



## The Ways of Praying

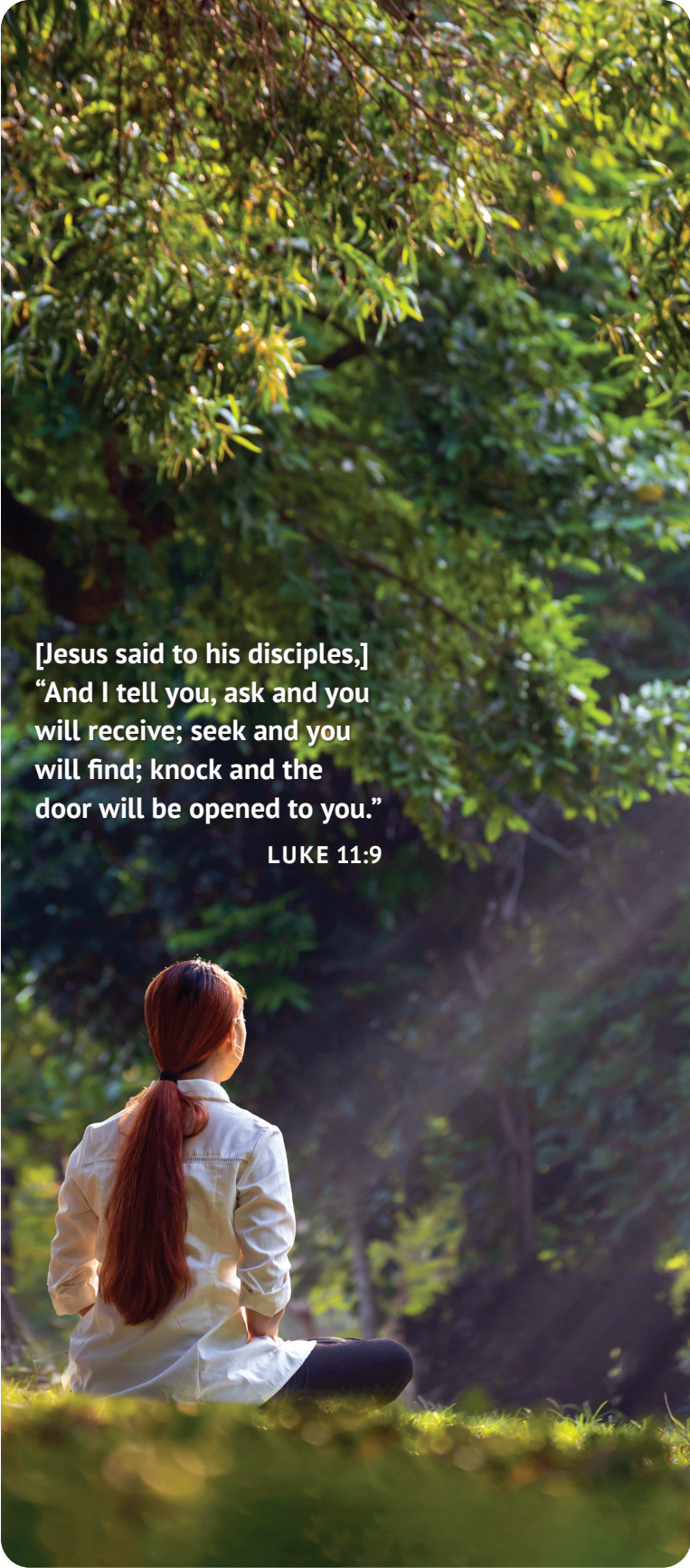
FR. JOSEPH JUKNIALIS

**C**onsider how there are five levels of communication, each level taking us deeper into a relationship and what it means to be human. *One*, the greetings we offer as we pass: Good morning! How's it going? *Two*, a sharing of activities: what we did, what someone said. *Three*, an expression of ideas, as in what we think about raising children or our political opinions or why we believe there may be conflicts in the world. *Four*, revealing our feelings both positive and negative: feelings of love or gratitude or contentment as well as of being hurt or rejected or disappointed. *Five*, a sense of intense closeness and *being with*, perhaps even without speaking or using any words. Each level, then, takes us deeper into a shared relationship.

