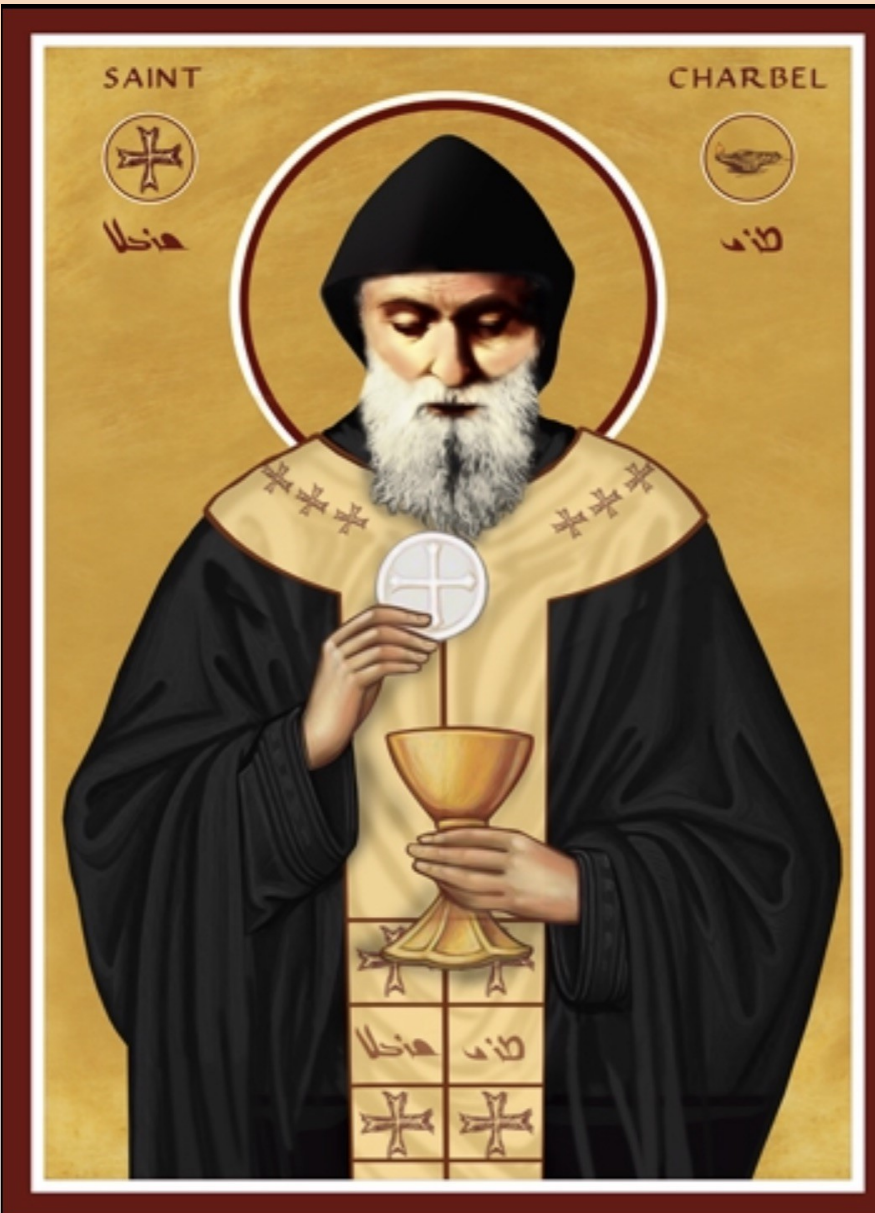




[www.facebook.com/SaintAnthonyLawrence](https://www.facebook.com/SaintAnthonyLawrence)



**OUR CHURCH AT PRAYER**

**Hours of Liturgical services changed due to COVID-19**

**Weekday Liturgies**

Mon - Thu: 9:00 AM

**Saturday Liturgies:**

4:00 PM Vigil (English)

**Sunday Liturgies:**

9:00 AM (English)

11:00 AM (English & Arabic)

**Holy days of obligation:**

Vigil Liturgy @ 7 PM

**OFFICE HOURS**

**M-TH:** 9:00 AM-4:00 PM

**Friday:** 9:00 AM-2:00 PM

**Saturdays:** By Appointment

**PARISH SECRETARY:**

[rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org)

**MEET OUR DEACONS**

Deacon Nadim B. Daou

Deacon Michael Charchaflian

Sub-Deacon James T. Demers

Sub-Deacon Antoine Nammour

**PARISH MISSION STATEMENT**

You are welcomed and loved by St Anthony Community. We are transformed through prayer, acts of love, forgiveness, service and stewardship.

