

**St. John the Baptist and Holy Trinity Parish**

**406 Court Street Syracuse, NY 13208**

**Office (315) 478-0916 Fax (315) 423-8096**

**July 20, 2025**



**From Fr. Brendan Foley**

We have a pair of readings before us this Sunday that involve human beings hosting and providing a meal for God—Abraham in our Genesis reading, and Mary and Martha for Jesus in our Gospel. It's an interesting prospect...is it really possible for us to "do God a favor" by giving him a nice meal? It is true that God graciously accepts our offerings and our generosity of service, but really (in general) it's not about what we can do for God, it's so much more about what God in his goodness does for us. And so Jesus' words are very important for us today...because regardless of our state in life, regardless of how busy or overwhelmed we might feel, and regardless if we more often find ourselves alone or feeling the weight of isolation, Jesus says today that only one thing is necessary.

What is that one thing? **Find yourself at his feet.** Eyes fixed on him. Nothing else matters more than this. Be at his feet. Certainly hospitality is beautiful and important, Martha's concern for service is absolutely valid, we even see on display Abraham and Sarah's generous hospitality as being something blessed by the Lord. Yet still, focus on Jesus' words as he says only one thing is **necessary** (cf. Luke 10:42, Vulgate "unum est necessarium.")

When we become convinced of the truth of these words there is **both** a challenge and a consolation. First, the challenge is that it can be very difficult to surrender to the reality that we can't be as 'in control' of everything in our life as we'd like to be. Even when we find ourselves overcome with anxieties or demands on our hearts, the *most* important thing we can do is be recollected to the presence of Jesus, to be at his feet, whether that means physically before the Eucharist, or in the silence of wherever we find ourselves...this is a challenge because our lives and our time and what occupies our minds are real and often divide us interiorly, and this is true even of good things, work, relaxation etc. but the purpose of this Gospel is that only one thing is truly **NEEDED** for life as Jesus says, and that's being at his feet/keeping our eyes fixed on him (again this doesn't mean that there aren't other important things, other good things, etc., but communion with Him is the single most important thing that is **NEEDED** in our life.)

Second, the comfort is that Jesus, from the sincerity of his heart, is trying to free us from being too consumed with things in our life both—yes even the things that are important to worry about, even the places where our service is vitally important...at the end of the day, we are being invited to trust that if Jesus is Lord of all, if God is allowed to be God, then we can rest assured that the Lord desires our good, that his loving providential care is in fact guiding us and protecting us and our loved ones at all times. This is where we can receive real consolation, the only thing necessary is to find ourselves at Jesus' feet.

But the goodness of God lies in the fact that even this is gift: because by keeping our attention holding our heart, our energy, our focus, Jesus is filling us with his presence **SO THAT** when we return to those areas of service, when we return to living out our vocation wherever we are, we are strengthened by **JESUS'** presence to serve better than we simply could've done on our own, because it will be Jesus living his life in us. So I encourage you to let Jesus hold you in his presence, please follow your hunger and let yourself take time to be at his feet to gaze upon him, to allow his word to permeate your heart, and find true, authentic, peace that only Jesus can give—he promises to sustain you for the whole of life.

**Pastor: Father Brendan Foley**  
**Mass Schedule SJB/HT Sunday 9:00am**  
**Reconciliation Thursday 4:00-5:00 pm**  
**Office Hours SJB/HT**  
**Monday-Thursday 9:00am-4:00pm Friday 9:00am 2:30pm**  
**E-mail - [nbergeson@syrдио.org](mailto:nbergeson@syrдио.org)**  
**Web Site - [www.stjohnthebaptist-holytrinity.com](http://www.stjohnthebaptist-holytrinity.com)**  
**Syr. Dio. Web-site - [www.syracusediocese.org](http://www.syracusediocese.org)**

