

## EXPLORING OUR FAITH ~ SOUL AND SPIRIT...BUT, MOSTLY SOUL

For most of my life I used the terms "soul" and "spirit" interchangeably as if they meant the same thing. I have since learned there is a difference. Our souls refer to the depth dimension of ourselves, a reality that can only be accessed by some kind of descent (going down). In your soul, you are absolutely unique, a one-of-a-kind creation never to be replicated. If you listen to your soul, you will discover God's plan for your life, a plan that nobody else is entrusted with in the same way. However, when you think of spirit, think of ascent (going up). In your spirit you share in a mystery that permeates everything in the universe and yet transcend it all. Soul embraces and calls us toward what is most unique in us. Spirit encompasses and draws us toward what is most universal and shared.

Soul is what is most wild and natural within us. It is the essence of you, me, the trees, water, calves, insects, volcanoes, butterflies, hurricanes, and corn stalks. In that sense, soul is more aligned with nature, because nature itself is always wild and we dare not tame it without doing damage to our own souls. Deplete forests and you run the risk of depleting your soul; they are that interconnected.

This descent into our souls is always a painful descent especially for the unprepared person who always wants to get out of that hellhole as soon as possible. It feels too much like surrender or, even worse, dying. Avoiding the descent, abandoning the journey, means a wasted opportunity to dialogue with our souls.

You can count on wild nature to reflect your soul because soul is your most wild and natural dimension. I bet everyone reading this has had a least one profound encounter with their soul in nature. It seemed to have been true for the founders of the major religions: Moses on Mount Sinai, Jesus in the desert for forty days, Muhammed in a cave outside Mecca and Buddha under the bodhi tree.

The Medieval mystics remind us that the body is in the soul, not the soul in the body. Our bodies are instruments of our souls; they go where our souls ask them to go. They dance when our souls feel like dancing; they mourn when our souls feel like grieving; they skip when our souls feel uplifted.

Your soul wants to be embodied in the world. This is what stirs you much more than career advancement, buying a new car or a new house or an ideal vacation. The essential life energy of your soul is fiery and longs for expression. If we don't move with it, it may turn inward and manifest depression, anger, lethargy or other psychological or physical symptoms. Our souls are never satisfied with mere thoughts and prayers.

Ancient cultures always knew about the journey of the soul as a downward pull. Mythologies are full of stories of the hero's and heroine's descent to the underworld. If one never made the journey, one would never know their truest and deepest self, nor their purpose in life. The language of the soul bypasses words, ideas, and concepts. Instead, it expresses itself through images, poetry, metaphors, imagination, and dreams. When you can't stop looking into the eyes of a newborn or can't get the lyrics of a song out of your head, it is your soul wanting to express itself.

The great poet Henry David Thoreau feared people would lose touch with their souls, their relationship with nature, by the sheer speed and inattentiveness by which we move. (He discouraged people from riding trains as they went upwards of 30 miles/hour!). As a poet, Thoreau accessed his soul regularly, so go for a walk. Ponder a tree. Trees do it best for me. Why? Perhaps it's because they make me think of Jesus. He was not afraid to do his own soul work by descending into death, death upon a tree. I think of the roots descending into the earth (soul), so that its branches can ascend to the heavens (spirit). Nature never lies...nor does Jesus.

~Fr. Phil Mulligan, St. Elizabeth of the Trinity

# Our Lady of Hope Pastoral Unit

## 26<sup>th</sup> Sunday in Ordinary Time 26 September 2021

Immaculate Conception Church, Rexton

St-Peter's Church, South Branch



### Parish Office:

12 School Street Rexton, NB E4W 2E5  
Phone: 506-523-6817 ~ Fax: 506-717-0245

Email: [icprexton@rogers.com](mailto:icprexton@rogers.com)

Web: <https://ourladyofhope.weebly.com/>

### Office Hours:

Tuesday 4:00 pm - 8:00 pm,  
Wednesday & Thursday – 8:30 am - 12:30 pm



**Priest-Moderator:** Fr. Bernard Gauthier, C.Ss.R. 523-9788 Cell Phone: 889-0344

### Immaculate Conception Mass Times

Sunday – 9:00 am

Tuesday – 4:00 pm (Sacristy)

### St. Peter's Mass Time

Saturday – 4:00 pm

<i>Scripture Readings for Upcoming Week</i>			
<b>Mon</b>	Zechariah 8:1-8	Psalms 102	Luke 9:46-50
<b>Tue</b>	Zechariah 8:20-23	Psalms 87	Luke 9:51-58
<b>Wed</b>	Deuteronomy 7:9-10	Psalms 138	John 1:47-51
<b>Thur</b>	Nehemiah 8:1-6	Psalms 19	Luke 10:1-12
<b>Fri</b>	Baruch 1:15-22	Psalms 79	Luke 10:13-16
<b>Sat</b>	Baruch 4:5-29	Psalms 69	Matthew 18:1-5,10
<b>Sun</b>	Genesis 2:18-24 Hebrews 2:9-11	Psalms 128	Mark 10:2-16

WH<sup>EVER</sup>  
is not against us  
IS FOR US.  
Mark 9:40

## PARISH CONTRIBUTIONS FROM LAST WEEK

### Immaculate Conception

Loose: **\$25.00**; Regular Envelopes: **\$870.00**;  
Faith Formation Env.: **\$5.00**; Votives: **\$64.00**  
**TOTAL: \$964.00**

### St. Peter's

Loose: **\$35.00**; Envelopes: **\$110.00**;  
Donation: **\$50.00**; **Total: \$195.00**

## THANK YOU FOR YOUR GENEROSITY!

Please note your envelope donations can also be left in the locked box outside the parish hall.