**MEET OUR PRIESTS**

**Pastor:** Fr. Elie Mikhael....305-807-9087....[pastor@stanthonylawrence.org](mailto:pastor@stanthonylawrence.org)

**Parochial Vicar:** Fr. Andrawos El Tabchi....978-241-2977....[pv@stanthonylawrence.org](mailto:pv@stanthonylawrence.org)

**SACRAMENTS**

**Baptism & Confirmation:** 1 month in advance with the Pastor

**Donations:** Church & Priest: \$200

**Matrimony:** Couples should make arrangements six months prior to the wedding date

**Donations:** Church \$500—Priest : Free Will

**Reconciliation:** One hour Before Thursday & Saturday Liturgies, or by appointment

**Anointing of the Sick:** Please notify the Rectory if a member of your family is ill, hospitalized, or unable to come to Church and would like to receive communion at home

Please refer to our website for more Sacrament Celebrations Guidelines.



## LITURGICAL SCHEDULE AND INTENTIONS

### EIGHTH SUNDAY OF PENTECOST- أحد أ لثامن من زمن العنصرة

#### Feast of Saint Sharbel - عيد القديس شربل مخلوف

<b>Sat</b>	<b>July 18</b>		
	<i>English</i>	4:00 PM	<b>For: + Joel Yazbek (40-Day Memorial) by his father Samuel Yazbek</b>
<b>Sun</b>	<b>July 19</b>		
	<i>English</i>	9:00 AM	<b>For: Well-Being &amp; Safety of all Parishioners by Anonymous Parishioner</b>
	<i>Ara/Eng Church</i>	11:00 AM	<b>For: + Grandparents of Deacon &amp; Mrs. Nadim Daou by Deacon Nadim &amp; Marie-Christine Daou</b>
	<i>Hall</i>	11:00 AM	<b>**if needed for over-flow</b>
<b>Mon</b>	<b>July 20</b>	9:00 AM	<b>For: + Mtanios, Cecilia, Doumit, &amp; George Hbaiter by Mr. &amp; Mrs. Kamil Hbaiter and family</b>
<b>Tue</b>	<b>July 21</b>	9:00 AM	<b>For: + Parents, Barbara, Antonio &amp; Brothers John, Al, &amp; Larry's Parents by Dora Pereira</b>
<b>Wed</b>	<b>July 22</b>	9:00 AM	<b>For: In Honor of Rene &amp; Janita Bejjani by Deacon Nadim &amp; Marie-Christine Daou</b>
<b>Thu</b>	<b>July 23</b>	9:00 AM	<b>For: + Evelyn Maroun by her nieces Rita Bejjani &amp; Hitaf Nammour</b>
<b>Fri</b>	<b>July 24</b>		<b>No Liturgy</b>

### NINTH SUNDAY OF PENTECOST- أحد أ لتاسع من زمن العنصرة

<b>Sat</b>	<b>July 25</b>		
	<i>English</i>	4:00 PM	<b>For: + Deceased Members of the Shadeed &amp; Fitzpatrick Families by Mr. &amp; Mrs. Frank Shadeed</b>
<b>Sun</b>	<b>July 26</b>		
	<i>English</i>	9:00 AM	<b>For: + Edmond Solomon &amp; Mary Solomon Faris By Theresa Solomon &amp; Family</b>
	<i>Ara/Eng Church</i>	11:00 AM	<b>For: In Honor of Chaouki &amp; Rosemary, Fadi &amp; Maggie Bouchrouche (Anniversaries)</b>
	<i>Hall</i>	11:00 AM	<b>**if needed for over-flow</b>



## It's time to DIGITIZE our Church Records!

Our church is blessed to have over 100 years of history and with that **over 100 years of Sacramental Records!** Baptisms, Confirmations, First Communions, Marriages, Deaths all have been registered since 1904 on paper records. Many of these Sacramental Books are falling apart and deteriorating because of age. To retain all our Church's History and ensure all records are

salvaged, we have commissioned the **Northeast Document Conservation Center** to digitize all of our Sacrament Registers.

