

SAINT COLUMBAN CATHOLIC CHURCH

Christi simus, non nostri
We belong to Christ, not ourselves.

ST. COLUMBAN PARISH

506 First St. S. Yelm, WA 98597

360-458-3031

Office Hours

Monday—Thursday 9:00AM –2:00PM

parishoffice@saintcolumbanyelm.org

Website: www.saintcolumbanyelm.org

FORMED   

Mass Schedule

Saturday Vigil: 5:00PM

Sunday: 10:30AM

Daily Mass: Tues—Fri 9AM *except 1st Fridays

Rosary is said 30min prior to each Mass

Sacraments

Anointing of the Sick: Following First

Friday Devotions or by Appointment

Confession: Saturdays 3:30—4:30PM

First Friday Devotions: 6:30PM

The church may be opened upon request during office hours for private prayer.

St. Vincent De Paul

Providing emergency assistance for those in need.

Help Line: 360-458-1904

Please leave your name, phone number, and details of your need.

ST. PETER MISSION

149 Keithahn St. S, Tenino, WA 98589

360-264-2124

Office Hours

Wednesdays & Fridays 10:30AM – 2PM

gaby@saintcolumbanyelm.org

Mass Schedule

Sunday 8:00 AM

Rosary is said 30min prior to Mass

Sacraments

Confession: Sundays 7:30 -7:45AM

First Friday Devotions: 9:00AM

Anointing of the Sick: Following First Friday Devotions or by appointment

We are a Catholic faith community that seeks to place God first, to know Him, and to grow in holiness together. We strive to live the Gospel through the Eucharist, in our teaching and way of life.



A man without self-control is like a city broken into and left without walls.

Proverbs 25:28

July 18, 2021

16th Sunday in Ordinary Time

Today's Readings

Preludes: Ave Marie Stella; Jesus My Lord, My God, My All

Entrance Antiphon: *See, I have God for my help and the Lord sustains my soul. O God my protector, let evils recoil upon my foes and in your truth bring them to ruin.*

1st Reading: Jeremiah 23:1-6

Responsorial Psalm: *The Lord is my shepherd, there is nothing I shall want.*

2nd Reading : Ephesians 2:13-18

Gospel: Mark 6: 30-34

Communion Preparation Hymn: Prayer of St. Francis

Communion Antiphon: *The judgements of the Lord are right, they golden the heart and are sweeter than honey and the honeycomb. And so, your servant shall keep them.*

Post Communion Reflection: Salve Regina

Recessional Hymn: The King of Love My Shepherd Is

MASS ATTENDANCE

In obedience to the most recent guidelines from the Archdiocese, public Mass at our parish is held with the following safety measures in place.

- ◆ Hand Sanitizer is provided
- ◆ Seating is on a first come first served basis, if you wish to remain distanced from others you may do so at your own discretion.



Fr. Thompson's Reflections

The Seven Deadly Sins: *Gluttony*

Since I talked about Anger/Wrath last week, I might as well cover the other deadly sins over the next few weeks. The seven deadly sins strike at core wounds sin has made in our humanity. For those who are interested in a humorous but insightful approach to this, I would recommend John Zmirak's *The Bad Catholic's Guide to the Seven Deadly Sins*, which is arranged around contrasting each of the Seven Deadly Sins with their contrary Heavenly Virtues. (his other *Bad Catholic's Guides* are also very funny and educational).

Gluttony, which is opposed to the virtue of temperance, is bad for us and offensive to God because it is animalistic. Animals are ruled by instinct, but humans are rational creatures that need not be ruled by our appetites. Our appetites are good things as they prompt us to enjoy the goodness of God's creation, but gluttony overdoes it, seeking food and drink and even experiences in an unhealthy way or amount.

In a way, gluttony also overlaps with the lack of hope that can be found in the sin of Greed—hoarding and not trusting that good things will also be there later. Similarly, given that gluttony is a being ruled by appetites, it overlaps Lust in many ways as well.

Not connected to food or drink per se, a great example of Temperance versus Gluttony is illustrated in CS Lewis' novel *Perelandra*, wherein a man flies to another planet and meets the woman who is effectively that world's Eve. He walks through a waterfall with her, and he feels so refreshed that he wants to walk through it again and again. The sinless woman finds this impulse in him incomprehensible and confusing; then man reflects on her questioning his actions and realizes experiencing the thing again will never be the first experience again anyway and can only lead to a futile chasing after the experience that might sour or dull appreciation of the refreshment he got the first time. It is better to let each experience be its own moment and enjoyed in the right time, place, and amount.

