

Parish Staff**Pastor**

Father Stephen Karani
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Parochial Vicar**Father Michael Brown**

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Deacon Gregg Lawson

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Parish & Finance Office**Mailing Address**

90 Melrose Rd.
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Parish Office 315-252-7271
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Nancy Kavanagh

Administrative Assistant
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Monday-Thursday
8:00am-4:30pm
Friday
8:00am-11:00am

Shawn Gillen-Caryl

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Ana Haff

Director of Faith Formation
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Tom Techman

Funeral Ministry
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Richard White

Parish Ministries
Coordinator
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Reconciliation

Sacred Heart:
Saturday 3:00pm
St. Alphonsus:
Saturday 3:30pm
Sacraments
Baptism, Marriage,
Ministry of the Sick:
Please Call Parish Office

Sacred Heart Church

90 Melrose Rd

St. Alphonsus Church

85 E. Genesee St.

St. Ann Church

4890 Twelve Corners Rd.

Holy Family Church

85 North St.

**The Catholic Community of
Holy Family * Sacred Heart * St. Alphonsus * St. Ann**

www.sacredheartauburn.org facebook.com/sacredheartauburn



**Why We Do What We Do at Mass:
A Look at the Postures and Gestures
During the Central Act of Catholic Worship
June 28, 2026**

The Catholic liturgy includes many different gestures, postures, and symbols. As a Catholic, you are likely familiar with these practices, which include sitting, standing, and kneeling during Mass. But these gestures all have specific meanings and are designed to help us pray with all of our being: not only mind and soul, but body as well. To better understand the meaning behind these physical movements, we need to keep in mind two important aspects of the Catholic Mass — that the priest acts in the person of Christ, and that Jesus is present in the Eucharist.

Standing and speaking in the place of Jesus, the celebrating priest leads us with the gestures, traditions, and rituals that are part of the Order of the Mass, and we respond to these with our own actions and words. In this way, the Mass is much like a conversation and shared meal with Christ Himself.

Secondly, Jesus is fully present in the consecrated Eucharist, in His Body, Blood, Soul, and Divinity. This is the Catholic doctrine of transubstantiation, which states that the bread and wine literally become Jesus during the Eucharistic Prayer of the Mass. So, why do we assume each specific posture and make different gestures during the Mass, and what do they signify?

Why We Sit During the Mass

After the Introductory Rite at each Mass, we sit for the Liturgy of the Word. As we listen to the readings from the lectionary, sitting indicates our willingness to be students at the feet of Jesus. We also sit down for the Homily, as we pay close attention and take in what is being preached. We are seated again while the Eucharistic elements are being prepared: a gesture of anticipation, as we prepare ourselves for and eagerly await the climax of the Mass in the Eucharistic Prayer.

Why We Stand During the Mass

At the very beginning of the Mass, we stand for the Introductory Rite, which includes the Penitential Act. Here we acclaim the Kyrie Eleison, meaning “Lord, have mercy” in Greek. The Kyrie is an ancient Christian prayer in which we confess our sins to both our Almighty Father and our fellow Christians. Standing during the Penitential Act shows that we are owning up to our sinfulness and openly asking for the Lord’s mercy.

Standing is also a simple but profound way of honoring and respecting Jesus during the Mass, both in the person of the priest and in the scriptures, especially the Gospel. While we sit for the first and second readings, we stand for the Gospel reading. The Gospel is the pinnacle of the Word of God and to hear it proclaimed aloud is a great honor, which is why we rise from our seats and proclaim “Alleluia” as it is opened.

