

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

July 9, 2023

14th Sunday in Ordinary Time

**Entrance Antiphon:** Your merciful love O God, we have received in the midst of your temple. Your praise O God, like your name reaches the ends of the earth; your right hand is filled with saving justice.

**1st Reading:** Zechariah 9:9-10

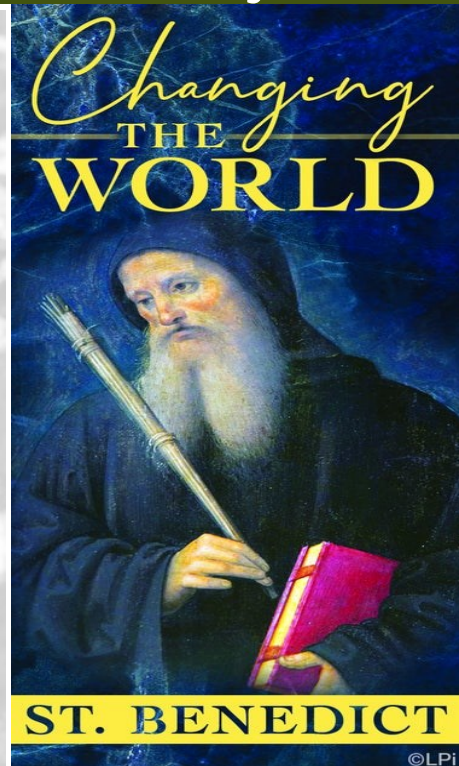
**Responsorial Psalm:** *I will praise your name forever, my king and my God.*

**2nd Reading:** Romans 8:9,11-13

**Gospel Acclamation:** *Blessed are you Father, Lord of heaven and earth; you have revealed to little the ones the mysteries of the kingdom.*

**Gospel:** Matthew 11:25-30

**Communion Antiphon:** *Taste and see that the Lord is good, blessed the man who seeks refuge in him.*



# Welcome to St. Columban

## Parish Staff

360-458-3031

**Fr. Brian Thompson** Priest Administrator  
[frthompson@saintcolumbanyelm.org](mailto:frthompson@saintcolumbanyelm.org) Ext. 6

**Jennifer Langham** PA for Admin, Liturgy, and Music  
[jennifer@saintcolumbanyelm.org](mailto:jennifer@saintcolumbanyelm.org) Ext. 1

**Matthew Tolar** PA for Admin, Bookkeeping, & Records  
[matthew@saintcolumbanyelm.org](mailto:matthew@saintcolumbanyelm.org) Ext. 4

**Gabriela Makinster** Elementary & Adult Faith Formation  
[gaby@saintcolumbanyelm.org](mailto:gaby@saintcolumbanyelm.org) *habla Español* Ext. 2

**Chad Lucero** Youth Ministry  
[chad@saintcolumbanyelm.org](mailto:chad@saintcolumbanyelm.org) Ext. 3

**Steve Slater** St. Columban Maintenance  
[steven@saintcolumbanyelm.org](mailto: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](mailto:stpeteradvisory@saintcolumbanyelm.org)

## St. Columban Parish Finance Council

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

## Weekly Calendar & Mass Intentions

All events are at St. Columban unless otherwise noted.

### MONDAY July 10

**Rosary Prayer Group** 7:00PM Church

### TUESDAY July 11

**St. Benedict, Abbott**

**Mass** 9:00 AM Church

**Spanish Prayer Group** 6:30PM Parish Hall

### WEDNESDAY July 12

**Mass** 9:00 AM Church

**Bible Study** 11:00AM St. Peter

### THURSDAY July 13

**St. Henry**

**Mass** 9:00AM *+In Mem: Michelle Paula Penn Wesley RIP* Church

**Choir Practice** 6:00PM Church

**Sunday Scripture Study** 6:30PM

### FRIDAY July 14

**St. Kateri Tekakwitha, Virgin**

**Mass** 9:00AM Church

### SATURDAY July 15

**St. Bonaventure, Bishop & Doctor**

**Confession** 3:30PM Church

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

### SUNDAY July 16

**15th 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

*"Wherefore let us consider how it behoveth us to be in the sight of God and the angels, and so let us take our part in the psalmody that mind and voice accord together."*

— St. Benedict of Nursia, The Rule of Saint Benedict

## From the Parish Office

### Week of June 25, 2023

Ordinary Income	St Columban	St Peter
Weekly Goal	\$5,800.00	\$1,000.00
Collection (Cash & Envelopes)	\$1,850.00	\$816.00
Online Giving	\$1,979.68	\$15.00
Net	(\$1,970.32)	(\$169.00)
<b>Special Funds</b>		
St Vincent DePaul	\$164.41	\$0.00
Sacramentals (Candles, Bees-	\$24.25	\$0.00
Flowers	\$0.00	\$0.00
Building Fund	\$153.61	\$10.00
Mass Intentions	\$0.00	\$0.00
2 <sup>nd</sup> Collection (Peter's Pence)	\$191.00	\$0.00

Join us as we welcome

**Matthew Tolar**

who is our new Pastoral Assistant  
for Admin, Bookkeeping, & Records!

