



*St. Sabina
Catholic
Church
Belton, MO*



*August 2, 2015
Eighteenth Sunday in Ordinary Time*



**Congratulations to Ryan & Megan Coover, who
were married at our parish on July 3.**

700 Trevis Avenue, Belton, MO 64012 Phone: 816-331-4713
www.stsabinaaparish.org www.facebook.com/stsabinaaparish

Fax: 816-322-6196 Office Hours: 9:00am - 5:00pm, Monday-Thursday and 9:00am - 1:00pm, Friday

Our Parish Staff

Fr. Jeff Stephan, Pastor	816-979-3157	X57	frjeff@stsabinaparish.org
Fr. Curt Vogel, Associate Pastor	816-979-3156	X56	frvogel@stsabinaparish.org
Deacon Dwayne Katzer			dwayne@stsabinaparish.org
Deacon Mike Gates			mikeg@stsabinaparish.org
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Tracy Wheeler, Maintenance			tracy@stsabinaparish.org
Bonnie Kane, Diocesan Victim Advocate	816-392-0011		kane@diocesekcsj.org
Jenifer Valenti, Diocesan Ombudsman	816-812-2500		jeniferValenti@att.net

Weekend Mass Schedule

Saturday: 4:00pm (Confessions at 3:00pm - 3:30pm)
 Sunday: 8:00am and 10:30am in English, 12:30pm in Spanish

Wellness Center 816-979-3090

Jeannine Midgett 816-979-3093
 Patricia Moreno 816-979-3092

MASS SCHEDULE

INTENTIONS FOR AUGUST 3 - 7, 2015

Mon. 8am †Lawrence Bleier & his deceased family
 Tues. 6pm †Rita Miller
 Wed. 8am †Fr. Robert Cameron
 10:30am †Adam Carvajal (Beautiful Savior)
 Thurs. 8am †Jim & Vera Hamburg
 Friday 8am †Teresa Link
 8:30am Adoration

SATURDAY, AUGUST 8, 2015

4:00pm †Larry Long
 †Priscilla "Pat" Gravenstreter

SUNDAY, AUGUST 9, 2015

8:00am †Alberta & Paul Imming
 10:30am Intentions of the Parish Family
 12:30pm Spanish †Jaime Flores



PARISH NEWS

NEW PARISH WEBSITE

We have remodeled our website! On our website you can find news, volunteer opportunities, permission slips and registration forms for your children, liturgical minister and musician schedules, and much, much more. Please check it out as we believe our new site will be a useful tool for parishioners:
www.stsabinaparish.org

St. Sabina Parish
 700 Trevis Ave. Belton, MO 64012
 816-331-4713
 Catholic Church

Home About Us Mass Times and Map Bulletin Wellness Center Calendar Ministries Ministerio Hispano Online Giving Follow Us on Facebook

Quick Links
 Youth Ministry
 Sacraments
 Faith Formation
 Stewardship
 Welcome Video

Becoming a Member
 "Again, (amen.) I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father. For where two or three are gathered together in my name, there am I in the midst of them." (Matt. 18:19-20)
 Click here to download a Family Registration Form

"All Are Welcome"

Weekly Announcements Parish News Over 55 Group News Daily Readings

Our New Guide Book 8 NEW New Theatre

Monday of the Sixteenth Week in Ordinary Time
 Sixteenth Sunday in Ordinary Time

PARISH CALENDAR

Sunday, August 2 - Domingo, 2 de Agosto

11:00am Ensayo del Coro Hispano

Monday, August 3 - Lunes, 3 de Agosto

8:00am Mass

5:30pm Marian Prayer Group

Tuesday, August 4 - Martes, 4 de Agosto

1:00pm Peer Minister Meeting

6:00pm Mass

7:00pm Living Stones Taste and See

Wednesday, August 5 - Miércoles, 5 de Agosto

8:00am Mass

9:00am Legion of Mary

10:00am Living Stones Taste and See

10:30am Mass at Beautiful Savior

1:00pm Peer Minister Meeting

7:00pm Knights Business Meeting

Thursday, August 6 - Jueves, 6 de Agosto

8:00am Mass

9:30am Quilters

1:00pm Peer Minister Meeting

Friday, August 7 - Viernes, 7 de Agosto

8:00am Mass

8:30am First Friday Adoration

Saturday, August 8 - Sábado, 8 de Agosto

10:00am Platicas Pre-Bautismales

3:00pm Confessions

4:00pm Mass

Sunday, August 9 - Domingo, 9 de Agosto

11:00am Ensayo del Coro Hispano

1:30pm Reunión del Comité Romero

STEWARDSHIP

"I declare and testify in the Lord that you must no longer live as the Gentiles do, in the futility of their minds; that is not how you learned Christ, assuming that you have heard of him and were taught in him, as truth is in Jesus, that you should put away the old self of your former way of life, corrupted through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth."

Ephesians 4: 17, 20-24

We are called to conversion; we are called to a change, a transformation that puts God at the center of our lives rather than self and all that goes with that self-centeredness. This is the stewardship conversion to which we often make reference. This is not a one-time conversion but an ongoing one, a daily one, perhaps even more than once a day. That may sound impossible, but it is not if all we do and all that motivates us is the desire to live as Jesus wants us to. It is not easy, but it is joyful and fulfilling - See more at www.catholicsteward.com/blog/.

