

Saint Cecilia

P A R I S H



Seventeenth Sunday in Ordinary Time
30 July 2023

Parable of the Hidden Treasure, Possibly by Rembrandt or Gerard Dou

Saint Cecilia

P A R I S H

30 JULY 2023

17TH SUNDAY IN ORDINARY TIME

PRELUDE | *Andante Sostenuto* from *Symphonie Gothique*, Op. 70
Brett Maguire, parish organist

Charles-Marie Widor
(1844-1937)

ENTRANCE PROCESSION | God, Whose Purpose is to Kindle

HOLY MANNA



1. God, whose pur - pose is to kin - dle,
2. God, who still a sword de - liv - ers
3. God, who in your ho - ly gos - pel

Now ig - nite us with your fire.
Rath - er than a plac - id peace,
Wills that all should tru - ly live,

While the earth a - waits your burn - ing,
With your sharp - ened Word dis - turb us,
Make us sense our share of fail - ure,

With your pas - sion us in - spire. O - ver - come our
From com - pla - cen - cy re - lease! Save us now from
Our tran - quil - i - ty for - give. Teach us cour - age

sin - ful calm - ness, Stir us with your sav - ing name.
sat - is - fac - tion, When we pri - vate - ly are free,
as we strug - gle In all lib - er - at - ing strife.

Bap - tize with your fier - y Spir - it,
Yet un - dis - turbed in spir - it
Lift the small - ness of our vi - sion

Crown our lives with tongues of flame.
By our neigh - bor's mis - er - y.
By your own a - bun - dant life.

CALL TO WORSHIP



Glo-ry to God in the high - est, and on earth peace to peo-ple
of good will. We praise you, we bless you, we a -
dore you, we glo-ri-fy you, we give you
thanks for your great glo - ry, Lord God, heav-en - ly
King, O God, al-might-y Fa - ther.
Lord Je - sus Christ, On-ly Be - got - ten Son, Lord God,
Lamb of God, Son of the Fa - ther, you take a -
way the sins of the world, have mer - cy on us; you take a -
way the sins of the world, re - ceive our prayer; you are seat - ed
at the right hand of the Fa - ther, have mer -
cy, have mer - cy on us. For you a - lone are the



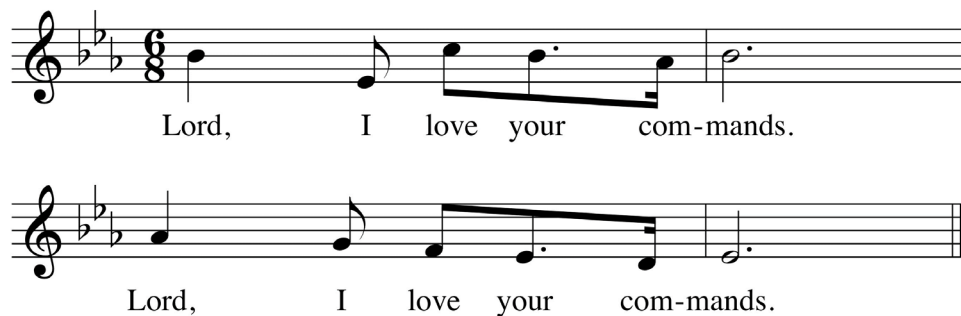
COLLECT

LITURGY OF THE WORD

FIRST READING | 1 Kings 3:5, 7-12

RESPONSORIAL PSALM | Ps. 119: Lord, I Love Your Commands

Tony Alonso



1. I have said, "O Lord, my portion is to obey your words."
The law from your mouth means more to me than large quantities of silver and gold.
2. Let your merciful love console me by your promise to your servant.
Show me compassion, that I may live, for your law is my delight.
3. That is why I love your commands more than finest of gold,
why I rule my life by your precepts, and hate false ways.
4. Your decrees are wonderful indeed; therefore my soul obeys them.
The unfolding of your word gives light, and understanding to the simple.

SECOND READING | Romans 8:28-30

GOSPEL ACCLAMATION | Mass of Remembrance

Marty Haugen



GOSPEL | Matthew 13:44-52

HOMILY

NICENE CREED

UNIVERSAL PRAYERS

THANK YOU FOR YOUR GENEROUS SUPPORT OF THE PARISH!

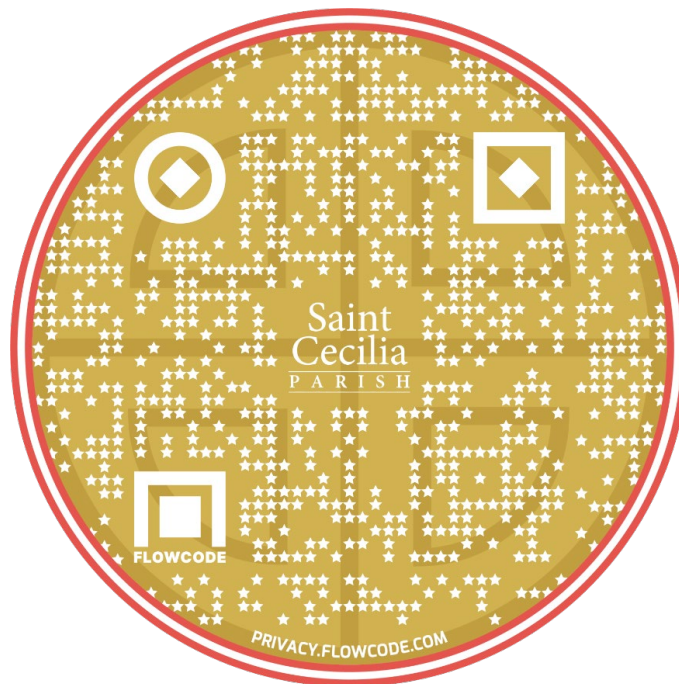
We are grateful for your ongoing support of Saint Cecilia. The easiest way to make a financial contribution to our parish is to use the parish Flowcode below.