By doing this, all records will be **saved and available on digital record** and backed-up on the church's secured cloud for generations to come! Also, a copy of all digitized records will be sent to the Eparchy for archiving.



DUE TO THE COVID-19 PANDEMIC, THIS YEAR'S ANNUAL LEBANESE MAHRAJAN HAS BEEN CANCELLED. NOTICE WAS MAILED AND EMAILED TO ALL PARISHIONERS.

### TITHES & OFFERINGS

**SAINT ANTHONY'S PARISH** depends on donations from our parishioners and benefactors to live and expand our Mission. Your donations fund the many ministries and activities of the parish, Sunday and weekly Masses, faith formation for children, youth and adults, fellowship for our welcoming community, and provides outreach to those in need.

### STEP UP YOUR WEEKLY / MONTHLY / ANNUAL GIVING COMMITMENT

REGISTER FOR ONLINE DONATION: TO KEEP UP WITH OUR NEEDS AND, NOT TO FALL SHORT OF OUR FINANCIAL STEWARDSHIP GOAL.

**Apply Online:**

**[stanthonylawrence.org/donate-now/](http://stanthonylawrence.org/donate-now/)**

## Letter to the Romans 8:1-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

## Gospel: Saint Matthew 12:14-21

But the Pharisees went out and conspired against him, how to destroy him. When Jesus became aware of this, he departed. Many crowds followed him, and he cured all of them, and he ordered them not to make him known. This was to fulfil what had been spoken through the prophet Isaiah: 'Here is my servant, whom I have chosen, my beloved, with whom my soul is well pleased. I will put my Spirit upon him, and he will proclaim justice to the Gentiles. He will not wrangle or cry aloud, nor will anyone hear his voice in the streets. He will not break a bruised reed or quench a smoldering wick until he brings justice to victory. And in his name the Gentiles will hope.'

### AS WE PRAY ON YOUR BIRTHDAY

**July 19:** Laurence Bejjani, Christian Merheb, Andre Switala

**July 20:** Carla Clement, Elie El Hachem, Elaine Kazzi Janice Peters, Nicole Shadeed, Eleanor Yazbek

**July 21:** Joseph Bashara , George Hbaiter, Matthew Maroon, John Nazarro, Elias Saad

**July 22:** Rosemary Bouchrouche, Miriam El Hachem, Muriel Merheb

**July 23:** Cynthia Abraham, Joseph Ata, Elaine Ferris, Cooper Maroon, Reema Maroun, Malia Najjar, Reema Tawitian

**July 24:** Stephanie Chamoun, Jean Khoury, Jason Maroun, Sandra Merheb, Glenn Prezzano, Susan Veilleux

**July 25:** Michael Bou Habib, Moussa Haddad, Amanda Hayek, Joan Roy

**July 26:** Latife Ata, Marc Bouraphael, Marwan El Jamous, George Safi

### AS WE PRAY ON YOUR ANNIVERSARY

**July 19:** Tarness, Matthew & Melissa

**July 20:** Abou Khalil, Kozhaya & Lola

**July 21:** Francis, Fadi & Mary

**July 22:** Ata, Alfred & Jennifer -Clement, Charles & Carla -Daou, Samir & Leila

**July 23:** Cherabie, George & Remy

**July 24:** Aboelsaad, Youssef & Dawn - Comtois, Robert & Joanne - Panto, Anthony & Barbara— Rizkallah, Jihad & Hilda

**July 26:** Azzi, Elias & Samia—Daccache, Elie & Michelle

**Pope's Prayer Intention: *Our Families***

We pray that today's families may be accompanied with love, respect and guidance.



