

Christi simus, non nostri

We belong to Christ, not ourselves

ST COLUMBAN CATHOLIC CHURCH

A Parish of the
Archdiocese of Seattle

St. Columban Church

506 First St. S | Yelm, WA 98597

Sunday Mass: 10:30 AM

Saturday 5:00 PM

Daily Mass 9:00 AM (Tuesday-Friday, Except First Fridays)

Eucharistic Adoration First Fridays 6:30 PM

Confessions Saturday 3:30-4:30 PM

Anointing of the Sick By request

Baptism & Wedding Preparation

Contact the Parish Office

St. Peter Mission

149 Keithahn St S | Tenino, WA 98589

Sunday Mass 8:00 AM

First Friday Mass 9:00 AM

Confessions Sunday 7:30-7:45 AM

Anointing of the Sick By request

Society of St. Vincent de Paul

Providing emergency assistance for those in need.

Help Line: 360-458-1904

Parish Office Hours at St. Columban Mon.-Thurs. 9:30 AM - 2:00 PM Friday by appointment

June 11, 2023

Corpus Christi

Solemnity of the Most Holy Body and Blood of Christ

Entrance Antiphon: He fed them with the finest wheat, and satisfied them with honey from the rock, alleluia.

1st Reading: Deuteronomy 8:2-3,14b-16a

Responsorial Psalm: *Praise the Lord, Jerusalem*

2nd Reading: 1 Corinthians 10:16-17

Gospel Acclamation: *I am the living bread that came down from heaven, says the Lord. Whoever eats this bread will live forever.*

Gospel: John 6:51-58

Communion Antiphon: *The Lord opened the gates of heaven, and rained down manna upon them to eat, and gave them bread from heaven; man ate the bread of angels, alleluia.*



Welcome to St. Columban

Parish Staff

360-458-3031

Fr. Brian Thompson Priest Administrator
frthompson@saintcolumbanyelm.org Ext. 6

Jennifer Langham PA for Admin, Liturgy, and Music
jennifer@saintcolumbanyelm.org Ext. 1

Holly Dodd PA for Admin, Bookkeeping, & Records
holly@saintcolumbanyelm.org Ext. 4

Gabriela Makinster Elementary & Adult Faith Formation
gaby@saintcolumbanyelm.org *habla Español* Ext. 2

Chad Lucero Youth Ministry
chad@saintcolumbanyelm.org Ext. 3

Steve Slater St. Columban Maintenance
steven@saintcolumbanyelm.org

Gilberto Espino St. Peter Maintenance

St. Columban Parish Pastoral Council

Judith Cusick (Chairperson), Sheila Johnson, Jerome Didier, Joseph Judge, Dennis Stumpf

St. Peter Advisory Commission

Sherry Bachmann (Chairperson), Marilyn Ritter, Bernie Schwarz, Bob Bacon, Diane Weston

stpeteradvisory@saintcolumbanyelm.org

St. Columban Parish Finance Council

Joseph Judge (St Columban), Mari Evans (St Peter)

"The greatest love story of all time is contained in a tiny white Host." - Venerable Fulton J. Sheen

Weekly Calendar & Mass Intentions

All events are at St. Columban unless otherwise noted.

MONDAY June 12

Rosary Prayer Group 7:00PM Church

TUESDAY June 13 St. Anthony of Padua, Priest & Dr

Mass 9:00 AM Church

Daughters of Mary Meeting 10:00AM RE Bldg

Choir Practice 6:00PM Church

Spanish Prayer Group 6:30PM Parish Hall

WEDNESDAY June 14

Mass 9:00 AM Church

Bible Study 11:00AM St. Peter

THURSDAY June 15

Mass 9:00AM Church

Sunday Scripture Study 6:30PM RE Bldg

FRIDAY June 16 The Most Sacred Heart of Jesus

NO DAILY MASS

Funeral for John Heymann 11:00AM Church

SATURDAY June 17 Immaculate Heart of the BVM

Confession 3:30PM Church

Anticipatory Sunday Mass 5:00 PM *Int.: Pro Populo* Church

SUNDAY June 18 11th Sunday in Ordinary Time

Confession 7:30-7:45AM St. Peter

Sunday Mass 8:00 AM *Int.: Pro Populo* St. Peter

Sunday Mass

10:30 AM *Int.: Pro Populo* Church

Father's Day Brunch 11:45AM Parish Hall

Hosted by the Daughters of Mary

From the Parish Office

Week of May 28, 2023

Ordinary Income	St Columban	St Peter
Weekly Goal	\$5,800.00	\$1,000.00
Collection (Cash & Envelopes)	\$3,323.00	\$709.00
Online Giving	\$899.22	\$15.00
Net	(\$1,577.78)	(\$276.00)
Special Funds		
St Vincent DePaul	\$23.88	\$0.00
Sacramentals (Candles, Beeswax tapers, Salt)	\$15.00	\$0.00
Flowers	\$0.00	\$0.00
Building Fund	\$40.44	\$0.00
Mass Intentions	\$20.00	\$0.00

