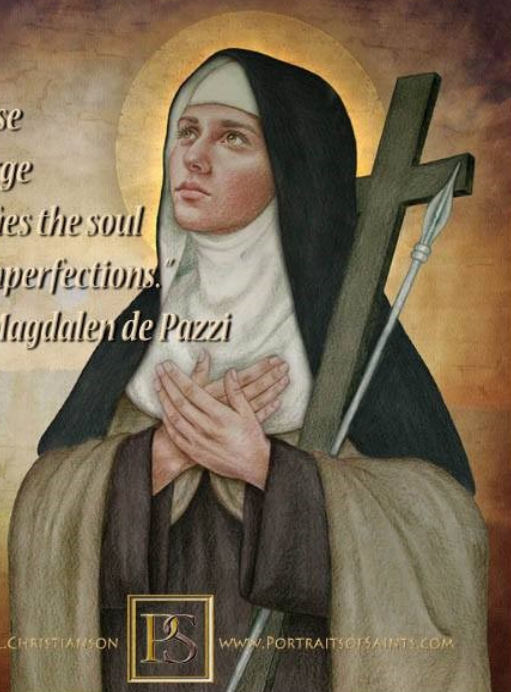
Maintenance Collection: \$62

*"May the Lord accept the sacrifice at your hands for the praise
and glory of His name, for our good and the good of His Holy
Church."*

Thank you for your generosity!

*"Trials are
nothing else
but the forge
that purifies the soul
of all its imperfections."*

-St. Mary Magdalen de Pazzi



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WWW.PORTRAITSOFSAINTS.COM

THIS WEEK AT BLESSED TRINITY PARISH

MARK YOUR
CALENDAR!



During the Month of May, please join us to
pray a daily Rosary at 7pm in honor of our
Mother Mary in our Perpetual Adoration Chapel

Monday May 22

8:30 am Mass (BSC)

6:00 pm Roses for Mary Prayer Group (PAC each
Mon.)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Tuesday May 23

8:30 am Mass (BSC)

6:45-8:15 pm Boys Scouts Pastoral Ctr. (each Tues.)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Wednesday May 24

11:30 am Most Holy Rosary (HTC)

12:05 am Mass (HTC)

5-5:45 pm Confession (PAC)

7 pm Holy Hour for the Sick & Dying-(PAC ea. Wed.)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Thursday May 25

5-6 pm Community Meal Take Out Only (HTC)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Friday May 26

8:30 am Mass (HTC)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Saturday May 27

2:30 pm—3:30 pm Confession (BSC)

4 pm Mass (BSC)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

Sunday May 28

No Classes for Religious Education

— Summer Break until this Fall —

8 am Mass (HTC) Confession: 30-minutes
beforehand

9:30 am Mass (HTC) Confession: 30-minutes
beforehand

11:00 am Mass (BSC) Confession: 30 minutes
beforehand (Note: Priest availability can be limited
with 9:30 am Mass at HTC.)

7:00 pm Daily Rosary IHO our Mother Mary (PAC)

UPCOMING COMMUNITY MEALS:

Thursday from 5-6pm on

May 25—Darlene Steiner

June 8—Kathy Toraus

June 22—Norma Patten

Take out only at our Holy Trinity Church

For more info, contact Kathy Melnik at 773.3311

or office@blessedtrinitygreenfield.org.

OUR YOUTH.

MAY

21st

6:00-9:00PM

Y+C

FRANKLIN COUNTY

YOUNG ADULT SPRING FEST



37 RESERVOIR RD
SUNDERLAND, MA



CAN'T MAKE IT BUT WANT TO JOIN NEXT TIME?
EMAIL FRANKLINCOUNTY@YOUNGANDCATHOLIC.ORG
TO GET UPDATES

STAYED TUNED.

The Station of the Cross Catholic Media Network recently announced a new broadcast throughout Western Massachusetts. The new 24/7 Catholic radio station can be found on the station **WACE 730 AM.**

They plan to reach more than two million listeners throughout the Connecticut and the Springfield area. Or visit thestationofthecross.com to live stream.



OUR YOUTH.

Stuck waiting in the Drive Through? Lean into Prayer.