*We would also like to express our deepest thanks to  
Holly Dodd for all her service to the parish and wish her  
the best of luck in her new endeavor!*

Sign up for updates via email or text: [saintcolumbanyelm.flocknote.com](mailto:saintcolumbanyelm.flocknote.com)



## A Word from Father Thompson



During the course of the riots and divisiveness the summer of 2020, a priest I know mentioned that one particular riot coincided with a realization he had recently had about himself: that he needs to work harder on checking the impulse to anger, as he was noticing how anger had a subtle and insidious effect in his heart. The violence was a reminder to him of what happens when one is possessed by anger. I would add that the anger and distain so woven into our public and private discourse is not to blame only for ideologies driving people to actual violence, but for the whole climate of anger we live in. One example: as soon as Congress reconvened after the disturbance at the Capitol in January, they went right back to blame and recrimination, but now blaming each other for what just happened as well! *No one learned a solitary thing...* but, we can only control ourselves and our behavior, so the place to start is our own hearts.

Anger, like any emotion, is not evil in itself and has a purpose: to stir us to action in the face of injustice and evil (E.g when Jesus cleansed the Temple), but if misdirected—such as against something that is not actually unjust/evil or at persons rather than ideas or actions, and/or when manifested in wicked action of our own, festered into wrath, or indulged to an uncalled for degree, it is one of the Deadly Sins and can utterly consume one's soul.

I've found that the impulse to sinful anger a nagging temptation in myself, and I've noticed that being more intentional and precise in how I articulate thoughts, even (especially, in fact) in my internal monologue has been a great help. (Yes, I know that's a Jordan Peterson thing, so is fix yourself before daring to fix the world; I didn't mean it to be or at least didn't do it because of *12 Rules of Life*, although it is a very good book and so is the sequel).

In this, I have found the hasty use of adjectives and adverbs to be especially devious, particularly when they are conjecture over the intentions of others! They color and shift perception until the anger begins to fester, and then it becomes so much harder to reel in! I have to pause and remind myself, "no, I don't REALLY mean that," or "I am being unfair" or "I'm hating the person, not the idea."

Reining in anger is a challenge, it is a deadly sin for a reason; being human is hard! We have to do it anyway (with the help of Grace).

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, Stan Villadelgado

### **The Deceased**

Sue Kintzley

### **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 July 2023: For a Eucharistic life** We pray that Catholics may place the celebration of the Eucharist at the heart of their lives, transforming human relationships in a very deep way and opening to the encounter with God and all their brothers and sisters.

# Faith Formation

## MEETING CHRIST: EXPLORING THE LITURGY

### THE PROCESSION OF GIFTS (Part 3 of 5)

The image is separated from us by more than 1,600 years, but it is still instantly recognizable: three travelers, cloaks blowing in the wind, stride towards the seated figure of a mother with a child in her arms. This carving from a 4th-century Roman sarcophagus is one of the earliest depictions of the story of the magi, recounted in Matthew's Gospel. Wise men from far away see a star in the sky, and travel all the way to Bethlehem to worship a newborn king. They present him with symbolic offerings of gold, frankincense, and myrrh—gifts that suggest kingship, divinity, and sacrifice. Then they return home “by another way” (Mt 2:12), changed by their encounter with the child of Bethlehem.

The magi come into their own at Christmas, of course. They are featured in our carols and nativity sets, on ornaments and Christmas cards. But we would do well to remember the Magi, those first gift-givers, every time we gather to celebrate the Eucharist, because their journey to Christ is echoed in the presentation of the gifts at every Mass.

In the earliest accounts of the liturgy, this presentation of gifts stands out as an important part of the Mass, a great procession in which all the faithful participated. People brought bread prepared at home and wine from their own tables. They brought gifts of money. Sometimes they brought oil, cheese, olives, milk, honey, and other goods as well! A description of the papal Mass in Rome from the year 700 describes the whole assembly coming forward to the altar with gifts of various kinds. The deacons were on hand to receive and sort the gifts. Everyone, from choristers to the Pope himself, brought an offering.