A more pointed example is GK Chesterton's advice about alcohol (he loved tobacco and whiskey, by the way, not a prudish man): that a drink when one would enjoy it can be a good thing, but to drink when one no longer is enjoying it—or worse, “needs” it—is a fast path to Hell (in this life and the next). He gives the vivid example of a “giggling peasant” surrounded by friends and family, for whom wine is to experiences what salt is to food, bringing out fuller flavor when used in proper proportion; he opposes this to a “gin-soaked bum in the gutter” who is ruled by his need (and yes, we now know there is a mental health component to that as well, but the example still stands for what it is worth).

Catholics are not prudes: eat, drink, and be merry! But make sure your appetites are not devouring you.

In Christ,

Fr Thompson

Financial Stewardship

Weekly Offering

	St. Columban	St. Peter
Weekly Goal	\$5,762	\$712
July 4	\$3,226	\$1,298

Thank You for Your Generous Support!

**CALLED TO
SERVE *as* CHRIST**

As of: June 25, 2021

3 Year Goal for St. Columban: \$307,368
Total Pledged: \$115,409 37% of Goal

3 Year Goal for St. Peter: \$54,327
Total Pledged: \$26,897 50% of Goal

DONATE NOW **A FUTURE FULL OF HOPE** *Annual Catholic Appeal*

Goal for St. Columban: \$25,692

Total Pledged as of June 29, 2021
\$32,117 125% of Goal

Goal for St. Peter: \$ 3,984

Total Pledged as of June 29, 2021
\$7,528 189% of Goal

Thank you to all who have returned your pledges!

PARISH STAFF CONTACT INFORMATION

Fr. Brian Thompson, Ext.6	<i>Priest Administrator</i> frthompson@saintcolumbanyelm.org
Patricia Selsor, Ext.2	<i>Bookkeeper</i> pat@saintcolumbanyelm.org
Katie Hennigan, Ext. 3	<i>Faith Formation</i> katie@saintcolumbanyelm.org
Jennifer Langham, Ext. 5	<i>Liturgy & Admin Support</i> jennifer@saintcolumbanyelm.org
Steven Slater,	<i>St. Columban Maintenance</i> steven@saintcolumbanyelm.org
Gaby Makinster,	<i>St. Peter Admin</i> gaby@saintcolumbanyelm.org
Gilberto Espino	<i>St. Peter Maintenance</i> gilberto@saintcolumbanyelm.org

SAINT COLUMBAN PASTORAL COUNCIL

Judith Cusick (Chairperson),
Sheila Johnson, Jerome Didier,
Joseph Judge, Dennis Stumpf
parishoffice@saintcolumbanyelm.org

SAINT PETER ADVISORY COMMISSION

Sherry Bachmann (Chairperson),
Marilyn Ritter, Bernie Schwarz,
Bob Bacon, Diane Weston,
stpeteradvisory@saintcolumbanyelm.org

Faith Formation



RCIA will resume in the fall for all inquirers. Registration remains open until classes resume. Please contact Katie Hennigan in the Faith Formation office for additional information.

Faith Formation: Grades K-12

Faith Formation classes have ended for the 2021-2022 school year and will resume in September. All current students will be automatically enrolled in the next grade. Registration remains open for the summer. Please contact Katie in the Faith Formation office for enrollment or more information.



Saint of the Week

Mary Magdalene was one of the women who traveled with Jesus. She witnessed many of Jesus' miracles, stood at the foot of Jesus' cross, and was present as He died and was buried. She was also one of the first witnesses of Jesus' Resurrection. Her feast day is July 22. She is the Patron Saint of the contemplative life, converts, penitent sinners, hairdressers, women, and many other things!

FORMED For Kids 😊
 Keeping Your Kids Connected to the Faith

The SAINTS AND HEROES COLLECTION

In Our Prayers

Loving God, we join with others of your people here asking you to hold in Your hands all of our homebound brothers and sister and those who have asked for our prayers:

Joseph Waters
 Jess & Jessica Nash
 Maria Luisa Fregoso
 Paul Hennigan
 Pam Henslee
 Teresa Gonzales

- + All those in harm's way.
- + For all those affected by the Coronavirus and for all first responders and caregivers.

Rest In Peace:

All the souls in purgatory, especially those who have no one to pray for them.

To add a name please contact the parish office.

All submissions must have permission from the named individual or an authorized family member for privacy purposes.

Parish Ministries

Please contact the parish office for more information



August 10 Monthly Meeting
 10:00AM Parish Hall



July 21 Council Meeting
 6:00PM Parish Hall

July 25 KOC Breakfast
 11:45 AM Parish Hall

August 21 Coats for Kids Car Show
 9AM—1PM Parking Lot/Parish Hall



St. Vincent de Paul
August 19 Monthly Meeting
 7:00PM Parish Hall



ALTAR SOCIETY
Cleaning the Church
 Every Thursday after Daily Mass
Volunteers Needed!



Please contact the parish office for more information, the latest updates, and schedule changes.

