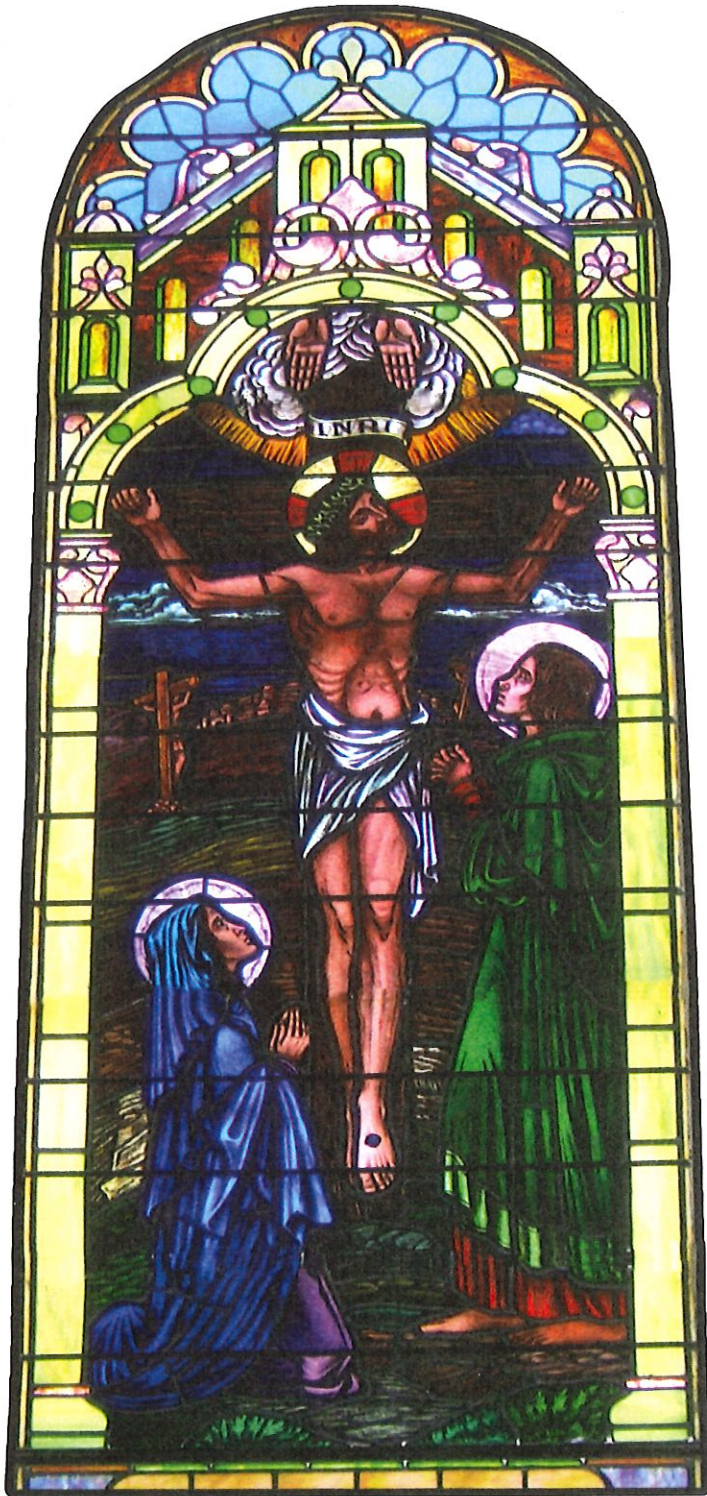


ST. MARY'S CATHOLIC CHURCH



Rev. Rory T. Conley, Pastor

New Parishioners

We welcome you to our faith community. Registration forms are available in the vestibule of the church. Also you can call the rectory office or email smboffice@stmarysbryantown.com to have a form mailed to you.

Established 1793

13715 Notre Dame Place • Bryantown, Maryland • 20617

MASS SCHEDULE

Sundays: 8 am, 10 am, 12 Noon

Daily: Monday – Thursday 8 am / Friday 9:30 am

Saturday 9:00 am & 4:00 pm

Holy Days: 8 am & 7:30 pm (unless otherwise announced)

CONFESSION SCHEDULE

Sundays: 9:30 – 9:45 am

Monday-Thursday 7:30 – 7:50 am / Friday 9:00 - 9:20 am

Saturdays: 8:30 – 8:50 am / 3:00 - 3:45 pm

PARISH OFFICE

Hours of Operation: 9:00 am – 3:30 pm, Monday – Friday

Phone: 301-870-2220 or 301-274-3187 / Fax: 301-274-0253

Visit Our Parish Web Site: www.stmarysbryantown.com

Parish/Administrative Assistant

Lauren Balderson – smbassist@comcast.net

Rectory/Administrative Assistant

Mary Burnette – smcast@comcast.net

Bookkeeper

Lisa Shumaker – smcacct@comcast.net

Ministry to the Sick, Homebound & Bereaved

Sister Theresa Frere, IHM - SRTHERESA@comcast.net

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School Web Site: www.bryantown.org

