

# Sacred Heart Catholic Church - Bellingham, WA.

## 16th Sunday in Ordinary Time

Jesus tells the Apostles after the good works they have done, "Come away by yourselves to a deserted place and rest for a while." Heeding these words of our Blessed Master, Blessed Theresa of Calcutta would not permit her sisters to minister to the poor and dying until they had prayed at least one hour in front of the Blessed Sacrament. Blessed Columba Marmion, a Benedictine abbot who died in 1923 said, "Progression forward in our love of God depends in practice on our life of prayer." "Friendship and union with Jesus must be at the center of our life and our apostolate. For that reason, Psalm 23 (everyone's favorite!) speaks of the Lord as our Good Shepherd. It describes to us how this time of prayer ought to feel, "in verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul."

In our chaotic lives, how many of us would not benefit from some "reposing" of our bodies? How many of us would not benefit from "refreshing of the soul?" At least once a month, I spend Sunday and Monday night at the Benedictine monastery in Lacey to repose and refresh. Sometimes I bring my folding chair down to Marine park and pray my Liturgy of the Hours and sometimes I sit (and at times lie down) in my rectory chapel just musing with God. Do you see that Sunday Mass is an opportunity for reposing and resting with Jesus? What are your rituals for becoming refreshed by God? Do you have a sanctuary or chapel in your home dedicated for union with Jesus? With all that goes on in our lives, we have a right and a need for this time with our Good Shepherd, Jesus.

Fr. Qui-Thac Nguyen

### Annual Parish Picnic

Mark your calendar for the Parish Picnic, to be held on Sunday, August 30, at Fairhaven Park! More information will come your way next month.

### Parish Directory

You will have another opportunity to have your photo taken for the Parish Directory. We are scheduled with Lifetouch for a "make-up" week, September 1-5. More information to follow on scheduling your photo session.

### Rachel's Vineyard

#### Retreat for those who have had an abortion

Whether we face discouragement, loss, pain or despair, we can take great comfort in knowing that no sorrow is too deep that our Heavenly Father cannot feel it with us. God wants to deliver us from it. Come on a Rachel's Vineyard Retreat and be infused with the merciful and infinite love of your Heavenly Father. The next retreat is August 7-9, 2009. Call Valerie: 1-800-822- HOPE (4673).

You are loved with an everlasting Love!

### CAST

CAST has enough sandwich makers and servers for July and August. Drivers are still needed. You can sign up in the back of the church or call Ginnie Parine at 647-5703. This is a Great family Summer project. Thank you!

### Worldwide Marriage Encounter Weekend

Plan now for an upcoming WWME Weekend on November 6-8 in Everett. For more information, call Kay and Mike Gougeon, 671-6955.



### 2009 Annual Catholic Appeal

Report date: 7/3/2009  
Sacred Heart Goal: \$48,341  
Pledges received: \$70,047  
Potential rebate: \$21,706  
Total participation: 43.77%

Thank you for your generosity!

### Newman Center Agape Groups

Young people from the Parish of St. Jude in Redmond will arrive at Sacred Heart on July 19th. They will stay for one week at the Parish Center. During their stay, they will go door to door to collect food for a food bank which is held at a church in Lynden. The food bank is for all of Whatcom County and is advertised at the migrant worker's camp. The youth also harvest food at the Community-to Community Organic Farm, the proceeds from the harvest will go to the migrant workers. If you would like to help, please bring non-perishable food items and clean, gently used toys and clothes. The donations can be put into the container in the vestibule of the church, or brought to the Parish Office. Items needed:

- Rice, beans, flour or sugar.
- Soups, canned foods.
- Cereal, breads/tortillas.
- School supplies.
- Diapers, baby items.
- Toothpaste and toothbrushes.



### Sacred Heart Respect Life

From the Social Encyclical of Pope Benedict XVI *Caritas in Veritate (Truth in Love)* Openness to life is at the Center of true development. When a society moves towards the denial or suppression of life, it ends up no longer finding the necessary motivation and energy to strive for man's true good. If personal and social sensitivity towards the acceptance of new life is lost, then other forms of acceptance that are valuable for society also wither away. The acceptance of life strengthens moral fiber and makes people capable of mutual help. By cultivating openness to life, wealthy peoples can better understand the needs of poor ones, they can avoid employing huge economic and intellectual resources to satisfy the selfish desires of their own citizens, and instead, they can promote virtuous action within the perspective of production that is morally sound and marked by solidarity, respecting the fundamental right to life of every people and every individual.