July 19 Rosary Prayer Group
 7:00PM Kimball's Ranch

July 20 Daily Mass
 9:00AM St. Columban
 6:00PM Spanish Prayer Group Parish Hall

July 21 Daily Mass
 9:00AM St. Columban
 + In Memory of: JoAnn Johnson –RIP
 6:00PM KOC Council Meeting Parish Hall

July 22 Daily Mass
 9:00AM St. Columban
Bible Study
 10:00AM St. Peter (Tenino)
 6:30PM St. Columban RE Bldg Rm. 105

July 23 Daily Mass
 9:00AM St. Columban

July 24 Confession
 3:30-4:30PM St. Columban
Vigil Mass
 5:00PM St. Columban

July 25 Sunday Mass
 8:00AM St. Peter
 10:30AM St. Columban
 11:45AM KOC Breakfast Parish Hall

Bonus Bulletin Content!

To save on printing, some extra bulletin content will now be exclusively found in the online edition of our bulletin, which is also emailed weekly to parishioners. Sign up at flocknote.com/saintcolumbanyelm or visit our website saintcolumbanyelm.org

Thanks to our advertisers listed on the back of this bulletin! They make this publication available to the Parish at no cost to us.

undone

FREEDOM FOR THE FEMININE HEART



Ladies, do you desire to live in greater freedom? Are you longing for an authentic encounter with your true feminine identity? Join us for the **Undone Women's Conference** where you will experience a time of truth, beauty, and transformation, as the knots of Eve's disobedience are "undone" through Mary's model of radical receptivity.

Bring yourself, your mother, your sister, your adult daughters and friends. This is a conference you won't want to miss!

Undone: Freedom for the Feminine Heart will be held at Mary Queen of Peace Catholic Church in Sammamish, WA September 9-11, 2021. This event is being offered in person OR virtually via livestream! Register online for either experience at www.jpilhealingcenter.org. Scholarships, student and missionary discounts available. Contact JPiIRetreatSammWA@gmail.com for more information.

Prayer for

PASTORAL PLANNING

Lord Jesus, we give you thanks for your ministry on earth, in which you proclaimed the Kingdom of God and conversion of life. We give you thanks for your passion, death and resurrection by which you manifested the perfect love of God, offering all who believe in you the gift of eternal life. We thank you for your promise to remain with us always as we faithfully carry out your mission.

As members of your Mystical Body, the Church, we come to you seeking the gift and guidance of your Holy Spirit. Help us to become who you call us to be and to accomplish all you ask of us according to the will of the Father.

Grant us the grace of knowing you, loving you and serving you in all our brothers and sisters. Grant that our faith in you may permeate every aspect of our lives. Help us to shed all worldly ways that we may live the Gospel with truth and integrity. Grant that we may be more perfectly conformed to you and live as your witnesses in the world today. Amen.

Mother of the New Evangelization, pray for us!



COVID-19

VACCINE

TENINO QUARRY HOUSE

MONDAY, JULY 19

4PM - 7PM

12 AND OLDER*

PARENTAL CONSENT REQUIRED FOR AGES 12-17

SCAN QR CODE WITH SMARTPHONE TO PRE-REGISTER



*PLEASE BRING A FORM OF IDENTIFICATION

319 PARK AVE E, TENINO

IN PARTNERSHIP WITH THURSTON COUNTY PUBLIC HEALTH & SOCIAL SERVICES

SCAN QR CODE FOR ADDITIONAL VACCINE INFORMATION





GRATIS

COVID-19

VACUNA

TENINO QUARRY HOUSE

LUNES, 19 DE JULIO

4PM - 7PM

12 AÑOS
O MAS*

12-17 AÑOS SE
REQUIERE
CONSENTIMIENTO
DE LOS PADRES

ESCANEE EL
CÓDIGO QR CON
EL TELÉFONO
INTELIGENTE PARA
PREINSCRIBIRSE



319 PARK AVE E, TENINO

PATROCINADO POR SALUD
PÚBLICA Y SERVICIOS
SOCIALES DEL CONDADO DE
THURSTON

ESCANEE EL CÓDIGO QR
CON EL TELÉFONO
INTELIGENTE PARA MAS
INFORMACIÓN



Finding God **CoNTeSt**

This Week's Winner Is:

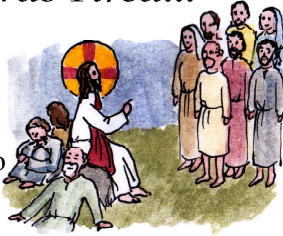
Jessenia Makinster – 4th Grade

Our cat seeks us when we wake up. It makes me think of how God is eager to say hello when we wake up.



When Jesus Was Tired...

The apostles were tired when they came back from their mission trip, so Jesus took them across the lake to a quiet place to have a rest.