Consider, then, how ever-deepening prayer may follow that same pattern. *One*, memorized or rote prayer. *Two*, telling God what is on our mind, even though it is a one-sided conversation. *Three*, commonly called “meditation” but, more simply, thinking about God and life and our faith response, as in the musing that may follow spiritual reading. *Four*, often referred to as “praying our feelings,” such as reflecting on our human emotions and what they might say about us, our faith, and how the journey of our faith life is unfolding. *Five*, a sense of simply *being with* God, even without words, and simply resting in that holy presence. Each level of prayer, then, leads us ever more into a shared relationship with our God. ●

### Reflect

***How do I pray? Should I ask for the grace to grow in my prayer life?***



[Jesus said to his disciples,]  
“And I tell you, ask and you  
will receive; seek and you  
will find; knock and the  
door will be opened to you.”

LUKE 11:9



## St. Anthony's Church

26 Middle Road -Warwick WK03, Bermuda  
Phone: (Office Direct Line) 441-238-1784

Parish Email: [stanthonybermuda@gmail.com](mailto:stanthonybermuda@gmail.com)

**Fr. Joe Morley 441-705-0236**

**Reconciliation:** By appointment

**Baptisms:** By Appointment – One month in advance

**Weddings:** By Appointment –A year in advance

**Organist:** Jane Farge

**St. Anthony's Club (CCD):** Fridays 6:30 pm to 8:00 pm

Coordinator: Anna Daniel 441-236-2438

Email: [stanthonyccd@yahoo.com](mailto:stanthonyccd@yahoo.com)

**St. Vincent de Paul Rep:** Pat Rodrigues

**St. Vincent de Paul No. 525-1191**

### Mass Schedule at St. Anthony's

Aug 2	6:15 pm	Manuel Moura+
Aug 3	11:30 am	Parishioners of St. Anthony
Aug 5	8:30 am	
Aug 6	8:30 am	
Aug 7	8:30 am	
Aug 8	8:30 am	
Aug 9	6:15 pm	John & Maria Moura++
Aug 10	11:30 am	Parishioners of St. Anthony

### Volunteers Needed

Volunteers are needed to serve as lectors, Eucharistic ministers, ushers, collection counters, etc. If you can assist, kindly let a member of the Parish Council know.

### Bulletin for August 2/August 3, 2025

#### Weekly Collections at St. Anthony's

July 19/July 20 \$ 2,678.00

July 26/July 27 \$ 1,073.00

**Online payments can be made directly into the Bank account of St. Anthony's – Butterfield Bank –  
BD \$ Current A/c – 20006060061567100 and  
US \$ Current A/c - 20006840061567100.**

Please make sure to indicate what the donation is for in the memo field when making the payment online – i.e., General collection; Maintenance; Mission Sunday, etc. Multiple payments can be made for those times when you are away or on vacation. Please note that we are charged \$20 for US checks drawn on a US Bank. Kindly do not place Canadian or British currency or any old Bermuda currency in the collection baskets.

### Maintenance Collection – this weekend

#### Counting Schedule:

This week: Annette and Jackie

Next week: Annette and Anna

### Message from Father Joe Morley

Thanks to all of you for the well wishes, cards, prayers, gifts, etc. that took place last Sunday. I deeply appreciate the kindness shown and I am most appreciative of you all as well. Keep in touch please and you will be seeing me since you all have a wonderful tradition of a coffee social after the 11:30 am Mass year-round. Know that you are always in my thoughts and prayers. I will be offering this pilgrimage for you as well.

Father Joe, Vicar General of Diocese of Bermuda

### Thank You Father Joe

On behalf of St. Anthony's Parish Council and parishioners, we thank Father Joe Morley for his service over the last sixteen months. It has been great having you here with us. We wish you all the very best and a restful vacation and safe return to Bermuda. Thank you and warm regards, St. Anthony's Pastoral Parish Council.

### Bishop's Corner

Dear Fellow-Catholics,

If you think your inbox is overflowing, consider this: Pope Leo XIV receives around 220 pounds of mail every single day. 220 pounds of letters, postcards, and packages arriving daily at the Vatican. It's an almost comical avalanche of paper -- in fact we can just imagine the postal workers hauling sack after sack of prayers and greetings, day in and day out.

In actual terms, 220 pounds of mail could be several thousand letters (depending on each letter's weight). No wonder the Vatican has a special office to handle papal correspondence! In fact, even back in 2014, Pope Francis was getting about 30 large mail sacks a week and needed a dedicated team to sort and read all those letters, according to CNS Blog.