Using the Flowcode with the camera on your smartphone is as easy as Aim & Tap. Aim your camera at the Flowcode image and tap the notification banner when it appears on your phone's screen. You may need to zoom in a bit to focus on the code.

If the Flowcode doesn't work for you, please visit www.flowcode.com/page/stceciliaboston.

You can also mail a check to:

Saint Cecilia Parish
18 Belvidere Street
Boston, MA 02115



LITURGY OF THE EUCHARIST

PRESENTATION OF THE GIFTS | The Summons

KELVINGROVE



1. Will you come and fol - low me If I but
2. Will you leave your - self be - hind If I but
3. Will you let the blind - ed see If I but
4. Will you love the "you" you hide If I but
5. Lord, your sum - mons ech - oes true When you but



call your name? Will you go where
call your name? Will you care for
call your name? Will you set the
call your name? Will you quell the
call my name. Let me turn and



you don't know And nev - er be the same?
cruel and kind And nev - er be the same?
pris - 'ners free And nev - er be the same?
fear in - side And nev - er be the same?
fol - low you And nev - er be the same.



Will you let my love be shown, Will you
Will you risk the hos - tile stare Should your
Will you kiss the lep - er clean, And do
Will you use the faith you've found To re -
In your com - pa - ny I'll go Where your



let my name be known, Will you let my
life at - tract or scare? Will you let me
such as this un - seen, And ad - mit to
shape the world a - round, Through my sight and
love and foot - steps show. Thus I'll move and



life be grown In you and you in me?
an - swer prayer In you and you in me?
what I mean In you and you in me?
touch and sound In you and you in me?
live and grow In you and you in me.

EUCHARISTIC PRAYER

✕ The Lord be with you.

All: And with your spirit.

✕ Lift up your hearts.

All: We lift them up to the Lord.

✕ Let us give thanks to the Lord our God.

All: It is right and just.

HOLY, HOLY | Mass of Christ the Savior

Dan Schutte

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and
earth are full, are full of your glo - ry. Ho - san - na! Ho -
san - na! Ho - san - na in the high - est. Bless - ed is
he who comes, who comes in the name of the Lord. Ho -

The musical score is written on four staves in G major (one sharp) and 4/4 time. It features a melody with various note values including quarter, eighth, and sixteenth notes, as well as rests. There are triplets indicated by a '3' over a group of notes. The lyrics are written below the staves, with hyphens indicating syllables across measures. The piece concludes with a double bar line.

MEMORIAL ACCLAMATION | Mass of Christ the Savior

Dan Schutte

We pro - claim your Death, O Lord, and pro - fess your
Res - ur - rec - tion un - til you come a - gain.

The musical score is written on two staves in G major (one sharp) and 4/4 time. The melody consists of quarter and eighth notes. The lyrics are written below the staves, with hyphens indicating syllables across measures. The piece ends with a double bar line.

GREAT AMEN | Mass of Christ the Savior

Dan Schutte

A - men. A - men. A - men.

The musical score is written on a single staff in G major (one sharp) and 4/4 time. It features a simple melody of quarter and eighth notes. The lyrics 'A - men. A - men. A - men.' are written below the staff, with hyphens indicating syllables across measures. The piece concludes with a double bar line.

THE LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours now and forever.
Amen.

LAMB OF GOD | Mass of Christ the Savior

Dan Schutte



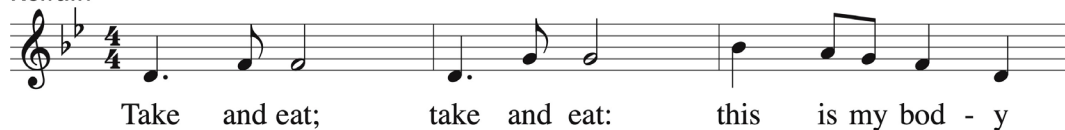
SPIRITUAL COMMUNION

It is a long-held Catholic belief that when circumstances prevent one from receiving Holy Communion, it is possible to make an "Act of Spiritual Communion." When we are unable to be physically present at the celebration of the Eucharist, Pope Francis invites Catholics to say this prayer as a source of grace. We can be assured that when we express our desire to receive Jesus in the Eucharist, God will be with us spiritually in a special way. Here is an Act of Spiritual Communion that we encourage you to pray as you participate in our live-streamed liturgies:

ACT OF SPIRITUAL COMMUNION

Loving Jesus,
I believe that you
are present in the Most Holy Sacrament of the Eucharist.
I love you above all things,
and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there
and unite myself wholly to you.
Never permit me to be separated from you.