But the other people saw where they were going and got there ahead of them! Jesus saw that these people were like sheep without a shepherd, so He felt sorry for them. Even though He was tired and hungry He decided to teach the people who needed Him, without taking a rest.



Have you ever been asked to help someone when you were tired? It isn't easy, is it? But we can learn from Jesus that no matter how tired we are, we should still be ready to help others who are in need.



Answers to Psalm 23 Word Puzzle: green, soul, for, dark, side, that, me, spread, sight, head, overflows, Lord.

www.thekidsbulletin.com

The Kids' Bulletin

16th Sunday in Ordinary Time
Sunday July 18th, 2021

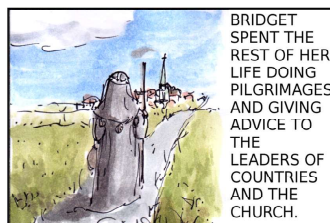
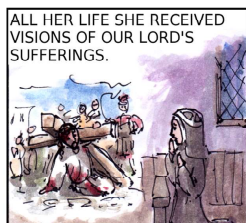
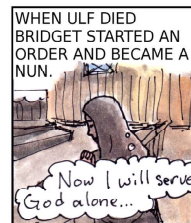
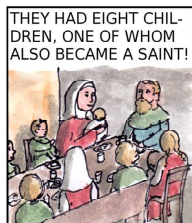
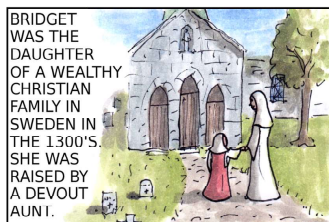


In today's Gospel reading, Jesus wanted to take the tired apostles across the lake to rest in a quiet place. But the people saw where Jesus was going and ran ahead.

See if you can find their path through the maze.

Mark 6:30-34

Saint Bridget of Sweden July 23



BRIDGET HAD A GREAT DEVOTION TO OUR LORD'S SUFFERINGS. SHE WROTE WHAT HE SHOWED HER IN VISIONS, AND SHE ENCOURAGED PEOPLE TO THINK ABOUT HIS SUFFERING. WE SHOULD TAKE A LITTLE TIME EVERY DAY TO LOOK AT A CRUCIFIX AND THINK ABOUT HOW MUCH OUR LORD LOVES US.

thekidsbulletin@gmail.com

Psalm 23 Word Puzzle

Who is this Psalm about?
Unscramble the letters in blanks and use the ones in circles to fill in the answer at the bottom!

In ○ _____ (EGRNE) pastures
he gives me repose;
beside restful waters he leads me;
he refreshes my ○ _____ (LOSU)
He guides me in right paths
○ _____ (FRO) his name's sake.
Even though I walk
in the ○ _____ (AKRD) valley
I fear no evil, for you are at my ○ _____
(IEDS)
with your rod and your staff
○ _____ (HATT) give ○ _____ (EM) courage.
You ○ _____ (EADSRP) the table
before me
in the _____ ○ _____ (HGTSI) of my foes;
you anoint my _____ ○ _____ (EAHD) with oil;
my cup _____ ○ _____
(FOWLVOESR)
Only goodness and kindness follow me
all the days of my life;
and I shall dwell
in the house of the _____ ○ _____ (DOLR)
for years to come.



