

**Pastoral Reflection**  
15th Sunday in Ordinary Time  
July, 14 2024

**Gospel: Mk 6:7-13**

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick—no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, “Wherever you enter a house, stay there until you leave. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them.” So they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

Recently I returned from walking the Portuguese Camino to Santiago de Compostela, a 2 ½ week journey over 180 miles. When I read this Sunday’s gospel, I couldn’t help but delve into Jesus’ requirements of those disciples:

No food, no sack, no money, no change of clothes! Only a walking stick! Are you kidding me?!!

Along my journey I met only one of those criteria: I carried a walking stick. I planned ahead with full detail regarding what I would carry, to ensure I’d have enough of everything, food, water, clothing, money, shelter (which I even reserved in advance to avoid the inevitability of snoring in large public “albergues” aka hostels). As it turned out, I’d carried too much and I paid for it dearly. My backpack was too heavy and I was limping by day 3. I needed arnica to apply to the black and blue bruise along my thigh, caused by my load. I did find solutions, but I learned my lesson. Lighten your load, detach and trust that (almost) everything you need will be provided. Life doesn’t have to be complicated (unless you’re caring for small children... then it just is). As it turns out, letting go of all the “essentials” is so freeing. Along a beautiful solo stretch of my

journey along the Spanish coast I heard birds singing and watched them soar across open pastureland. I recalled Jesus’ words:

“Look at the birds. They don’t plant, harvest, or save food in barns, but your heavenly God feeds them. Don’t you know you are worth much more than they are?” Matthew 6:26

The obvious answer to his question is “Yes!” We are so completely valued in the eyes of our God that we will be taken care of. Of course we still need to shop for groceries, cut the grass, pay our bills and manage all the other intricacies of living in a house that we rent or own, but taking the long view, found in the open air along an abandoned coastline, I will strive to remember what is most essential: We do not live by bread alone. Rather, we live on every word that comes from the mouth of the Eternal One.

Along my journey I didn’t cast out any demons or anoint people with oil or cure anyone who was sick (that I am aware of). But I think my take-away was equally important: Always be at peace. Pray without ceasing. You win some, you lose some. Take each day as it comes. Trust and abide in each moment. God will provide. You are loved!

—Cathy Hartrich

**Parish Center Offices**

Mon-Fri 9am-3pm

Phone: (314) 289-9384

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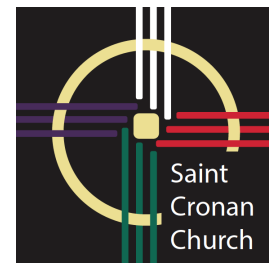
**Music Director: David Dickey**

[dsdickey@earthlink.net](mailto:dsdickey@earthlink.net)

**Food Pantry Director: Mary Solomon**

(314) 533-0651

**Bulletin Deadline: WED 12 noon**



**St. Cronan Catholic Church**  
**15th Sunday in Ordinary Time**  
**July 14, 2024**

**Mass Information**

SUNDAY – 8 a.m. and 10 a.m.

SATURDAY VIGIL – 5:00 pm.

Wednesdays – 8:00 am.

Sacrament of Reconciliation by appointment.



**Children’s Faith Formation** We are in the process of revamping the program to provide more instruction and less weekend meetings. As soon as it is finalized, I will share it with parents and teachers from last year and next week will provide the description to those interested in enrolling their children. In the meantime, if you have questions please contact Diane: [diane@stcronan.org](mailto:diane@stcronan.org), (314) 941-4933

**Black Lives Matter Vigil**, takes place the third Friday of the Month at the corner of Manchester and Kingshighway, 4:30-5:30 p.m. The next vigil will take place on Friday, July 19 Please join us!

**Christmas in July!**

This summer, you are invited to participate in a School Adoption Program from June 29/30 - July 27/28. We will invite you to take an ornament from the Christmas tree which will be in the church foyer. The items listed on each ornament are supplies needed for students and teachers at St. Louis Catholic Academy and St. Cecilia School & Academy.