Thank you to all who participated in this years' Home-school Enrichment program. Please remember to fill out the survey on the parish website to help discern what next year's curriculum will look like. All parishioners are invited to provide your input and interest in this program which is offered on Fridays during our academic year.

Now Hiring: Part Time Bookkeeper. St. Columban Catholic Church in Yelm is seeking a part-time (12-15 hours per week) bookkeeper. Responsibilities include but are not limited to overseeing weekly donation counting, entering data on proprietary system, posting to appropriate accounts, reconciling checking accounts, reporting to appropriate personnel. Work experience of 2-4 years as bookkeeper required. Final candidate will be required to pass a background check and take Safe Environment training. Interested applicants may submit a resume to frthompson@saintcolumbanyelm.org.

Sign up for updates via email or text: saintcolumbanyelm.flocknote.com

A Word from Father Thompson



A few years ago, a friend of mine (a faithful Catholic) posted something to Facebook. It was a quote from a politician in Europe calling for swift and disproportionate retribution for the latest atrocity committed by the so-called Islamic State (ISIS). The quote advocated that the world begin to target the families of terrorists with tactics of terror in kind, such as kidnapping and maiming and public murder. I rebuked my friend, telling him that while it is understandable that he feel anger and a desire for justice after someone commits such an evil act, supporting such a response was EVIL and un-Christian, even sinful. He apologized and removed the post.

A few weeks later, there was a terrorist attack in San Bernardino, California and I heard other people expressing wishes that the dead terrorists were burning in Hell. In innumerable cases since as well, I will hear people echoing these sentiments and others like them. I don't know how many times I have heard people express a hope that perverts be abused in prison, those who harm police be mistreated in custody, that criminals be killed by police in standoffs, that murderers be executed swiftly (i.e. setting due process aside). Responses like this to evil are perhaps understandable, but are nonetheless wrong and signs of our fallen human nature. That does not excuse the initial atrocity, of course, and I am not saying that justice should not be meted out in response to great evil, only that the Christian heart should reject the impulse toward revenge for the sake of revenge. Wishing evil on sinners is the exact opposite of what Jesus Christ taught us.

Like I told my friend, I understand the hunger for swift and exact justice. The desire for justice is a good thing, it is a reflection of the Image of God (who is the just judge), in us. However, like so much of humanity, that desire for the scales of justice to balance is wounded by sin, and we all have a dark impulse to go beyond the bounds of virtuous justice and to resort to vicious vengeance. God gave the Israelites the law "an eye for an eye" not to demand retribution but to temper the impulse to excessive retribution by setting a limit: no more than the original harm. However, Jesus taught us the more perfect way of mercy. We are to forgive as we wish to be forgiven, we are to pray for our enemies, we are to prefer being struck twice than strike back once. The abominable evils perpetrated by Russia against in Ukraine in past weeks, as well as the ongoing wickedness of dictators and terrorists throughout the world, and the ever-present cancer of society which is Marxism (no matter how slight) all serve as an opportunity to remember and actually practice this command of Jesus Christ.

That is not to say we do not believe in the need for justice. Those who do evil need to be opposed and their ability to threaten the innocent must be definitively ended. Christians may be called to turn the other cheek, but we do not have the option of turning other people's cheeks; we have an obligation to defend, or at least aid, the innocent. However, even as we hope and perhaps even act to cause the schemes of the wicked to fail, we should not wish additional evil on the evildoers, or to treat them as less than human, or to pretend a personal vendetta or hunger for revenge is justice.

So when the next terrible thing happens in the world or in our community, pray for the victims, of course, and hunger for justice, but I would ask you to add a prayer for the perpetrators (and mean it!): Lord Have Mercy, Christ Have Mercy, Lord Have Mercy.