With the global reach of the Church, the mail only keeps on coming -- literally by the ton. (At 220 lb per day, we're talking nearly 1,500 pounds of mail a week delivered to the Pope!) Yet amid these almost unbelievable figures lies a touching reality. The Italian postal service notes that the letters pour in from all over the world -- from the United States to India to Kosovo -- each one sent with love, hope, or a plea. Many of these envelopes contain people's heartfelt prayers and personal struggles, from illnesses to family difficulties. In other words, that "baby elephant" of mail isn't just paper -- it's thousands of souls reaching out. There's something profoundly moving (and a little humbling) about the image of Pope Leo XIV and his staff handling 220 lbs of heartfelt letters every day. It's a whimsical statistic with a reverent undercurrent: the weight of the world's hopes and prayers, landing on the Pope's doorstep each morning.

And people say that there is no future for traditional post...

Have a restful weekend and a good week!  
Bishop Wes

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### Masses at St. Theresa's

During the summer months there will be no 9:00 am Portuguese Mass followed by adoration on Saturdays at St. Theresa's. There will be no 12:10 pm Mass on Wednesdays, Thursdays and Fridays at St. Theresa's and finally, there will be no evening Portuguese Mass on Wednesdays at St. Patrick's. Masses will resume in September.

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### Christmas Fair 2025

The date for the Christmas Fair at St. Anthony's has been set for Saturday November 15th. Please mark your calendars and check the bulletin for updates as we get closer to the date.

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### A Summer Blessing

May you walk with God  
This summer  
In whatever you do  
Wherever you go

Walking with God means...  
Walking with honesty  
And with courage,  
Walking with love  
And respect  
And concern for the feelings of others

May you talk to God  
This summer  
And every day and  
In every situation

Talking with God means...  
Praying words of praise  
For the beauty of creation  
Saying prayers of thanks  
For friends and good times,  
Asking God's help  
In all your decisions  
Expressing sorrow  
When you have failed

May you talk with God  
Every day. Amen.

*-Author unknown*

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# Dear Padre,

**Who wrote the Lord's Prayer? I know the Lord's Prayer comes from Scripture, but who composed it as we say it today?**

When the disciples asked the Lord to teach them to pray, he taught them the prayer we know as the Our Father. Two versions of that prayer appear in the Gospels of Matthew and Luke. The version used in the Church's liturgies is derived from Matthew 6:9–13. In fact, citing St. Thomas Aquinas' *Summa Theologiae*, the *Catechism of the Catholic Church* calls the Lord's Prayer the "most perfect of prayers" (2774), teaching us not only what things to pray for in our prayer but also in what order, or priority, we should desire them. It is at the heart of every individual and communal prayer.

We pray the Our Father, bearing in mind and heart the intimate relationship we have with our God as sons and daughters by adoption through our baptism. The specific wording of our prayers is a work in progress. What we think of as the final wording is that which the Church has approved and makes the most sense for prayer as a community. What is most important is that the substance of the prayer reflects the same matter the Lord used in the prayer. ●

**Fr. Scott Katzenberger, CSsR / DearPadre.org**

## Do you have a question for the Padre?

Go to [DearPadre.org](http://DearPadre.org) to send your question and to learn more about *Dear Padre*.



### A WORD FROM POPE FRANCIS

**Herein lies the novelty of Christian prayer! It is a dialogue between people who love each other, a dialogue based on trust, sustained by listening and open to a commitment to solidarity. It is the dialogue of a Son with his Father, a dialogue between children and their Father. This is Christian prayer.**

ANGELUS, ROME,  
JULY 28, 2019



#### Monday

July 28

Weekday

Ex 32:15–24, 30–34

Mt 13:31–35

#### Tuesday

July 29

Sts. Martha, Mary, and  
Lazarus

Ex 33:7–11; 34:5b–9, 28

Jn 11:19–27 or Lk 10:38–42

#### Wednesday

July 30

Weekday

Ex 34:29–35

Mt 13:44–46

#### Thursday

July 31

St. Ignatius of Loyola, Priest

Ex 40:16–21, 34–38

Mt 13:47–53

#### Friday

August 1

St. Alphonsus Liguori, Bishop  
and Doctor of the Church

Lv 23:1, 4–11, 15–16, 27,  
34b–37

Mt 13:54–58

#### Saturday

August 2

Weekday

Lv 25:1, 8–17

Mt 14:1–12

#### Sunday

August 3

Eighteenth Sunday  
in Ordinary Time

Eccl 1:2; 2:21–23

Col 3:1–5, 9–11

Lk 12:13–21