**Secretary/Bulletin: Nancy Bergeson**  
**In Residence: Fr. Paschal Anionye**  
**Music Director/Organist: Mr. James Stanley**  
**Buildings/Grounds: Robert Warren**  
**Religious Education: Betty Warren**  
**Sacristan/Grounds: Allan Chouinard**  
**Altar Servers: Benjamin Chouinard**  
**Alyssa Warren & Cecilia Judge**



### Lector - July 20th

9:00am SJB/HT: Chet Wisniewski

### Lector—July 27th

9:00am SJB/HT: Cathy Schotthoefer

### Eucharistic Ministry

#### Center

July 20

Dave William

July 27

Betty Warren

#### Mary's Side

Karen Fekete

Mary Beth Cusano

### Sacrificial Giving

Week July 13th

SJB/HT Collection:\$2,195.00

### Offering Envelopes



### A Family Perspective

### Family Life Education July 4th

Cell phones, emails, faxes, texts and voice mails can reduce our lives to a continual series of interrupted moments. Listen to Jesus in today's Gospel: "You are anxious about many things" robbing us of the precious time needed to be with other. Quality time is quantity time.

### Pray For Vocations

Martha and Mary represent the active life of the Church and the contemplative life of the Church. Both are needed and important, and both can be found in the priesthood, diaconate and religious life. Which could God be calling you to? Reach out to the Vocation Office via email: [vocations@syrdio.org](mailto:vocations@syrdio.org) and follow us on Instagram [@vocationssyracuse](https://www.instagram.com/vocationssyracuse).



### Reflect: Readings and Gospel

**1st Reading Question:** Abraham's treatment of the three strangers modeled the value of hospitality in the ancient world. What are some ways you show kindness and warmth to others?

**2nd Reading Question:** Paul found reasons to rejoice despite suffering for his faith in Christ and his mission to the Gentiles. How do you find joy and hope in difficult situations?

**Gospel Question:** Jesus teaches Martha that her anxiety and worry can be calmed by listening to his words. How can you be present this week to an anxious friend or co-worker? ©LPi

### TOTUS TUUS 2025

(Translation: "Completely/Totally yours!"-- echoes the heart and prayer of Mary to God)

It's not too late to sign your children up for

Totus Tuus! Totus Tuus is a week-long summer program for all youth in our area. Regionally throughout the diocese college students from around the country come and host an incredible opportunity for our children to have fun and also be inspired to live in friendship with Jesus and grow in faith. The program runs during the day for children entering grades 1-6 (9am-3pm), and in the evening for teens entering grades 7-12 (7pm-9pm). This week 7/20-7/25 the program is hosted at Holy Cross in DeWitt, and the following week 7/27-8/1 at Immaculate Conception in Fayetteville. For more information and to register, visit <https://syracusediocese.org/attend-totus-tuus> or a simple search of Totus Tuus Syracuse will lead you in the right direction! Fr. Foley will be accompanying the program these weeks in various aspects, and would LOVE for families from our parishes to join and have an amazing time! Please let him know if you sign up!



**The word of God  
is a light to the mind  
and a fire to the will.**

—St. Lawrence of Brindisi

**Bring your bottled water to church during these hot and humid Sunday Masses. It's very important to stay hydrated even during Mass.**

**The Mass Book for the remainder of the year is now open.**

**Please call or visit for requests for**

**August through December.**



### 9:00am Mass Intentions for SJB/HT

**Sunday July 20, 2025** - Maureen White - Peter White

Jeanne Viggiano - Dan & Family

Francis & Loretta Cooney - Judy & Fran

**Sunday July 27, 2025** - Maureen White - Ed Airel

David McLaughlin - Mother

Joe Valentine - Angela Murphy

Rocco Cannata - Joe & Laura Prattico

### Recognize God In Your

### Ordinary Moments

By Colleen Jurkiewicz Dorman

### Martha's Burdens



It's time to admit it: I've been unfair to Mary in the past. Been a little catty about her. *Oooh, Mary, she's so holy.* Well, do you like to eat, Mary? Who made your lunch? Yeah, that's right: it was Martha. Because you know what? It's the Martha's who get things done in the world while the Mary's lounge around reading Aquinas and attending silent retreats and going to Eucharistic Adoration whenever they want.