In Christ,

Remember in Your Prayers

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



The Sick and Homebound

Jessica Nash, Mary Taylor, Dan & Jeanine Kavanaugh,
Vivienne Hayden, Eitan Hadayo, Tracy Slater

The Deceased

Extraordinary Intentions

- + All those in harm's way, especially those experiencing natural disasters and terrorism.
- + All the souls in purgatory, especially those who have no one to pray for them.

To add a name to this list or request a Mass Intention please contact the parish office. All submissions must have permission from the named individual or an authorized family member for privacy purposes. St. Columban Prayer Chain: Confidential and private prayer chain. To join, contact the parish office.

The Pope's Prayer Intention for June 2023: *For the abolition of torture:* We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

Elementary & Adult Faith Formation

Gaby Makinster 360-458-3031 x2 habla Español gaby@saintcolumbanyelm.org



The Feast of Corpus Christi is Today!

Have a family discussion about the Eucharist and Mass

"Corpus Christi" literally means "The Body of Christ." Corpus Christi is a day when we honor Jesus in the Most Blessed Sacrament and thank Him for His sacrifice on the Cross.

Spend some time this Sunday talking as a family about the gift of the Eucharist and the Holy Mass. Look at pictures of your children's First Communion celebrations and ask them what they remember about that day. Ask younger children what they are looking forward to and how they are preparing for their First Communions. Brainstorm some ways that you can grow closer to Jesus in the Eucharist as a family.



1. Participate in a procession: If you came to St. Columban's 10:30 mass, there will be a procession right after. It is a wonderful experience.

2. Put on a play! In the past, Corpus Christi processions would be followed by a play performance! These shows, called "Miracle Plays," would be about a saint's life or a story from the Bible.

Encourage your kids to put on their own play about a saint or a Bible story! Let them use their imaginations and gather objects and costumes from around the house. Perhaps they can get inspiration for their play from a new saint who loved the Eucharist! Blessed Carlo Acutis loved the Blessed Sacrament very much...he even made a website all about Eucharistic miracles that you can still visit today!

3. Go to Adoration. Make some time to visit Jesus in the Eucharist this week. Even just saying hello for a few minutes will make Him so happy! See if your parish will offer Benediction this week--this is a beautiful prayer and has lots of smells and bells to interest kids! If you can, bring some flowers to the monstrance! Even flowers picked from your backyard will do. Place them at the foot of the altar as a family and remind your kids that we bring our prayers to Jesus and lay them at the altar, too!

4. Finally, start a new annual family tradition: Learn a Eucharistic hymn: These are the two we sing the most during first Friday here at Saint Columban. *Tantum Ergo* (Down in Adoration Falling) and *O Salutaris Hostia* (O Saving Sacrifice)

A link will be provided in the Ebulletin for these and other ideas on how to celebrate this special Day.



Our RCIA classes have come to an end.
Registration is now open for the upcoming year
2023-2024 are happening now through September
when classes begin.

Please contact Gaby Makinster for more information on how to register.

May 7th was our last faith formation class. We had 7 students pray a total of 266 prayers.

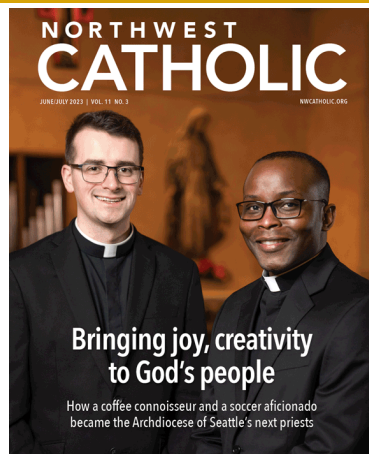
From September to May, your Children faithfully prayed a grand total of 25,851 prayers for the catechetical school year! Way to go faithful prayer warriors!

From the Archdiocese

To be united with our Lord through the Annual Catholic Appeal

As we celebrate the solemnity of the Body and Blood of Christ, we are also starting to wrap up the 2023 Annual Catholic Appeal campaign. Father will be sending his follow up letter this week to those who have yet to make a commitment and reiterate the importance of the appeal. Together, as a parish, we have heard from 18%. Through the Annual Catholic Appeal, we are also able to refill our General Fund and for St. Peter to replace the kitchen flooring. Each one of us makes the body of Christ, every donation counts! If you have not made your contribution, please prayerfully consider Father's message. We are grateful to those who have made contributions and ask you to share your support of the Appeal with others. "Give, and it will be given to you." Luke 6:23

Together, we become the gift of Christ. Thank you For Supporting the Annual Catholic Appeal!