Continued on page 2

The “**Pack the Pantry**” item for the week of
June 27/28-Boxes of Crackers
July 4/5-Cans of Soup
 Please bring these items to church and place them
 in our “**Pack the Pantry**” Baskets
 or they can be brought to the:

ST. ALPHONSUS FOOD PANTRY
(Physical Location)

1579 Clark St. Rd. Fingerlakes Mall

Monday-Saturday

9:00 am-11:30 am

315-252-0710

***PLEASE NOTE: Tuna Fush Soup, Pasta,
 Coffee & Tea Juice, Dish Soap, Laundry Soap,
 Tissues and Hand Soap are always needed and
 appreciated.***

All Correspondence should be addressed to:
St. Alphonsus Food Pantry
90 Melrose Rd.
Auburn, NY 13021

Thank you for your continued generosity.



Calendar of Events
Week of June 28, 2026

Sunday, June 28, 2026

Monday, June 29, 2026

Tuesday, June 30, 2026

Wednesday, July 1, 24

Thursday, July 2, 2026

Friday, July 3, 2026

Parish Offices Closed

No Mass or Adoration

Saturday, July 4, 2026

Sunday, July 5, 2026

Financial Stewardship For June 21, 2026

Sacred Heart Church

Regular Collection \$7152.00

St. Alphonsus Church

Regular Collection \$2786.00

St. Ann Church

Regular Collection \$1320.00

*Thank you for your continued generosity.
 Your gifts help sustain our ministries
 and bless our community.*

Continued from Page 1

Just before the reading of the Gospel, we make a small sign of the cross with our thumb over our foreheads, lips, and hearts. This simple act is a symbolic request for God to impress His Word upon our minds, lips, and hearts. When the priest or deacon has finished reading the Gospel, he shows respect to the Word of God by kissing the Gospel. After the homily, we stand back up to pray the Nicene Creed as a Profession of Faith, once again standing firm in our ownership of our faith.

Why We Kneel During the Mass

Kneeling is the most humble posture of worship during the Mass. When we kneel, we completely surrender ourselves to our Heavenly Father. We kneel during several parts of the Mass. After the Holy, Holy, Holy, we spend almost the rest of the Mass on our knees — an incredible act of faith and devotion by which we acknowledge that Jesus is personally present among us.

As we kneel during the Eucharistic Prayer, the priest’s many gestures are also precise and meaningful. He makes the Sign of the Cross over the bread and wine and proclaims Christ’s own words: “This is my Body,” and “This is my Blood”. As the bread and wine are consecrated, the priest kneels several times in front of the Blessed Sacrament to express reverence. Before or while receiving the Eucharist, it is traditional to kneel, bow, or genuflect to express your humility before God.

The Mass is rich with meaning — every element and gesture represents something profound and beautiful. When we understand them and take them to heart, each moment we spend at Mass will become more transformative and nourishing to our souls.

<https://www.catholicsteward.com/>

June 28, 2026

Please note there is NO First Friday Mass in July due to the holiday.

Parish Life will be hosting a Coffee Hour on Sunday, July 12, right after the 10:30 a.m. Mass at St. Alphonsus Church. Join us in the narthex for light refreshments, a little conversation, and a chance to connect with one another before heading into the new week.

Join us for our next First Friday Mass in the Hall at Sacred Heart Church on *August 7, 2026 at 11:30 AM*. A light luncheon will follow. If you've never attended a First Friday Mass before, this is the perfect time to come see what the fun, faith, and fellowship are all about!

RADA Catalogs for our Parish Life Fundraising are now available in the vestibule of each of our Churches. Instructions for placing online orders are printed right on the front of every catalog. If you have any difficulty ordering or have questions, please reach out to:

- Karen Mahoney: 315-515-3151
- Missy Deyneka: 315-246-8945

We're also excited to share that \$5.00 coupons are now attached to the front of the catalogs!

Feel free to take advantage of this savings while supporting our Parish Life events—like our Parish Picnic—at no extra cost to you.

Thank you for your continued support and generosity. It truly helps our fellowship flourish.

Virtues, Explained! Discernment

We most often hear the term “discernment” when a man or woman prayerfully considers a religious vocation. This is a helpful context in which to think of the virtue of discernment, which all Christians are called to develop, lay and religious alike.