STEWARDSHIP OF TREASURE - JULY 26

Envelopes/Sobres:	\$8,412.04
Plate/Canasta:	\$ 694.79
Maintenance-Upkeep:	\$ 654.50

LIFE AND JUSTICE CAMPAIGN - AUG 16

"Lord, when did we see you hungry... thirsty... a stranger... naked... sick... in prison?" The Life & Justice Campaign diocesan collection will be August 15 & 16. Please prayerfully consider sharing your gifts with our brothers and sisters in need. For more information, visit www.lifeandjusticekcsj.org

STEWARDSHIP OF TIME AND TALENT: LOOKING FOR A WAY TO SHARE YOUR TIME OR TALENTS?

St. Sabina volunteers go to Lord of Love Lutheran church, in Belton, every third Wednesday of the month to help with their weekly community meal. This is a free meal that all are welcome to, and it's an opportunity to help those right here in our community. The next meal we will be helping with will be on Wednesday, August 19. There are opportunities to help both in the afternoon and in the evening. You can also help by providing a dessert (bought or baked) for the meal. If you would like to help, you can sign up using the link on our parish website: www.stsabina.org, click on "Volunteer Opportunities" and look for "Community Meals" in the "Social Justice" section.



PASTORAL CARE

FROM DEATH TO NEW LIFE

DE LA MUERTE A LA NUEVA VIDA

† Michael Boudreaux, † Gall Rae, nephews of Joyce Callahan

† Andy Huffman, nephew of Melinda Baty

† Adam Carvajal, father of Ari Carvajal

MAY THEY REST IN PEACE. QUE DESCANSEN EN PAZ.

PRAYER REQUESTS PETICIONES DE ORACIÓN

Peg Agnew	Mary Curtis	Vern King
Berry Alexander	Kathy Davis	Bill Locke
Frances Andregg	Margo Dellaguardia	Debbie Locke
Jennie Baylor	Paul DeMar	Jo Locke
Mary Ann Bays	Frances DiGeorge	Monica Lopez
Beverly Bell	Dick Garnier	Fabiola Morales
Sheryll Bentley	Laverne Harlow	Joe Stanley
Allie Biondo	Cherie Hatfield	Noah Stanley
Joe Birkenbach	John Henry	Jean Tate
Joan Boots	Bart Henke	Bob Westfall
Maxine Bremer	Ella Hemmen	Mary Westfall
Art Camara	Mary Ellen Hermann	Sarah Wilburn
Pamela Castor	Richard Hoedl	Carmitia Yust
Georgene Caoile	Kelly Jordon	Berenice Zayas
Marvin Cohen	Jerry Keating	
Joseph Coots	Ray Kemna	
Tyler Corlew	Mary Carol King	

GRIEF RECOVERY GROUP

In September we will be offering a 6 week grief recovery group. The group consists of 6 sessions, each session has a specific focus to remember and honor your loved one. Watch the bulletin for more information. Questions? Contact Marta Roper in the parish office at 816-979-3154 or marta@stsabinaparish.org.

NURSING HOME MASS SCHEDULE

Aug 5	10:30am	Beautiful Savior
Aug 12	10:00am	Rehabilitation of Raymore
Aug 19	10:00am	Foxwood Springs
Aug 26	11:00am	Carnegie Village

MENTAL HEALTH RESOURCE NUMBERS

NAMI - National Alliance on Mental Illness

816-931-0030 - Support. Education. Advocacy.

National Suicide Prevention Lifeline

1-800-273-TALK (8255) Available 24/7

ACI Mental Health Crisis Hotline

1-888-279-8188 - 24/7 Access, Multilingual

PARISH HAPPENINGS

SCHOLARSHIP STUDENT PROFILE

Flor Idalia Mendoza

Idalia is in her 5th and final year of study at the University of El Salvador. She began the scholarship program in 2010 and is on track to graduate in 2016, majoring in Educational Sciences.

Idalia lives in the community of San Nicolas, which is a small, rural settlement just outside of Cinquera. Idalia lives in an apartment in San Salvador during the school year. San Salvador is a 4-hour bus ride from Cinquera. Idalia leaves her apartment each day at 9am and returns from classes around 6pm. She walks 15 minutes each way to get to class. Idalia has no internet access at home, so she has to go to a café to access the internet to be able to do her homework. She has to pay \$6 a month for internet access.

Idalia lives with her parents and 4 siblings. Her mother is a housewife and her father is a farmer. They live in a brick home with no indoor bathroom, however they do have access to drinkable water and electricity.

Each student in the scholarship program is required to do a community project each year. This is Idalia's description of her community service: "Each year I contribute with 120 hours of community service, which I contribute to by working in the community. For example, cleaning the Cinquera forest, academic reinforcement in neighboring schools and involvement in community activities.

Through the scholarship program, only one child at a time can be on university scholarship. While one of Idalia's brothers only has a second grade education, her oldest brother completed the scholarship program and is now a medical doctor.