# July 18 & July 19

## 16th Sunday In Ordinary Time July 19th

8:30 a.m. <b>Mass</b>	Church
9:45 a.m. Coffee Hour	Parish Hall
11:00 a.m. <b>Mass</b>	Church
3:00 p.m. <b>Agape</b>	Parish Center
1:00 p.m. Vietnamese Mass	Church

## Monday July 20th

8:00 a.m. <b>Agape</b>	Parish Center
<b>No Mass</b>	

## Tuesday July 21st

8:00 a.m. <b>Agape</b>	Parish Center
5:00 p.m. Reconciliation	Church
6:00 p.m. <b>Mass</b>	Church

## Wednesday July 22nd

8:00 a.m. <b>Agape</b>	Parish Center
11:15 a.m. Reconciliation	Church
12:10 p.m. <b>Mass</b>	Church

## Thursday July 23rd

8:00 a.m. <b>Agape</b>	Parish Center
11:15 a.m. Reconciliation	Church
12:10 p.m. <b>Mass</b>	Church

## Friday July 24th

8:00 a.m. <b>Agape</b>	Parish Center
11:15 a.m. Reconciliation	Church
12:10 p.m. <b>Mass</b>	Church

## Saturday July 25th

8:30 a.m. <b>Mass</b>	Church
2:00 p.m. Wedding	Church
3:30 p.m. Reconciliation	Church
5:00 p.m. <b>Mass</b>	Church

## 17th Sunday In Ordinary Time July 26th

8:30 a.m. <b>Mass</b>	Church
9:45 a.m. Coffee Hour	Parish Hall
11:00 a.m. <b>Mass</b>	Church
3:00 p.m. <b>Agape</b>	Parish Center

### Mass Intentions This Week

July 21	Clinton Large (+)
July 22	Maria & John (thanksgiving)
July 23	Yukiye Combs (+)
July 24	Memorial Mass for Gunther Frank

### Weekly Readings

#### 16th Sunday In Ordinary Time July 19th

Jeremiah 23:1-6; Ephesians 2:13-18; Mark 6:30-34

July 20	Exodus 14:5-18, 22; Matthew 12:38-42
July 21	Exodus 14:21-15:1; Matthew 12:46-50
July 22	Exodus 16:1-5, 9-15; John 20:1-2, 11-18
July 23	Exodus 19:1-2, 9-11, 16-20; Matthew 13:10-17
July 24	Exodus 20:1-17; Matthew 13:18-23
July 25	2 Corinthians 4:7-15; Ps 126:1-6; Matthew 20:20-28

#### 17th Sunday In Ordinary Time July 26th

2 Kings 4:42-44; Ephesians 4:1-6; John 6:1-15



### Faith Formation and Liturgy

#### Interested in Exploring the Catholic Faith?

Have questions or aren't sure? Or are you ready to start the process to become Catholic? Then call Twi McDonell at 734-2850, Ext. 6 to set up a meeting. The process is the Rite of Christian Initiation of Adults (RCIA). We will begin our Inquiry sessions on Tuesday nights from 7-8:30 p.m. beginning September 1st in the Parish Library. Please feel free to join us!

### Discipleship of Jesus

#### using Mary as our Model Conference

Are you excited about your Catholic Faith? Or are you just a Catholic out of habit? Would you like to be recharged as a volunteer? Find out how blessed we are to be Catholics by attending this Conference. Presented by Fr. Santan Pinto of SOLT Ministries. July 20-22, 2009 Monday-Wednesday, 9:45 a.m. and 7:45 p.m. at St. Mary's Church, Father Auer Center, Anacortes. Telephone: 360-293-2101.

### Assumption Prayer Ministry

Wednesday Evening, 7:00 to 8:30 p.m.



Prayer ministry is quiet and confidential. May we pray with you when you go to the Lord for your needs? No appointment is necessary, just come to Church of the Assumption, 2116 Cornwall Ave., Bellingham.

### Bulletin Advertisers

Please remember to support our bulletin advertisers.

### Assumption School News

**360-733-6133**

**Closed for July:** Assumption Catholic School will resume summer office hours on Aug. 3rd. Office Hours: 8:00-3:00. Have a restful summer!

### Sacred Heart's Stewardship Report

July 11 & 12, 2009

#### Ordinary Income

Envelopes (153)	\$6,809.00
Visitors	<u>\$ 770.60</u>
Ordinary Income	\$7,579.60
Weekly Budget Need	\$8,232.00

2009/2010 Fiscal year to date:

Budget: \$428,075

Actual: \$ 16,935

St. Vincent de Paul	\$ 300.00
Building & Grounds	\$ 80.00
Assumption School	\$ 40.00