Principal

Sharon Caniglia – caniglia@bryantown.org

Administrative Assistant

Jannette Alston – alston@bryantown.org

OFFICE FOR RELIGIOUS EDUCATION

Director Of Religious Education

Sue Wolfe – smcffp@comcast.net

Phone for Office of Religious Education: 301-274-3800



Rite of Christian Initiation of Adults (RCIA)

This program involves preparation for and celebration of Baptism, Confirmation and Eucharist for the Christian initiation of unbaptized adults, unbaptized children of catechetical age, as well as for welcoming baptized Catholics and non-Catholics into full communion with the Church. Please contact Father Conley for more information.

The Sacrament of Baptism

Baptisms are normally celebrated on the second and fourth Sundays of the month. Parents seeking to have a child baptized at St. Mary's should contact the rectory office to make the necessary arrangements.

The Sacrament of Matrimony

Couples seeking to be married at St. Mary's are to call the rectory to make arrangements at least six months in advance of their intended wedding date. This should be done prior to any other reception or invitation arrangements so that the parish may suitably serve the couple.

The Sacrament of Anointing

Any Catholic who is facing serious illness or surgery is encouraged to receive the Anointing of the Sick. Please call Father Conley at the rectory office to arrange to receive this sacrament for yourself or for a family member.

FROM THE PASTOR'S DESK

Dear Parishioners,

This year I've encouraged you to celebrate and practice Thanksgiving for the whole month of November. The reason we should do this is because giving thanks is the right way to respond to the Lord for all His blessings. Secondly, practicing gratitude and giving thanks makes our lives better. The truth of this is well documented in the book, *The Gospel of Happiness* by Christopher Kaczor. The subtitle of the book is "*Rediscover Your Faith Through Spiritual Practice and Positive Psychology*." The author is a professor of philosophy at Loyola University in Los Angeles. In his book, Kaczor discusses how the new field of "positive psychology" is validating the teachings of Jesus Christ in regard to attaining real happiness. Positive Psychology is a comparatively recent development in the field of psychology which focuses on what makes people happy, as opposed to the traditional preoccupation with what causes people to be unhappy and emotionally ill. The goal of it is to help people to "accentuate the positive" rather than being obsessed with the things that make them sad or depressed.

In the excerpt below Kaczor writes about the positive effects of practicing gratitude. I hope that you find it of interest as we enter into Thanksgiving week. I also hope that you and your families have a Happy Thanksgiving. I invite you to come to our 9:30 Mass that morning, so that you can begin the day by giving thanks to God.

With my prayers,
 Father Conley
 + + +

From the book *The Gospel of Happiness*

by Christopher Kaczor

THE WAY OF GRATITUDE

Robert Emmons, professor of psychology at the University of California, and perhaps the world expert in gratitude research, summarizes some of the chief findings in the scientific study of the practice of gratitude:

"Experiencing gratitude leads to increased feelings of connectedness, improved relationships, and even altruism. We have also found that when people experience gratitude, they feel more loving, more forgiving, and closer to God. Dozens of research studies with diverse participant groups have also revealed that the practice of gratitude leads to the following:

Increased feelings of energy, alertness, enthusiasm, and vigor; Success in achieving personal goals; Better coping with stress; A sense of closure in traumatic memories; Bolstered feelings of self-worth and self-confidence; Solidified and secure relationships; Generosity and helpfulness; Prolonging of enjoyment produced by pleasurable experiences; Improved cardiac health through increases in vagal tone; Greater sense of purpose and resilience".

The benefit of practicing gratitude toward others is now a well-established finding in psychology...

Perhaps this is why I love Thanksgiving Day, and in that I am not alone. A Gallup poll found that Americans' favorite day of the year is the fourth Thursday of November. Thanksgiving Day also has the fewest number of suicides. On Thanksgiving, people stop focusing on what they don't have and rejoice in what they do have. Gratitude literally saves lives.

Obviously, gratitude can be defined in different ways. Emmons defines it as "a willingness to recognize (a) that one has been the beneficiary of someone's kindness, (b) that the benefactor has intentionally provided a benefit, often incurring some personal cost and (c) that the benefit has value in the eyes of the beneficiary." Each element of this definition is important. Gratitude is inherently social in that it always involves a benefactor giving a benefit to a beneficiary. We are not grateful to ourselves but to another person. No one writes a thank-you note addressed, "Dear Me." In addition, in order for gratitude to exist, the giver must act intentionally, typically making some sort of self-sacrifice, to bestow something worthwhile. Finally, the one receiving the gift needs to recognize it as a gift, as something good that was freely given. Gratitude also engages at least three different aspects of the human person. We intellectually recognize the benefit, we willingly acknowledge this benefit, and we emotionally appreciate both the gift and the giver. The term "gift" is important in this context because gifts are unearned, things to which we are not entitled, things we are not owed by the giver.