Refrain



Verses



1. I am the Word that spoke and light was made;
2. I am the way that leads the ex - ile home;
3. I am the Lamb that takes a - way your sin;
4. I am the cor - ner - stone that God has laid;
5. I am the light that came in - to the world;
6. I am the first and last, the Liv - ing One;



- I am the seed that died to be re - born;
- I am the truth that sets the cap - tive free;
- I am the gate that guards you night and day;
- A cho - sen stone and pre - cious in his eyes;
- I am the light that dark - ness can - not hide;
- I am the Lord who died that you might live;



- I am the bread that comes from heav'n a - bove;
- I am the life that rais - es up the dead;
- You are my flock: you know the shep-herd's voice;
- You are God's dwell - ing place, on me you rest;
- I am the morn - ing star that nev - er sets;
- I am the bride-groom, this my wed - ding song;

CONCLUDING RITES

RECESSIONAL | Lead Me, Guide Me

Doris Aikers

Refrain

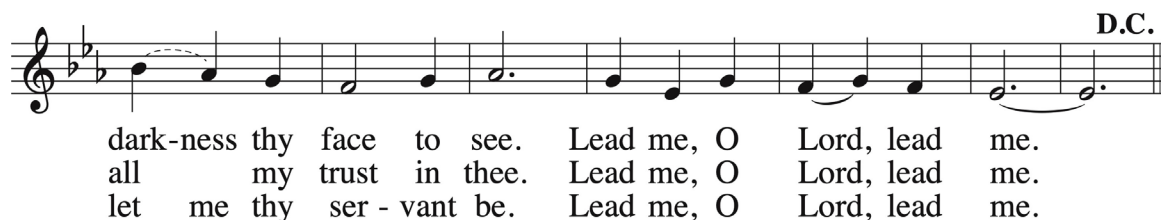


Lead me, guide me, a - long the way, For if you
lead me, I can - not stray. Lord, let me walk each
day with thee. Lead me, O Lord, lead me.

Verses



1. I am weak and I need thy strength and pow'r To
2. Help me tread in the paths of right - eous-ness. Be my
3. I am lost if you take your hand from me, I am
help me o - ver my weak - est hour. Help me through the
aid when Sa - tan and sin op - press. I am put - ting
blind with - out thy Light to see. Lord, just al - ways



D.C.
dark-ness thy face to see. Lead me, O Lord, lead me.
all my trust in thee. Lead me, O Lord, lead me.
let me thy ser - vant be. Lead me, O Lord, lead me.

Music in this worship aid is printed with permission under Onelicense.net #A700-137.

For information on becoming involved or supporting the music program at Saint Cecilia,
please contact Dr. Robert Duff at 617-536-4548 or email: RDuff@stceciliaboston.org.

WELCOME!

Welcome to Saint Cecilia Parish, a Roman Catholic community that gathers day by day, week by week, to know and make known the grace of God. By means of this abundant grace, we enjoy a diverse and close-knit parish family—young, old, rich, poor, of various ethnic origins and differing backgrounds. From our extraordinary music program to a growing children's faith formation program; from the various liturgical ministries to the many opportunities for social outreach that the parish provides, Saint Cecilia is a vibrant community of faith, centered on prayer and worship that tries to keep the Gospel close to heart and to live by Jesus' teachings.

Saint Cecilia Parish was established in 1888. At that time the Back Bay section of Boston along Commonwealth Avenue and Beacon Street was the residential section of the Yankee aristocracy. The maids ("Irish working out girls") and coachmen who served these residents had long requested a church of their own. When Archbishop Williams granted their request and carved the parish from the territory of the Cathedral, they built a magnificent church out of their meager earnings. Our church building resides on the ancestral homeland of the Pawtucket and Massachusetts tribal nations.

The church was dedicated on April 22, 1894. Its architecture is Romanesque, XII Century Norman. The main altar, notable for its massive simplicity, was carved from a single block of white Carrara marble. The painting in the center reredos is a reproduction of da Vinci's The Last Supper, and the dome above is an array of 24K gold rosettes.

For the sixtieth anniversary celebration in 1954, a massive renovation project was undertaken. During this renovation, a statue of Pope Saint Pius X (canonized that same year) was imported from Italy and placed on the right side of the sanctuary. Above the statue are paintings from Pius' life. On the left side is a statue of Saint Patrick, principal patron of the Archdiocese of Boston, and above it are three scenes from his life.

Fourteen circular and sixteen square panels adorn the nave and arches of the church. The square panels are decorated with the symbols of Our Lady taken from the Litany of Loreto and the circular ones with symbols taken from the lives of the apostles. The great window of the Assumption—framed by the two oak cases of the organ—was installed in 1954 (the Marian Year) in spaces originally designed for windows but not until then used.

The original organ of 24 stops was built in 1902 by the Hutchings-Votey Organ Company, Opus 1465, and was rebuilt in 1954 with 32 stops. In 1998, Timothy Smith and Theodore Gilbert began a massive reconstruction of the organ. The current Smith & Gilbert Organ of 4 manuals, 54 ranks, and 3,084 pipes was dedicated on the Feast of Saint Cecilia, November 22, 1999.

