Bethany
Charismatic Catholic Church

November 2026 *Vol. 30 , Issue 11*


Chapel of Mercy

Bishop: THE MOST REV. RAYMOND CONTOIS
Assistant Pastor: FATHER JUDE PAIYAGALA BADUGE DON

"At Bethany there is no Past, only the Present and Future Hope !"

According to the Bible, even God gets to rest. So what about everyone else? If, for instance, you are the parent of a newborn, does it feel that you get way too little rest? One study actually quantified it. During the first two years, parents of newborns, on average, miss out on six months of sleep. Happily, the same study turned up a few tips: Don't stress out and get angry. Do be a "sensitive parent," one who's committed to addressing the baby's needs. That will get both parent and child sleeping through the night sooner.

Or maybe you're a teen in high school and have a tough time making it to your first class. Several studies suggest adolescents plagued with first period tardiness aren't being deadbeats. Their bodies simply developed a later "sleep-wake" phase than other children. These students would benefit if the high school started later.

Modifying one's outlook, changing one's schedule: a number of people have found these to be helpful remedies for sleep deficit disorders. But, in the language of sports, these are minor leaguers. The big league players are the pharmaceutical companies. Don't believe it? Look at the money.

Pharmacists collected $4+1/2 billion in 2008 as they filled 56 million prescriptions for sleeping pills in the United States. And that number was up a whopping 70 percent from 2002. Chronic users consumed two-thirds of those pills. Several studies suggest that chronic use of sleeping pills is about as harmful to your health as chronic smoking. What's the payoff for taking that sleeping pill risk? An increase of only 10 to 30 minutes of sleep each night!

What to do? Consider this. Even God gets to rest. He gets to rest and He is never fatigued. He gets to rest even though He is the tireless Principle of the universe. He gets to rest a rest that is available throughout His universe. Why is that important to know? Well, if rest is so at hand for Him, then rest has to be equally at hand for His likeness, His image. That's you. That's each one of us.

The Bible tells us that after six days of creating, God rested on the seventh day. The Hebrew word translated as "rested" in Genesis also has in its definition "celebrate." Think of God on the seventh day of creation as being so delighted with the way things turned out, He just had to celebrate. Unquestionably, that celebration would have to be renewing, not depleting; refreshing, not draining. With God, rest is not a lack of action. It is a lack of friction. No motion opposes His motion.

No mortally mental fretfulness or second-guessing, or rehashing of the day's disappointments should have the power to haunt a person's consciousness or cause insomnia. In truth, they have no power to override God's restful celebration of good. So no erosion of spiritual refreshment takes place – for Him, or for you in His likeness. Let your prayerful reasoning always begin with God. See what that tells you about you. It will lift your prayers for rest to a higher altitude than you have perhaps previously explored.

One of my theology professors used to say that prayer was holy activity. That work was holy activity. That play was holy activity and that rest was holy activity too.

In all likelihood, few new parents, in the midst of a 2:00 a.m. feeding, will think of it as holy work. Nor will most teens, trying to make it to a first period class on time, see anything about the effort that's divinely impelled. And not much of that legion of chronic sleeping-pill users – perhaps desperately hoping to find a way off them – is going to see a holy dimension to that hope. But every effort to love selflessly, to live responsibly, to challenge addictions fearlessly, is impelled by God. Rest, sweet and renewing and refreshing rest, is available for all.

The key is to know these spiritual facts, and cling to them in prayer. Because God gets to rest, so do we. Because God is the divine Parent of us all, and we are His children, we have it built into our nature to get the rest we need. Because we are God's, we have access to the Creator's renewing power. We were designed by a loving God to go through our days feeling refreshed. As we realize this in prayer, it will show up as the practical reality in our daily comings and goings. Rest happens.

In His Light,

+Ray

Bishop Raymond Contois

167 Dunhamtown Rd. Brimfield, Massachusetts U.S.A. **Web Page: www.bethanyccc.org**
Just 1 mile off route 20 **Phone: (413) 324 - 1164**
Mailing Address: P.O. Box 607, Palmer MA 01069

WEEKLY MASSES

Saturday - - Cancelled
Sunday - 9:00 AM *
Wednesday- - Cancelled



RECONCILIATION & PASTORAL MEETINGS
By Appointment (413) 324-1164

November Schedule

	Eucharistic Ministers		Ministers of the Word
1st	Ron, Paula Ann		Beth, Ron
8th	Ron, Paula Ann		Catherine, Jayne
15th	Ron, Paula Ann		Ron, Paula Ann
22nd	Ron, Paula Ann		Beth, Dan
29th	Ron, Paula Ann		Paula Ann, Stash





Bethany Food Drive

We will continue collecting non-perishable food items for area food pantries. Please drop off your donations of canned goods and dry goods, and leave them in the foyer. Thank You for your constant generosity.



"Hunger never takes a vacation."



Thanksgiving: A Time to Give Thanks to God

Thanksgiving is more than a day of gathering with family and friends, sharing a delicious meal, and enjoying the blessings of life. It is a special time to reflect on God's goodness and the many ways He touches our lives each day.

One Thanksgiving morning, a family gathered around their table, filled with food lovingly prepared. Before anyone began eating, the grandfather asked everyone to share one thing for which they were thankful.

Some thanked God for their families, others for their health, their homes, and the love they shared. When it was the youngest child's turn, she smiled and said, "I'm thankful that God loves us, even on the days when we forget to thank Him."

The room grew quiet as everyone realized the beautiful truth in her simple words.

Thanksgiving reminds us that God's greatest blessings are not always the things we can see or hold. They are the love we receive, the forgiveness we are offered, the faith that carries us through difficult times, and the promise that we are never alone.

As Scripture reminds us:

"Give thanks to the LORD, for he is good, his mercy endures forever." — Psalm 107:1

This Thanksgiving, may we open our hearts to God's love, remember those who are less fortunate, cherish those gathered around us, and give thanks for the blessings of yesterday, today, and tomorrow.

May the peace of Christ fill every home, and may our gratitude to God extend far beyond Thanksgiving Day.

Happy Thanksgiving! May God bless you and your loved ones abundantly.

Dates to Remember November 2026

Nov. 1: SUN. 9:00 AM Annual Memorial Mass



8th: SUN. 9:00 AM Lord's Day Mass

15th: SUN. 9:00 AM Lord's Day Mass

22nd: SUN. 9:00 AM Lord's Day Mass

26th: Thur. 9:00 AM "Thanksgiving Day" Mass



29th: SUN. 9:00 AM Lord's Day Mass





"Teach us to heal, Oh healing Lord, and heal us of all that holds us back."
Elizabeth Anne Stewart