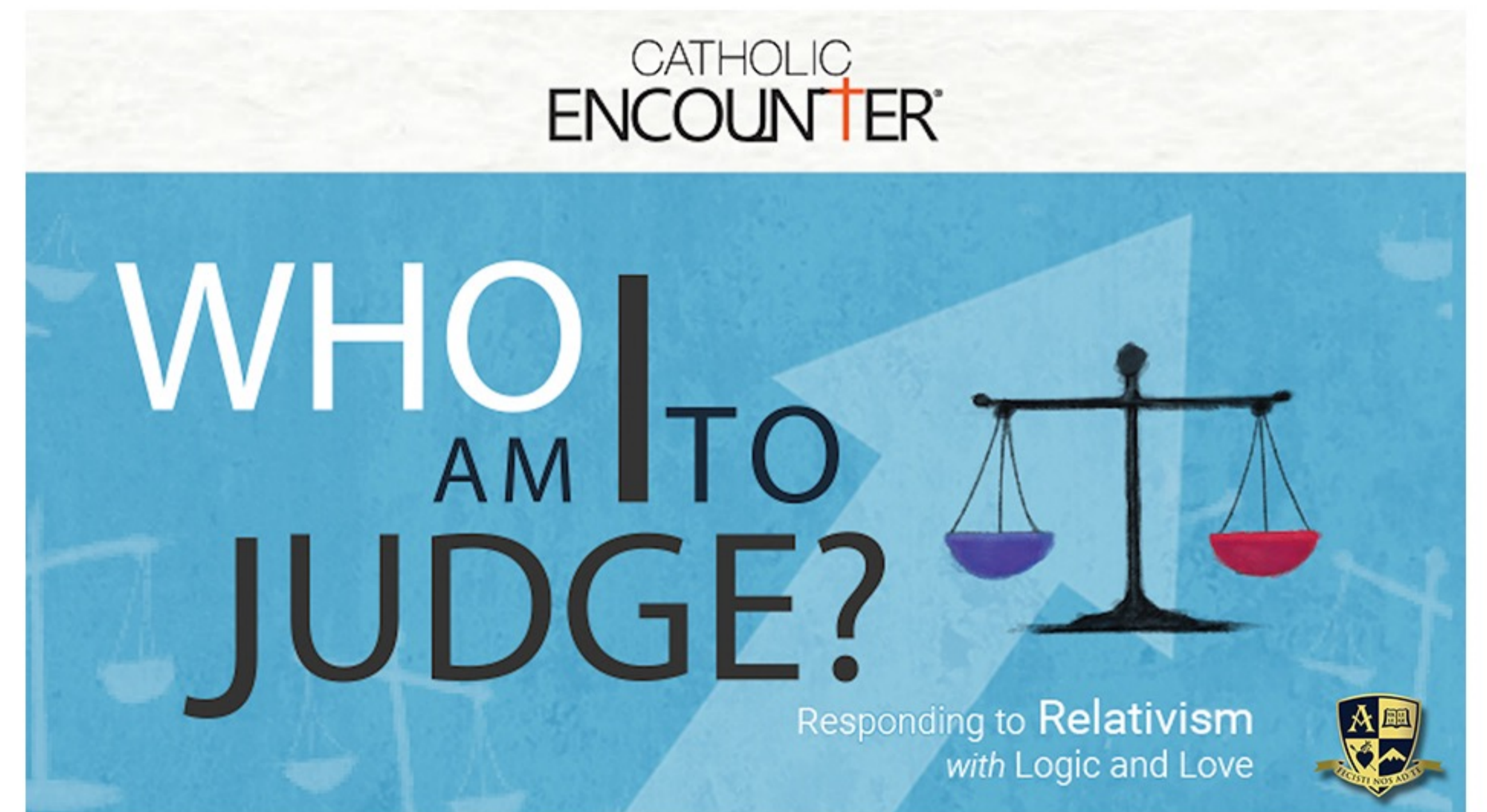
This Psalm tells us about the

July 18, 2021

WATCH

WHO AM I TO JUDGE? WITH DR. EDWARD SRI - SESSION 1: DON'T IMPOSE YOUR MORALITY ON ME!

What is “right” and “wrong”? Is what’s right for you right for me? These are difficult questions to discuss in our culture. We live in a society that supports the opinion that each person should make up his or her own morality, that there is no moral truth that applies to everyone. So, how do we talk about right and wrong in this world? In this series, Dr. Ted Sri explores the fragility of a relativist outlook and the importance of absolute truth.



LEARN

GIVEN FORUM TALKS: EDUCATING ON THE NATURE AND DIGNITY OF WOMEN BY KATHERINE MEEKS



This week we celebrate Mary Magdalene, the most well-known woman in the Gospel accounts besides Christ’s holy mother. In honor of this great saint and disciple, enjoy this presentation on the nature and dignity of women by Katherine Meeks. In her talk, Katherine shares how she chose to pursue a mission-driven life for Christ.

LISTEN

WOMEN MADE NEW BY CRYSTALINA EVERT

In “Women Made New,” Crystalina Evert, author of Pure Womanhood, explains that it doesn’t matter what you’ve done or where you’ve been, all that matters now is where you go from here. Moreover, she discusses topics like dating, healthy habits, and the importance of listening to the Lord. In honor of Mary Magdalene and her devout discipleship, enjoy this talk on authentic femininity.

WOMEN MADE NEW CRYSTALINA EVERT



Our parish has a FORMED subscription.

To set up your free account visit formed.org/signup and select our parish.

Come Away and Rest

July 18, 2021

16th Sunday in Ordinary Time



ARCHDIOCESE OF SEATTLE

At Home with Faith

Jesus instructs the disciples to “come away and rest” in this Sunday’s Gospel. We can follow this instruction with our families and taking some time away to rest and listen to one another, and the Holy Spirit.



Photo: Adobe Stock

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

In this week’s Gospel reading, Jesus invites the disciples to come “Come away by yourselves to a deserted place and rest a while.” Despite the urgency of proclaiming the Good News, Jesus regards taking time to rest as so important as to interrupt that urgent work.

When the crowd follows Jesus and the disciples and finds them, Jesus has mercy on them and taught them.