Today we are experiencing something of an awakening within these old walls. Our numbers are increasing by 350 new households each year, and we continue to grow in our commitment to issues of peace, justice, and service to our neighbors, both near and far.

We've been right here on Belvidere Street, in the same building for over 125 years, but that does not mean that life here is stale, stagnant, or even predictable. We are proud to be entrusted with the legacy of Saint Cecilia Parish, where everything is the same, yet always changing; where we honor tradition while embracing the future; where God's love makes all things new.

OUR COMMUNITY NEWS



MINISTERS OF THE LITURGY

Saturday, July 29 | 5:00 p.m.

Rev. Peter Grover, OMV, celebrant
Mary Kane, lector

Sunday, July 30 | 8:00 a.m.

Rev. James Shaughnessy, SJ, celebrant
Nicholas Hayes-Mota, lector

Sunday, July 30 | 9:30 a.m.

Rev. Peter Gyves, SJ, celebrant
Rosaria Salerno, Christopher Loh, and Maggie Loh, lectors

Sunday, July 30 | 11:30 a.m.

Rev. Peter Gyves, SJ, celebrant
Catherine Horsley, Moira Macdonald,
and Kelly McClintock, lectors

SPECIAL INTENTIONS

Saturday, July 29 | 5:00 p.m.

Gerald Maloney, *Memorial*

Sunday, July 30 | 9:30 a.m.

Josephine Moitoso, *Memorial*
Irene Faldetta, *Memorial*
Marcia Harol, *Memorial*

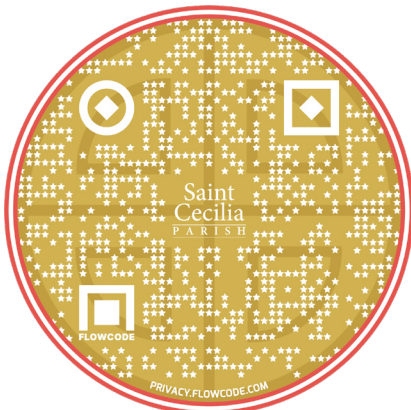
TODAY'S READINGS

1 Kings 3:5, 7-12
Romans 8:28-30
Matthew 13:44-52

NEXT SUNDAY'S READINGS

Daniel 7:9-10, 13-14
2 Peter 1:16-19
Matthew 17:1-9

SCAN THIS CODE
FOR OFFERTORY GIVING.



THANK YOU FOR YOUR GENEROUS
SUPPORT OF SAINT CECILIA PARISH!



Jesus said to his disciples: "The kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all that he has and buys that field." —Matthew 13:44

PRAYERS & OCCASIONS

Our Sick

Please pray for all our sick and for those who are in need of our prayer, especially **Fr. Roman Galadza, Elizabeth Kennedy, Jeff Hommes, Sue Ryan, Tim Finn, Glenn Gallo, John Hosang, Mary Walters, Marc Pelletier, Ray Cronin, Rick Gaillardetz, Michele Maniscalco, Nick Hungerford, and Fred Tufts.**

Welcome to Saint Cecilia Parish!

We are pleased to welcome the following newly-registered members of our parish: **The Whitney Family** of Arlington, **Emily Weis** of Boston, **Alexis Rodda** of Cambridge, and **Maureen Regan** and **Jacob Nelson** of Kingston. If you have not previously registered you can do so online at www.stceciliaboston.org.

Happy Anniversary!

This week we celebrate the baptismal anniversary of **Mark Brown** who was baptized on July 30. May the Lord continue to bless him with the grace to live out his baptismal call. Happy Feast Day, Mark!

Visit Our Family Center



As we gather together to celebrate Mass, we are reminded of the importance of community and the shared experience of worship. However, we understand that attending Mass with young children can sometimes be challenging. That's why we encourage you to visit our Family Center, located to the left of the parish café and underneath the staircase on Saint Cecilia Street. The

center is open during liturgies and provides a comfortable environment for parents with young children. Here, parents can watch Mass as their children play, and nursing mothers can enjoy a quieter, more private space. If you have any questions about the Family Center, please contact our Director of Facilities and Events, Lisa Pickering at lpickering@stceciliaboston.org.

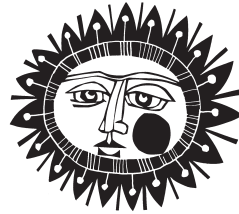
Happy Anniversary, Cardinal Seán!

This Sunday we commemorate the twentieth anniversary of the installation of Cardinal Seán as Archbishop of Boston. In his time here, Cardinal Seán has been a loving shepherd, a

courageous leader, and a gentle pastor to the people of the Archdiocese. We congratulate the Cardinal and thank him for his work here in Boston, as well as in his role as president of the Vatican's Pontifical Commission for the Protection of Minors. Ad multos annos, Cardinal Seán!



