



Holy Rosary Edmonds

15 SUNDAY, ORDINARY TIME

JULY 11/12, 2020

A Letter from Fr. Vincent

Dear Parishioners,

Americans are angry. According to a noted psychiatrist Joshua Morganstien, the country is now dealing with “three disasters superimposed on top of one another: the pandemic, the economic fallout and civil unrest. And certainly one way of responding and a common way of responding is anger.” A psychology professor from UC Irvine said, “We’re living, in effect, in a big anger incubator.” Recent studies reveal that more Americans now are anxious or depressed, which often can manifest as anger.

We feel anger when things are out of control. The concern is that unmanaged anger can erupt into negative and addictive behaviors, aggressive behavior against others, which is a particular concern now. Domestic violence cases have spiked during the pandemic, and experts believe that children at home with abusive parents are in increasing danger. In the face of anger, the resulting anxiety and depression, and the negative behaviors that can result I would like to suggest three simple ways that can help us cope: order, gratitude, and connections.

Order: On July 11 we celebrate and honor St. Benedict who taught us about the importance of order and ordering the day towards what is important. St. Benedict gave us the Rule, which is a way to live oriented toward God and others. This Rule became the manual for monastic life for centuries, even to this day. Though none of us live in a monastery, we all can benefit from order. Order means having a

rule of life that makes sense according to our state in life and includes what is important. The Rule broadly outlines a monastic day with four quadrants: prayer, study, work, and sleep.

An ordered life, living by a rule of life, can bring a sense of peace in a disordered world. A rule of life makes sure that the important things are happening like prayer, exercise, spending time with others, and service. Part of this order is to limit media exposure. We need to be aware of what we’re feeding our minds. We all have to be very cautious with our exposures to the media. There is so much stimulation and so much information. And much of it is not good news. Experts advise setting limits on and being intentional about our media consumption. Recently I gave the 50/50 challenge. Give the same amount of time to prayer as we do to media consumption.

Gratitude: Perhaps the most powerful tool against anger, anxiety and depression, gratitude means paying attention not to what angers us but to those things that contribute to the goodness and meaning in our lives. Gratitude can be as simple as counting our blessings. Gratitude starts with God who has given us our lives and creation and extends to all the particulars that make up our lives to the littlest things. I recommend a “gratitude session” each day during our prayer time. Gratitude is prayer.

And finally, Connect: We are made in the image and likeness of God who lives in Trinity. We have to live in Trinity -- connection with

Mass

Mon-Sat 8am
Tues 5:30pm
Vigil Sat 5pm
Sun 8am, 10am,
12am

Please continue to
register for
Sunday Masses.
See website or
call parish office.

Mass Livestream

(See website)

Sunday Vigil, Sat 5pm
Recording may be
watched at any time.

Confession

Mon-Sat 7:30-:50am
Sat 4:30-4:50pm

Parish Office

Phone (425)778-3122
Now open limited
hours!

Parish School

Phone (425)778-3197



“The seed sown on rich soil is the one who hears the word and understands it, who indeed bears fruit and yields a hundred or sixty or thirtyfold.”
 Matt 13:23

Adoration Mass Intentions Faithful Departed

The Church is open:

Mon-Sat 7:30am-9am
 Tues 4:30pm-6:30pm

Mon 7/13 Henry P. Durkin †
Tues 7/14 8am Larry Laporte †
 5:30 pm Outreach Ministry “Unboubd”
Wed 7/15 Larry Laporte †
Thurs 7/16 Mark Connors †
Fri 7/17 Steve Fry †
Sat 7/18 Tony Vacca †

Let us pray for:
 Leonard Soldo
 Margaret Stinson

Fr.’s Letter Continued . . .