Obviously, much more bread and wine would be presented than could be used at a single Eucharist. Some of the gifts made their way to the altar; others served the needs of the clergy. The largest portion, however, was distributed among the poor.

With time, this ritual action—which must have been lengthy and quite complex—faded from use. The bread and wine were simply brought from the side table by the altar servers, or even placed on the altar before Mass began. People still made their financial offerings; but the intimate link with the celebration of the Eucharist was lost.

With the renewal of the liturgy following the Second Vatican Council, this important moment for the participation of the faithful was restored and expanded.

“Even though the faithful no longer bring from their own possessions the bread and wine intended for the liturgy as was once the case, nevertheless the rite of carrying up the offerings still keeps its spiritual efficacy and significance” (General Instruction of the Roman Missal, 73). At many weekend Masses, parishes continue the ancient tradition. Following the Prayer of the Faithful, as the altar is prepared for the Liturgy of the Eucharist, all are invited to bring forward their own offerings. People stream forward towards the altar. As they place their gift in the basket, they are offering something back from all God has given to us.



ABOVE: The Magi present their gifts in a 4th-century sarcophagus inscription, now in the Vatican Museums.



The Magi brought gifts of gold, frankincense, and myrrh to the infant Christ. At every Mass, we bring forward our gifts of bread and wine, with our offerings. We offer Christ our time, our talents, our selves!

### Layers of meaning

The presentation of the gifts is rich in meaning. In this part of the Mass, the divine and the human meet: the bread and wine, “fruit of the earth and work of human hands,” are placed on the altar, where they will become the Body and Blood of Christ. God receives our simple gifts in order to return them to us transformed into something infinitely more precious: the very presence of God. The liturgy highlights this holy exchange in the silent prayer that is said as the priest or deacon adds a little water to the wine: “By the mystery of this water and wine, may we come to share in the divinity of Christ who humbled himself to share in our humanity” (Roman Missal). In every Mass, the Word becomes flesh, and makes his dwelling among us.

Participation in the presentation of gifts is closely linked with participation in the Eucharist itself; the two processions are like two sides of the same coin. In the early Church, only the baptized were allowed to bring forward their gifts. The non-baptized were not to bring an offering until the day of their baptism. To bring forward the gifts is the privilege of those who are already members of the Body of Christ.

The presentation of gifts is also intimately linked with the Christian call to share with the poor. Thus St. Cyprian of Carthage (c.200-258)



scolded a wealthy woman who came to the Eucharist but made no offering of her own: "You are rich and well-to-do; yet you think you celebrate the Lord's Supper even though you... come to it without an offering and receive a part of the offering brought by a poor person. Consider the widow in the gospel." The same holds true today. Eucharist and charity go hand in hand.

## Praying the procession of gifts

During this part of the Mass which comes between the two great movements of the liturgy, the Liturgy of the Word and the Liturgy of the Eucharist, it can sometimes feel like we are just waiting for "the exciting part" to begin. But this is a special time of prayer and preparation, with a meaning and purpose all its own. Like the Magi of old, we journey into the presence of Christ, bearing such gifts as we have to offer. In the words of Christina Rossetti's wonderful poem:

What can I give Him, poor as I am?

If I were a shepherd, I would bring a lamb; If I were a Wise Man, I would do my part; Yet what I can I give Him: give my heart.

(Christina Rossetti, In the Bleak Midwinter)

—Corinna Laughlin, *Pastoral Assistant for Liturgy*

MEETING CHRIST: EXPLORING THE LITURGY is a 5-part series of articles provided by the Archdiocese of Seattle. Part Four will be published in two weeks in the July 23rd edition of our Sunday bulletin.



First communicants present the gifts of bread and wine during Mass. Participation in the procession of gifts is intimately linked to participation in the communion procession. Photo: Lilia A'hearn

## A Quiet Prayer at the Preparation of the Gifts

Lord Jesus, as the altar is prepared, prepare me to celebrate this Eucharist with an attentive mind and a receptive heart. Draw me closer to you and to my brothers and sisters in this shared prayer.

As the collection is taken, open my eyes to the needs around me and show me how to share my substance with others.

As the bread is brought forward, receive all I have accomplished this week as my offering to you.

As the wine is poured out, receive the failure, pain, and suffering of my life and transform them.