**Prayers :** John Gozdziński, Tom and Madonna Kuciejczyk-Kernan, Joseph Kuciejczyk (brother of Madonna and Sr. Janet), Nick and Shirley Ambrose, Kathy Hunn's niece Lisa and her brother Jon, Mary Truetken, Pam (cousin of Donna Zuroweste), Laura Krueger's mother, Evelyn Puleo, Gary W. Johnson (brother-in-law of Madonna, Tom, and Sr. Janet Kuciejczyk) and Marie and Roland Martir's grandson, Camden and daughter, Carrie; Sr. Pauline's niece; Laura Rettke, John Nauhm, Bob Barnicle, Sandra Ward, Daimen Ward (Sandra's son) and Dianne Anderson (Sandra Ward's sister) Sr. Mary Ellen (friend of Nick Ambrose), Jim Chapin (friend of Marty Spies), Bob Wiley, Pam Schaefer, Joe and Janice Fairless, Eileen Heidenheimer's friends, Joe and Laura; Diane Von Hof, friend of Joan and Trish Curtis; Brian Klinkhardt, friend of Judith Santamaria; Andrew Moll's brother, Michael, Donna Zuroweste, Saralou Henderson and Jesse Koenig; friend of Mary Solomon.

**St. Cronan Book Discussion Group...** is open to all Cronanites and has been meeting over 3 years since the Small Group Zoom project during the Pandemic. The theme is social justice-related fiction and nonfiction books. The format is changing to HYBRID - In-person and Zoom combined beginning Sunday, Today, July 14, 11:30 a.m. - 12:30 p.m. in the Parish Center Library on the main floor. We will discuss 'Nomadland: Surviving America in the 21st Century' by Jessica Bruder. Questions, contact Christine Lakey at [christine.lakey@yahoo.com](mailto:christine.lakey@yahoo.com).

**Online Directory** Are you looking for our Online Directory? It can be accessed via our website homepage in the very bottom bar under "Quick Links". <https://stcronan.org/> We would love to have recent pictures of your beautiful faces to add to our online directory. Please send a recent photo that you would like included to [mary@stcronan.org](mailto:mary@stcronan.org). This a Church Members Only directory, and is password protected. If you need the password, please contact the church office. In addition, if you have had any changes to you address, phone number or email, please notify Mary in the office.



**Seeds of Justice information:** Seeds of Justice Network is thrilled to share that Sister Simone Campbell, SSS, former Executive Director of Network Lobby for Catholic Social Justice and winner of the Presidential Medal of Freedom, will be the inaugural keynote speaker for the Planting Seeds: Growing Seven Themes of Catholic Social Teaching series! Sister Simone will present her talk on the theme "Call to Family, Community, and Participation" on September 26. More details to follow — please save the date!

**Church Envelopes:** If you are receiving a monthly packet of church envelopes, and wish to discontinue them, please let Mary in the church office know. [mary@stcronan.org](mailto:mary@stcronan.org) Thanks!!

*You're Invited!*

## Pancake Brunch at City Greens!

**When:** Sunday, July 28, 11am-1pm

**Where:** City Greens Market  
4260 Manchester Avenue

**What:** Enjoy complimentary pancakes + smoothies and connect with local farmers!

**Who:** St. Cronan and friends of City Greens

**Questions:** [jackie@stlcitygreens.org](mailto:jackie@stlcitygreens.org)



**BEER & BITS:** Join the Sisters of St. Joseph of Carondelet for a social event featuring local craft beers and tasty pub foods to benefit our mission and ministries. Enjoy ...A variety of beers from local craft breweries: Wellspring Brewing Company and Civil Life Brewing Co., tasty pub foods and meet the brew masters and learn about craft brewing. Tours of the historic motherhouse will also be available. \$40 per person (Over 21 please) Aug. 10 from 6-8pm Questions? Contact Stephanie Betts at [sbetts@csj.org](mailto:sbetts@csj.org) or 314-678-0328. To register: <https://csjcarondelet.org/event/beer-bites/>

**Catholic Charities invites Young Adults,** ages 21+, to a Midsummer Mingle fundraising event in support of the Spirit of Saint Nicholas Ball benefiting Catholic Charities of the Archdiocese of Saint Louis on Saturday July 20th from 6PM - 11PM at Grant's Farm. There will be appetizers, open bar, music & dancing, raffles & prizes. Semi-Formal Attire. Ticket Prices: \$65. To purchase tickets or for more information, visit <https://ccypstnick24.givesmart.com>.

**STL Black History Tours** are planned for the following dates:

July 27, Aug. 24, Sept. 21 and Oct. 19

To sign-up email the tour date, your name, email address, and phone number to Paul Loida at the email address below.

The group will meet at St Cronan Catholic Church at 9:45 AM and bus will return to St Cronan at 1 PM. There will be an optional brown bag lunch and discussion following, for those interested. For mor info contact Paul Loida. [paul.loida@bayer.com](mailto:paul.loida@bayer.com)