A REQUEST FROM CATHOLIC CHARITIES



For over 100 years, Sunset Point Camp has provided a dream vacation at the seashore to over 40,000 low-income, at-risk children aged 6-13 from Greater Boston without regard for their race,

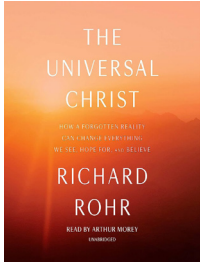
nationality, or religious affiliation. Nearly 450 city-based boys and girls travel to Hull, Massachusetts each summer for a one or two-week overnight camp experience that allows them to enjoy fresh air, learn new talents, receive academic summer support, and simply have fun! Sunset Point Camp is operated by our friends at Catholic Charities and they need donations of the following items for kids at the camp:

- **Sunblock (the higher the SPF the better!)**
- **Bug spray**
- **Flip flops (boys/girls ages 6-15)**
- **Underwear (boys/girls ages 6-15)**

The next time you're shopping or on Amazon.com, please consider picking up some of the above items and dropping them in the labeled plastic bins in the narthex. Thank you!



WISDOM & MATURE SPIRITUALITY



The Wisdom and Mature Spirituality Group invites you to join us in reading Richard Rohr's 2019 title, *The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe*. Drawing on scripture, history, and spiritual practice, Rohr articulates a transformative view of Jesus Christ as a portrait of God's constant,

unfolding work in the world. "God loves things by becoming them," he writes, and Jesus's life was meant to declare that humanity has never been separate from God—except by its own negative choice. When we recover this fundamental truth, faith becomes less about proving Jesus was God, and more about learning to recognize the Creator's presence all around us, and in everyone we meet. We are always happy to welcome new members who are in the second half of life. We meet every Sunday morning at 8:30 via Zoom. On the first Sunday of the month, we also meet in person at 1:00 in the Community Room. Though our time together we deepen our spiritual lives, encounter the God who loves us deeply, create friendships, and, when moved by the Spirit, discuss social justice issues. Feel free to drop in at any time. For more information, please email Deb Garcia at sc.wisdomandmaturespirituality@gmail.com.

DONATIONS FOR DORCHESTER FOOD PANTRIES



Summer is here and many of the families that have been faithful donors to our collection of food items for the Catholic Charities and Mary Ann Brett pantries are away until September. We hope that you will consider participating in this important ministry during the summer

months so that the volume of our donated food remains strong. The local economy might have improved for some of us, but the working poor and unemployed continue to face enormous economic challenges—especially in light of rising food prices. Saint Cecilia is committed to providing these items to the food pantries: Cheerios or cornflakes, peanut butter, white flour pasta and spaghetti, macaroni and cheese, canned tuna fish, canned chicken breast, cooking oil, and tomato sauce. While any canned or shelf-stable items are appreciated, it is particularly helpful when parishioners can help with the staples listed above. Unfortunately, we cannot accept donations of baked items or produce in the narthex.

PINE STREET INN'S SUMMER INN THE CITY



Join Pine Street Inn's Innbassadors for Summer Inn the City! You are invited to take part in this evening of food, drink, and fun that connects you with the next generation of leaders in Greater Boston while raising significant funds to

benefit Pine Street's mission to end homelessness. Saint Cecilia is a proud sponsor of this event which will take place on Wednesday, August 2, from 6 to 9 p.m. It will be held at Artists for Humanity, 100 West 2nd Street, Boston. Tickets are \$60/person until August 1. You can register for the event and purchase tickets at: <https://www.pinestreetinn.org/about-us/summer-inn-the-city>



HELP US SEND A KID TO CAMP

As you may know, Saint Cecilia Parish has a long-standing relationship with the Huntington YMCA and many of the social service programs offered in that facility. What you may not know is that the Huntington Avenue Y is the oldest in the United States and the cornerstone for the building was laid by President William Howard Taft in 1912.

Through our combined donations, we would like to see if we can collect enough (\$2,500) to send one inner-city kid (aged 8 to 16) to Y camp this summer. The YMCA overnight camp in New Hampshire is a life-changing experience for those fortunate enough to attend.

To make a donation by check—in any amount—please make it payable to "YMCA of Greater Boston" and indicate in the memo line: "Summer Camp." Checks should be mailed to:

Mark Lippolt
Saint Cecilia Parish
18 Belvidere Street
Boston, MA 02115

Thank you, as always, for your accustomed generosity.

ONLINE COFFEE HOUR

Sunday, August 6 | 4:00 p.m. EDT



From the moment you arrive at Saint Cecilia, the members of our hospitality ministry are here to greet and welcome you into the church with warmth and smiles. This invitation is reaffirmed by Fr. John, the assisting clergy, the altar servers, the choir, and the entire parish family. An added gift is the coffee hour, which gives folks the opportunity to mingle and build community after Mass.

If you're a member of the Far-Flung Flock (FFF) who has never had the opportunity to experience Saint Cecilia in person, you may wonder about what the in-person experience is like. In particular, you may be wondering about the hospitality ministries and the folks who run them. We are so blessed to welcome some members of Saint Cecilia's hospitality ministries to our FFF Virtual Coffee on August 6 at 4:00 p.m. EDT and hope you can join us!

Join the FFF Email List:

If you would like to be added to the Far-Flung Flock mailing list, please use this link (<https://forms.gle/ncQ6ggfuPBzRp26MA>) to register to receive an email each month regarding our online coffee hours. **Please note:** You must register for the FFF email list with the above link, even if you registered as a parishioner.