This Gospel account mirrors the dynamics of family life. As shepherds, we need to provide our families time to rest and be quiet so we are more aware of Jesus’ presence. At the same time, we need to respond to our children’s needs, even in those moments when we would rather rest.

Jeremiah 23:1-6

I myself will gather the remnant of my flock.

Psalms 23

The Lord is my Shepherd.

Ephesians 2:13-18

Jesus is our peace.

Mark 6:30-34

Come away by yourselves to a deserted place and rest for a while.

At Home with Faith

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Take a family road trip!

- **Identify some places that will give you some quiet time as a family.** Identify some locations that will give you some quiet time together. You can use some of the links on our website or pick your own site. Consider proposing more than one option to your family.
- **Explain that you want to create time for rest and free conversation - phones will be set aside.** Let your family know you are planning on spending the time together and creating space for quiet. That means phones are going to be set aside for the trip. Depending on the age of your children and your family relationship with technology, you can plan times for checking of phones.
- **Plan something to listen to for the ride.** Rather than letting each family member entertain themselves with their phone, listen to an audiobook as a family. If your parish has access to FORMED online, FORMED provides a number of free audio books that can be listened to with your smartphone.
- **Plan meals etc. so you will be able to give your family time and attention.** The more prepared we are the more available we will be to listen to them.
- **Be patient when things don't go according to plan.** Jesus and the disciples were interrupted during their time away. Don't be discouraged if your trip doesn't go according to plan. Be grateful for your time together!



 Year of the Family
Live the joy of God's love

March 19, 2021 – June 26, 2022

**CELEBRATE
WITH YOUR
FAMILY**

Stephen Brashear

Do not be rushed,
put aside all your needs and
worries and **make space.**

"Take time, quality time. This means being ready to listen patiently and attentively to everything the other person wants to say. It requires the self-discipline of not speaking until the time is right. Instead of offering an opinion or advice, we need to be sure that we have heard everything the other person has to say. This means cultivating an interior silence that makes it possible to listen to the other person without mental or emotional distractions. Do not be rushed, put aside all your needs and worries and make space."

Amoris Laetitia (The Joy of Love) # 137

Following Jesus' advice to "come away to a deserted place and rest for a while" creates an opportunity to set aside the distractions and busyness of day-to-day life. One way families can do this is to plan a day trip during which each family member commits to be present to the others, setting aside the distractions of mobile electronics.

Check out [this story](#) by NW Catholic on some local Catholic sites that families can take a road trip to visit and discover!

Consider taking a day trip to one of these beautiful local Churches:

[St. James Cathedral, Seattle](#)

[St. Martin's Abbey, Lacey](#)

For more resources, visit us online at:

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>

The Sixteenth Sunday in Ordinary Time

JULY 18, 2021

My sheep hear my voice, says the Lord;
I know them, and they follow me.

—Jn 10:27



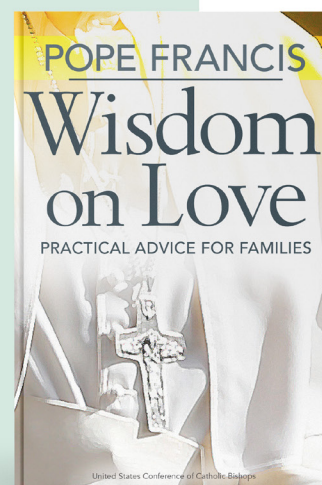
CNS photo/Chaz Muth

Getty Images

The Year of Amoris Laetitia Continues!

We continue to celebrate the Year of the Family, focusing on familial relationships. Pope Francis brings to life the path of love in families in *Wisdom on Love*. Read a tip a day. Read it together with your family. And put into practice today the helpful advice that corresponds to your heart!

Check out www.foryourmarriage.org for more tips, prayers and blogs that promote healthy Catholic marriages. **#MarriageWeek**



Catholic
Current

BULLETIN

1

Seven Considerations While Navigating Infertility

Read the full version at respectlifeprogram.org/navigating-infertility.

We often assume parenthood happens easily after “I do,” but for many married couples, it does not. For some, the joy of conception never happens.

Others suffer repeated miscarriages. Still others experience secondary infertility: after giving birth to one or more children, they are unable to have another. If you experience difficulty bringing a child into your family, know that God is with you, and that He has a beautiful plan for your life as a married couple.

God is with you, and His Church desires to walk with you.

You are not alone; His Church desires to walk with you. The full article at the website listed above contains compassionate, practical guidance, intended primarily for married couples struggling with infertility, though others may also find it to be informative.

This is a summary of a USCCB Respect Life Program article by the same name and is reprinted with permission. © 2019, USCCB, Washington, D.C. All rights reserved.