As the water and wine are mingled, make me more like you, so that the Holy Spirit may have room to act in me.

As the priest washes his hands, I ask you to bless him and all priests. Make them worthy servants of your mysteries, and faithful ministers to your holy people. Amen.

*May the Lord accept the sacrifice at your hands, for the praise and glory of his name, for our good and for the good of all his holy Church.*

*"Wonder is an essential part of the liturgical act because it is the way that those who know they are engaged in the particularity of symbolic gestures look at things. It is the marveling of those who experience the power of symbol, which does not consist in referring to some abstract concept but rather in containing and expressing in its very concreteness what it signifies."*

—Pope Francis, *Desiderio Desideravi*, 26

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

**First Reading:** *See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass.* (Zec 9:9)

The prophet Zechariah saw the future king of Israel restoring both the land and the people, bringing peace and justice to all the nations. How might you help build toward this promised future?

**Second Reading:** *For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.* (Rom 8:13)

Paul speaks of the power of the Spirit living in those who believe in Jesus. When have you felt or experienced the presence of the Holy Spirit in your life?

**Gospel:** *Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.* (Mt 11:29)

Jesus invites all who are burdened and laboring to find "rest" in him. What burdens do you or your family need lifted from your life?

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. Reflections ©LPi

# REGISTER FOR RELIGIOUS EDUCATION

©LPi

All classes for K-12 Faith Formation begin in the Fall. I will be in the narthex after Sunday Mass on August 6 and 13 for any families that would like to register. There will be Elementary Religious Education classes for all students Kindergarten thru 5th Grade. Sacramental prep begins in 1st Grade with First Reconciliation and First Holy Communion being received in the 2nd Grade. Youth Ministry activities are open for all students 6th –12 grade. Confirmation prep begins in 6th grade with the reception of Confirmation in 7th grade. —Gaby

# 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](mailto:jennifer@saintcolumbanyelm.org)



## Altar Society

Meets every Thursday  
after Daily Mass to  
clean the church.



## Daughters of Mary

St. Columban Catholic Church Yelm, WA

### Next Fellowship

July 9th after the  
10:30AM Mass  
Parish Hall

### Monthly Meeting

July 25, 6:00PM  
Parish Hall

[daughtersofmary@  
saintcolumbanyelm.org](mailto:daughtersofmary@saintcolumbanyelm.org)



## Knights of Columbus

Council 17152 / Assembly 3947

CHARITY + UNITY  
FRATERNITY + PATRIOTISM

### Next Council Meeting:

July 19, Begins with Evening  
Prayer in the Church at 5:30  
PM

### Next Assembly Meeting:

July 17

Join us for our next breakfast!

July 23, after the

## Prayer Groups

### Rosary Group

Mondays 7pm, Church

### Spanish Group

Tuesdays 6:30pm, Church

## Society of

### St. Vincent de Paul

#### Monthly Meeting

July 20, 7:00 PM Parish Hall



## St. Peter's Circle

St. Peter Mission Tenino

### Next Meeting

July 11th 9:30 AM

You have the power to save lives

## Give Blood

St. Columban Parish Hall

Friday, August 4, 11am - 5pm

Pre-register for an appointment online:  
[redcrossblood.org](http://redcrossblood.org) Search for "KnightsYelm"



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St. Columban Council 17152



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# Catholic Media Recommendations for Everyone

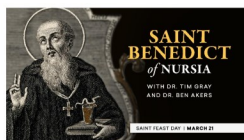
## THIS WEEK ON FORMED

Our parish pays for a subscription to FORMED.org, a streaming service from the Augustine Institute and Ignatius press. Go to [formed.org/signup](https://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](https://watch.formed.org/this-week-on-formed)



### The Story of Death | Eternal Rest | Episode 1

Where did death come from? What does death mean for the human person? Is it simply just part of life, or is it something else? In this first session, we discuss the story of death and God's response to it: defeating death by dying and rising from the dead.



### Saint Benedict

Dr. Tim Gray and Dr. Ben Akers discuss the Rule of St. Benedict as it applies to daily life.



### Paint By Heart | Benjamin Cello | Episode 5

Man looks on the outside, but God looks on the heart! The beauty of painting takes center stage as Giovanni Angelico or "Mr. Gelly" teaches Benjamin Cello and his friends how to "paint by heart".

## Outside Events



# FAITH & FAMILY DAY

SATURDAY, AUGUST 26 | 1:10 P.M. | KC VS. S

Join Archbishop Etienne for Faith & Family Day!  
Seattle Mariners play Kansas City Royals on Saturday, August 26th at 1:15 p.m.!