## رسالة القديس بولس إلى أهل رومة 8:1-11

يا إخوتي، إِذَا فَلَا حُكْمَ بِالْهَلَاكِ بَعْدَ الْآنَ عَلَى الَّذِينَ هُمْ فِي الْمَسِيحِ يَسُوعَ؛ لِأَنَّ شَرِيْعَةَ رُوحِ الْحَيَاةِ فِي الْمَسِيحِ يَسُوعَ، قَدْ حَرَّرْتَنِي مِنْ شَرِيْعَةِ الْخَطِيئَةِ وَالْمَوْتِ. فَإِنَّ مَا عَجَزَتْ عَنْهُ الشَّرِيْعَةُ، وَقَدْ أضعَفَهَا الْجَسَدُ، أَنْجَزَهُ اللهُ، حِينَ أَرْسَلَ ابْنَهُ فِي جَسَدٍ يُشْبِهُ جَسَدَ الْخَطِيئَةِ، تَكْفِيرًا لِلْخَطِيئَةِ، فَقَضَى فِي الْجَسَدِ عَلَى الْخَطِيئَةِ، لِكَيْ يَتِمَّ بِرُّ الشَّرِيْعَةِ فِينَا، نَحْنُ السَّالِكِينَ لَا بِحَسَبِ الْإِنْسَانِ الْجَسَدِيِّ بَلْ بِحَسَبِ الرُّوحِ؛ لِأَنَّ السَّالِكِينَ بِحَسَبِ الْإِنْسَانِ الْجَسَدِيِّ، يَزْغَبُونَ فِي مَا هُوَ لِلْجَسَدِ، وَالسَّالِكِينَ بِحَسَبِ الرُّوحِ يَزْغَبُونَ فِي مَا هُوَ لِلرُّوحِ. فَرَغْبَةُ الْجَسَدِ مَوْتٌ، أَمَا رَغْبَةُ الرُّوحِ فَحَيَاةٌ وَسَلَامٌ. لِذَلِكَ فَرَغْبَةُ الْإِنْسَانِ الْجَسَدِيِّ عَدَاوَةٌ لَلَّهِ، لِأَنَّهَا لَا تَخضعُ لِشَرِيْعَةِ اللهِ وَلَا تَسْتَطِيعُ ذَلِكَ. وَإِنَّ السَّالِكِينَ بِحَسَبِ الْإِنْسَانِ الْجَسَدِيِّ، لَا يَسْتَطِيعُونَ أَنْ يُرْضُوا اللهُ. أَمَّا أَنْتُمْ فَلَسْتُمْ أَنْسَاءَ جَسَدِيِّينَ بَلْ رُوحِيُونَ، إِنْ كَانَ حَقًّا رُوحُ اللهِ سَاكِنًا فِيكُمْ. وَلَكِنْ مَنْ لَيْسَ لَهُ رُوحُ الْمَسِيحِ، لَيْسَ هُوَ لِلْمَسِيحِ. أَمَّا إِذَا كَانَ الْمَسِيحُ فِيكُمْ، فَيَرغمُ أَنْ الْجَسَدُ مَيِّتٌ بِسَبَبِ الْخَطِيئَةِ، فَالرُّوحُ حَيَاةٌ لَكُمْ بِفَضْلِ الْبِرِّ. وَإِذَا كَانَ رُوحُ اللهِ الَّذِي أَقَامَ يَسُوعَ مِنْ بَيْنِ الْأَمْوَاتِ سَاكِنًا فِيكُمْ، فَالَّذِي أَقَامَ الْمَسِيحَ مِنْ بَيْنِ الْأَمْوَاتِ يُحْيِي أَيْضًا أَجْسَادَكُمْ الْمَائِتَةَ بِرُوحِهِ السَّاكِنِ فِيكُمْ.

## إنجيل القديس متى 12:14-21

خَرَجَ الْفَرِّيسِيُّونَ فَتَشَاوَرُوا عَلَى يَسُوعَ لِيُهْلِكُوهُ. وَعَلِمَ يَسُوعُ بِالْأَمْرِ فَأَنْصَرَفَ مِنْ هُنَاكَ. وَتَبِعَهُ كَثِيرُونَ فَشَفَاهُمْ جَمِيعًا، وَحَدَّرَهُمْ مِنْ أَنْ يُشْهَرُوهُ، لِيَتِمَّ مَا قِيلَ بِالنَّبِيِّ اشْعِيَا: «هُوَذَا قَتَايَ الَّذِي أَخْتَرْتُهُ، حَبِيبِي الَّذِي رَضِيْتُ بِهِ نَفْسِي. سَأَجْعَلُ رُوحِي عَلَيْهِ فَيُبَشِّرُ الْأُمَّمَ بِالْحَقِّ. لَنْ يُمَاجِكَ وَلَنْ يَصِيحَ، وَلَنْ يَسْمَعَ أَحَدٌ صَوْتَهُ فِي السَّاحَاتِ. قَصَبَةٌ مَرْضُوضَةٌ لَنْ يَكْسِرَ، وَفَتِيلَةٌ مُدَخَّنَةٌ لَنْ يُطْفِئَ، إِلَى أَنْ يَصِلَ بِالْحَقِّ إِلَى النَّصْرِ. وَبِأَسْمِهِ تَجْعَلُ الْأُمَّمَ رَجَاءَهَا.»

