

 <p>St. Cyril of Alexandria 28 Walton St. Alexandria Bay, NY</p> <hr/> <p>Saturday 5:00 p.m. Sunday 10:00 a.m.</p>	<p>The Catholic Community of Alexandria 17 Rock St. Alexandria Bay, NY 13607 315-482-2670</p> <p>pastor@stcyrils.org www.stcyrils.org</p> <p>Rev. Douglas G. Comstock, Pastor Bernard Slate, Deacon Joel Walentuk, Deacon</p>	 <p>St. Francis Xavier 28685 Butterfield Lake Rd Redwood, NY</p> <hr/> <p>Sunday 8:30 a.m.</p>
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Liturgy Schedule for Week of September 30, 2018

Saturday, Sept. 29, 2019 *The Twenty-Sixth Sunday in Ordinary Time*

5:00 p.m. Theodora Laureta Somera by Lucie and Will Cole

Sunday, Sept. 30, 2018

8:30 a.m. (SFX) The Intentions of our Parishioners

10:00 a.m. Walter Hedden by Deacon Bernie Slate

Monday, Oct. 1, 2018

8:00 a.m. Fr. George Maroun by Gene Kleinhans

Tuesday, Oct. 2, 2018

8:00 a.m. *Liturgy of the Word with Communion*

Wednesday, Oct. 3, 2018

8:00 a.m. *Liturgy of the Word with Communion*

Thursday, Oct. 4, 2018

8:00 a.m. *Liturgy of the Word with Communion*

Friday, Oct. 5, 2018

8:00 a.m. *Liturgy of the Word with Communion*

Saturday, Oct. 6, 2018 *The Twenty-Seventh Sunday in Ordinary Time*

5:00 p.m. Loreto A. Cada by Will & Luchie Cole

Sunday, Oct. 7, 2018

8:30 a.m. (SFX) Mr. and Mrs. Donald Watson by the Estate of Emma George

10:00 a.m. Gregory Reynolds by Deacon Bernie Slate

Sacrament of Reconciliation

Saturday 3:45 – 4:30 p.m. at St. Cyril of Alexandria Church

Sunday 8:00 – 8:15 a.m. at St. Francis Xavier Church

Our Stewardship

September 22 - 23, 2018

Envelopes	\$1,691.00		
Plate	\$1,647.00		
Youth			
Electronic Giving	\$157.72	Fuel Collection	\$896.00
Total	\$3,496.72	Total Fuel Contribution to Date	12,381.00
Last Year	\$3,599.00	Total Fuel Cost Last Fiscal Year	\$20,210.43

THE CATHOLIC FAMILY: GOD'S ANSWER FOR OUR TIME

Bishop LaValley invites you to attend *The Catholic Family: God's Answer for our Time* on Saturday, October 13th at St. Mary's Cathedral. This is a one-day special event for families, moms, dads and tens and those living the vocation of the single life. The day is designed to help strengthen your faith through the knowledge that God loves you. It will be a day of prayer, encouragement, and learning from three Catholic powerhouse personalities. For more information and to register for the event, see www.rcdony.org/familyevent.

Church School Begins This Week

Our Church School for the **Elementary** students begins this **Wednesday October 3rd**. We look forward to sharing our faith with the students. It is through the efforts of our wonderful volunteer instructors that make our program a great success and we are very appreciative. If you need to register your child(ren), go to www.stcyrils.org and click on "other information" to download the form. The children will be bussed from school to St. Cyril's Church at 3:15 p.m. and bussed home at 4:15 p. or picked up by parents at church.

Religious Education for **Jr. High and High School students** will begin **Sunday, October 14th**. Generally classes will be the 1st and 3rd Sundays of the month beginning at 6:00pm at St. Cyril's Church Hall. No pre-registration is necessary. For more information regarding the Jr. & Sr. High you may call Ann Marie Hyde at 315-783-0262 or Fr. Doug Comstock at 315-482-2670..

Forgiving Oneself

"You must first forgive yourself in order to forgive others." Debasish Mridha (American physician, philosopher, poet seer, and author)

Yet, forgiveness of oneself is the hardest of all the forgivenesses. It is hardest because when we are not able to forgive ourselves, our hearts may harden, making it unlikely we will be able to generate enough compassion for others so that we can forgive them should they disappoint or hurt us.

"Forgive yourself first. Let go of past hurts and direct your spirit to goodness and hope by having gratitude." Janet Taylor Spence (American psychologist)

Being hurt by someone, particularly someone you love and trust, can cause anger, sadness and confusion. But if you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. Letting go of grudges and bitterness can make way for improved health and peace of mind.

Baptism was given to us to take away the sin inherited from Adam (original sin) and any sins we personally committed before baptism (actual sins).

For sins committed after baptism, we have the Sacrament of Reconciliation and it is available to us every day. Through this Sacrament, God forgives us. And, "If God forgives us, we must forgive ourselves." C.S. Lewis (British novelist, poet, academic, medievalist, literary critic, essayist, lay theologian, broadcaster, lecturer, and Christian apologist)

"The human race must learn to forgive, to practice forgiveness, to choose it, to seek it, to value it, and to want it. That means that each of us individually must do the same, because the world begins in the human heart." (Preface of The Forgiveness Book)

"Don't appreciate me, I'm not up to it. Don't criticize me, I don't deserve it. Just be my friend and forgive me, because I am craving for it." — Debasish Mridha

Judy Pearson