### Purchase Includes:

- Specially priced \$26 Main Level and \$16 View Level tickets when you purchase through this offer.
- Limited-edition Mariners-themed Faith and Family Day T-shirt (while supplies last). This giveaway is only available to those who purchase through this special offer. Visit the events page on the Archdiocese website at: [archseattle.org/eventslist](https://archseattle.org/eventslist)

**The Faith of a Child**

July 9, 2023

14th Sunday in Ordinary Time

ARCHDIOCESE OF SEATTLE

# At Home with Faith

**Scripture reminds us that his ways have been hidden from the wise and the learned and instead revealed to little ones.** How can we follow Jesus with more childlike faith?



“Come to me, all you who labor and are burdened, and I will give you rest.” (Matthew 11:28)

We can learn a lot about faith by observing children. They cry when they feel discomfort. They don't hide what they feel, they are not ashamed to ask for help, and they are not afraid to show their vulnerability.

Our faith in God can also be as simple as this. God invites us to offer ourselves up to him in moments of strength as well as in moments of weakness. When we practice childlike faith in God, we become better witnesses to his mercy because we make space for his love to fill us in all areas of our lives.

## 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](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

**Zechariah 9:9-10**

The king shall come to reign in Zion.

**Psalms 145:1-2,8-11,13-14**

“I will praise your name forever, my king and my God.”

**Romans 8:9,11-13**

We are in the spirit if the Spirit of God dwells in us.

**Matthew 11:25-30**

God has revealed his wisdom to the little ones.



# At Home with Faith

## Talk

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

**“I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike.” (Matthew 11:25)** In many ways, we become wiser and more capable with age. But there are some things, especially in matters of faith, that may have come more naturally or easily to us when we were children. This might include saying sorry to those we have hurt, or asking for help when we are in need. We might have been more ready to believe the best in others or find beauty in simple things.

**In what ways can we learn about childlike faith from our younger selves?**

**How might God be teaching us about faith through the children in our lives?**

**Below is a Daily Blessing of Children from the United States Conference of Catholic Bishops. This daily blessing can be one beautiful way for us to show care and affection for the children in our lives, but it can also be a powerful opportunity to remind ourselves that we are also children of God. By offering this blessing for our children, let us also remember to ask our Heavenly Father for the same blessings for ourselves.**

### DAILY BLESSING FOR CHILDREN

One of the following short blessings may be said by the parent at various times, such as when a child is going to play or to school, but especially when the child is going to bed each night. The parent makes the sign of the cross on the child's forehead or heart and says one of the following blessings.

May God bless you.

May God keep you safe.

God be with you.

God be in your heart.