### THE SANCTUARY LAMPS

RIGHT & LEFT SANCTUARY LAMP  
WILL BURN

In Honor of Mr. & Mrs. Samir Daou on  
their 25th Wedding Anniversary

### PUBLICATION OF BANNIS

FIRST WEEK :  
Joseph Akiki  
&  
Alexandria Cunha

## BIBLE STUDIES: ENGLISH & ARABIC

All Bible Studies will resume in October.

Have a Blessed & Safe Summer!

## WEEKLY ADORATION

Eucharistic Adoration will resume in  
October.

## TREE OF LIFE



*Faith Formation from the comfort of your own home!*

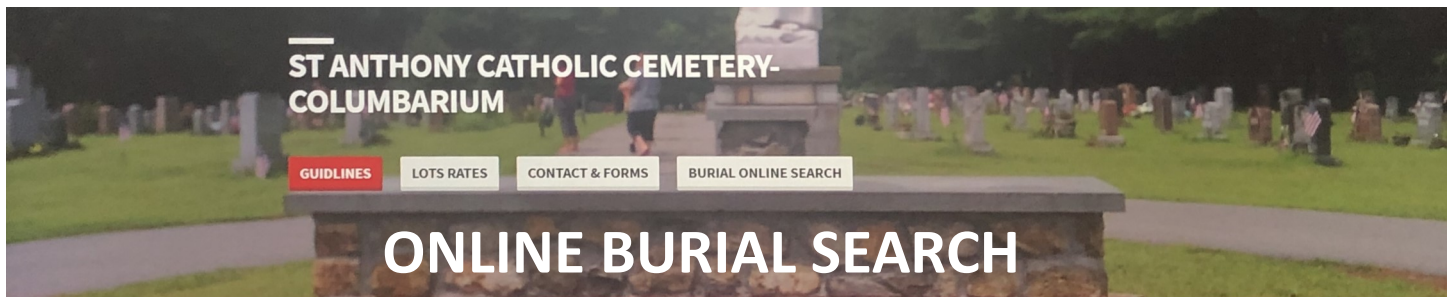
Look for our weekly  
“Faith At Home” emails for the  
Picks of the Week!

REMEMBER YOUR LOVED ONES BY PUTTING THEIR NAMES ON TREE OF LIFE BRASS ALUMINUM PLAQUES  
SIZES:

1.5" X 3" = \$75 / 3"X 6"= \$150 / 4"X8"= \$250

Please submit your request either by phone: **978.685.7233**

E-mail: [rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org)



**WE NEED YOUR HELP! UPDATE YOUR LOVED ONES RECORD !!**

The following steps will help you access the tool:

1. Go to [www.stanthonylawrence.org](http://www.stanthonylawrence.org)
2. Scroll to the bottom and click on **BURIAL ONLINE SEARCH**.
3. Type in the last/first name or in some cases just last name and click search. Please note that this is where we are having the most trouble. For some records, only a first name was documented and often it was put under the “last name” field. You might have to try a few variations before finding your loved one’s record.
4. Click on the name.
5. In the middle of the page, look for **“Do you know more about this person or their ancestors”?** Click **here**.
6. You can then complete any or all the fields and click submit.
7. If desired, you may send obituary notice, special documents, letters, receipts etc. to [rectory@stanthonylawrence.org](mailto:rectory@stanthonylawrence.org) and we will attach that to your loved one’s record. Please make sure all emails are accurately and clearly labeled so we attach them to the correct parishioner.



We have taken needed precautions to ensure the safety of our parishioners as we open the Church for worship

Upon Arrival:

- All church doors will be opened wide to avoid touching of door handles
- Masks must be worn by all, ages 5+, while inside the church. No one will be admitted without a mask, unless for health reasons.
- Masks (if needed) and Hand Sanitizer are available at Church Entrance.
- A contact-less collection bin has been placed in the foyer. Please drop your

During Liturgy:

- Every other church pew is blocked off to allow for physical distancing.
- The center communion aisle has been marked with 6-ft markers to allow for physical distancing.
- Red *Qurbano* books have been removed. All Liturgical texts are available online and throughout the church, you can find a QR Code that directs you to the online text for your convenience.
- Communion of the Eucharist may be received on the hand or by intinction on tongue.

