

**“THIS IS MY BODY GIVEN FOR YOU;
DO THIS IN REMEMBRANCE OF ME.”**

SAINT PHILIP THE APOSTLE PARISH • CLIFTON, NEW JERSEY



FROM THE PASTOR'S DESK

Dear Parishioners,

Greta Garbo was a famous Hollywood actress who was notorious for making whatever excuse she could to avoid public gatherings. On one occasion, a friend asked her why she turned down an invitation to the most important Hollywood banquet of the year. She replied, "How do I know that I will be hungry that night?"



Garbo's comment serves her own purpose. But, of course, it makes no sense. We know that we will be hungry every night. The thing about food is that not only do we need it to live, we need it every day. This truth helps us to understand today's gospel, because Jesus presents himself as food, as living bread. Throughout the gospel of John, Jesus applies images to himself in order to convey his purpose in our lives. In one place, he says, "I am the light of the world." As light, Jesus is telling us that we need him to see what is good and true. In another place, Jesus says, "I am the good shepherd." A shepherd takes care of the sheep. As shepherd, Jesus showing us that we need him to be safe. In today's gospel, Jesus says, "I am the bread that has come down from heaven." **As bread, Jesus reveals to us that we need him for life and that we need him every day.** As bread, Jesus is saying it is not enough to turn to him when we need to be protected or when we need guidance. We need to turn to him every day, because he is our food.

So how can we be fed by Jesus each day? Well, there are some great and obvious ways. **The most glorious is the one that we celebrate today on the feast of The Body and Blood of the Lord: the Eucharist. We, as Catholics, believe that when the bread and wine are blessed on the altar, they become for us the real presence of Jesus: his body, his blood, his soul, and his divinity. When we receive the body and blood of Christ, Jesus feeds us and shares his power and grace with us. But we are fed not only by the Eucharist, but also by the word of God in the scriptures. Each time we read from the Bible and seek its meaning, Christ nourishes us.**

Clearly the Eucharist and the Bible are crucial ways to be fed. But few of us receive the Eucharist or read the Bible every day. How then can we be fed by Christ daily? We can adopt a habit of prayer. Now when I speak of prayer, I am not talking about saying prayers, although saying prayers is valuable. If you are able to say the rosary or to set aside fifteen minutes for meditation each day, please do so. **But the prayer I am advising is much simpler.** I am talking about connecting regular events in our lives to Christ. For example, when you open your eyes in the morning, why not commit yourself to make that moment a prayer. It can be a simple "Thank you, Lord, for this day," and perhaps, "Help me with my interview or test today." In that moment of prayer, Christ will feed you. When you say goodnight to your children or to your spouse, why not make that moment a prayer. You can choose to bless God for the people who make your life

worth living. In that blessing, Christ will nourish you. When you see a funeral procession, train yourself to stop and say a prayer for the person who has died and ask Christ to increase your belief in eternal life. By pausing to do that, Christ will strengthen your faith. When you see something that is wrong in the world, in your family, at work, or at school, stop and ask Christ to heal that situation and show you how you might make it better. In that prayer and the service that flows from it, Christ will be your bread.

We need to be fed by Christ every day. Our food is the Eucharist, the scriptures, and simple prayer at the key moments of life. How often do we need to be fed? More than once. If Christ is our food, three times a day is reasonable. So, find a way to be fed by Christ daily. Make him your breakfast, lunch, and dinner—and perhaps, a snack before you go to sleep.

Peace,
Fr. Monteleone



SPIRITUAL OPPORTUNITIES

FAMILY HOLY HALF HOUR

Saint Philip would like to welcome all families with young children to a **family holy HALF hour** on **Friday, June 16th, at 5:30 PM in Marian Hall** in the Molloy Center.

A Holy Hour is where we are in the presence of Jesus in the Eucharist, exposed in front of us, on the altar. It is a beautiful experience that families often miss out on due to fear of their children's inability to sit still for long durations. This format is geared towards kids by shortening the time to a half hour and having music and activities that will help your children and you, as parents, understand the Real Presence of Jesus in the Eucharist. We encourage you to come and spend time with Jesus as a family.

If you have any questions, please speak with Fr. Nico, or call the Parish Office at (973) 779 6200.