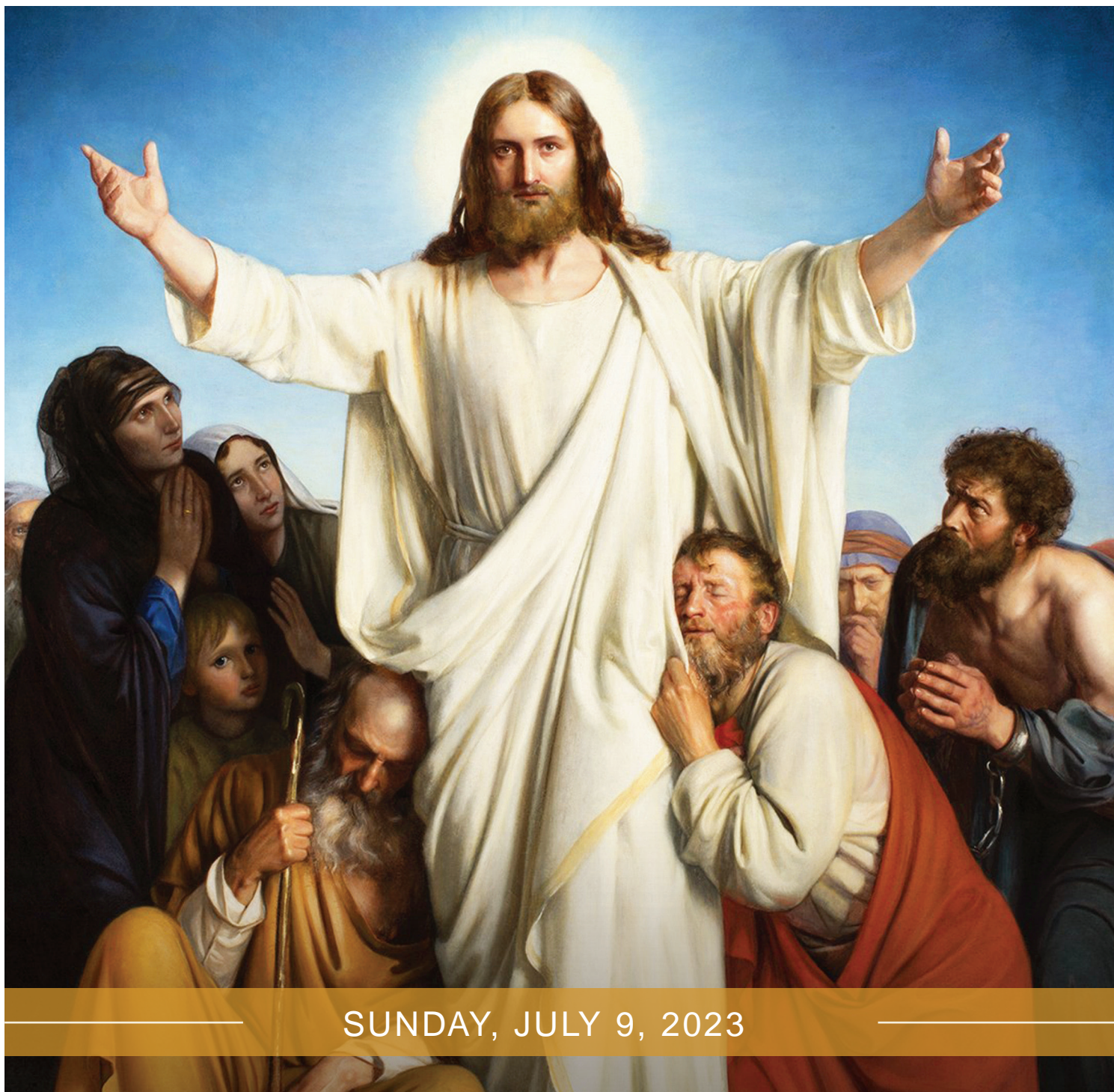
May God bless and protect you.

Source: <https://www.usccb.org/prayers/daily-blessing-child>



**For more resources, visit us online at:**

<https://www.athomewithfaith.org>



SUNDAY, JULY 9, 2023

# 14<sup>TH</sup> SUNDAY IN ORDINARY TIME



"Come to me, all you who labor and are burdened, and I  
will give you rest." - Mt 11:28



# Weekly Prayer

## Sunday's Readings

### First Reading:

See, your king shall come to you;  
a just savior is he,  
meek, and riding on an ass,  
on a colt, the foal of an ass. (Zec 9:9)

### Psalm:

I will praise your name for ever, my king and my God.  
(Ps 145)  
Or Alleluia.

### Second Reading:

For if you live according to the flesh, you will die,  
but if by the Spirit you put to death the deeds of  
the body,  
you will live. (Rom 8:13)

### Gospel:

Take my yoke upon you and learn from me,  
for I am meek and humble of heart;  
and you will find rest for yourselves. (Mt 11:29)

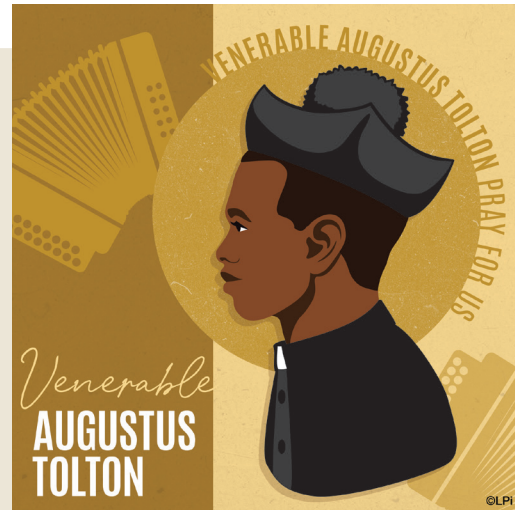
Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

## Live The Liturgy Inspiration of the Week

The Christian life does not require wisdom, charisma, or strength — no, quite the opposite. To be Christian, we must embrace our faults, our littleness, our shortcomings — gather them up, and lay them all at the feet of Jesus. There, they will be transformed.