And there you have it, folks: my bitterness on full display! I tend to identify with Martha, not with Mary, and I need to stop doing that.

Because I am not Martha instead of Mary. I am both. We are all both.

Mary was a woman; she was expected to do the serving, too. She shared that burden; she wasn't abandoning it, heaping her portion on Martha. And it's so wrong to assume that Mary didn't have the same cares and anxieties as Martha — perhaps she even had more!

Here's the difference: Mary, unlike Martha (and me, I guess) knew where to go with them.

We typically see our burdens as an impediment to a relationship with Christ. *I'm so busy. I'm so overwhelmed. There are so many demands on me, on my time, on my person, on my finances. Take a number, Jesus. Get in line.* But we're thinking the wrong way. Burdens aren't an obstacle that stands between us and Christ. Burdens are the straightest path to his feet.

God knows about burdens, okay? Aside from being all-wise and all-knowing, he basically completed a doctorate in suffering, taking on a human form (itself kind of a burden, if you think about it) and for 33 years lived among the hardest and heaviest burdens this world has to offer.

Why did he do this? Well, part of the reason was so that we could finally understand that our burdens aren't a barrier between us and God. On the contrary, they connect us to him.

Are you anxious about many things? Then you need to be right where Mary is: at the feet of Jesus, with all your burdens. ©LPi

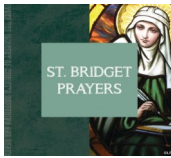




## Devotions Explained

### St. Bridget Prayers, Explained!

St. Bridget of Sweden (d. 1373) was a noble-woman of the Middle Ages whose renowned mysticism centered on the passion of Christ. A mother of eight and an attendant at the royal court in Sweden, as a widow she founded the Order of the Most Holy Savior, advocated for reform in the church and for the return of the Pope to Rome from France.



The St. Bridget Prayers refer to 15 prayers attributed to Bridget which evoke the imagery of Christ's suffering and death, plead for the forgiveness of the supplicant's sins, for a happy death, for fear and love of the Lord, and for a renunciation of worldly desires.

For many years, these prayers were associated with divine promises, though in 1954 the Catholic Church declared that it could not be said that these promises were of supernatural origin. The prayers themselves remain beloved and popular devotions to Christ's passion. ©LPi

**PUZZLE**  
Unscramble words from today's Gospel:

journey village	woman Mary	listening serving	Martha anxious	chosen better
jnreyou	<u>j o u r n e y</u>			
vagelli	_ _ _ _ _			
wamno	_ _ _ _ _			
rayM	_ _ _ _ _			
lentsingi	_ _ _ _ _			
sigvern	_ _ _ _ _			
hartMa	_ _ _ _ _			
axinosu	_ _ _ _ _			
ceshon	_ _ _ _ _			
bretet	_ _ _ _ _			

**MISSION**  
Ask your family to join you in reading the Bible or praying at meal time.

**LPi** BECAUSE VIBRANT CHURCHES MATTER



### Office Of Social Action

On July 3rd reacting to the passage of the One Big Beautiful Bill Act, Archbishop Broglio, president of the USCCB, lamented the great harm the bill will cause to many of the most vulnerable in society, making steeper cuts to Medicaid and clean energy tax credits, and adding more to the deficit. **Follow the Good Samaritan** and place in your yard a 2 sided lawn sign saying: **"Make Room for Immigrants and Refugees" "No Room for Hatred and Exclusion"**. Email Paul Welch at [pwelch@syrdio.org](mailto:pwelch@syrdio.org) for a sign. The signs can be picked up at All Saints Church 1340 Lancaster Ave and is open from 9:00am-6:00pm. Each sign recipient is asked to give a donation of any size to **Workers Center of CNY 2013 E. Genesee St Syracuse NY 13210**. The Workers Center has been designated by the Catholic Campaign for Human Development for funding due to their work with immigrants.