Teens (and adults!), the next time you find yourself reaching for your phone (as a distraction from the boredom and idleness of waiting), try one of these ideas for leaning into prayer instead:

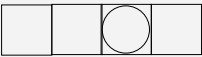
1. Confront the discomfort right away: If silence is uncomfortable to you, ask yourself why it's uncomfortable and allow the Lord to help you identify what makes it so difficult. If silence is not uncomfortable, ask the Lord for more moments and opportunities to meet Him in that silence.
2. Turn on music that leads you deeper into prayer. (Whether or not that is praise and worship is up to you.)
3. Pray a Hail Mary, asking Our Lady to help you learn how to wait well.
4. Pray an Our Father, slowly — really, deeply praying each line.
5. List off the names of everyone in your life that is on your heart to pray for in that moment. Don't think too hard about it, just start saying their names (out loud or in your heart). Then, ask the Lord to care for them in their need.
6. Choose one of those people above to call or text spontaneously just to check in on how they are and encourage with your love.
7. Simply sit in that silence, praying as Samuel did, "Speak, Lord, for your servant is listening."
8. Cultivate curiosity by entering fully into the moment and observing the environment around you. Maybe there is something new to be learned by just observing the other people waiting in line with you. If you are outside, you can spend time looking at nature. Then thank God for the small things around you that you take for granted.
9. Do an examination of conscience to see where you have sinned that day and what virtues you need to cultivate into your life.
10. Read from Scripture, the Catechism, or that saint biography you never have time for. Maybe you'll strike up a fruitful conversation with that stranger who sees you reading the Bible in the most ordinary of places.

BONUS IDEA: Make your car a sanctuary of sorts that reminds you of the need to stay connected to prayer. Perhaps you place a holy card on your dash. You keep a rosary in your cup holder, a devotional book in your glove compartment. And/or you add a saint medal keychain to your purse or backpack. —*Rachel Penate, lifeteen.com*



Blessed Trinity Jumble

YARP



IENN



VTEEDDO



St. Mary and the Apostles prayed in anticipation for nine days between the Ascension of the Lord and the Descent of the Holy Spirit, and so offered the first

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CCD SUMMER VACATION.

Enjoy your Summer break! We look forward to seeing you back this fall!

The light

SHINES IN THE DARKNESS,
AND THE DARKNESS
HAS NOT OVERCOME IT.

John 1:5



OUR HERITAGE.

STAINED GLASS: PERPETUAL ADORATION CHAPEL

May is dedicated to our Blessed Mother and the timing is right as we explore the next window in the Chapel depicting Mary and the Holy Family.

As you step into the chapel you'll see a set of three windows on your right. The middle window panel is our focus today where you'll find the Holy Family. The Holy Family is the model for all families. The household of Jesus, Mary, and Joseph was filled with peace, serenity, and love. For 2,000 years, the Holy Family has been the shining example all families strive to emulate.



Mother Mary. You'll notice in this window that Mary is spinning wool. The typical family in Biblical times was quite skilled at the art of weaving. Weaving involved the interlocking of threads at right angles to one another in order to create a piece of cloth that could function as a garment, tent curtain, or even carrying sack. The threads were derived from wool, flax, or goat hair that could be left in their original, subtle tone or be dyed radiant colors.

While spinning at home, Mary was visited by the angel of the Annunciation. Thus, spinning is one of the typical activities in representations of Mary's Annunciation, pregnancy and Joseph's doubt.

In a 5th-century mosaic in St Mary Major, Rome, the Blessed Virgin Mary is shown spinning wool when the angel appears to her. She is enthroned in queenly garments, the Spirit descends like a dove, and another angel flies overhead.



St. Joseph. He is the patron saint of carpenters and workers. Although not shown here, a square is an indispensable tool of the trade for carpenters, a two-sided instrument in a 90 degree angle used to form right angles, and it is the tool most frequently used to represent St. Joseph. Other tools associated with St. Joseph include a hammer, a saw, an axe, a planer, and a workbench which are all depicted in this window. But consider this: of the three people in the Holy Family, only Joseph was a sinner. Jesus was sinless, of course, and the Church has always taught that Mary was uniquely blessed by God to be conceived without sin. Which means, in that peaceful and loving household, only Joseph fit the biblical truth that "All have sinned and fall short of the glory of God" (Romans 3:23).

Young Jesus. Scripture makes references to Jesus as a carpenter in the Gospels. We know that His earthly father, Joseph was a carpenter and likely taught Jesus the skills of this trade before beginning His ministry work. The life of a carpenter during the time of Jesus was quite mobile. Most carpenters traveled from construction site to construction site, along with other skilled craftsmen, and did not work primarily in their home village. Jesus may have been accustomed to leaving Nazareth and traveling to various provinces along the Sea of Galilee long before becoming a traveling preacher. From a young age, he might have traveled with Joseph throughout Galilee, working on different projects, and thus becoming familiar with the land he would eventually travel through as an adult.

merrycatholic.com, Virtualstjosephaltar.com)



Blessed Trinity Parish is blessed to have beautiful stained glass windows in our churches. In upcoming bulletins we will highlight those windows in Blessed Sacrament Church, Holy Trinity Church and the Perpetual Adoration Chapel. As we learn about these windows, take time to see them in person. We invite you to take a few moments to walk around and experience their beauty up close. Stained glass windows were developed as an important art form and a way to convey to the masses things the church wanted them to see, think about, and understand. *Many thanks to our parishioner Sandra Pavoni, Historical Researcher who is sharing her passion and knowledge as we explore our windows in the coming months.*

AND MORE.

