

# Dear Padre,

Isn't natural family planning (NFP) a form of birth control? The couple still controls the potential of human life that God may have wanted to create at a particular moment.

Couples who use NFP aren't practicing contraception. By giving themselves completely to one another in body and soul, they're preserving the integrity of the marriage sacrament. In God's design, women are naturally infertile for many days of the menstrual cycle. The marital act during these times promotes bonding and yet is open to new life. There is no sin in abstaining from the marital act. When a husband and wife use NFP appropriately, they share responsibility for living with their combined fertility. Neither spouse takes

the other for granted. NFP is a healthy and holistic way to plan for children.

Many couples find that living an NFP lifestyle gives them a better understanding of their fertility, frees them from fear of medical side effects, increases their communication, encourages a greater sense of sharing and a generosity toward life, fosters sexual self-control, and gives them the peace of following their spiritual, religious, cultural, or ethical beliefs. Periodic abstinence encourages couples to focus on aspects of their relationship beyond the physical, resulting in a "honeymoon effect."

NFP's most important benefit is that it enables spouses to live the mutual gift of self that is an essential element of marriage. The Church values marital sexual love. NFP helps couples to be authentic in the expression of that love.

From *Natural Family Planning: A Catholic Approach*, © 2009 Liguori Publications.



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## Calendar

- Monday**  
AUGUST 29  
*The Passion of St. John the Baptist*  
1 Cor 2:1–5  
Mk 6:17–29
- Tuesday**  
AUGUST 30  
Weekday  
1 Cor 2:10b–16  
Lk 4:31–37
- Wednesday**  
AUGUST 31  
Weekday  
1 Cor 3:1–9  
Lk 4:38–44
- Thursday**  
SEPTEMBER 1  
Weekday  
1 Cor 3:18–23  
Lk 5:1–11
- Friday**  
SEPTEMBER 2  
Weekday  
1 Cor 4:1–5  
Lk 5:33–39
- Saturday**  
SEPTEMBER 3  
*St. Gregory the Great, Pope and Doctor of the Church*  
1 Cor 4:6b–15  
Lk 6:1–5
- Sunday**  
SEPTEMBER 4  
*Twenty-third Sunday in Ordinary Time*  
Wis 9:13–18b  
Phlm 9–10, 12–17  
Lk 14:25–33

 Liguori Publications is celebrating 75 years of ministry throughout 2022. Follow progress toward our October 23 anniversary date in *Liguorian* magazine and at [Liguori.org](http://Liguori.org).



## 22<sup>nd</sup> Sunday In Ordinary Time

August 28, 2022



*Holy Spirit Catholic Church & Christ the King Catholic Mission*

*Reverend Peter Kmiecik, Pastor*

*Deacon John E. Jennings † Deacon Norbert Lloyd, Jr.*

Parish Office 283-5252 – Fr. Peter's Office 233-0947 - Fax 283-5255

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Office Hours: Mon-Thur-8:00 a.m.–3:00 p.m. Fr. Peter is off on Monday

Twenty-second Sunday in Ordinary Time

...when you hold a banquet,  
invite the poor, the crippled, the  
lame, the blind;  
blessed indeed will you be because  
of their inability to repay you.  
For you will be repaid at the  
resurrection of the righteous.

Lk 14:1, 7-14





### A WORD FROM *Pope Francis*

*Jesus teaches this: "The one who humbles himself will be exalted" (Luke 14:11). God does not exalt us because of our gifts, because of our wealth, or because of our skills, but because of humility. God loves humility. God lifts up those who humble themselves; he lifts up those who serve.*

ANGELUS, SOLEMNITY OF THE ASSUMPTION, AUGUST 15, 2021

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### Holy Spirit Mass Schedule & Intentions

- Week of August 26 – Sept. 2*
- Sat 6:00 pm NO MASS  
Sun 11:00 am †Len Sumter (Birthday)  
Sun 6:00 pm Parishioners Living & Deceased  
Mon 8:00 am NO MASS  
Tue 8:00 am NO MASS  
Wed 8:00 am Communion Service  
Thr 8:00 am NO MASS  
Fri 8:00 am †Bobbi Jo Cowell

### Christ the King Mass Schedule & Intentions

- Week of August 26 – Sept. 2*
- Sat 4:00 pm †Jared Radich & Elaine Letort  
Sun 9:15 am †Souls in Purgatory/Falcone & Johnson Fam.  
Tue 6:00 pm Adoration & Communion Service

### SACRAMENT OF RECONCILIATION

Before and after daily Mass, and by Appointment  
1<sup>st</sup> Friday Adoration – 8:30am- 6:00pm  
at Holy Spirit in St. Patrick's Chapel  
Adoration at Christ the King – Tuesday 5:30pm-6pm