When a person hears a “call,” he cannot simply go—he must first figure out where the call is coming from. It's not enough to simply have an idea of becoming a priest, a sister, a missionary, a husband, a wife—the idea needs a good, thorough background check. This is discernment, which “unmasks the lie of temptation, whose object appears to be good...when in reality its fruit is death,” says the Catechism. (CCC 2846)

We run this background check of discernment on our feelings, our intentions, and our inclinations under the guidance of the Holy Spirit and through a diligent regimen of prayer and reflection. “The Spiritual Exercises of St. Ignatius” is highly regarded as a useful tool for spiritual discernment.

©LPi

Today is the Peter's Pence Collection, a worldwide collection that supports the work of the Universal Church, including the work of the Holy See and the charitable works of Pope Leo XIV. Take this opportunity to join with Pope Leo XIV to be a sign of hope to our suffering brothers and sisters. Please be generous today. For more information, visit www.obolodisanpietro.va/en.html.

Coffee and Conversations Join fellow members of our faith community for Coffee and Conversations—a relaxed and welcoming gathering where we explore our Catholic faith together. Share your thoughts, ask questions, and grow in understanding in a spirit of joy and openness. Beginning Sunday, July 19, following the 8:30 AM Mass at Sacred Heart Church. Bring a friend, bring your curiosity, and grow together in faith!

Notice of Decree of Alienation

In accordance with Canons 1291, 1292 §1, and 1293 §1 (1° and 2°) and §2 of the Code of Canon Law, and having determined that sufficient just cause is present, a decree has been issued authorizing the alienation of the following parish properties:

- 10 South Lewis Street (Rectory)
- 89 East Genesee Street (School) Auburn, New York

The provisions of this decree will take effect on June 30, 2026.

Copies of the decree are available for review in the vestibule of each church. If you would like to obtain a personal copy, please contact Nancy at the parish office at 315-252-7271.

Mark your calendar!

St. Ann's Drive Thru Chicken BBQ and Raffle Sunday, July 26, 2026 11:00am until Sold Out. \$15 Chicken Dinners include: half a chicken, salt potatoes, baked beans, brownie, and water. In the Hamlet of Owasco, corner of Rt 38A and Twelve Corners Rd.

We would like to thank
Balloon's Steakhouse
315-252-9761
For Sponsoring an Ad In
Our Weekly Bulletin

LITURGY SCHEDULE FOR THE WEEK OF JUNE 28, 2026

Saturday, June 27, 2026

4:00pm Sacred Heart

+*Betty Walsh* by Family
 +*John Smith* by Adam & Natalie & Erin & Paige
 +*William Fulton* by Nancy & Bob Westover

4:30pm St. Alphonsus

+*Jack Speno* by Tom & Jean Lewis
 +*Elena Sindoni* by Family

Sunday, June 28, 2026

8:30 am Sacred Heart

+*Virginia McNeil* by Mallory Family
 +*Alan Wilson* by Family

9:00 am St. Ann

+*Patricia Dec* by Family

10:30 am St. Alphonsus

+*Fr. Peter Mutunga Kiarie* by Sue Norton & Mary Balch

11:00 am Sacred Heart

+*Ann M. Mulvey* by Peter & Barbara Mulvey
 +*Steven Colvin* by Timothy A. Donovan

