Be perfect

Wow, that’s a tall order! But what does perfect mean? The Greek word means “full” or “complete.” In the first reading, Leviticus calls us to be holy, a word with cultic allusions—to be set apart to be used for God. Though not possessing exactly the same sense, there is a connection between perfect and holy, for to be set apart to be used for God will certainly make us perfect, fulfilled, and complete. So what does Jesus mean when he tells us to be perfect, as God is perfect?

Continuing our reflection on the Sermon on the Mount, we find Jesus telling us how we are to be perfect as God is perfect. He offers two examples of extraordinary behavior. The Mesopotamian code of Hammurabi states “An eye for an eye and a tooth for a tooth.” The punishment may not exceed the crime. This was a step forward in ancient justice.

Jesus said that this is not enough. There is to be no vindictiveness, no revenge, regardless of how equivalent it might appear. The reason for this is that God loves and cares for all, even those who do us injustice. God makes the “sun rise on the bad and the good, and causes rain to fall on the just and the unjust” (Matthew 5:46). In this way, we must be like God; we must love all, no exceptions. This is what it means to be perfect. It is indeed a tall order. But it is the way to be fulfilled, to be complete.

—Sr. Dianne Bergant, CSA

For Reflection:

Where in your life are you being called to consecrate yourself to God and God's work?

Where in your life are you being challenged to love more unselfishly?

[Jesus said,] “Love your enemies, and pray for those who persecute you....Be perfect, just as your heavenly Father is perfect.” Matthew 5:44, 48

Pastor: Fr. Rich Luberti, C.Ss.R.  rich_luberti@compuserve.com
Fr. Dominic Bao Tran, C.Ss.R.
Br. Paul Jorns, C.Ss.R.
Dear Padre,

A Protestant friend says all the Catholic rituals aren’t necessary to get to heaven. What can I say to convince her?

Your friend is correct about heaven: God wishes the salvation of everyone—not just Catholics (Dogmatic Constitution on the Church [Lumen Gentium], 13). Even so, Catholics believe—and Christ taught us—that certain rituals are necessary to enter heaven. Baptism is one example.

But being Catholic isn’t just about getting to heaven. Earthly benefits abound! Take the Mass: holy Communion gives us Jesus Christ’s very Body and Blood. The sacrament of reconciliation absolves our sins, bringing us peace, comfort, and a closer relationship to God. Our saints and the blessed Mother inspire us and intercede on our behalf. Our Church leaders—ordained and religious—bring Christ to our lives. Our Catholic hymns and prayer traditions help us offer praise and thanks in a unique way. Your priest and the Catechism of the Catholic Church can explain in detail the spiritual and temporal benefits of our rituals and rich traditions.

Once we get to heaven, the need for distinctions among those of different Christian faiths dissolves. But until then, we shouldn’t follow the beliefs and practices of the Catholic Church simply because it’s the religion of our parents or spouse; we should follow them because we believe they show us how to deepen our relationship with God by living as Jesus wanted us to.

So while “all the Catholic rituals” do prepare us for heaven, they also enrich and inform our earthly lives in ways we can’t find anywhere else. I thank God for my Catholicism every day—and you should, too.

— Fr. Scott Katzenberger, CSsR, (Sundaybulletin@Liguori.org)

Know Someone Overly Anxious About Sin?

For more than fifty years, Redemptorists have ministered compassionately with those struggling with scrupulosity. For more information and to sign up for our free monthly newsletter, visit: ScrupulousAnonymous.org

A word from POPE FRANCIS

One of the essential characteristics of this vocation to perfection is the love of our enemies, which protects us from the temptation to seek revenge and from the spiral of endless retaliation....Those who evangelize must therefore be first and foremost practitioners of forgiveness, specialists in reconciliation, experts in mercy.