Idalia describes her greatest difficulties and challenges as, "One challenge is the distance from my house to school, and the scarce economic resources, as well as the current security situation."

Idalia is very grateful for our assistance with the scholarship program. She states, "Once I finish my degree I am thinking of helping to keep the scholarship functioning so new students can continue their university studies."

Please keep Idalia in your prayers during her last year of scholarship study. If you are interested in taking part in our 2016 delegation to Cinquera, El Salvador, please contact Kris in the parish office at 816-979-3151 or kris@stsabinaparish.org.



Pictured are Kris, Idalia's mother, Olivia, Idalia and Nelson Rivera during our 2015 delegation to El Salvador.

BAPTISM CONGRATULATIONS

Adrian Emilian Michalski, son of Emilian and Jadwiga Michalski

Angelie Gutierrez, daughter of Miguel and Rosa Gutierrez

Anna Cristina Tracy, daughter of Cooper and Cristina Tracy

Kimberly Alexandra Mina Morales, daughter of Oscar Mina and Maria Morales

WEDDING CONGRATULATIONS

Congratulations to Damian Vargas and Jenessys Delgado, who were married on Saturday, August 1st.

PUPUSA SALE - AUGUST 23

On Sunday, August 23 our Salvadoran community will be selling pupusas after Masses. A pupusa is a traditional Salvadoran dish made of a thick, handmade corn tortilla that is usually filled with variations of cheese, pork, and refried beans. There will be samples to try so you can purchase your favorite variety. The cost will be \$2 each and you can purchase them to go. All funds collected will be used for our annual celebration in honor of Bishop Oscar Romero.

2016 DELEGATION TO EL SALVADOR

Our parish will be taking its second delegation to El Salvador to learn more about the scholarship program there and to have the opportunity to meet and visit with our scholarship students and their families. We will travel to Cinquera and also to El Mozote. El Mozote was the site of one of many massacres that occurred in El Salvador during their Civil War. As of now we are planning to travel to El Salvador on January 5 and staying approximately 8 days. If you are interested or would like more information, please contact Kris at 816-979-3151 or by email at kris@stsabinaparish.org.

MISSIONARY THANKS

Thank you for your warm welcome to Fr. Tom Shaughnessy who spoke at our Masses about the missionary work of the Columban Fathers. The parishioners of St Sabina were very kind and helpful and Fr. Shaughnessy really enjoyed the time he spent here. We appreciate the generosity of the people of St. Sabina and express to them our deep appreciation. Please be assured of our prayers for the parishioners of St. Sabina. Rev. Tim Mulroy, Regional Director of the Missionary Society of St. Columban

PRAYER FOR THE ELECTION OF A BISHOP

O God, eternal shepherd, who govern your flock with un-failing care, grant in your boundless fatherly love a pastor for your Church who will please you by his holiness and to us show watchful care. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Amen

ADULT FAITH FORMATION

REFLECTION ON THE EIGHTEENTH SUNDAY IN ORDINARY TIME , YEAR B

This Sunday we continue our reflection on the Bread of Life discourse from John 6. These five Sundays, the 17th to the 21st Sundays in Ordinary Time, Year B, provide a rich opportunity to reflect on what it means to be Eucharistic people. Vatican II calls the Eucharist “the source and summit of Christian life...” (*Lumen Gentium* #11). These Sundays allow us to savor and unpack this tremendous mystery for ourselves.

This Sunday’s selection from John 6 has Jesus proclaim “I am the bread of life; whoever comes to me will never hunger and whoever believes in me will never thirst.” How are we to understand what Jesus is telling his followers? How does this affirmation challenge us in our identity, mission and ministry as disciples of Christ?

In our daily lives, bread symbolizes the nourishment that we all need to live as human beings. Lack of bread leads to an impoverished human condition. Such nourishment sustains us physically. But as human beings, we are more than just physical entities. Our need for nourishment goes beyond the merely physical. We hunger for acceptance, recognition, support, security, dignity, community, human relationship, love, etc. Bread which nourishes physically can also be the means to begin addressing all our other human hungers.

Therefore, we are constantly challenged by Jesus’ words and actions, to take what we have been generously given by God and to share that with others who do not have as much. In taking up this challenge, we show that we are serious about our discipleship in carrying out Jesus’ mission and ministry no matter where we are planted.

This is what God has done with us in Jesus. Totally and freely, God has shared life, intimacy and relationship with us in the gift of the bread of life that is Jesus. We are called to remember God’s care and concern in giving us everything for our physical nourishment.

Responsorial Psalm 78 calls us to remember and proclaim that “the Lord gave them bread from heaven.” The first reading from Exodus recounts God’s care and concern in meeting the physical needs of the people on

their desert journey, despite their complaints and grumbling. John’s gospel challenges us to understand that physical nourishment (Jesus feeding the multitude) is a doorway into deeper relationship with God and with one another. In this manner, all our hungers are fulfilled and no one will ever go hungry or thirsty again.

God, in the person of Jesus, models for us what it means to be a source of life and nourishment to all. Jesus manifested and lived out for us God’s genuine desire for all life. Jesus was willing to give of himself freely so that others could live and continue to give of themselves in freedom and love to others. Jesus, God fully human, came to show us how this could be done, while at the same time challenging us to do the same for one another.