What I love about Sunday. Every so often I smell a scent, taste a food, or hear a song that is full of nostalgia and it instantly brings me to a happy place. Craig Morgan's **"That's What I Love About Sunday"** does that for me. It's one of my all-time favorites because of the story it tells: encouraging us to slow down and enjoy the simpler things in life rather than rushing through every moment of every hour.



The song begins by describing the different types of people walking in to church. The town mechanic, the young family with children who are usually full of spunk (that's my family!), the elderly lady who loves to sing but whose voice is a little off pitch. All are from different walks of life, **but all are there to give praise and glory to God.** This verse is a great reminder that it doesn't matter who you are, where you came from or where you're going.

When everyone gathers at the table with Jesus, you are family in Christ. Jesus welcomes you regardless of your past or present state, whether you stayed out late the night before or can't pitch a tune. He invites you to join him in praise, worship, and fellowship with each other, as a community of believers in faith. I can't tell you the number of times I have personally walked into church frustrated or aggravated by events of the week, or even that morning, but at the end of Mass can walk away with internal peace and joy, **ready to take on another week with Jesus by my side.**

The next part of the song talks about going home after church to sit down to a home-cooked meal, followed by any number of activities with the family. From a backyard game of football to not doing much of anything, I feel my body instantly relax. How sweet it is to have a day to spend focused on family and our own needs. How often do we naturally fill up both days of our weekend instead of reserving one to slow down, take a breath, and refresh for the next week. What a beautiful thing to sit down to a nice meal with family, not rushing through to get to the next thing in the routine. And it doesn't have to be chicken and baked beans of course. It's not about what you're eating, but who you're with.

One of my favorite things to do on Sundays is to cook a full meal, complete with coffee and dessert. It doesn't matter what I'm serving, it's the conversation and contentment of just being present and together with those you love. Oh, the stories my childhood kitchen table could tell. So many memories with the ones we love who are still here with us or have been called home by God.

I love this song because it speaks of simpler times, when worry wasn't at my beck and call as I raise four little kids. Now that I am in this season of life, and the naïveté of childhood has gone, it's the picture of peace and tranquility that I find myself longing for. Sunday is going to church, praising God, offering up all that we have and all that we are for the glory of Him. Sunday is creating a "great reset" for the week. Rest and relaxation—**no big chores such as grocery shopping on Sundays.**

Maybe it's time to take back our Sundays. Maybe if we all start **preserving Sundays again like God has intended for us to do**, we wouldn't feel like we are constantly rushing around, stressed to the max trying to do all the things, and starting the next work week no better than we left it on Friday at 5:00. Challenge yourself: what could Sundays really look like for you and your family if you just take the time to slow down and appreciate those you have around you?

By Catholicmom.com

Besides attending Mass on Sunday, here are 9 ideas to reclaim your Sunday...

1. Unplug. Easier said than done, but try it. Turn off the mobile phone. Don't check emails. Stay off of social media. In this age of distraction and disconnection, be attentive and connected to the people you love and not your cellphone.

2. Visit a state park or historic landmark. Visit local parks or historical landmarks. Spend the day hiking the trails, or bird watching. Or drive around and learn about local history as you take in the various historical and geographical landmarks.

3. Read a book. What's the last book you read? Was it for school or fun? Go to the library and find a book to read for fun, or buy one for your e-reader, or visit and support your local independent book store. Sit outside on your patio become engrossed in a story.

4. Do something you enjoy. What are your favorite hobbies or past times? Go for a bike ride. Run a 5K. Do some wood working. Pull the weeds or plant flowers. On Sunday, take time to do whatever helps you decompress and fills you with new life and energy.

5. Visit the grave of a loved one. After going to church, consider visiting the cemetery where your family is buried. Maybe it's right next to the church or perhaps it's a little drive away. Pay respects to the loved ones in your life. Pray for their eternal rest, and ask them to pray for you, too!

6. Go for a drive. Have you ever been behind someone going for a Sunday drive? They may be going slowly but they are relaxing and taking in the beautiful view along the back country roads. Get in your car without an agenda— when was the last time you did that? See where the road takes you and have some fun.

7. Visit relatives or friends. When was the last time you spent time with close or extended family? Visit your grandparents, uncle, or cousins. Or call up some friends and see if they want to do something fun together in the afternoon or evening. Yard games? Board game night? Enjoy the company of others.

8. Go for a rosary walk. Go for a stroll through your neighborhood or town and pray the rosary. Praying the rosary in this fashion will not only help you get to your step count for the day, but you'll receive graces, too.

9. Watch a movie or take a nap. Buy a bag of popcorn or pop the kernels on the stove top. Pick up a free movie from the library or login to your online streaming provider and get lost in the movie. If you are like me, you might nod your head a few times. And if that's the case, consider a nap, and rest up, because there's a week ahead of you.

By Fr. Edward Looney on aleteia.org