5:00 pm St. Alphonsus

+*Gary Townsend* by The Holmes Family

Monday, June 29, 2026

8:30am Sacred Heart

+*Robert Brown* by Linda Carr

12:15pm St. Alphonsus

+*Deceased Members of the Rosetti Family*
 by Dr. Phillip & Cath Gioia

Tuesday, June 30, 2026

8:30 am Sacred Heart

+*Joseph Augustine* by Son Thomas

12:15 pm St. Alphonsus

+*Kim Malenick LaLonde*
 by Cathy (Ramsey) & Bob Walter

Wednesday, July 1, 2026

12:15 pm St. Alphonsus

+*Barbara Babiarz Leonardi* by Ezio V. Leonardi

Thursday, July 2, 2026

5:15pm St. Alphonsus

+*Robert Brown* by Dr. Phillip & Cath Gioia

Friday, 3, 2026

7:30am St. Alphonsus

Parish Office Closed - No Mass and No Adoration

8:30am Sacred Heart

Parish Office Closed-No Mass

Saturday, July 4, 2026

4:00pm Sacred Heart

+*Christian Lewis* by Family
 +*Dale Gamba* by Carol

4:30pm St. Alphonsus

+*James Solomon* by Family

Sunday, July 5, 2026

8:30 am Sacred Heart

+*Bernie & Gloria Offenburg* by Lisa Sobus
 +*Larry LaDuca* by The Sterling Family

9:00 am St. Ann

+*Betty Tomandl* by Jan & Bill
 +*Ronald Krupka* by Family

10:30 am St. Alphonsus

+*Alice Creech* by Secular Franciscans

11:00 am Sacred Heart

+*Tom Patterson* by Ron & Marti Milliman
 +*Marjorie Penafeather & MaryAnn Schuldes*
 by Family

5:00 pm St. Alphonsus

+*For the people of our parish*



**The Memorial Candles
 The Week of June 28, 2026**

**Sacred Heart Church
 Tabernacle Candle**
 Ed & Mary Giannino by Family

For those who Have Recently Died

Nancy Westover
 Eternal rest grant
 unto them. O Lord;
 and let perpetual light
 shine upon them.

Sunday, June 28, 2026-Thirteenth Sunday in Ordinary Time



SUNDAY GOSPEL ACTIVITIES

...whoever does not take up his cross and follow after me is not worthy of me.

Matthew 10: 38



Visit CatholicMom.com for more resources for you and your family.
"The Family That Prays Together, Stays Together." - Venerable Patrick Peyton
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June 28, 2026

The Justice and Peace Committee is accepting donations of Shampoo, Conditioner, Body Wash, Laundry Detergent, and Socks. Items donated by St. Alphonsus parish will be donated to the St. Alphonsus Food Pantry. Items donated by Sacred Heart and St. Ann's parishes will be donated to the St. Alphonsus Food Pantry, and to Safe & Warm, an Auburn non-profit organization which serves local people experiencing homelessness. Baskets will be located near the main entrance to the churches.

Short Announcement for Parishioners

We want to alert everyone to an ongoing scam affecting parishes. Scammers are pretending to be priests or parish staff and contacting people by email or text asking for urgent help or gift cards. Please know that your priest or parish staff will never ask for gift cards or money in this way. If you receive a message like this, do not respond and please contact the parish office directly. When in doubt, slow down and verify before taking any action.

Physician Assisted Suicide Teaching

With physician-assisted suicide set to be legalized in NYS this August, the Catholic Bishops of NYS have released a 2026 revised and updated edition of their teaching booklet entitled *Now and at the Hour of Our Death: A Catholic Guide to End-of-Life Decision-Making*. Hardcopies will be available in our churches in the coming weeks; free online pdf versions in both English and Spanish are available now at the [LifeROC.org](https://www.nyscatholic.org/application/files/9817/7669/8773/Now_and_at_the_Hour_of_Our_Death.pdf) website, as well as the NYS Catholic Conference:

https://www.nyscatholic.org/application/files/9817/7669/8773/Now_and_at_the_Hour_of_Our_Death.pdf

Pope Leo's Intention for June For the values of sports

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

Promises of the Sacred Heart

According to the revelations to St. Margaret Mary, Jesus made several promises to anyone who honors His Sacred Heart through this devotion:

- All necessary graces for one's state of life
- Peace in families
- Consolation in afflictions
- Assurance of refuge in life and at death
- Abundant blessings on undertakings
- Mercy for sinners
- Transformation of tepid souls into fervent ones
- Rapid spiritual growth for fervent souls
- Blessings on homes displaying the Sacred Heart
- The gift to priests to touch hardened hearts
- Names of devotees inscribed in His Heart
- Grace of final repentance for those completing nine consecutive First Fridays