In order for us to carry out that challenge, we have to be fully nourished for the task. Jesus is that nourishment, that bread of life which strengthens us for the mission of nourishing ourselves and others. This is what it means to be a Eucharistic community. In Eucharistic sharing, we are nourished with Jesus, the bread of life, who fulfills all our human longings and hungers. At the same time, we are challenged to take the bread of life to all whom we meet, thus working toward building God’s reign, the summit of all that we are called to be.

This week, take time to bake, bless and share bread with others. In doing so, think of the meaning and significance that such actions have for building up the kingdom of God. Reflect on how Jesus, our “bread of life,” nourishes us and how we can nourish others in such a manner that none will ever be hungry or thirsty again.

Biagio Mazza
Pastoral Associate



SCC

READINGS FOR SUNDAY, AUGUST 2, 2015

1st Reading: Exodus 16:2-4, 12-15

Psalm: Psalm 78:3-4, 23-24, 25, 54

2nd Reading: Ephesians 4:17, 20-24

Gospel: John 6:24-35

READINGS FOR SUNDAY, AUGUST 9, 2015

1st Reading: 1 Kings 19:4-8

Psalm: Psalm 34:2-3, 4-5, 6-7, 8-9

2nd Reading: Ephesians 4:30-5:2

Gospel: John 6:41-51



BIBLE STUDY

BIBLE STUDY AND SUNDAY READINGS

Catholics are mostly exposed to the Bible through the Sunday Lectionary Readings. In order to help us all enter into the Bible through the Sunday readings, we are offering study sessions that will provide an opportunity to read, to study background to the readings, and to reflect on how to apply the readings to our lives. **We will gather on August 23rd at 10:30am.** All are welcome. Bring a Bible and a friend. To register for these sessions, please call Biagio at 816-979-3153.

YOUTH MINISTRY

UPLIFT ORG. needs volunteers! If you would like to bring meals to the homeless on the 4th or 5th Monday of any month, please contact Kirstie Roberts to sign up! This ministry is open to all parishioners age 14 and older. Volunteers must report to the Uplift Warehouse by 5pm and will be finished around 9:30pm.

UPLIFT COOKS!

Anyone who would like to help prepare a meal for the homeless is welcome to join our team on the 4th Monday of each month at 10am in the gym. It's recommended that you bring a good cutting knife and vegetable peeler.

HARVESTERS!

This local food bank provides food to needy families around the KC area. Volunteers are needed to help sort food donations and pack weekend food bags for kids to help fight hunger in our community. Our parish takes a group of 5 people on the third Thursday of each month. If you would like to volunteer, call or email Kirstie Roberts in the Youth Office to sign up. This ministry is open to all ages!

FORM FOR COMMUNICATION WITH MINORS

Parents and guardians must now sign a form giving permission for St. Sabina staff, specifically the Youth Director, Kirstie Roberts to respond to text messages, emails and phone calls from the youth of the parish. These forms are available in the back of the church with the PSR registrations and in the Youth Office.

All volunteers with youth and children must attend one Protecting God's Children workshop, submit to a background check and sign the policy on Ethics and Integrity in Ministry, (EIM).

CHILD SAFETY

The Diocese of Kansas City-St. Joseph is committed to combatting sexual abuse in the Church. If you are a victim of sexual abuse, or if you *observe or suspect* sexual abuse:

- 1) Call the Missouri Child Abuse Hotline at 1.800.392.3738 (if the victim is currently under the age of 18), and
- 2) Contact your local law enforcement agency or call 911, and
- 3) After reporting to these civil and law enforcement authorities, report suspected *sexual abuse of a minor or vulnerable adult* to the Diocesan Ombudsman, Jenifer Valenti, at 816.812.2500 or JeniferValenti@att.net, if the abuse involves a priest, deacon, employee or volunteer of the Diocese of Kansas City-St. Joseph.

The Diocese has a sincere commitment to providing care and healing resources to victims of sexual abuse and their families. Please contact Victim Advocate Bonnie Kane at 816.392.0011 or kane@diocesekcsj.org for more information.

PICTURES

UPLIFT COOKS! Thank you Sharon Trinastich, Bob Haefele and the Mackinnon Family for volunteering to cook our Uplift meal on Monday, July 27 to feed the homeless.



SATURDAY, JULY 25 AT THE 4PM MASS



PARISH HAPPENINGS

LIVING STONES

Foundations for Living Stones

A Faith Formation Program for interested Adults

"Come to him, a living stone...chosen and precious in the sight of God, and, like living stones, let yourself be built into a spiritual house..." (1 Peter 2:4-5)

St. Sabina, a Catholic faith community committed to total and lifelong faith formation, is offering an adult faith formation program titled, Foundations for Living Stones. The program explores in greater depth and knowledge the basics of our faith. All the sessions focus on the ministry that we are called to in and through our baptism. Communication skills, group development, leadership skills, bible study, church history, prayer and sacraments are some of the many areas explored and examined in depth. Adult methods of learning and reflection are employed throughout.