SPREAD THE WORD ABOUT RCIA!

Are you or someone you know searching for a spiritual home? Are you interested in knowing more about what it means to be Catholic? Our "no strings" inquiry group begins Tuesday, September 19th from 6:30–8:00 p.m. If you would like to explore Catholicism or are already Catholic but have not yet received Eucharist and/or Confirmation, we invite you to journey with us! For information contact Tanya Rybarczyk at trybarczyk@stceciliaboston.org, or at 617-536-4548 x117. We will gather for a welcome/information session on September 12th, from 6:30–7:30 p.m. Join us to learn more!

ADULT FAITH FORMATION EVENTS

ONLINE COURSES AT BOSTON COLLEGE SCHOOL OF THEOLOGY AND MINISTRY

A Church of and For the Poor

August 2 – August 22, 2023 | 3-Week Online Course | Registration Required | \$30.00

St. Mary of Magdala

August 2– August 29, 2023 | 4-Week Online Course | Registration Required | \$30.00

For further details or to register for these events, please check the STM Online: Crossroads website: https://www.bc.edu/content/bc-web/schools/stm/continuing-education.html#tab-stm_online_crossroads



JOIN SAINT CECILIA CARES!

"...I was sick and you visited me..."

Does your heart stir at the idea of visiting the sick or elderly, but you feel nervous about what to say or how to pray? Would you like to bring the compassion and communion of Saint Cecilia Parish to those who can no longer physically attend Mass? Do you feel called to bring Christ's presence to others through the Eucharist?

Saint Cecilia's CARES Ministry serves the sick and homebound of our Parish through friendly visits, prayer, and the Eucharist. To learn more, please contact Tanya Rybarczyk, Pastoral Associate and head of our CARES Ministry. She can be found at: trybarczyk@stceciliaboston.org; 617-536-4548 X117.



WHEN WERE YOU BAPTIZED?

Do you know when you were baptized? Have you ever even wondered about it? If you are like most people, the answers to those questions are "I don't know" and "No." Over the years, we have collectively downsized our understanding of baptism, in particular, our own baptism.

Like all sacraments, there is a proper ritual for baptism involving specific words, symbols, and actions. But make no mistake, baptism is no mere formality. Baptism is the means in which we become the daughters and sons of God. This should stop us in our tracks—through baptism we become People of God. Baptism is also the great equalizer as it is administered to all—gender, ethnicity, age, and socioeconomic status are of no consequence. Everyone is baptized in the very same manner and all of the baptized are equal members of God's family of faith. Unfortunately, distinctions and classifications have been established within the Church which have unintentionally diminished our appreciation of what baptism makes us to be and calls us to do.

It would be wonderful if our parish community committed to deepening our understanding and appreciation of our own baptism. One way to do a little "baptism consciousness-raising" would be to celebrate the anniversary of our baptisms, much the same way we mark our birthday each year. To that end we are inviting everyone in the parish to investigate

when they were baptized. If you know where you were baptized, it's as easy as calling that parish and asking them for either a copy of your baptismal certificate or simply for the date. If you don't know the name of the church, you can also contact the diocese in which you were baptized, and they should be able to help.

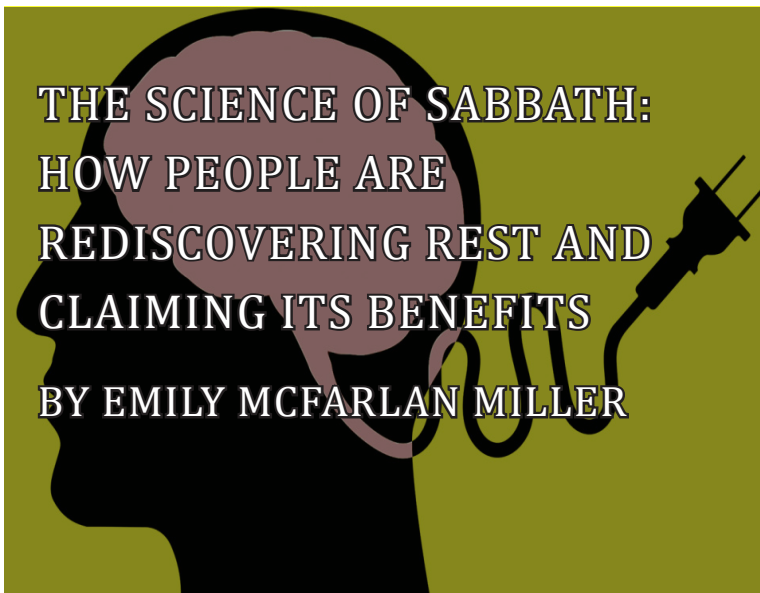
This might seem silly or irrelevant, but in fact it is a first, small step at beginning to reflect on the significance of baptism in our lives. When we remember and celebrate our baptism, we remember our future. Baptism sends us into the world, to live as God's sons and daughters, even as we live among our family, friends, and colleagues.