To practice the First Friday devotion:

1. Attend Mass on the first Friday of each month. Either the 7:30 Mass at St. Alphonsus finishing with the Exposition of the Blessed Sacrament (stay a few minutes or an hour in the presence of the Lord) or the 11:30 Mass at Sacred Heart on the First Friday of the month.
 2. Receive Holy Communion the state of grace, ideally after confession if aware of serious sin.
 3. Spend time in prayer, especially before the Blessed Sacrament, offering personal prayers of reparation. (This is 'built-in' if coming to pray the Rosary during the last hour of devotion on the First Friday of every month, May through December.)
 4. Pray to make up for the sins of others and to console the Sacred Heart of Jesus, who suffers from the indifference and rejection of His love.
- By faithfully practicing the First Friday devotion, Catholics deepen their relationship with Jesus, honor His Sacred Heart, and participate in a centuries-old tradition of love, reparation, and grace.

Reminder there is NO Adoration this Friday, July 3rd due to the holiday.



Thank you for visiting our church this Sunday! We hope you felt at home and that the message encouraged your heart. It was a joy to have you with us, and we look forward to seeing you again. If you have any questions or want to know more about our church, please don't hesitate to reach out to us. If you would like to register, contact Nancy in the Parish Office at 315-252-7271, email nancy.kavanagh@dor.org or stop in the parish office.

Remember our Sick: Richard Burns, Bobby Boucher, Pat Allen, Heidi, Frank D., Johnny Coop, Kevin Jessie, Kathryn Lane, Eleanor Hudo, Patricia Ricci, Anthony Alberici, Evelyn Gagliano, Sue, Carl Jr. & Cheryl Moore Festa, Tim Grazsko, Jamie Mazza, Pat, Jim Podolak, Mary Manuel, Olivia, Kathleen, Bruce, Marilyn Castiglione, Allyza, John Salva, Stacy, Danielle, Lucy Pagano, Kevin & Maryanne Festa Leonard, Cortney Fedyshyn, Briana Dewitt, Joyce Blowers, John Clark, Cheryl Bellnier, Colleen Pinckney, Pat Gallagher, Gloria Cuddy, Tim Daly, Sue Daly, Carol Aldrich, Thomas Didio, Dave, Don & Joan Zeleznik, Mary Campbell, Mark Cole, Jonathan Arrowsmith, Lucas Mallory, Joe Schubach, Mary Warter, Gina DelPiano, Caleb Jones, Michael Fronzek, Carter Hergert, Joan Komaneky, Elizabeth Lane, Frances Lane, Siobhan Phillippe, Donna Romano, and those listed in our Book of Petitions.

"We pray for all those who are sick, especially those on our parish prayer list, those in nursing homes, assisted living, the hospital or the homebound. May they receive comfort, healing, and strength from God's grace."

Please call Nancy at 315-252-7271 to have names added or removed. Thank you!

We pray for the men and women of our Armed Forces serving U.S. and abroad: Major Mark Doherty US Army, LCpl Brian Baxter USMC, Capt. Gregory Baxter USMC, Capt. DJ Benzing USAF, Lt. Col Joseph E. Brooks USAF, SSgt Tom Ellis Sr. USA, SSgt Angel Gonzalez USA, Col Eddie Gonzalez USMC, Pvt. Zachary Gonzalez USMC, CWO4 Roger Graf USA, 1SGT Zachary Howell USA, SSgt. James Johnson USMC, SFC Jason Mero USA, Pvt. Justin Miller USA, E3 David Mirales US Navy, Lt Jg Richard Nelson IV, USN, E4 Adam H. Brooks, Airman Sarah Pasternak, USAF, Lt. Jack Hogan, USN, Airman Alex Gonnella, USAF., Major William Griffin USMC

"We pray for the protection and safety of all military personnel, including police, fire, and corrections serving both at home and abroad, especially those deployed in dangerous situations."