The sessions are scheduled on Tuesday evenings, from 7-9:30 PM, beginning in late August and ending in late May. This is a 9-month commitment to deepen one's skills and knowledge so as to become a more effective and engaging minister. We hope to work collaboratively with our neighboring parishes, inviting them to be part of this mutual learning process. For a brochure or more information, please call or e-mail either Kris or Biagio at:

Biagio Mazza 816-979-3153 biagio@stsabinaparish.org

Kris Larkey 816-979-3151; kris@stsabinaparish.org

HOW LIVING STONES CHANGED MY LIFE

During a conversation about whether or not to try a new project by Biagio with a group of our friends, I decided to try Living Stones. The best referral for the course was that Biagio was conducting the course.

Three years later I want to tell anyone who will listen that was among the best decisions I have ever made. Besides making some of the best friends I will ever have, I have also learned more about my religion. I am amazed about the new depth of my beliefs. I have a desire not to stop here but to continue in a quest to learn so much more.

Thanks to you, Biagio, I have learned so much and I thank you for sharing your vast knowledge.



Peg Agnew

OVER 55

NEW DINNER THEATRE

Our next dinner theatre show will be **The Addams Family**, a musical based on The Addams Family. The show will be Thursday, September 17 at 6:00pm (show will begin at 7:35). Tickets are \$48 each.

If you would like to join us, please contact Bridget Hernandez at 816-979-3159 to RSVP by August 11th.

FOUNDATIONS OF LIVING STONES – TASTE AND SEE SESSION

Foundations for Living Stones is an adult faith formation program that helps develop our call to ministry, knowledge of our faith tradition and group skills that enable a more attentive manner of interacting within our faith community. This 9-month program is open to all who wish to develop and grow in their faith as adults striving to be faithful to their baptismal commitment as disciples of Christ.

We are scheduling a session called *Taste and See*, to help familiarize others with the program and how it functions. A group of fellow parishioners have completed this program and would like to share with you how the program has impacted their faith lives. We are hoping that more people will express interest in participating in Foundations for Living Stones.

We invite you to attend a Taste and See Session either on Tuesday evening, August 4 at 7 PM or on Wednesday morning, August 5 at 10 AM in the double classroom of the parish Education Wing.

Information, brochures, questions, concerns and other issues will be discussed and clarified, along with some sharing from those who have already completed the program. This is an information session only and does not commit you to anything.

We look forward to seeing you at one of our Taste and See sessions and to have an opportunity to share this great learning and faith formation opportunity with you. So come, taste and see.

RCIA

ST. SABINA RITE OF CHRISTIAN INITIATION OF ADULTS – 2015-2016

The Rite of Christian Initiation of Adults, the RCIA, is a process which welcomes all who are interested in becoming Catholic, or any Catholic wishing to deepen their understanding of the faith. The Rite involves the formation of a community that learns, shares, builds community and prays together to deepen their relationship to God and to the parish family. During the next few weeks, we will be asking if you are aware of anyone who would benefit from participation in this faith learning process. Below are some of the values that we hold as Catholic Christians, which we readily share with all who desire to journey with us through the RCIA.

If you or anyone you know would be interested in this program, please fill out the contact information sheet located in the gathering space and we will personally contact and invite all those interested to our RCIA Meal which will be held on **Thursday, August 27th, 2015 at 6:00pm.**

For more information: Contact Biagio Mazza at 816-331-4713 or by e-mail: biagio@stsabinaparish.org

PARISH HAPPENINGS

HAPPY BIRTHDAY! ¡FELIZ CUMPLEAÑOS!

Jim Agnew, Camila Aguilar, Andy Albor, Hilda Alvarado, Lela Amel, Mary Arellano, Basiliza Basurto, Jack Bondon, Rosy Borja, Angel Bretado, Susan Budnik, Alma Cano, Erica Chevalier, Veronica Ciseti, Matt Coleman, Ann Cummings, Jim Curtis, Greg Daniels, Rodolfo Dominguez-Gomez, Cheri Effertz, Makayla Emry, Tania Escovedo, Cesar Franco, Miles Frey, Lety Garcia, Jesus Gaspar, Erick Gonzalez, Arely Guajardo, Rogis Guajardo, Joyce Hammack, Catherine Helzer, Teresa Hernandez, Vanessa Hernandez, Callie Herzog, Dallas Hille, Richard Hoedl, Leticia Holguin, Nora Huerta, Fred Jones, Chris Klohs, Keaton Lee, Monica Lopez, Nicholas Lopez, Janis Macias, Diana Mancilla, Alfredo Martinez, Noel Martinez, Kendra McLain, Sabrina Mendez, Melba Mercier, Kari Monsees, Veronica Moreno, Nayana Ortiz, Eddie Peek, Samantha Perez, Nicolas Pettit, Jose Reyes, Lizeth Reyes, Ana Rivas, Giovanni Rocha, Donna Sedlock, Ian Seibert, Jose Sierra, Braxton Skipton, John Strickland, Sofia Tinoco, Sixto Varela, Mike Vargas, Mayra Vides, Evelyn Villareal, Andrew Watkins, Debi Welch, Tina Wilbur, Andrea Wilen, Susan Wipperman, Ed Yeater, Joy Yenzer, Jackie Yoksh Jr.