CHECK OUT THE JUNE/JULY ISSUE

O'Dea centennial
Prayers for vocations
A life of burying the dead

NORTHWEST
CATHOLIC

As a registered parishioner, your copy has been mailed directly to you! If not, you may find complimentary copies in the narthex.

Clickable links to suggested webpages may be found on the emailed version and on our Facebook page

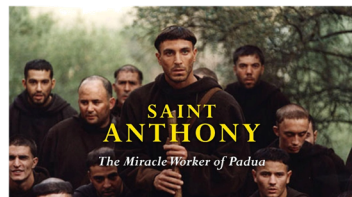
Catholic Media Recommendations for Everyone

THIS WEEK ON FORMED

Our parish pays for a subscription to FORMED.org, a streaming service from the Augustine Institute and Ignatius press.

Go to formed.org/signup and enter our parish name to redeem your FREE membership.

Once logged-in access these suggestions at watch.formed.org/this-week-on-formed



The Sacred Heart and the Immaculate Heart | Sacred Art

Do you have a devotion to the Sacred Heart of Jesus? Deepen your devotion by listening to this discussion of sacred art pieces depicting the heart of Christ.

Saint Anthony of Padua | Lukas Storyteller

Don't worry about your children being exposed to unwholesome television content anymore! In this fun, family-friendly series, your children will learn important lessons, such as the value of honesty.

Saint Anthony: Miracle Worker of Padua

This beautiful Italian film depicts the life of St. Anthony of Padua, including his preaching, his love for the poor, and the wonders of his miracles. It will doubtless help you cultivate devotion to this beloved saint.

Youth Ministry

Saint of the Week: St. Anthony of Padua/Lisbon, Priest and Doctor of the Church "Hammer of Heretics" (d. 1231, feast day June 13)

From the website of the *Friars of St. Anthony in Padua*:

One day, a heretic told Anthony that he would believe that Christ was truly present in the Eucharist only if his mule bowed down to it.

They established that the test should take place in three days. The heretic starved his mule for the next three days. When the appointed time had arrived, Anthony stood off to one side with the consecrated host in his hands, while the heretic stood to the other holding some fodder for the mule to eat. The mule, ignoring its own extreme hunger, went before the Eucharist and knelt down to adore the Blessed Sacrament.

Read more about the *Miracle of the Mule* <<https://www.santantonio.org/en/content/miracle-mule>>



Many images of St. Anthony picture him with lilies and the Christ child. In many places lilies are blessed and distributed on the feast of St. Anthony. The lily is meant to remind us of St. Anthony's purity and our own need to pray for the grace of purity in times of temptation."

Learn more about St. Anthony with the article *The Story of Saint Anthony* from the website of the Franciscan Friars of the Atonement: <<https://www.atonementfriars.org/life-st-anthony-padua/>> "

Picture Credit: Anton van Dyck, *Le miracle de la mule ou Miracle de saint Antoine de Padoue à Toulouse* c.1630 Public Domain

Questions of the Week, Reflect and Respond to the Sunday Readings

First Reading: *"He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers." (Dt 8:3)*

At the end of their forty-year journey in the desert, Moses instructs the Israelites not to forget how God taught them to depend on Him alone. How might you remind yourself of this important lesson in life?

Second Reading: *"Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf." (1 Cor 10:17)*

Paul teaches the Corinthians that through the body and blood of Christ, the community of believers are "one body." Who in your life needs to hear this unifying message?

Gospel: *"For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him." (Jn 6:55-56)*

Jesus teaches the crowds that through his body and blood believers will obtain eternal life and be raised on the last day. This is the core of our Catholic belief about Jesus. How do you think we can best celebrate this gift of eternal life?

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved. Reflections ©LPI

Our Youth Ministry Values

Our primary identity is as beloved sons and beloved

daughters of God, no matter what. You are here because God wanted you here. Willing our existence, God create each of us out of love to love and for love.

We glorify God by striving to fully live our

state in life. God gave us families and communities where we learn our faith, pray for each other's needs, and build virtue together as members of his Church, the Body of Christ.

As pilgrims on a journey together we are always on

mission. We attend Holy Mass and receive the sacraments to better endure the trials of life, train us to be of service to one another, and to prepare us for eternal life in Heaven.