### Mary Magdalene

**Question:** July 22 is the feast of Mary Magdalene. I've heard a lot of stories about her, but who was she really?

**Answer:** Mary Magdalene has been the subject of speculation and scholarship over the last 2,000 years. Mary Magdalene makes her first named appearance in Luke 8:2. She is one of several women following Jesus. Luke specifically mentions that Mary had previously been delivered from demonic possession. Whatever her life looked like before she met Jesus, it wasn't good! Because of this association with being a repentant sinner, Mary Magdalene has been associated with other similar stories in the Gospel, such as the woman caught in adultery or the woman who bathes Jesus' feet with her tears.



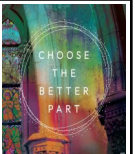
Mary Magdalene shows up again by name at the end of the Gospels, when she stands with the Blessed Virgin Mary at the foot of the Cross. Mary is also present in the garden of the resurrection. She is one of the woman who goes to bring spices to Jesus' tomb, where they find the stone rolled away. Mary stays in the garden weeping, believing his body has been stolen. Jesus approaches her and calls her by name, and she becomes the first witness to the resurrection! While many of the details of Mary Magdalene's life have been lost to time, she is an example of powerful conversion, deep faith, and intimate love for Christ. ©LPi

**Call the Rectory to arrange** for marriages, arrangements made six months prior to date. Contact our organist directly. Information will be provided. Call the rectory for baptisms and hospital/home visits.

**Young Adult Hike With Bishop Lucia**  
 Saturday, July 26 Green Lakes State Park \$25.00 per ticket. Young adults 18-39 from across the Diocese of Syracuse are invited to join Bishop Douglas Lucia on the fifth annual summer hike! The morning will begin with Mass, followed by hiking in Green Lakes State Park. The day will continue with lunch and drinks, catered by Dinosaur BBQ, and the opportunity for games and to socialize. The ticket cost covers dinner, beverages and dessert. Register at: <https://youngadulthike25.eventbrite.com>.

### Prayer For Everyday And Everybody Prayer for Focus

Lord, help me to remember what matters and who matters. And then help me to prioritize rightly and wisely, with Your heaven as my guide. Amen. ©LPi



**Remember:** Parishioners, please look through this list for any names that should be removed. Also, if you have a loved one to request for prayers call the office to have their name added.

**Remember:** Mike Affleck, Shawn Babcock, Nancy Bailey, Jack Brien, B.J. Bubniak Family, Arlene Bukowski, Ashley Caiello, Robert Capria, Catherine Cushman, Linda Deapo, Theresa Domathowski, Hank Donohue, Ginny & Erin Donovan, Jenny Emmi, Tenley Farrow, Marilyn Ferretti, Ellen Gangemi, Gladys Graham, Robert Greenwood, Joseph Guinto, Jeanne Hammond, Mary Isgar, Carla Johnson, Tony Lauretti, Shirley Kerr, Emma Lane, Kay Ledermann, Jackie Limeri, Luciano Luisi, Judy & Skip Marioritti, Michael & Darlene Morga, Diane Moro, Peggy Palerino, The Pavia Children, Antoinette Perotta, Faith Setzer, Marion Sherwood, Esther Sindoni, John Sobon, Patricia Soule, Timothy K. Suppes, Patrick St. Thomas IV, Barbara Traino, Gerry Vaccaro, Shelly Visco, Matthew Watkins, and Fred Wheeler. **We also remember in our prayers our Service Men and Women & our Health Care Workers. Due to HIPAA laws, hospitals are not allowed to give names of patients. Please notify the parish office if you have a loved one in the hospital, a nursing home or is homebound and would like a visit.**

### Mass Schedule OLP/SP 315-422-7163

Saturday Vigil - 4:00pm Vietnamese Mass 6:00pm

Sunday - 7:30am, 11:30am

9:30am Vietnamese

Monday - Thursday 9:00am in the Chapel

Reconciliation Wednesday 4:00-5:00pm