Happy Birthday

HAPPY ANNIVERSARY! ¡FELIZ ANIVERSARIO!

Nickolas & Morgan Shelley	1 Year!	08/02/2014
James & Kimberly Oliver	6 Years!	08/03/2009
Toby & Judy Crookshanks	7 Years!	08/08/2008
Brandon & Lindsey Varner	8 Years!	08/07/2007
Mike & Ashley Skipton	8 Years!	08/04/2007
Lonnie & Kelly Anthony	10 Years!	08/06/2005
Scott & Heather Thurston	11 Years!	08/07/2004
Drummond & Jenny Mackinnon	16 Years!	08/07/1999
Bob & Lynn Roseburrough	18 Years!	08/07/1997
Sergio Rocha & Estela Medina	19 Years!	08/04/1996
Jonathan & Brandy Harshbarger	19 Years!	08/03/1996
Kelly & Jennifer Coots	20 Years!	08/04/1995
Chris & Stacey McClish	24 Years!	08/03/1991
Daniel & Dora Flores	26 Years!	08/03/1989
Craig & Janie Cheney	30 Years!	08/03/1985
Paul & Karen Donnelly	31 Years!	08/04/1984
Michael & Denise Gates	31 Years!	08/04/1984
Biagio & Dorothy Mazza	39 Years!	08/07/1976
Jim & Sandy Flynn	51 Years!	08/08/1964
Dan & Carol Starforth	57 Years!	08/02/1958

Happy Anniversary



WELLNESS CENTER

BREATH AWARENESS FOR ENERGY

Getting back to our natural breathing pattern starts with awareness. "Unlike any other function of the body, breathing can be entirely voluntary or entirely involuntary. Because we have control over breathing, we can also influence such functions as heartbeat, circulation, digestion, and yes, energy.

By doing a breathing check every few hours, and incorporating breathing exercises into your daily routine, you can slow your breathing rate and graduate from the ranks of shallow breathers to those of deep breathers.

For relaxation, try this deep breathing exercise: Sit (or lie down) in a comfortable position, with your back straight and your body relaxed. With one hand on your abdomen and one hand on your chest, slowly inhale through your nose. Keep your abdomen relaxed as you feel it fully expand. Be sure to relax your face, mouth, tongue, and jaw. Hold your breath for 4 or 5 seconds, then purse our lips and as though you were about to whistle, and slowly exhale through your mouth, retracting your abdomen completely. Concentrate on the air leaving your lungs. Pause, and then repeat this exercise four or five times. This is a great way to increase your energy and bring you into the present moment.

WELLNESS COACHING

Don't forget, that we provide one-on-one wellness coaching to help you meet your health goals! We can support you with your weight loss program! Give us a call: (816) 979-3090.

Have a safe, fun and active summer with family and friends!

WELLNESS CENTER CLASS SCHEDULE

Monday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Yoga 6:00 - 7:00 pm
Tuesday:	Strength & Stretch 1:00 - 2:00 pm Gentle Stretch & Strength 2:00 - 3:00pm
Wednesday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Restorative Yoga 6:00 - 7:00 pm
Thursday:	Stretch & Strength 1:00 - 2:00 pm Gentle Stretch & Strength 2:00 - 3:00pm Strength & Stretch 6:00 - 7:00 pm
Friday:	Yoga Basics 1:00 - 2:00 pm Gentle Yoga 2:00 - 3:00 pm Boxing Beats 5:00 - 6:00 pm
Saturday:	Open Workout 8:30 - 10:00 am Refit Cardio Class 10:00 - 11:00 am





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INFORMACION

2016 DELEGACION A EL SALVADOR

Nuestra parroquia llevara a su segunda delegación a El Salvador para aprender mas sobre el programa de becas allí y para tener la oportunidad de conocer a nuestro estudiantes becados y a sus familias. Viajaremos a Cinquera y a El Mozote. El pueblo de Mozote fue uno de los muchos donde ocurrieron masacres durante la Guerra Civil en El Salvador. Por ahora, planeamos viajar a El Salvador el 5 de Enero y quedarnos aproximadamente 8 días.

Si usted esta interesado o quiere mas información, por favor comuníquese con Kris al 816-979-3151 o por correo electrónico, kris@stsabinaparish.org.

CORRESPONSABILIDAD

TESORO: CAMPAÑA DE VIDA Y JUSTICIA

"Señor, ¿cuándo te vimos hambriento... sediento... un extraño... desnudo... enfermo... en la cárcel?" La colección de la diócesis Campaña de Vida y Justicia será el 15 y 16 de Agosto por favor considere, en oración, compartir sus dones con nuestros hermanos y hermanas necesitados. Para obtener más información, visite www.lifeandjusticekcsj.org

TIEMPO Y TALENTO

¿ESTÁ BUSCANDO UNA MANERA DE COMPARTIR SU TIEMPO O TALENTOS?