Between Liturgies:

All church pews and doors will be sprayed down with hospital-grade disinfectant.



## SOME SECRETS WORTH KNOWING

By Ronald Rolheiser

Monks have secrets worth knowing, and these can be invaluable when a coronavirus pandemic is forcing millions of us to live like monks.

Because of the Covid-19 pandemic, millions of us have been forced to stay at home, work from home, practice social distancing from everyone except those in our own houses and have minimal social contact with the outside. In a manner of speaking, this has turned many of us into monks, like it or not. What's the secret to thrive there?

Well, I'm not a monk, nor a mental health expert, so what I share here isn't exactly the rule of St. Benedict or a series of professional mental health tips. It's the fruit of what I've learned from monks and from living in the give-and-take of a religious community for fifty years.

Here are *ten counsels* for living when we are, in effect, housebound, that is, living in a situation wherein we don't have a lot of privacy, have to do a lot of living within a very small circle, face long hours wherein we have to struggle to find things that energize us, and wherein we find ourselves for good stretches of time frustrated, bored, impatient, and lethargic. How does one survive and thrive in that situation?

1. *Create a routine.* That's the key. It's what monks do. Create a detailed routine for the hours of your day as you would a financial budget. Make this very practical: list the things you need to do each day and slot them into a concrete timetable and then stick to that as a discipline, even when it seems rigid and oppressive. Resist the temptation to simply go with the flow of your energy and mood or to lean on entertainment and whatever distractions can be found to get you through your days and nights.
2. *Wash and dress your body each day,* as if you were going out into the world and meeting people. Resist the temptation to cheat on hygiene, dress, and make-up. Don't spend the morning in your pajamas: wash and dress-up. When you don't do this, what are you saying to your family? They aren't worth the effort? And what are you saying to yourself? I'm not worth the effort? Slovenliness invariably becomes lethargy and acedia.
3. *Look beyond yourself and your needs each day* to see others and their hurts and frustrations. You're not in this alone; the others are enduring exactly what you are. Nothing will make your day harder to endure than excessive self-focus and self-pity.
4. *Find a place to be alone for some time every day and offer others that same courtesy.* Don't apologize that you need time away, to be by yourself. That's an imperative for mental health, not a selfish claim. Give others that space. Sometimes you need to be apart, not just for your own sake but for the sake of the others. Monks live an intense community life, but each also has a private cell within which to retreat.
5. *Have a contemplative practice each day that includes prayer.* On the schedule you create for yourself, mark in at least a half hour or an hour each day for some contemplative practice: pray, read scripture, read from a serious book, journal, paint a picture, paint a fence, create an artifact, fix something, garden, write poetry, write a song, begin a memoir, write a long letter to someone you haven't seen for years, whatever; but do some something that's freeing for your soul and have it include some prayer.
6. *Practice "Sabbath" daily.* Sabbath need not be a day; it can be an hour. Give yourself something very particular to look forward to each day, something enjoyable and sensual: a hot bath, a glass of wine, a cigar on the patio, a rerun of a favorite old sitcom, a nap in the shade in a lawn chair, anything – as long as it's done purely for enjoyment. Make this a discipline.
7. *Practice "Sabbath" weekly.* Make sure that only six days of the week are locked into your set routine. Break the routine once a week. Set one day apart for enjoyment, one day when you may eat pancakes for breakfast in your pajamas.
8. *Challenge yourself with something new.* Stretch yourself by trying something new. Learn a new language, take up a new hobby, learn to play an instrument. This is an opportunity you've never had.
9. *Talk through the tensions that arise within your house – though carefully.* Tensions will arise when living in a fish-bowl. Monks have community meetings to sort out those tensions. Talk tensions through honestly with each other, but carefully; hurtful remarks sometimes never quite heal.
10. *Take care of your body.* We aren't disembodied spirits. Be attentive to your body. Get enough exercise each day to keep your body energized. Be careful not to use food as a compensation for your enforced monasticism. Monks are careful about their diet – except on feast days.

Monks do have secrets worth knowing!