

Mass Intentions for the Week

Saturday, July 24 4:00 p.m.	Anna, James & Daniel Pennachio
Sunday, July 25 9:00 a.m.	Helen Marie Foynes
11:00 a.m.	Francesca & Domenico Cutri
Monday, July 26 6:45 a.m.	Domenic Gallo
Tuesday, July 27 9:00 a.m.	Elena Montardo
Thursday, July 29 9:00 a.m.	Claire Sullivan
Friday, July 30 6:45 a.m.	Patrick Winston
Saturday, July 31 4:00 p.m.	Joseph Ahearn
Sunday, August 1 7:00 a.m.	Giuseppa DiMambro

If the Mass Intention is for a family member or friend, please see someone in the sacristy before Mass should you wish to bring forward the offertory gifts.



Church Support

The collection amount for July 17-18 was \$3,195.35. The 2nd collection for the Missions was \$1,403.63. Thank you for your continued generosity.

***Catholic Appeal
We're Almost There!***

St. Luke's has raised \$70,516 from 202 households for the 2010 Catholic Appeal, reaching 94.7 percent of our parish goal of \$74,500. We ask every Catholic family to participate – every gift matters. We are so close, can you please help us reach this goal! You can pick up information packets with pledge forms in the back of the Church. Thank you!

Belmont Manor

Father Petringa will celebrate Mass for the residents of the nursing home on Wednesday, July 28 at 10:30 a.m. We are grateful to the members of the parish who will assist Father Petringa and Sister Kathleen by escorting residents to the dining room for Mass and praying the Rosary before Mass.

**Safety Corner:
More Bike Safety for Kids**



Learning to ride a bike is a developmental milestone in the life of a child. The bicycle, a child's first vehicle, is a source of pride and a symbol of independence and freedom. Yet all too often children are seriously injured, or even killed, when they fail to follow basic bicycle safety rules. Here is the basic set of rules to teach your beginning bicyclist: 1. No playing in the road. 2. No riding on busy streets. 3. Stop and look before entering a roadway to cross or for any other reason. 4. Ride with traffic regardless of whether it is on the road, on the shoulder or on the sidewalk. In situations where the infrastructure or other factors force you toward traffic, it is **extremely important** that you approach every intersection (road, alley, driveway, parking lot access, etc) with extreme caution and be prepared to stop instantly. 5. Stop for all stop signs and obey all other traffic signs and signals. 6. Make your own decisions (don't do something just because a friend did it). 7. Keep at least one hand on the handlebars at all times -- two is much better. 8. No riding at night. Bright clothes are good even in broad daylight! 9. Head injuries are the most common cause of death for bicyclists. Always **always always** wear a helmet whenever you're on a bike—as a rider or passenger. Massachusetts law requires children age 16 and under to wear a helmet. Last, children learn best from their parents' own behavior, so always obey the same safety rules you want your children to follow.

RCIA

RC.I.A., the Rite of Christian Initiation of Adults, involves prayer, reflection, instruction about the doctrines of our faith and its practices, and deepening bonds of connection with the community of faith. It is the process by which people become members of the Catholic Faith either through the Sacrament of Baptism or, if already a baptized Christian through a profession of faith. RCIA is also the process used for adult baptized Catholics who have received little or no instruction in the faith who wish to receive their First Communion and to be confirmed. Meetings for RCIA will resume in September. If you or someone you know is interested in more information contact the parish office or Sister Kathleen.

Additional Liturgical Ministers Needed

There always is a need for additional lectors, Eucharistic Ministers, greeters, adult funeral servers, choir members. There is a natural attrition that occurs with people moving, aging, needing a change in the ways in which they contribute to the vitality of our parish life. There also is a suggested guideline by the diocese that people exercise a particular ministry for three years and rotate off the schedule for a while before resuming. Unfortunately, we have never been able to implement that policy and we would be in dire straights if it were not for the generosity of many of our volunteers. Please, give serious thought to offering one, two, three years of service through one of our ministries. We would be very grateful!

A Message & Request from Sister Kathleen

As I write this brief note, I have just returned from a week of retreat and a week's vacation. During my time of retreat (which was a richly blessed time of quiet, prayer and reflection) I was very mindful of the parish community, of those who are ill, those who have suffered loss, those who are feeling the impact of economic insecurity and mindful of the many willing hands who bless us with their ministry in the parish. You were in my prayer and I thanked God for you!

On July 29th I will be having surgery to remove my thyroid gland. So I ask your prayers that God will guide the surgeon's hands and that I will be blessed with a reasonably quick recovery. During my absence, if you or someone you know needs Eucharist brought to them, please call the main office at the rectory and our secretary will see to it that one of our parishioners who brings communion to the sick will visit him or her. Upon my return, we will set up a permanent visitor.

Also, if you are a Lector or Eucharistic Minister and cannot fulfill your assignment on any given day, please do your best to obtain a substitute. And, please let the Mass coordinator know who that substitute is.

**Did You Know?****Celiac Disease**

A parishioner with Celiac Sprue disease (sometimes called gluten allergy) cannot receive Holy Communion in the form of our bread hosts because the gluten in the wheat flour will cause him or her serious intestinal harm. Many people, including children, cannot tolerate gluten in varying degrees and must carefully monitor what they eat. A parishioner may ask if the priest can consecrate a piece of bread made from gluten-free wheat flour or rice flour. The Church has always followed our Lord's practice, at the Last Supper, of using unleavened bread at the Eucharistic meal and that this bread be made only from wheat. Wheat flour in which the gluten has been removed completely would not qualify as the form of bread the Church believes is absolutely necessary for the mass. The Church does allow hosts made from a low-gluten flour developed for communicants with Celiac, but only with the permission of the bishop. Anyone with Celiac who wishes to receive low-gluten hosts at mass should consult his or her physician first. Some people with Celiac may find that they cannot tolerate even the low-gluten hosts. In our parish, we always offer communion under both species—bread and wine, the Body and Precious Blood. The Church teaches that when we receive communion by either or both kinds, we fully receive communion. A parishioner is always free to receive only the host or only from the cup without in any way diminishing his or her receiving the sacrament as fully as possible. Any parishioner with Celiac disease may fully participate in communion by receiving from the cup alone. If you want to know more about the use of the low-gluten hosts, please call any staff member at the rectory in confidence. We are eager to help anyone participate as fully as possible in our liturgies!

ROSARY ACADEMY WATERTOWN REUNION

Members of the class of 1960 are planning a 50th reunion on September 16, 2010 at the Marriott in Auburndale at 12:30 p.m. Alumnae from all class years are invited to attend. Interested graduates should contact, Marion McLaughlin Carlson at 781-837-0991 or Theresa Haviland Drumme at 781-769-2746.