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Parish Ministries & Events

Please contact Jennifer at the Parish Office for more information about events and to connect with our various parish groups: 360-458-3031 x1 jennifer@saintcolumbanyelm.org



Father's DAY BRUNCH

Sunday, June 18, Parish Hall following the 10:30am Mass

Sponsored by the Daughters of Mary



Altar Society

Meets every Thursday after Daily Mass to clean the church.



Daughters of Mary

St. Columban Catholic Church Yelm, WA

Monthly Meeting

June 13th, 10:00 AM RE Bldg.
daughtersofmary@saintcolumbanyelm.org



Knights of Columbus

Council 17152 / Assembly 3947

CHARITY + UNITY
FRATERNITY + PATRIOTISM

Next Council Meeting: June 21, Begins with Evening Prayer in the Church at 5:30 PM

Next Assembly Meeting: June 19

Join us for our next breakfast! June 25, after the 10:30 Mass

Prayer Groups

Rosary Group Mondays 7pm, Church

Spanish Group Tuesdays 6:30pm, Hall

Society of St. Vincent de Paul

Monthly Meeting

June 22, 7:00 PM Parish Hall



St. Peter's Circle

St. Peter Mission Tenino

Next Meeting July 11th 9:30 AM

5TH ANNUAL COATS FOR KIDS CAR SHOW



Presented by The Knights of Columbus Council 17152, Assembly 3947
Saturday June 24, 9am-3pm / In conjunction with Yelm Prairie Days 2023



Register your car for only \$20!

Proceeds benefit the purchase of winter coats for distribution within our community.

For more information contact Darren Johnson @ 253-709-4588 or kofc@saintcolumbanyelm.org



JUNE

Month of the Sacred Heart

Outside Events/Notices



worldwide marriage encounter

I am the living bread that came down from heaven; whoever eats this bread will live forever; ... Let the Lord feed and support your marriage by going on the next Worldwide Marriage Encounter Experience on Oct 13-15, 2023 at Archbishop Brunett Retreat Center at the Palisades, Federal Way, WA, Oct 6-8 Immaculate Heart Retreat Center, Spokane, WA or Aug 25-27 Beaverton, OR. For more information about Worldwide Marriage Encounter, please visit www.wwme.org. For questions, or to find out more about a Virtual Encounter Weekend, feel free to contact: Jeff and Sandy Corneil 360-930-2321. Follow WWME on Instagram and Facebook!



Use your God-given talents to further Catholic education! Pope John Paul II High School is seeking a passionate candidate for...

Bookkeeper/Office Manager



Scan the QR code or visit our website popejp2hs.org to learn more and apply!



Sign up for updates via email or text: saintcolumbanyelm.flocknote.com

Outside Events



Mental Health First Aid Training

A Workshop for Catholic Leaders in Parish Ministry

Mental Health issues are on the rise...
how will your parish ministry respond?

YOU WILL LEARN ABOUT

- Risk factors and warning signs of mental health and substance use problems.
- Information on anxiety, depression, trauma, substance use (including opioids), non-suicidal self injury, disorders in which psychosis may occur, disruptive behavior disorders and eating disorders.
- A 5-step Action Plan to help someone who is developing a mental health problem or is in crisis.
- Available evidence-based professional, peer and self-help resources.

...and More!

Friday,
June 23
9am-5pm

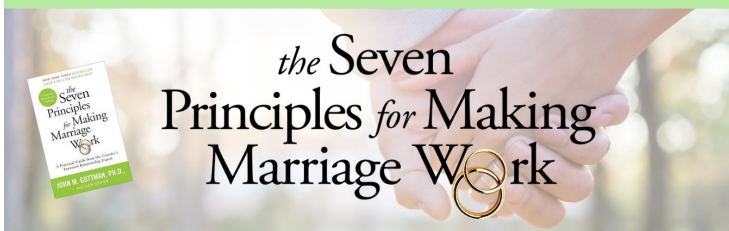
St. George Byzantine
Catholic Church
9730 Yelm Highway SE
Olympia, WA 98513

www.stgeorgeolympia.org

Registration: \$99
(Register today - space is limited!)



Deacon Basil Balke, MA, ThM, LMHC is a Catholic deacon who has a Master's in Counseling and is a Licensed Mental Health Counselor who has worked with thousands of individuals in his growing professional practice over the years. He is the founder of Mount Tabor Counseling in Denver, CO and a principal at The Center for InMinistry Development which is dedicated to educating, equipping and inspiring Catholic leaders. He is a master certified Mental Health First Aid trainer through The National Council for Mental Well Being.