In his 2015 book, *Walking with Jesus: A Way Forward for the Church*, Pope Francis says,

"The danger of not knowing [the date of our baptism] is that we can lose awareness of what the Lord has done in us, the memory of the gift we have received. ... Let us, then, ask the Lord, from our hearts ... to experience ever more, in everyday life, this grace that we have received in baptism. And do not forget your homework today: find out the date of your baptism. As I know my birthday, I should know my baptism day, because it is a feast day."

Once you forward your baptismal information (just the month and day) to Christine Burns at cburns@stceciliaboston.org, we will include the names and days of baptismal anniversaries in the bulletin each week so the entire parish family can pray for and celebrate with you. And Pope Francis will be very pleased!





Tiffany Shlain built her career by being online almost all the time.

She founded the Webby Awards, which honor the best of the Web each year. She also runs a film studio and creates online conversations to use the internet in “its best way, which is to bring people together on issues that unite us,” she said.

And yet every Friday evening for nearly a decade, Shlain and her family have unplugged their devices and spent the next 24 hours offline in what she calls a “Technology Shabbat.”

“As our society becomes more oversaturated with technology, I feel like it’s the thing we need right now,” she said.

Tech Shabbat is a modern twist on an ancient religious practice, which is attracting the attention of burned-out millennials and others who are exhausted by trying to keep up in an increasingly connected and fast-paced world.

And there’s some science to support the idea that practicing a day of rest—including time away from social media and digital devices—benefits longevity and both mental and physical health.

It’s a practice that can benefit people of faith and those who don’t believe, alike.

“This can be adapted for anyone, wherever you fall on the belief spectrum, and it will bring meaning and value to your life in unbelievable ways,” Shlain said.

Shabbat—also known as Sabbath—is the day of the week reserved for rest and worship in Judaism and Christianity.

Jews observe Shabbat on Saturdays, beginning Friday nights with

lit candles and shared meals. In addition to resting from work at their jobs during that time, Orthodox Jews also refrain from a number of other activities that are considered work, such as driving and switching lights off or on.

Seventh-day Adventists also take Sabbath seriously, worshipping, avoiding work and spending time with other church members on Saturdays.

Most Christians worship on Sunday, and their observance of a day of rest varies from church to church and even from Christian to Christian. In the past, the regular practice of Sabbath has included so-called “blue laws” that once kept many stores closed on Sundays.

Now some are urging their fellow Christians to rediscover the practice of honoring the Sabbath. J. Dana Trent is one of them. The ordained Baptist minister began observing a Sabbath after a visit to the doctor’s office. The doctor told Trent she needed to “slow down.” At the time, she was working four different adjunct jobs and commuting up to two hours per day. She had also recently been diagnosed with chronic migraine syndrome, though her visit to the doctor had been for a Q-Tip she had lodged in her ear while in a rush.

Observing the Sabbath means trusting that if she takes time off, the world won’t spin out of control, said Trent, author of *For Sabbath’s Sake: Embracing Your Need for Rest, Worship, and Community*. It’s an act of humility that puts God at the center of her life, not herself.

Not everybody can take Saturday or Sunday or even a full 24 hours to rest—that’s a privilege for those who work 9-to-5 jobs on weekdays, she acknowledged.

“I think Sabbath can take lots of different shapes, but the idea is that we step out of what we’re doing every day—like the normal routine stuff—in order to make meaning,” she said.

It also makes sense to many others who are looking at the health benefits of unplugging from the world—and from devices.

Research presented last year at the annual convention of the American Psychological Association suggests that constantly staring at screens may be making us more “distracted, distant and drained.” Other studies

of social media use have linked it to everything from loneliness to disrupted sleep.

For Shlain and her family, lighting candles, inviting people over, sharing a meal and logging off together guards against those things. She laughs more on Shabbat than any other day, she said. And at the end of the day, she looks forward to checking in again online.

There may be benefits to more traditional observances of Sabbath, as well. In 2005, *National Geographic* published the findings of scientists, funded in part by the U.S. National Institute on Aging, who traveled around the globe to learn the secrets of longevity from populations that had high rates of centenarians, few deadly diseases and more healthy years of life. Among them were Seventh-day Adventists in Loma Linda, Calif. Scientists pointed to Adventists' practice of Sabbath as one of the reasons for their good health.

An earlier study found the average Adventist lived four to 10 years longer than the average Californian. A more recent 2014 study coauthored by Professor Jerry Lee of the School of Public Health at Loma Linda University, an Adventist school in Southern California, looked at the correlation between Sabbath-keeping and mental health and well-being. According to their research, Lee said, "refraining from secular activities on Sabbath was associated with better mental health and better physical health."

The professor currently is working on another study measuring stress hormone levels before and after Sabbath. And most interesting to him, he said, is a study showing fewer deaths during Shabbat in Israel.

But, Lee said, more research would be "useful."

"There have been a number of books, but most of the books that I've seen don't really have a lot of empirical data," he said.

Judith Shulevitz, author of *The Sabbath World: Glimpses of a Different Order of Time*, also cautions against practicing Sabbath for selfish reasons.

It's not just a day of rest for individuals, she said. Instead, she said that it's meant to be a "day of rest which is synchronized with the rest of society."

"It's not about you. It's about us," she said.

