



**TV Mass
Time & Channel Changes**

Beginning in August, join in the TV Mass on these over-the-air channels. Check your TV listings for the cable/satellite channel numbers:

Harrisburg, PA

**WHP channel 21 (CBS)
at 7:30 a.m.**

Nashville, TN

**WUXP channel 30 (My30)
at 6:30 a.m.**

Mass is also on WGN America cable and satellite channels at 6:30 a.m. (ET) / 5:30 a.m. (CT).

Assumption of the Blessed Virgin Mary – Holy Day Mass

In celebration of the Assumption of the Blessed Virgin Mary into heaven, video of the holy day Mass will be online all day on August 15 at www.HeartoftheNation.org.



Bring the Can Opener

Canned fruits and vegetables, soups, meats, and other nonperishable foods stock food pantry shelves. At home, canned goods also come in handy to pull out of the cupboard instead of starting from scratch.

In Biblical times, people could preserve some foods. They ate dried fruits and beans. They salted and dried fish. They stored olive oil, wine, and grain in earthenware jars. They made milk into cheese.

Even today, a shelf life with no expiration date sounds impossible. Nevertheless, Jesus encouraged His followers to work for food that doesn't ever perish. People knew that their forebears had received manna fresh from heaven every morning, but the Bread of life was something different. As the Lord elaborated, the idea of eating the flesh of the Son of Man led many to lose their appetites. They went back to their old ways, their old beliefs, and their stale old food.



**Fr. Mark Payne
Chaplain**

In the early 1800's, a method for processing filled and sealed, tin-plated cans got patented. Canned meat especially would prove to great advantage for troops on land and sea. It took decades for someone to invent a rotary can opener, but suggested implements meanwhile included a chisel or bayonet.

When our Lord asked the Disciples if they wanted to quit following Him, Saint Peter asked to whom they would go. Jesus had the words of everlasting life. It would take time, but the Lord found ways to help them understand all that He offers at the Eucharistic Table. God remains patient with us, even if He has to chisel away when we find it hard to open our hearts to giving and receiving love and forgiveness.

Gifts to Heart of the Nation enable us to come to the Lord for spiritual nourishment at Mass. We gratefully open Holy Scripture to proclaim at Mass. As bread and wine become the Body and Blood of Christ, we celebrate as members of His Body. To help keep Mass on your channel each week, please donate or pledge whatever you can!

Fr. Mark

“I’ve been watching the Mass on T.V. I hope my ‘little’ donation helps keep it going!”

~Beverly



“I reside in a senior facility. It means a lot to me to have Sunday Mass in my home each week.”

~Gloria



“I just found you today. I am happy beyond words. God bless you and all your participants (camera people, too).”

~Lorraine

In the Son’s Light

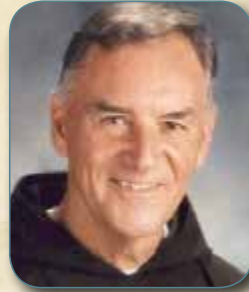
Why does the sky look blue? We could give a child the answer that God knew we would like it that way. We might add that God also created our eyes to see it that way.

Jesus led Peter, James, and John to a mountain, where He gave them a glimpse of His heavenly glory. In the Transfiguration, the Lord’s clothing became dazzlingly white.

What we see as white light combines the whole spectrum of colors. (Just shine a flashlight through a prism to see.) Jesus fully combined divinity and humanity into one glorious Light.

We see sunlight as it shines through the Earth’s atmosphere. Shorter wavelengths of light, such as blue, scatter the most readily. While we try to get on the Lord’s wavelength, His Light shining through us gets a bit scattered in the process. Colorful

though we may be, people in our lives see only some of the Spirit within us.



**Fr. Tony Scannell
Chaplain**

If you remember the colors of a rainbow, with violet after blue, you might wonder why the sky doesn’t look purplish. Our eyes see blue better than violet. So, too, we easily see what Jesus meant by some of His teachings, while we puzzle over others.

When daylight hours draw to a close, the sun sets at an angle to us. Passing through more

atmosphere scatters blue light almost completely, offering sunsets in breathtaking hues of red and orange. The longer we live, the more chance we have to let God’s Light shine vibrantly through us.

Salt particles in the air can make sunsets over the ocean the most spectacular of all. No wonder Jesus wants us to think of ourselves as salt of the earth.

Following the Transfiguration, the disciples saw Jesus in His humanity but could also look forward to seeing Him again in glory. We share that hope because through Him, with Him, and in Him, God has given us every good thing under the sun.

To Whom Shall We Go?

Even followers of the Lord did a turnaround when He talked about His flesh and blood as food and drink. Did the Twelve want to leave, too? Peter responded to Jesus by asking to whom they would go. Although they didn’t understand how the Lord would give of Himself, the Apostles believed that He had the words of everlasting life. They stuck around to find out more.