## MASS INTENTIONS FOR UPCOMING WEEK

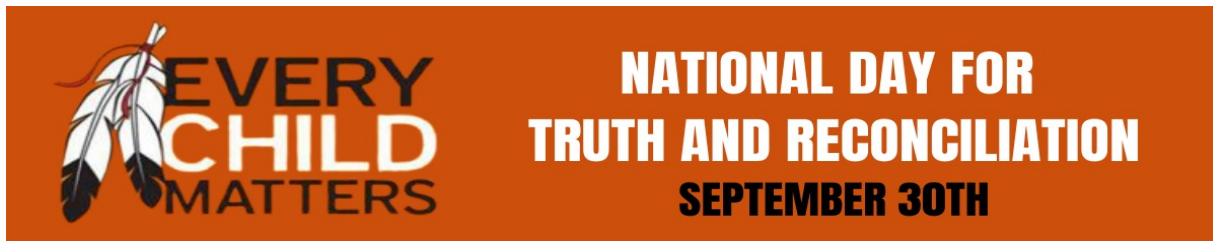
Sat	25	SP	4:00 pm	Ed Connolly†	Claire Murphy
Sun	26	IC	9:00 am	Earl Walsh†	Alban & Janet
Tue	28	IC	4:00 pm	Israël Chevariet†	Géralda Comeau
Sat	2	SP	4:00 pm	Noella Cormier†	Claire Murphy
Sun	3	IC	9:00 am	Roger Poirier†	Bill LeGoff & Stuart Ward

## LITURGY SCHEDULE FOR NEXT WEEKEND

				Lectors	Eucharistic Ministers	
Sat	2	SP	4:00 pm	1 <sup>st</sup> Reading & Psalm 2 <sup>nd</sup> Reading & Intentions	Lois Sharon	Stella
Sun	3	IC	9:00 am	1 <sup>st</sup> & 2 <sup>nd</sup> Reading Intentions	Vina Donna	Gloria

## WE PRAY FOR STRENGTH FOR THOSE WHO ARE SICK:

Alverie Robichaud, Roger Mazerolle and all residents in special care homes.



**COVID-19 UPDATE** At the time this bulletin was printed, there was uncertainty about the vaccination policy in our diocese for those attending faith gatherings. However, effective September 22<sup>nd</sup> face masks must be worn in all indoor public spaces, including faith gatherings. If you arrive at mass without a mask, there will be some available.

**CHANGE IN FAX NUMBER FOR PARISH OFFICE** Please note that the parish office has switched to internet-based fax, which required a new fax number. **The new fax number for the parish office is 506-717-0245.**

**ST. PETER'S & IMMACULATE CONCEPTION CEMETERIES** We ask those who have put flowers on the graves of loved ones (in both South Branch and Rexton) to please remove them by Thanksgiving (October 11<sup>th</sup>). Removing the flowers will prevent them from scattering around the church properties and into the yards of nearby residences over the winter.

**CATHOLIC HEALTH ASSOCIATION OF NEW BRUNSWICK** is offering two (2) Scholarships in the amount of \$1000.00 each, they will be awarded to one (1) student studying in a French educational institution and one (1) student studying in an English educational institution. Students must be entering their second year of studies or later, in a post-secondary program in the field of health care. Information and application forms are available online at . Applications must be postmarked by September 30<sup>th</sup> 2021. For further information please email [catholichealth@chpchi.com](mailto:catholichealth@chpchi.com).

## DIOCESAN ANNOUNCEMENTS

**THE NATIONAL DAY FOR TRUTH AND RECONCILIATION**, September 30<sup>th</sup>, provides an opportunity for Canadians to recognize and commemorate the tragic history and ongoing legacy of residential schools, and to honour their survivors, their families and communities. It is an important step in the reconciliation process. We must listen attentively since reconciliation is impossible if we fail to understand our common history. As a Church let us express our sorrow and our solidarity. May we reflect and pray for true healing in face of this tragedy. Pope Francis, in his 6 June 2021 Angelus message, emphasized the importance of...*walking side by side in dialogue and in mutual respect in the recognition of the rights and cultural values of all the sons and daughters of Canada.* The delegation to the Holy See represents an important step on the journey of reconciliation and shared healing for Indigenous Peoples and the Church in Canada. *It is our hope that these forthcoming encounters – and the important collaboration and partnership that has supported the planning – will lead to a shared future of peace and harmony between Indigenous Peoples and the Catholic Church in Canada* (CCCB Statement – Delegation to the Holy See, June 10, 2021).

**MONDAYS @ THE MOVIES** Join us for our film discussion series (on Zoom) designed to help us connect our faith to the films we watch. Our next two discussions will take place at 10:30 AM on September 27<sup>th</sup> (*To Kill A Mockingbird*), and October 18<sup>th</sup> (*The Village*). For more information or to register, contact Karen at 387-4198 or Trevor at 857-4879.

**ANNUAL LIFE CHAIN** will take place on Sunday, October 3<sup>rd</sup> from 2:30 to 3:30 beginning on the corner of Champlain and Paul Streets. Arrive at 2:15 for prayer and departure from Burger King, Dieppe. We pray while distancing and in silence for the unborn and their families. For more information contact Sr. Cécile F. LeBlanc at 857-9414.