Voluntarios de Sta. Sabina van a la iglesia Luterana Lord of Love, en Belton, cada tercer Miércoles del mes para ayudar con su comida semanal para la comunidad. Esta es una comida gratis donde todos son bienvenidos, una oportunidad para ayudar a aquellos aquí en nuestra comunidad. La próxima comida con que estaremos ayudando será el Miércoles 19 de Agosto. Hay oportunidades para ayudar en la tarde y en la noche. También puede ayudar a proporcionar un postre (comprado o al horno) para la comida. Si usted desea ayudar, puede registrarse usando el enlace en nuestra página web de la parroquia: www.stsabinaparish.org, haga clic en "Volunteer Opportunities" y busca "Community Meals" en la sección de "Social Justice."

LECTURAS

LECTURAS DEL DOMINGO, 2 DE AGOSTO

Primera Lectura: Éxodos 16:2-4, 12-15

Salmo: Salmo 77:3, 4bc, 23-24, 25, 54

Segunda Lectura: Efesios 4:17, 20-24

Evangelio: Juan 6:24-35

LECTURAS DEL DOMINGO, 9 DE AGOSTO

Primera Lectura: 1 Reyes 19:4-8

Salmo: Salmo 33:2-3, 4-5, 6-7, 8-9

Segunda Lectura: Efesios 4:30-5:2

Evangelio: Juan 6:41-51

PERFIL DE ESTUDIANTE BECADA

Flor Idalia Mendoza

Idalia esta en su quinto y año final de sus estudios en la Universidad de El Salvador. Ella comenzó el programa de becas en el 2010 y esta en buen camino para graduarse en el 2016, con especialización en Ciencias de la educación.

Idalia vive en la comunidad de San Nicolás, que es un pequeño asentamiento rural a las afueras de Cinquera. Idalia vive en un apartamento en San Salvador durante el año escolar. San Salvador queda a 4 horas en bus de Cinquera. Idalia sale de su apartamento a las 9am y regresa de clases alrededor de las 6pm. Ella camina 15 minutos en cada sentido para llegar a clase. Idalia no tiene acceso al internet en casa, por lo que tiene que ir a una cafetería para usar el internet y poder hacer su tarea. Ella tiene que pagar \$6 al mes para acceder a Internet.

En Cinquera, Idalia vive con sus padres y 4 hermanos. Su madre es ama de casa y su padre es un agricultor. Ellos viven en una casa de ladrillo sin baño interior, pero si tienen acceso al agua potable y a la electricidad.

Cada estudiante en el programa de becas se le requiere que haga un proyecto de la comunidad cada año. Esta la descripción de Idalia acerca de su servicio a la comunidad, " Cada año contribuyo con 120 horas de servicio a la comunidad, las cuales contribuyo trabajando en la comunidad. Por ejemplo, limpiando en bosque de Cinquera, refuerzo académico en las escuelas de los alrededores y participo en actividades en la comunidad.

A través del programa de becas, solo un niño puede tener beca de universidad a la vez. Mientras que uno de los hermanos de Idalia solo tiene educación de segundo grado, su hermano mayor completo el programa de becas y ahora es un doctor en medicina.

Idalia describe sus mayores dificultades y desafíos como, "Uno de los retos es la distancia de mi casa a la escuela, y los escaso recurso económicos, así como la situación actual de la seguridad."

Idalia esta muy agradecida por nuestra ayuda a través del programa de becas. Ella dice, " Cuando yo termine mi carrera estoy pensando en ayudar a mantener la beca en funcionamiento para que los nuevos estudiantes puedan continuar sus estudios universitarios."

Por favor mantenga a Idalia en sus oraciones durante su ultimo año de estudios con la beca. Si usted esta interesado en formar parte de nuestra delegación 2016 a Cinquera, El Salvador, por favor comuníquese con Kris en la oficina, al 816-979-3151 o kris@stsabinaparish.org.



En esta foto aparece Kris, la madre de Idalia, Olivia, Idalia y Nelson Rivera durante nuestra delegación 2015 a El Salvador.

INFORMACION

FELICITACIONES DE BODA

Felicidades a Damian Vargas y Jenessys Delgado, quienes se casaron el Sábado, 1 de Agosto.

FELICITACIONES DE BAUTISMO

Adrian Emilian Michalski, hijo de Emilian and Jadwiga Michalski

Angelie Gutiérrez, hija de Miguel and Rosa Gutiérrez

Anna Cristina Tracy, hija de Cooper and Cristina Tracy

Kimberly Alexandra Mina Morales, hija de Oscar Mina and María Morales

GRACIAS MISIONERA Gracias por la cálida bienvenida que le dieron al Padre Tom Shaughnessy, el hablo durante nuestras Misas sobre el trabajo misionero de los Padres de San Columbano. Los feligreses de Santa Sabina fueron muy amables y serviciales y el Padre Tom Shaughnessy disfruto mucho el tiempo que paso aquí. Agradecemos la generosidad de la gente de Santa Sabina y les expresamos nuestro profundo agradecimiento. Tengan la seguridad de nuestras oraciones por sus feligreses de Santa Sabina.

Rev. Tim Mulroy, Director Regional de la Sociedad Misionera de San Columbano

VENTA DE PUPUSAS



El Domingo, 23 de Agosto nuestra comunidad Salvadoreña estará vendiendo pupusas después de las Misas. Las pupusas son un platillo tradicional de El Salvador, son echas de tortilla de maíz, en por lo general están llenas de variaciones de queso, puerco, y frijoles refritos. Habrán muestras para que usted pueda comprar su variedad favorita.