A Workshop for Married & Engaged Catholic Couples

YOU WILL LEARN HOW TO

- Foster respect, affection & closeness
- Build & share a deeper connection with each other's inner world
- Keep conflict discussions calm
- Break through & resolve conflict gridlock
- Strengthen & maintain the positive gains in your relationship



...and More!

Saturday,
June 24
10am-5pm

St. George Byzantine
Catholic Church
9730 Yelm Highway SE
Olympia, WA 98513

www.stgeorgeolympia.org

MEET YOUR CERTIFIED WORKSHOP LEADERS

Deacon Basil and Brittany Balke have been married for almost 12 years and consider themselves lifelong learners. Deacon Basil is a Catholic deacon. He has a Master's in Counseling and is a Licensed Mental Health Counselor who has worked with hundreds of couples in his professional practice. Brittany is a trained Coach and a graduate student in Mental Health Counseling. Both are certified leaders in the Seven Principles workshop from The Gottman Institute. They have four children and are passionate about helping people live happy, meaningful lives!

Dea Basil & Brittany
MOUNTTABORCOUNSELING.COM

FAQ

How much is registration?

Registration is \$99 per attendee which includes all workshop materials and lunch. Please note: this workshop is only for adults. No childcare will be provided. Thank you!

What materials do we need?

You will receive all of your participant materials at the workshop, which includes a Mental Health First Aid Participant and Processing Guide.

Am I being trained to be a therapist?

No, this is an educational workshop intended to assist people to recognize signs of a mental health crisis, to listen empathetically, and to connect those individuals with resources that will aid them. This is neither psychotherapy, nor is it training individuals to diagnose or provide therapy.

Will we get any breaks?

There will be small breaks provided along with some light refreshments, as well as a longer lunch break where lunch will be provided. If you have special dietary needs, please be sure to bring your lunch with you.

Is this workshop Catholic?

The principles and exercises taught in this workshop are in line with Catholic values and teachings, and together we will explore some of those connections.

MOUNTTABORCOUNSELING.COM

Scan Code
to register!



FAQ

How much is registration?

Registration is \$150 per couple which includes all workshop materials and lunch. Please note: this workshop is only for adults. No childcare will be provided. Thank you!

What materials do we need?

You will receive all of your participant materials at the workshop. This includes two Couple's Guides, two Card Decks, and one copy of the Seven Principles book.

Is this a couples therapy workshop?

No, this is an educational workshop for engaged and married couples, whether young or old or everywhere in between! You will learn principles of communication and conflict management, including some important considerations to determine if or when therapy may be helpful. *Please note:* This workshop is not suitable for couples experiencing significant distress or abuse.

Will we get any breaks?

There will be small breaks provided along with some light refreshments, as well as a longer lunch break where lunch will be provided. If you have special dietary needs, please be sure to bring your lunch with you.

Is this workshop Catholic?

The principles and exercises taught in this workshop are in line with Catholic values and teachings, and together we will explore some of those connections. You will also have time to explore your Catholic values as a couple as they come up in the various exercises.

MOUNTTABORCOUNSELING.COM

Scan Code
to register!





The gift of giving

Only with your support of the **Annual Catholic Appeal** can we provide vital ministries and services for the people and parishes in our archdiocese. Your donation ensures the availability of outreach ministries, education, faith formation, support services for parishes and much more!

Give today to ensure the future of vital ministries, including:

- **Hospital and Healthcare** – Provides accompaniment for the sick offering prayers, sacraments and comfort to patients and their families.
- **Youth and Young Adult** – Provides pastoral care to over 2,500 young adults ages 18-39 through formation opportunities, fellowship events and college campus ministry.
- **CYO Camps** – Provides the only summer camps in Washington that inspire campers through Catholic teachings to learn respect and dignity for themselves, others and the environment.
- **Mental Health** – Provides suicide prevention, mental health awareness and education for parishes and Catholics to reduce the stigma of mental illness and provide a welcoming community.
- **Administration Support** – Provides centralized parish support including human resources, building construction, financial services, insurance, payroll and benefits, communication, and more.

PICTURED: Youth giving back



“Give, and it will be given to you.”