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SUNDAY, JULY 18, 2021

16TH SUNDAY IN ORDINARY TIME



When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. - Mk 6:34

WEEKLY PRAYER

READINGS FOR THE WEEK OF JULY 18, 2021

- Sunday:** Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 [1]/Eph 2:13-18/Mk 6:30-34
- Monday:** Ex 14:5-18/Ex 15:1bc,-2, 3-4, 5-6 [1b]/Mt 12:38-42
- Tuesday:** Ex 14:21—15:1/Ex 15:8-9, 10 and 12, 17 [1b]/Mt 12:46-50
- Wednesday:** Ex 16:1-5, 9-15/Ps 78:18-19, 23-24, 25-26, 27-28 [24b]/Mt 13:1-9
- Thursday:** Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9 [2]/
Jn 20:1-2, 11-18
- Friday:** Ex 20:1-17/Ps 19:8, 9, 10, 11 [cf. Jn 6:68c]/Mt 13:18-23
- Saturday:** Ex 24:3-8/Ps 50:1b-2, 5-6, 14-15 [14a]/Mt 13:24-30
- Next Sunday:** 2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18 [cf. 16]/Eph 4:1-6/
Jn 6:1-15

OBSERVANCES FOR THE WEEK OF JULY 18, 2021

- Sunday:** 16th Sunday in Ordinary Time
- Tuesday:** St. Apollinaris, Bishop and Martyr
- Wednesday:** St. Lawrence of Brindisi, Priest and Doctor of the Church
- Thursday:** St. Mary Magdalene
- Friday:** St. Bridget, Religious
- Saturday:** St. Sharbel Makhlūf, Priest; BVM
- Next Sunday:** 17th Sunday in Ordinary Time

LIVE THE LITURGY

Inspiration for the week

We only have so much psychological and spiritual energy. We easily get tired. Responding to life's demands and people's needs can really zap us of all of our energy. Anger, frustration, exhaustion, discouragement, helplessness, and even apathy can run wild. We can find ourselves bitter and irritated by the fact that we have to do it all again. We need to rest, connect, and focus. Deserted places, free of unnecessary distractions and demands, are great places of refreshment and we all need them. Desiring to be alone for a bit and rest does not indicate selfishness. Rather, it radiates wisdom. God is the source of all we do and the satisfaction of every human heart. If we are going to use the gifts God gave us well, then we have to make sure our batteries are recharged and replenished. Jesus invites us to go to a desert place to rest and pray. Where is yours?



St. Lawrence
OF BRINDISI
JULY 21



©LPi

*I say to the
Lord, you
are my Lord,
you are my
only good.*

— PSALM 16:2 —

WORSHIP & MEDITATION



FIRST READING

I myself will gather the remnant of my flock from all the lands to which I have driven them and bring them back to their meadow; there they shall increase and multiply. (Jer 23:3)



PSALM

The Lord is my shepherd; there is nothing I shall want. (Ps 23)



SECOND READING

In Christ Jesus you who once were far off have become near by the blood of Christ. (Eph 2:13)



GOSPEL

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. (Mk 6:34)

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GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

There's an ordinary pine grove located on a tree farm not too far from town where life's stresses and demands seem to melt away. It is here that all that seemed so important out there no longer is and one can get lost in the rows of trees and majestic beauty. God is here and all is good. We need to connect with the Divine Source of all that is in order to understand what it is we are doing and why we are doing it. Otherwise, things stop making sense and bitterness can overcome one's spirit. It's okay to play once in a while and to discover that place of profound life and peace. People always have needs and there is constantly something to do. And while all of that is necessary and we are needed, there is also that inner solitude within that needs to be celebrated and released.

We all need a pine grove. It's that little place we can go and leave all that consumes us behind. It's a place where technology can be set aside and wonder, and awe given some time. We don't have to text, calculate, or orchestrate anything in the pine grove. It is a somewhat deserted place where all of that can be set aside and we can just be. The anger, frustration, exhaustion, discouragement, helplessness, and occasional apathy, all can fall to the ground like all of those pine needles that once held their place on the branch of a Frasier Fir. The needles can let go. We can let go. We are beings connected with Being and we all need to remember what really matters, who really matters and what life is truly all about. We need to find that place where we can rest and let go of all of the barnacles we accumulate. Rest, breathe, seek, and love.

The world will need us again when we leave the pine grove. It will all be waiting for us, beckoning for our attention. But we will have prayed and will have marveled at the silence and the beauty of goodness. We can go back, ready, and eager to listen, to help, to heal, to cry, to embrace, and attend to all that is asked of us. But, having let go of the distractions in that deserted place we will have a renewed sense of purpose. We will know better Who it is we serve and what we are meant to do. It will all be clearer now that we have been Divinely touched and refreshed.