And the practice still is debated within some Christian circles.

A.J. Swoboda, pastor of Theophilus Church in Portland, Oregon, said he decided to preach about Sabbath a few years ago when he noticed the people in his congregation were tired and in need of rest. So was he. "Our souls and our bodies and our spirits absolutely need it," he said.

Because he pastors a church on weekends, Swoboda and his family take their day of rest to unplug, eat pancakes and get outside together on Tuesdays—a "distinctly Protestant view of the Sabbath," he said.

It seems others increasingly are interested in doing the same: Swoboda's book, *Subversive Sabbath: The Surprising Power of Rest in a Nonstop World* recently was recognized in Christianity Today's 2019 Book Awards. Taking a Sabbath reminds people that there's more to life than being busy and plugged in all the time, according to the pastor.

"It's a very threatening biblical concept because it completely undermines all of the assumptions of what we have come to believe being an American is all about, which is being productive," he said.

Shlain, whose book about Tech Sabbath is due later this year, believes everyone can benefit from a day of rest. Her family is Jewish, but they only began to practice a Tech Shabbat together after her father Leonard Shlain—the bestselling author, inventor and surgeon—was diagnosed with brain cancer. Sometimes he only had one good hour a day, she said. She would turn off her phone to spend that time with him.

To Shlain, that time spent unplugged felt like "the most beautiful solution to this urgent problem in our society right now, which is that screens are just on all the time and everywhere, and you're not being present with the people that you're with, and you're not really focused on any one thing."

"I believe in this kind of modern take on it because I believe Judaism is all about reinterpreting based on the times we're living," she said.

~ Emily McFarlan Miller is a contributor to Religion News Service.



PARISH RESOURCES

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Reception

Keith Brinkley & Corey Ortiz, reception@stceciliaboston.org

Schedule for Liturgy

Wednesday, Thursday, & Friday | 8:00 a.m.

Lord's Day | Sat 5:00 p.m.; Sun 8:00, 9:30*, 11:30 a.m. & 6:00 p.m.

Holy Days | 8:00 a.m.

* Please note that the 9:30 Mass is both in person and livestreamed.

Hearing Assistance in Church

The church is equipped with an assistive listening system. If you would like to use one of the small receivers, please ask one of our greeters.

Building Accessibility

Both the church and Parish Hall Center are accessible by elevator.

For Those with Celiac Disease

If you have celiac disease, please let us know. We have a supply of low-

gluten altar bread available for those who cannot tolerate gluten.

Parking

There is discounted parking at The Hynes Auditorium Garage (located at 50 Dalton Street next to Bukowski's Tavern), for \$13, available on Sundays until 3:00 p.m., and \$13 after 4:00 every day of the week. To take advantage of this discount, ask a greeter for a chaser ticket at Mass or ask a staff person during the week. Chaser tickets must be used at the machine at the exit gate. To obtain the discount, place the ticket you received upon entering the garage into the machine, then follow it with the chaser ticket.

Baptism for Infants

Infant baptism is celebrated on the first Sunday of the month. For more information, please contact Mark Donohoe in the Parish Office.

Faith Formation for Children

To register your child for our Faith Formation Program, please contact our Children's Faith Formation Coordinator, Olivia Hastie, at ohastie@stceciliaboston.org.

Child Abuse Prevention (CAP) Team

The CAP Team is responsible for training all parish staff and volunteers in mandated reporting laws and the Protecting God's Children program (VIR-TUS). They provide consultation and support to anyone who has concerns about reporting child abuse and neglect. Please contact Maria Roche (maria.roche15@gmail.com), Letitia Howland (L_howland@hotmail.com), or Erin Young (erin.t.young@gmail.com) if you have any questions. The Archdiocese of Boston has in place a vigorous program to protect children from harm and to educate its ministers and faithful about the nature of abuse, with a goal of increasing knowledge, creating a safe environment for children, and recognizing and reporting potentially dangerous situations. The full policy is available in the narthex, Parish Office, and on our website.

Rite of Christian Initiation of Adults (RCIA)

The Rite of Christian Initiation of Adults is the communal process through which non-baptized men and women become members of the Catholic Church. It is also suitable for those baptized in different faith traditions who are interested in becoming Catholic, or, for those who were baptized Catholic, but have yet to receive the sacraments of Eucharist and confirmation.

Marriage

Couples who wish to prepare for marriage should contact Mark Donohoe in the Parish Office at least six months in advance.

Care of the Sick

To arrange for the Sacrament of the Sick, for Holy Communion to be brought to those unable to attend the Sunday celebration, or for Viaticum for the Dying (Holy Communion for those in danger of death), please contact the Parish Office. It is always possible to anoint the sick during regularly scheduled liturgies.

Order of Christian Funerals

The parish is prepared to celebrate the Vigil (wake) in the church. Please contact the Parish Office for more information.

Joining Our Community

We're happy that you're with us! Our community offers a warm, spiritual home for a diverse group of Catholics. We come from many neighborhoods in and around Boston, but also have long distance parishioners from around the country and around the world. We invite both local and long distance individuals and families to fill out a new parishioner form on our website. No matter what your background or location, please know that you are always welcome at Saint Cecilia.