

S E P S

FOLLOWING THE FOOTSTEPS OF JESUS



REINSTATING THE OBLIGATION

“We have all felt the impact of COVID-19 as individuals and families. It has been a time of acute hardship and struggle, of separation and isolation. It has also had an impact on our lives of faith. Jesus Christ, our Lord and Savior, has been with us throughout this challenging period and is most especially near to us when we encounter him in the Eucharist. The Eucharist offers us His healing and peace, His mercy and reconciliation. It is now time for everyone to return to the Eucharist with renewed faith and joy.

As many aspects of life are now returning to normalcy, each Catholic Bishop in Pennsylvania will reinstate the obligation to attend Mass in person on Sundays and Holy Days beginning on Sunday, August 15, 2021, the Solemnity of the Assumption of the Blessed Virgin Mary.”

ARCHBISHOP NELSON J. PÉREZ R

GETTING BACK TO BASICS

BY CLARE FIELD

I heard a talk recently about what a gift it is that the source and summit of our faith, Mass and Holy Communion, is built right into the routine of our life. We go to Mass on Sunday. It's a habit. One that, like many, was so abruptly disrupted in March of last year.

Here we are a year and a half later, beginning to rebuild routines and habits. We know how difficult it can be to create a good habit - going to the gym, setting your phone down before bed, putting your keys in the same place every night. Returning to our Sunday practice of attending Mass, while infinitely more important, will be like building any other habit.

We will need to work at it; being gentle with ourselves in moments of failure, and accountable when we choose something other than the highest good.

For me personally, I feel a little bit of pressure with the obligation to attend Mass on Sunday being reinstated. For the past months, my husband and I felt comfortable bringing our 1-year-old daughter to Mass. So we would try to go each week, but if we missed the prick of guilt would slide away after I told myself "*Remember Clare, the obligation is lifted.*" But those weeks I knew something was missing. I knew Jesus missed the time with me and I missed Him.

With August 15th not far off, I'm a little nervous. What if we miss? What if I make excuses each week? It's in those moments when I step back and make a plan for when we'll go to Mass that coming Sunday. *Then I make a backup plan* - because Jesus is worth two plans and 1-year-olds are unpredictable. I get the chance to intentionally make Mass a part of my Sunday every week. Before it becomes a habit again, I get to choose Jesus.

How much joy He must feel. I wonder if He's excited to know that, no matter what, I will spend time with Him on Sunday. Not because I'm a big deal, but because He LOVES me.

I know I'm not alone in feeling apprehensive about the obligation being lifted. My reasons for feeling that way are one of a thousand others. I want to encourage you to spend time contemplating and praying through whatever is causing your anxiety about returning to Mass in person. As you do so, know that Jesus is in it with you! You don't have to figure it out before bringing Him into the situation. And, when you are ready, know that Jesus is waiting eagerly for you at Sunday Mass!

“ EVERY HOLY MASS, HEARD WITH DEVOTION, PRODUCES IN OUR SOULS MARVELOUS EFFECTS, ABUNDANT SPIRITUAL AND MATERIAL GRACES WHICH WE, OURSELVES, DO NOT KNOW...IT IS EASIER FOR THE EARTH TO EXIST WITHOUT THE SUN THAN WITHOUT THE HOLY SACRIFICE OF THE MASS! ”

SAINT PADRE PIO

"This obligation, as is always the case, does not apply to those who are seriously ill, have a serious health risk, as well as those who have serious anxiety about being a part of large groups at this time. Likewise, the obligation does not apply to those who care for those who cannot attend Mass in person (Catechism of the Catholic Church, no. 2181). Those who are legitimately excused from Mass on Sundays and Holy Days are encouraged to spend time in prayer and encouraged to view a broadcast of the Mass which is intended for those who cannot participate in person."

ARCHBISHOP NELSON J. PÉREZ R



FOR THOSE IN SUMMER MODE

Many of us may still be in full vacation mode when the obligation to attend Sunday Mass is reinstated. Preparing for Sunday Mass ahead of time will make it much easier to get there during our much needed vacations.

A great resource is MassTimes.org. Just search for the website, put in your zip code, and BAM! all the Mass times in your area. They also have options for searching confession and adoration. For those who will be down the shore, we have a list of Sunday Mass times at popular shore points below to give you a leg up in your planning.

MARGATE

Blessed Sacrament Church - Sunday: 8AM, 10AM

St. James Church - Saturday: 4PM, Sunday: 7:30AM, 9:30AM, 11AM

Epiphany Church - Saturday: 5PM, Sunday: 8:30AM, 10:30AM, 5:30PM

AVALON

Maris Stella Church - Saturday: 5PM, Sunday: 7AM, 8:15AM, 9:30AM, 11AM, 12:15PM and 5PM

St. Paul Church - Saturday: 4PM, Sunday: 7:30AM, 9AM, 10:30AM

Sacred Heart Church - Open for prayer during the day, no Masses

CAPE MAY COURTHOUSE

Our Lady of The Angels - Saturday: 5PM, Sunday: 8AM (in-person and live stream), 9:30AM, 11AM.

CAPE MAY

Our Lady, Star of the Sea - Saturday: 4PM, 5:30PM, Sunday: 7AM, 8AM, 9:15AM, 10:30AM (in-person and livestream), 6PM

St. Raymond - Saturday: 4PM, Sunday: 8AM

St. John of God - Saturday: 4PM, Sunday: 10AM, Adoration: 8AM-2PM. each weekday

THE WILDWOODS

St. Ann's Church - Saturday: 4:30PM, Sunday: 7AM, 8:30AM, 10:30AM, 7PM in Spanish

Assumption Church - Saturday: 4:30PM (in-person and livestream), Sunday: 8:30AM 10:30AM

St. John of God - Saturday: 4PM, Sunday: 10AM, Adoration: 8AM-2PM. each weekday

SEA ISLE

St. Joseph Catholic Church - Saturday: 4PM, Sunday: 7AM, 8:30AM, 10AM (in-person and livestream), 11:30AM

OCEAN CITY, NJ

St. Frances Cabrini Church - Saturday: 4:30PM, Sunday: 8AM, 10:30AM, 6PM in Spanish

St. Augustine - Saturday: 5:30PM, Sunday: 7:30AM, 9AM, 11AM

Our Lady of Good Counsel - Saturday: 4PM, Sunday: 7:30AM, 9:30AM, 11AM

BRINGANTINE

St. Thomas the Apostle - Saturday: 4PM, 5:30PM*, Sunday: 7AM*, 8AM, 9:30AM, 11AM

*these Mass times start **after** the 4th of July

THE WEEKEND MASS SCHEDULE AT ST. NORBERT IS:

SATURDAY - 5:00PM

SUNDAY - 9:00 AM, 11:30 AM,

1:30 PM SPANISH MASS 6:00 PM