LITURGICAL LIFE

RESPONDING *to the Call*

EVERYDAY STEWARDSHIP

Recognize God In Your Ordinary Moments

The Steward's Work Is Never Done

Woe to the shepherds who mislead and scatter the flock! When you hear these strong words from the Old Testament, you're probably thinking, thank goodness I don't have any sheep — dodged that bullet. Nobody misled here! No flock scattered on my watch! However, we are all shepherds of a kind, called to tend our own sheep: our families, our parishes, our communities.

But it's exhausting. Don't we all sometimes just want to take a break from being a steward? The excuses are so familiar: we're tired, we've done enough, we've given all we can, what more does the parish (or my spouse, or my kids, or my boss, or my friends, or my community) want? We give ourselves permission to be selfish. So, what if the flock scatters just a little?

Jesus gets that. We can just imagine him weary with exhaustion, can't we? We see him on his boat, attempting to sneak away for a quick break — maybe just a chance to eat a bite of food in peace. He is God, but he was still human, after all. Even the most dedicated shepherds need to sleep. But people couldn't leave him alone. They were hungry for him. They needed what he could offer, and they needed it now.

As tough as it is, that's the example we are tasked with imitating. Everyday Stewardship demands accountability. It demands our showing up even when we are tired. It demands that we look at our lives, our time, our energies, our talents, our hearts, our bank accounts and think: where do I still have more to give?

— Tracy Earl Welliver, MTS

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WHY DO WE DO THAT?

Catholic Life Explained:

Question:

I've heard that we become angels when we die. Is this what the Church teaches?

Answer:

As human beings, we are both spiritual and corporeal. We are body and soul. This makes us unique in all creation. No other physical creature — plant or animal — possesses an immortal soul made in God's image and likeness. Like the distinction with plants and animals, angels have an entirely different sort of existence. Angels are pure immortal spirit, and they have been so since the moment of their creation. While they may take on an appearance of a body in Biblical history, they are not a body like we are. Angels are neither male nor female, despite the art we often see.

As the result of the Fall, human beings experience death. Our souls are temporarily separated from our bodies. However, we do not become something other than human. Every Sunday in the Creed we profess "I believe in the resurrection of the body." As Jesus was united with his body on the third day, so too will we be united with our bodies at the end of time.

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When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

- Mk 6:34

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QUESTIONS OF THE WEEK

Invite Parishioners to Reflect and Respond to Scripture

First Reading

The prophet Jeremiah spoke of God's negative reaction to "the shepherds" (false rulers) who neglected and mislead his "sheep" (the people of Israel and Judah). What characteristics make for an ideal leader?

Second Reading

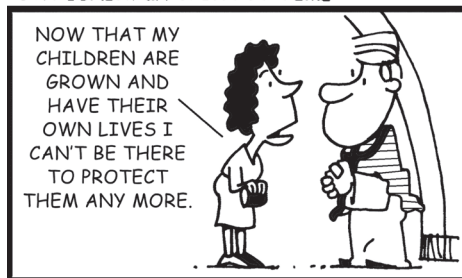
Paul taught the Ephesians that through his cross and resurrection, Jesus established unity and peace for all believers. When have you experienced harmony in your faith community?

Gospel Reading

Jesus encouraged the apostles to retreat and rest after their successful missionary work, but the crowds made that difficult. What gets in your way from resting and retreating?



16TH SUNDAY IN ORDINARY TIME





The apostles gathered together with Jesus and reported all they had done and taught. He said to them, “Come away by yourselves to a deserted place and rest a while.” So they went off in the boat by themselves to a deserted place.

- Mk 6:30-31b, 32

Excerpts from the Lectionary for Mass
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KIDS CORNER

READ THE GOSPEL AND COMPLETE A PUZZLE!

PUZZLE

Find and circle these words from today's Gospel:

PLACE
APOSTLES
ALONE

GOING
BOAT
CROWD

SHEPHERD
PEOPLE
TEACHING

F T G E R T H A O S P
E A L O N E L R T U E
R P N D I T O J S H O
B O A T O N L D I M P
E S V R T I G T H Y L
P T H A D O N G A C E
N L U G T B U T S R M
T E A C H I N G Y O A
P S O C L W C O I W N
G A S H E P H E R D T

SHARING THE GOSPEL

Have you ever just wanted to be alone for a while? Jesus and his disciples knew what that felt like. They wanted to be alone to talk and rest, but crowds of people were surrounding them. Even when Jesus and his disciples tried to slip away unnoticed, people followed them anyway. They arrived only to find more crowds of people. This was certainly not the quiet time they had planned on. Being patient and kind, Jesus gave up what he wanted, and he began to teach the crowds.

PRAYER

Dear God, thank you that Jesus gave up what he wanted, just so he could help other people. Help me to follow his example. Amen.

MISSION FOR THE WEEK

Spend some alone time with Jesus tonight. If you get interrupted because someone else needs help, that's okay. Go help, and then come back to your alone time with Jesus again.





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