Heart of the Nation depends on donations year-round. “To whom should we go?” asked Fr. Mark Payne, chaplain. “We ask for your generosity because we want our ministry to stick around for you.”

Just as the costs for television airtime and providing our prayer publications add up, so does the need for donations. “Your offering this month will become a blessing for everyone who depends on spiritual nourishment through Heart of the Nation,” Fr. Mark said. “Please don’t turn away from the need for your help.”



To Give Him Glory

Lord Jesus,
Transfigured before Disciples
in awe,
May the glimpse You let them see
Inspire and help me to follow You
Into eternal glory.

When tasks before me are less
than dazzling,
May grace and humility
Be blessings enabling what I do
To serve and give You glory.

In the heavenly place
You have prepared,
May I live eternally,
Lowly servant reaching the height
Of fullness in Your glory. Amen.

Marian Prayer

Blessed Virgin Mary,
When I feel like a vessel too fragile
To hold the cares that trouble me,
Please pray that the Lord in His love
will bestow
The strength and every grace I need.

Grateful for your love, gentleness,
and care
When I am struggling or afraid,
I ask that with understanding
you hold me,
Wellspring of comfort through
your faith. Amen.

Here's the Hook

Fr. Mark's dad got him hooked on winemaking. A parishioner got him hooked on canning. God got him hooked on priesthood.

As a TV Mass priest since 2013 and co-chaplain for Heart of the Nation's ministry, Fr. Mark Payne enjoys connecting with people. "I love to serve God's people by offering Mass," he said. Many parishioners have gotten a pleasant surprise when they needed the TV Mass and discovered him there. Fr. Mark finds "a feeling of joy" when people mention the importance of the TV Mass and what it means to them.

In college, Fr. Mark participated in a priestly formation program through Saint Francis de Sales Seminary, home of the TV Mass chapel. Work in teaching and campus ministry followed. His own studies have taken him to Catholic universities in Rome and Washington, D.C. Now in his 24th year of priesthood, Fr. Mark serves as pastor of a Milwaukee parish and assists the Archbishop as a dean in overseeing parishes and the well-being of clergy. The Archbishop also appointed him "defender of the bond." While defending the sacramental bond of matrimony, Fr. Mark said, "I always want to see people remain in the Church after they have applied for an annulment."

To his table at home, Fr. Mark brings wines made from grapes or other fruits. "I enjoy peach-apple, a favorite of mine," he said. Meal fare might also include tomatoes, pickles, or sauerkraut that he canned, or pasta with homemade spaghetti sauce. Nothing compares with serving at the Table of the Lord, a dream of Fr. Mark's since growing up with his parents and three brothers in Plymouth, Wisconsin, and playing priest. To viewers of the TV Mass, Fr. Mark said, "Thank you for supporting this wonderful TV ministry. Bless all of you."



Fr. Mark opens a scroll with TV Mass viewers' prayers in celebration of earning his degree in Church law.

The Assumption of the Blessed Virgin Mary

To celebrate the Assumption of the Blessed Virgin Mary, body and soul, into heaven, Heart of the Nation will have video of the August 15 holy day Mass online throughout the day at www.HeartoftheNation.org.

The Virgin Mary holds places of honor in heaven, in the Catholic Church, and in the history of the United States. On the feast of the Assumption in 1790, Father John Carroll became the first bishop of the Diocese of Baltimore, which originally covered all 13 states in the new nation. Bishop Carroll's first Pastoral Letter asked the faithful to join in devotion to Mary. In 1847, Pope Pius IX approved a request by the U.S. bishops to name Mary as the nation's patron saint.

Belief in the Assumption, an event not described in holy Scripture, became Catholic Church doctrine when Pope Pius XII declared it an infallible teaching in 1950. Saints of the early Church had referred to the Assumption in their writings and sermons. At the Council of Chalcedon in the fifth century, the Bishop of Jerusalem said that Saint Thomas had requested opening of Mary's tomb (there Thomas went, doubting again!). The Blessed Virgin's body was no longer there.





With gratitude, Heart of the Nation welcomes new members to the Circle of the Heart monthly giving club. As a member, you will be included in prayers placed before the altar for every Sunday TV Mass. To join, please mark the box on your donation envelope, and indicate the amount of your pledge. (If you need to change or cancel your pledge, just call, e-mail, or send a note to Heart of the Nation.) **Thank you!**

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Prayers Online

Especially when you feel alone or afraid, you can send your prayers to Heart of the Nation anytime, day or night. Your prayers will be included at Mass and, if you would like, on Heart of the Nation's online "Prayer Wall."

Please visit
www.HeartoftheNation.org
to send your prayers.



Heart of the Nation.
CATHOLIC MASS

Contact Us:

Heart of the Nation
1126 S. 70th Street, N601
Milwaukee, WI 53214
Toll-Free: (855) 855-6277
Email:
Mail@HeartoftheNation.org
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Allow 4-6 weeks for delivery. **Thank You!**