El costo será de \$2 cada una y las puede comprar para llevárselas a casa. Todos los fondos recaudados serán para nuestra celebración anual en honor al Obispo Oscar Romero.

PLATICAS PRE-BAUTISMALES -8 DE AGOSTO

Normalmente cada Segundo Sábado del mes de las 10 am a 1 pm (Sólo para Niños de 0-6 años) Salón de juntas. Sótano de la Parroquia. Para niños mayores de 7 años requerirán una formación especial.

PRÓXIMOS BAUTISMOS: llamar Kris al 816-979-3151. Favor de llenar su aplicación antes de asistir a las platicas. **No se ofrece cuidado de niños.**

ORACION

ORACION POR LA ELECCION DE UN OBISPO

O Dios, pastor eterno, que gobiernas de tu rebaño con cuidado infalible; concede en tu amor paternal sin limites a un pastor para tu Iglesia, un pastor quien te agrade por su santidad y para mostrarnos atención vigilante. Por nuestro Señor Jesucristo, tu Hijo, quien vive y reina contigo en la unidad del Espíritu Santo, un solo Dios, por los siglos de los siglos.
Amen.

ATADO A SU CASA DEBIDO A ENFERMEDAD

O VEJEZ? Si usted o un miembro de su familia esta atado a su casa debido a enfermedad crónica o vejez y le gustaría recibir la Sagrada Comunión por favor póngase en contacto con María Palomares al 816-838-1138 o con Kris Larkey en la oficina parroquial al 816-979-3151 o kris@stsabinaparish.org.

HOSPITALIZADO Si usted esta hospitalizado y le desea hacernos saber, por favor llame o que un miembro de su familia se comuniquen con nosotros. Llámeme a María Palomares al 816-838-1138 o con Kris Larkey en la oficina parroquial al 816-979-3151 o por correo electrónico: kris@stsabinaparish.org. Debido a las leyes de privacidad, los hospitales no pueden contactarnos al menos que usted se los pida.

NUEVA PÁGINA WEB DE LA PARROQUIA

Hemos remodelado nuestra página web! En nuestra página podrá encontrar noticias, oportunidades de voluntariado, hojas de permiso y los formularios de inscripción para sus hijos, información sobre el ministerio hispano, y mucho, mucho más. Por favor, échale un vistazo ya que creemos que nuestra página nueva será una herramienta útil para los feligreses: www.stsabinaparish.org.

TALLERES DE ORACIÓN Y VIDA

Comienza el **lunes, 25 de Agosto** del 2015, de 7 a 9 de la noche en los cuartos de clases. Participantes aprenderán 14 diferentes maneras de orar.

10 Puntos Clave

- Basado en la Biblia
- Con Cristo como centro
- Fuente de Vocaciones Apostólicas
- Servicio excesivamente Laical
- Carácter totalmente práctico y experimental
- Actividad Orante paso a paso y adaptada a la persona
- Taller liberador y sanador a través del conocimiento de Dios y de uno mismo
- Transformación a la luz de la Palabra
- Compromiso con los pobres
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Los Talleres de Oración y Vida (TOV) son una nueva forma de Evangelización. Mas viva y con una visión mas positiva de lo que se ha mostrado siempre. Es una presentación mas vibrante y activa de Jesús que posee una mayor adaptación a las necesidades de la sociedad actual y a lo que las personas realmente necesitan. Esta basada en el amor y lo que este es capaz de realizar, no en el temor ni en el castigo.

Por eso decimos con pleno convencimiento que los Talleres de Oración y Vida son una respuesta al mundo de hoy. El Taller es gratuito, solamente es el costo del material de \$12. No se requiere pre-registración, pero esto ayudara a saber la cantidad de material necesaria para todos los participantes. Favor de comunicarse con Arturo González al teléfono 817-807-0494 o al arturotovusa@hotmail.com. Para mas información acerca de los TOV, visite nuestro sitio de internet a www.tovpil.org.



La Parroquia Católica de Santa Sabina Belton, MO



2 de Agosto del 2015
Decimoctavo Domingo del Tiempo Ordinario



Felicidades a Tanya, quien celebro sus Quince Años junto a su familia el Sábado pasado.

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Personal de la Parroquia

Rev. Jeff Stephan, Pastor	816-979-3157	X57	frjeff@stsabinaparish.org
Padre Curt Vogel, Pastor Adjunto	816-979-3156	X56	frvogel@stsabinaparish.org
Diácono Dwayne Katzer			dwayne@stsabinaparish.org
Diácono Mike Gates			mikeg@stsabinaparish.org
Bridget Hernandez, Corresponsabilidad y Justicia Social	816-979-3159	X59	bridget@stsabinaparish.org
Kris Larkey, Asociada Pastoral	816-979-3151	X51	kris@stsabinaparish.org
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Horario de las Misas del fin de semana

Sábado: 4:00pm (Confesiones de las 3:00pm - 3:30pm)

Domingo: 8:00am, 10:30am en Ingles, 12:30pm Misa en Español

Centro de Salud - 816-979-3090

Jeannine Midgett 816-979-3093

Patricia Moreno 816-979-3092