Quo Vadis

Thursday, June 29, 2023, from 9am – 8pm

Young men of high school age are invited to join us for a day of fun and discernment at Camp Shiloh (753 Burnt Meadow Road, Hewitt). The day will include zip lining, archery, high ropes activities, basketball, outdoor Mass celebrated by Bishop Kevin Sweeney, and more! For more information, visit <https://patersonvocations.org>.

First Saturday Vocations Day of Discernment

Saturday, July 1, from 10am – 2:30pm

Come and join us for our First Saturday Day of Discernment at St. Paul Inside the Walls (205 Madison Avenue, Madison). The day begins at 10:00am and includes Mass, Adoration of the Blessed Sacrament, the Rosary, socializing, lunch, and more. Contact the Vocations Office if you would like to participate in the First Saturday Day of Discernment for young men discerning the priesthood: Fr. Edward Rama, Vocation Director @ 973-777-8818 Ext. 715, Vocations@PatersonDiocese.org, or visit patersonvocations.org.

DIOCESE OF PATERSON
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The Basilica of the
National Shrine of the Immaculate Conception
October 14, 2023

The Spiritual Journey includes:

- Confessions in Crypt Church
- Rosary (multi-lingual)
- Divine Mercy
- Exposition of the Blessed Sacrament
- Devotional Time
- Liturgy – Bishop Kevin J. Sweeney

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- Rest Stop going – Meal Stop return
- Depart Washington 4:15pm

Overnight Option –

- Depart Friday, October, 13th
- Friday visit the Franciscan Monastery of the Holy Land
- Accommodations at a Westin Hotel
- Banquet
- Saturday Breakfast
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FOR MORE INFORMATION AND TO REGISTER



Diocesan Pilgrimage – the presence of so many in one place in an act of worship to Almighty God and devotion to our Blessed Mother, is a great source of blessings for the Church of Paterson. Make a true pilgrimage of faith to honor our Blessed Mother, as patroness of the Church in the US. Be inspired in the largest Roman Catholic Church in the Americas.

For more information contact
Fr. Michael Rodak – 973 827-8030

Diocesan Pilgrimage Office – Fr. Michael A. Rodak – Director – 973 827-8030
4 Beaver Run Road – Hardyston NJ 07419

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For the Recently Deceased...

Claire Hrinuk

A Time to be Healed...

Arlene Bayuex, Jobo Valentin,
Maria Tommaro, Claire Chilazi, Asnel Rivero,
Alina Nicastro, Edvie Canavan



PARISH GIVING

SUNDAY COLLECTION: JUNE 5, 2022	\$ 19,253.00
SUNDAY COLLECTION: JUNE 4, 2023	
WEEKLY COLLECTION	\$ 12,946.00
ONLINE GIVING DONATION	\$ 7,356.00
TOTAL	\$ 20,302.00

SECOND COLLECTION	
SOUTH AMERICAN/LATINO	\$1,889.00

Upcoming Second Collections:

June 11- Project Faith

June 18 - Seminarian Collection

MASS INTENTIONS

SUNDAY, JUNE 11, 2023

- 8:00** Manuel and Mila Amador
Joseph Paz
- 10:00** Special Intentions of Sister Jeanne Agans
Herman Voelkner - 3rd Anniversary
Leandro Salmo - 1st Anniversary
Sean Hughes
- 12:00** Jerry Jaucian
Anita Garbarino
Victor Shami

MONDAY, JUNE 12, 2023

- 9:00** Frances Monteleone

TUESDAY, JUNE 13, 2023

- 9:00** Martha "Marge" Sirvidio

WEDNESDAY, JUNE 14, 2023

- 9:00** Susan Cinek

THURSDAY, JUNE 15, 2023

- 9:00** Frances Slasinski

FRIDAY, JUNE 16, 2023

- 9:00** Dot Cervine

SATURDAY, JUNE 17, 2023

- 9:00** Alois Lebitsch
- 5:30** Salvatore Capriglione
Monica Curley
Joseph Edward McEnroe

SUNDAY, JUNE 18, 2023

- 8:00** For all the People of the Parish
- 10:00** Daniel Mutter
Garry DeVos
Generoso Spatola
Jose and Teresa Villegas
- 12:00** Anne and Peter Lutczka
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