Gratitude can be in any of these aspects. We can grow in frequency of gratitude when we seek to become more often aware of the good things already embedded in our lives. We can increase the intensity of gratitude by recalling that whatever benefits we receive almost always come at some cost to the provider of the benefits. We can

increase the span of gratitude when we remember the many good things that we enjoy. And we can grow in density of gratitude in becoming more aware that virtually all the benefits we enjoy involve the collaboration of many people.

Virtually all the things that we have – from food, to clothes, to electricity, to running water – have been brought to us by the work of thousands and thousands of people. Gratitude density is awareness of reality, as is for that matter gratitude intensity, span, and frequency.

God, Gifts, and Gratitude: The Christian Difference

Belief in God influences the intensity, span, frequency, and density of gratitude. If we believe in God, we have more for which to be grateful, since (we know) something as basic as our being alive is not a mere chance happening, but ultimately the result of a loving God's providential care. Recall that gratitude requires a benefactor who intentionally provides a benefit. Without God, our life is merely a chance accident of reproduction. In this perspective, there is no one to whom we could be grateful. If a providential God exists, however, life is a gift from above, not a pure random occurrence, but a blessing. The same point applies to other seemingly random good things in life, all of which can be seen as gifts from a loving God, for which thankfulness is appropriate.

CATHOLIC QUOTES

Do I realize it? The protecting presence, the consoling grace of my Redeemer and God. He raises me from the dust to feel that I am near Him. He drives away all sorrow to fill me with His consolations. He is my guide, my friend and supporter. With such a guide can I fear? With such a friend, should I not be satisfied? With such a supporter can I fall? St. Elizabeth Ann Seton

ADULTS FOR CHRIST will be meeting on Monday, Nov. 30th at 7pm in the hall. We will begin studying the Appeals of Our Lady: Apparitions and Marian Shrines in the World with the help of the website that was developed by Blessed Carlo Acutis. Register at: www.themarianapparitions.org/en/avm/home. Looking forward to seeing everyone there. For more information contact Melissa House at 240-832-7659.

THANKSGIVING DAY is this Thursday. We will have Mass at 9:30 AM. (Confessions will be heard from 9 to 9:20.) Start the day right by coming to give thanks to the Lord for all his many blessings!

CHRISTMAS ADOPT-A-FAMILY- PROGRAM

The Social Concerns Committee is asking once again for your help with the parish annual **Christmas Adopt-A-Family Program**. The program supports our local families in need. An **ANGEL TREE** will be set up on **November 28-29**. Please take an angel and purchase items for the family members that are listed. More details will be provided when you take an angel. Thanks in advance for your support.

HEALING PRAYER MINISTRY THIS WEEKEND AFTER EACH MASS

Prayer teams will be available to pray with you and people you would like to pray for. Masks will be worn and we will observe safe distancing.

PLEASE REMEMBER IN YOUR DAILY

PRAYERS: Eunice Amey, Mary Bowes, Ellen Bowles, Deacon Gene Burroughs, Quint Burroughs, Brenda Callahan, Dottie Chick, Joe Cross, Kendall Farrell, Lee Gardiner, James Gibson, Regina Kijesky, Marie Knobel, Lillian Komar, Susie Logan, A. Matthews, John Nichols, Johnny Norman, John Reeves, Mary Reeves, Melissa Rollins, William Leon Savoy, Lisa Shumaker, Edna Sweeney, Jeanne Walters, Beth Weise, Billie Whittington, Michael Whittington, Jr., Brice Zimmer.

MASS INTENTIONS FOR THIS WEEK:

SUN: 8am William Riedel, 10am Dorothy Ann Bowling, 12N Helen Wells, **MON:** 8am ALL SOULS, **TUES:** 8am Jennifer Long, **WED:** 8am Ann Marie Diehl, **THURS:** 8am Terry Moran, **FRI:** 9:30am ALL SOULS, **SAT:** 4pm Ivan & Jeannette Schedel, 6pm Martha Anne Gehring.

OFFERTORY COLLECTION LAST

WEEKEND: \$8,520.25. \$2,642.00 of that was received from people who contribute through online banking. The unidentified donations totaled \$278.00. We received \$55.00 for our Religious Ed/School support.

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ISAIAH 41:10
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I WILL UPHOLD YOU WITH MY
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