## Observances for the week of July 9, 2023

- Sunday:** 14th Sunday in Ordinary Time  
**Tuesday:** St. Benedict, Abbot  
**Thursday:** St. Henry  
**Friday:** St. Kateri Tekakwitha, Virgin  
**Saturday:** St. Bonaventure, Bishop and Doctor of the Church  
**Next Sunday:** 15th Sunday in Ordinary Time



## Saint of the week

Venerable John Augustus (Gus) Tolton was born into slavery and escaped with his mother early in his life. He went to seminary in Rome and returned to the U.S. to form a black national church in Chicago. He is considered to be the first priest in the USA who was publicly known to be black.

## Prayer

Venerable Father Tolton, when confronted with the hatred of a brother and the taunts of a few, you imitated the Lamb of God and did not open your mouth against them.

Help us, Father Gus, to follow your example of long-suffering compassion and silent perseverance, to love our enemies and to pray for our persecutors.

Teach us to be noble servants of Christ until he calls us into the presence of his majesty, there to look upon the Master's loving face.

Who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. Amen.

(Prayer Source: <https://tolton.dio.org/prayer.html#:~:text=A%20Prayer%20to%20the%20Venerable%20Augustine%20Tolton&text=Teach%20us%20to%20be%20noble,Amen.>)

## Readings for the week of July 9, 2023

### Sunday:

Zec 9:9-10/Ps 145:1-2, 8-9, 10-11, 13-14  
(see 1)/Rom 8:9, 11-13/Mt 11:25-30

### Monday:

Gn 28:10-22a/Ps 91:1-2, 3-4, 14-15ab/Mt 9:18-26

### Tuesday:

Gn 32:23-33/ Ps 17:1b, 2-3, 6-7ab, and 15/  
Mt 9:32-38

### Wednesday:

Gn 41:55-57; 42:5-7a, 17-24a/Ps 33:2-3,  
10-11, 18-19/Mt 10:1-7

### Thursday:

Gn 44:18-21, 23b-29; 45:1-5/Ps 105:16-17,  
18-19, 20-21/Mt 10:7-15

### Friday:

Gn 46:1-7, 28-30/Ps 37:3-4, 18-19, 27-28,  
39-40/Mt 10:16-23

### Saturday:

Gn 49:29-32; 50:15-26a/Ps 105:1-2, 3-4,  
6-7/Mt 10:24-33

### Next Sunday:

Is 55:10-11/Ps 65:1, 11, 12-13, 14 (Luke 8:8)/  
Rom 8:18-23/Mt 13:1-23 or 13:1-9



## Gospel Meditation

### Encourage Deeper Understanding of Scripture

Do you ever feel restless? I certainly do. Daily tasks and challenges, but also the more basic demand of simply existing — sooner or later, this can all feel crushing and tire us out.

Which is why Jesus' words are such stunningly good news: "Come to me all you who labor and are burdened and I will give you rest" (Matthew 11:28). How vastly weird that this man speaks as though he is capable of giving us the deep repose we desire. Is his claim the height of absurd grandiosity? No, because next he immediately proclaims that he is "meek and humble of heart." We here touch a mystery: Jesus is capable of giving us rest because he is the one who forever reposes in the heart of God the Father. He is "yoked" to the Father in his divinity. But he is humbly "yoked" to us, sharing in our humanity.

The good news, my fellow tired-out friends: we don't have to despair in our burdens and exhaustion, no matter how heavy they feel. This week, join me in opening our hearts to hear him say to us, "Come! I will give you rest." We come to him in the Church, Eucharist, the Scriptures, prayer, in the poor. There he will give us rest.

— *Father John Muir*



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## (PRACTICING) CATHOLIC

### A Ballad of Flesh and Spirit

“My yoke is easy and my burden is light,” says the man hanging from a cross. And if we only went on what we see with our eyes — flesh driven through by nails and sword, swollen from beating and inches from expiration — it would seem like a joke.

I’ll tell you something we all know: this life on earth is hard. It’s either too long or it’s too short. It’s frequently painful. It’s riddled with problems that seem to make no sense. It is, as Dickens wrote, “made of ever so many partings welded together.”

But it’s also shockingly, senselessly beautiful. It is full of physical experiences of love, joy, and peace that are so powerful they leave you breathless.

It is both these things — good and bad, hard and wonderful, just as we are both body and soul, spirit and flesh.

No one knows the Father except the Son, who entered into our bodily existence to free us from enslavement to it. No one knows the Son except the Father, and the means by which they know one another — the love passing between them, the Third Person himself — has been shared with us, has made its dwelling within us through baptism.