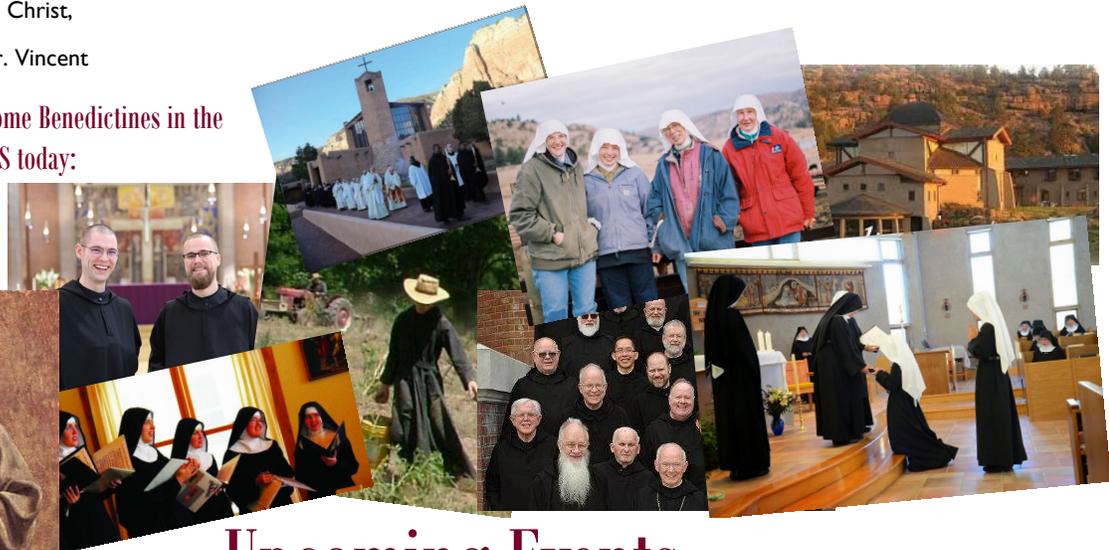
others — to be happy and whole. It is so important to connect with family and friends, sharing the big and little things of life and time together. Also, service to others is a way of connecting . Generosity and hospitality are hallmarks of Christian service.

We are in the midst of our Annual Catholic Appeal (ACA). As you know the ACA helps supports the work of the Archbishop and the Archdiocese. We are doing well with our appeal but we still have a ways to go. Our goal is 188,000 and we are presently pledged at 113,251 which is 60% of our goal and this is with 268 families participating. I would like to thank those who have already participated and encourage those who have not participated to please consider making a pledge so we can make our goal. The funds that come back to us after we make our goal are going to be used to enhance the surety of our campus.

I would like to thank the Safe Start Teams. This is the group of volunteers that are present at each Mass to do what is necessary for us to reopen safely in this Covid era. They are there before Mass to check in and seat people, and they are there after mass to clean and get ready for the next Mass. It has been a great service to our parish and without them we would not be able to open for mass.

In Christ,
 Fr. Vincent

Some Benedictines in the U.S today:



HOLY ROSARY

Upcoming Events

- July** Online VBS continues
- July 12 Noon Mass** First Communions
- July 16th 2pm** Archbishop Etienne receives the Pallium in Rome — facebook livestream
- July 16 11am** Funeral Mass for Mary Allard
- July 19 Noon Mass** 1st Communions
- July 22 11am** Funeral Mass for Sharon Kulfan
- July 22** — Adult Confirmations

A message from St. Francis House:

Thanks to everyone who has donated clothing, household items, blankets, and more to the St. Francis House in Seattle. We are unable to accept more donations at this time.

In partnership with Plymouth Housing Group, construction will begin at our 12th and Spruce location on a 5 level, 100 unit Permanent Supportive Housing building in order to better serve those experiencing homelessness. The ground floor will be owned and operated by St. Francis House and will include a courtyard, hospitality lounge, and shopping area for S.F.H. clients. So much to look forward to!

WE'RE OPEN!!!

Office Hours
 Mon 8:45am-12pm
 Thurs 1:30-4:30pm

Hours subject to change with the re-opening phases.



Needed Items:

- Dish Soap
- Laundry Soap
- Cup o'Noodles
- Cookies
- Boxed Muffin Mix
- Kleenex

(donations can be left in the grey chest by the lower door on the North side of the pastoral center)

A FUTURE FULL OF HOPE

Support over 60 ministries in the archdiocese.

Donate Now
Annual Catholic Appeal

We are ALL in this together! Your Parish Matters and Makes a Difference

Parish Update:
 281 Households have pledged \$121,492 (65% of our goal).