—Luke 6:38

Make Your Gift Today

archseattle.org/GiveACA | Call 800-809-4921 | Scan the QR code





Annual Catholic Appeal

“Den, y les será dado.”

— Lucas 6,38

Solo con su apoyo a la **Petición Católica Anual** podemos ofrecer ministerios vitales y servicios a las personas y parroquias en nuestra arquidiócesis. Su donativo asegura la disponibilidad de ministerios de asistencia social, educación, servicios de administración para parroquias, ¡y mucho más!

Done hoy para asegurar el futuro de ministerios vitales, incluyendo:

- **Hospital y Cuidado de la salud** – Brinda acompañamiento a los enfermos, ofreciendo oraciones, sacramentos y consuelo a pacientes y familiares.
- **Adolescentes y jóvenes adultos** – Brinda cuidado pastoral a más de 2500 jóvenes adultos entre 18 y 39 años por medio de oportunidades de formación, eventos sociales y ministerio.
- **CYO Camps** – Ofrece los únicos campamentos de verano en el estado que inspiran a los participantes por medio de las enseñanzas católicas a respetar su propia dignidad y el medio ambiente.
- **Salud mental** – Ofrece prevención del suicidio, concientización sobre la salud mental y educación a parroquias y católicos a fin de reducir el estigma de la enfermedad mental y brindar una comunidad acogedora.
- **Apoyo administrativo** – Provee apoyo centralizado a parroquias, incluyendo recursos humanos, construcción de edificios, finanzas, seguro, pago de salarios y beneficios, comunicación y más.

IMAGEN: Jóvenes retribuyendo con su trabajo



“Den, Y se les será dado.”

— Lucas 6, 38

Haga su donativo HOY

archseattle.org/GiveACA | Llame 800-809-4921 | Escanee el código QR



Annual Catholic Appeal | 710 9th Avenue, Seattle, WA 98104 | aca@seattlearch.org

True Food, True Drink

June 11, 2023

The Solemnity of the
Body and Blood of Christ

ARCHDIOCESE OF SEATTLE

At Home with Faith

Through the Eucharist, Jesus offers his flesh as true food and his blood as true drink.

Let us give thanks for this life-giving nourishment and reflect on how we are called to share it with others.

Photo: Adobe Stock

"Whoever eats my flesh and drinks my blood remains in me and I in him." (John 6:56) When Jesus spoke these words to the crowds in today's gospel reading, it wasn't easy for them to understand. Even now, we might find it difficult to fully grasp how the bread and wine become the Body and Blood of Christ at Mass. But there is one message that we can take away with certainty:

Jesus wants to remain in us, and for us to remain in him.

As humans, we know the longing to be near to those we love. We know what it means to love someone so much that we want to be with them and hold them close. This is what Jesus offers us in the Eucharist – a way to remain in him and become united with each other.

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.

Deuteronomy 8:2-3,14b-16a

Man does not live by bread alone.

Psalms 147:12-15,19-20

Praise God, Jerusalem!

1 Corinthians 10:16-17

We are one body because we partake of the one loaf.

John 6:51-58

The one who feeds on me will have life because of me.

At Home with **Faith**

Talk

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

Jesus said, “Whoever eats my flesh and drinks my blood remains in me and I in him.” (John 6:56) Think of a time in your life when you were comforted or encouraged by God’s presence. Share this story with your family and reflect on the way that Jesus offers us a way to remain in him through the Eucharist.

In the second reading, it is written, “Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf.” (1 Corinthians 10:17) Think of a time when you felt disconnected or far away from others. Perhaps it was a time when you struggled to find common ground with another person. It might have also been a time when you were physically distanced from your friends or loved ones. The second reading reminds us that although we are many, we are one body because we share in the Body and Blood of Christ. How does this shift the way you see your relationships with others, whether they are close by or far away?

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Below is *Anima Christi*, a beautiful prayer to recite and reflect upon for the Solemnity of Corpus Christi.

ANIMA CHRISTI

Soul of Christ, be my sanctification.
Body of Christ, be my salvation.
Blood of Christ, fill all my veins.
Water of Christ’s side, wash out my stains.
Passion of Christ, my comfort be.
O good Jesu, listen to me.
In Thy wounds I fain would hide,
Ne’er to be parted from Thy side,
Guard me, should the foe assail me.
Call me when my life shall fail me.
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end.

Amen.

Source: <https://www.usccb.org/prayers/anima-christi>

For more resources, visit us online at:

<https://www.athomewithfaith.org>



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