*“Brothers and sisters, we are not debtors to the flesh, to live according to the flesh.”  
— Romans 8:12*

*Colleen Jurkiewicz Dorman*

## Why do we do that?

Catholic Life Explained

### Question:

I have been away from the Church for a few years and really want to get active again, not so much for me, but for my children. Is this a bad reason to come back to Church?

### Answer:

If you are on your way to the supermarket, and you are forced to detour from your usual route because of road work, does the food you buy taste different? Is the meal less filling? Are the vegetables less tasty? Of course not. In our faith journey, there are many detours called sin. Some are greater than others, some are even a bit longer. But God’s grace comes to us in ways we understand and recognize and need. Your children leading you back to the Church is not as important as the fact that you are back. This is an opportunity for you to renew, strengthen, and deepen your faith. Regardless of how we get to Church, or what draws us closer to God, the fact is we are there. Do what you need to do to get right with God and the Church. Go to confession, begin good family religious practices, and be involved in the ministries your parish offers. Be more than a lukewarm parishioner. Be the kind of Catholic you want your children to be.

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.”

- Mt 11:28-30

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## Questions of the Week

Invite Parishioners to Reflect and Respond to Scripture

### First Reading

The prophet Zechariah saw the future king of Israel restoring both the land and the people, bringing peace and justice to all the nations. How might you help build toward this promised future?

### Second Reading

Paul speaks of the power of the Spirit living in those who believe in Jesus. When have you felt or experienced the presence of the Holy Spirit in your life?

### Gospel Reading

Jesus invites all who are burdened and laboring to find “rest” in him. What burdens do you or your family need lifted from your life?



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PSALM 145

MY GOD,  
I WILL PRAISE  
YOUR NAME  
FOREVER.



“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” - Mt 11:28-30

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## Prayer

Jesus, I thank you for helping me when I'm tired.

## Mission for the Week

Look for someone who is alone on the playground, and ask her to play.

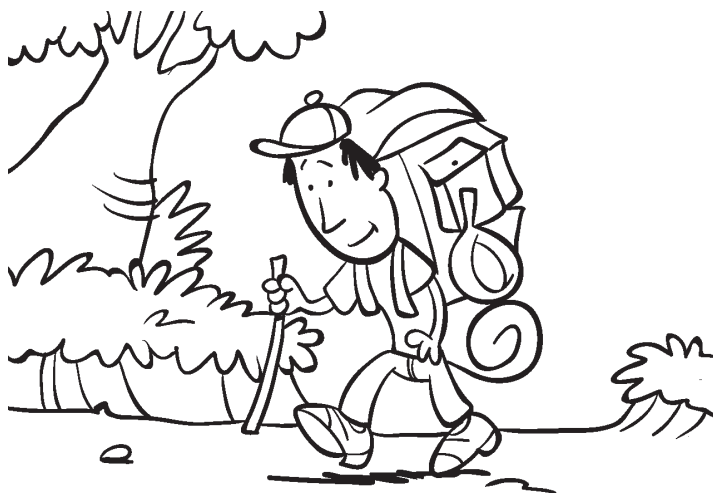
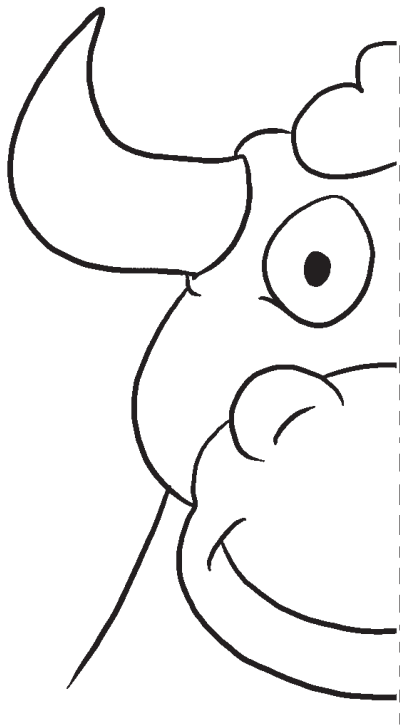
## Sharing the Gospel

Jesus knows that you can get tired. Doing your best in school is hard work. You also may feel tired, sad, or left out on the playground. Whenever you start to feel tired, remember that Jesus is with you. Learn from Jesus. Follow his example. Be honest. Be kind. Help others do the right thing. Jesus will help you.

**Now color the picture!**



Complete the picture of this ox.







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