— Homily in the Central African Republic, November 29, 2015
**DAILY MASS INTENTIONS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Intention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun.</td>
<td>9:00 a.m.</td>
<td>Cay Bach</td>
</tr>
<tr>
<td></td>
<td>11:00 a.m.</td>
<td>Leo &amp; Molly McInnis</td>
</tr>
<tr>
<td></td>
<td>5:30 p.m.</td>
<td>Julie Repie</td>
</tr>
<tr>
<td>Mon.</td>
<td>8:00 a.m.</td>
<td>Socorro Fernandez +</td>
</tr>
<tr>
<td></td>
<td>12:10 p.m.</td>
<td>Socorro Fernandez +</td>
</tr>
<tr>
<td>Tues.</td>
<td>8:00 a.m.</td>
<td>Igemar Lood</td>
</tr>
<tr>
<td></td>
<td>12:10 p.m.</td>
<td>Elisabeth Lood</td>
</tr>
<tr>
<td></td>
<td>5:30 p.m.</td>
<td>Role &amp; Juliana</td>
</tr>
<tr>
<td>Wed.</td>
<td>8:00 a.m.</td>
<td>President Trump &amp; Family</td>
</tr>
<tr>
<td></td>
<td>12:10 p.m.</td>
<td>Deacon Robert Hamilton</td>
</tr>
<tr>
<td></td>
<td>7:00 p.m.</td>
<td>Sacred Heart of Jesus Parish</td>
</tr>
<tr>
<td>Thur.</td>
<td>8:00 a.m.</td>
<td>Patricia Liu</td>
</tr>
<tr>
<td></td>
<td>12:10 p.m.</td>
<td>Boris Papak +</td>
</tr>
<tr>
<td>Fri.</td>
<td>8:00 a.m.</td>
<td>Fr. Xavier Borzil</td>
</tr>
<tr>
<td></td>
<td>12:10 p.m.</td>
<td>Leonard &amp; Virginia Banas &amp; fam.</td>
</tr>
<tr>
<td>Sat.</td>
<td>8:00 a.m.</td>
<td>Grant &amp; Dilya Winkler &amp; fam.</td>
</tr>
<tr>
<td></td>
<td>5:30 p.m.</td>
<td>Mike &amp; Veronica Stills &amp; fam.</td>
</tr>
</tbody>
</table>

**MASS SCHEDULE AND PARISH EVENTS**

**February 23, 7th Sunday in Ordinary Time**
- Masses 9:00 a.m., 11 a.m., 5:30 p.m.
- Legion of Mary meeting, 12:30 p.m., Chapel

**February 24, Monday**
- Masses 8:00 a.m. & 12:10 p.m.
- SMART (Addictions) Recovery, 6:00 p.m.
- YAMS Bible Study 7:00 p.m. Chapel

**February 25, Tuesday**
- Masses & MPH Devotion (after Mass) 8:00 a.m.,
  12:10 p.m., 5:30 p.m.
- Rosary, Chapel, 6:15 p.m.

**February 26, ASH WEDNESDAY**
- Mass with distribution of Ashes at 8:00 a.m., 12:10 p.m.
  and 7:00 p.m. in the Church.
- No Confessions or RCIA today

**February 27, Thursday**
- Masses 8:00 a.m., & 12:10 p.m.

**February 28, Friday**
- Masses 8:00 a.m. & 12:10 p.m.

**February 29, Saturday**
- Mass 8:00 a.m.
- Mass Praise & Worship, La Luz de Cristo (Spanish),
  10:00 am, Chapel
- Sunday Vigil Mass 5:30 p.m.

Reconciliation: 30 minutes before Daily Masses, 4:00pm - 5:00pm on Saturday

**Lenten Soup!**

The sign up sheets for soup makers and volunteers are in the lower vestibule.

Our **Lenten Soup Suppers** begin **Friday, February 28th at 5:30 p.m. (Stations will be at 7:00 p.m.)**

**Lenten Soup Lunches** begin **Wednesday, March 4th**

after Stations of the Cross, after the 12:10pm Mass.

Rice Bowl—Catholic Relief Services (CRS)

Rice Bowl is a Lenten program of prayer, fasting, learning, and giving. The educational materials assist ongoing parish and school efforts in developing a spirituality of justice and solidarity with those most in need.

Donations help fund CRS development projects in Africa, Asia, Eastern Europe, and Latin America to produce more food, increase income and address poverty. 25% of contributions remain in this Archdiocese for grants to parishes and organizations that help the poor in Western Washington. The Queen Anne Food Bank — A Ministry of Sacred Heart of Jesus will be requesting a grant from the Rice Bowl/CRS collection this year.

**STEWARDSHIP**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offerings (February 3—9)</td>
<td>$3,264</td>
</tr>
<tr>
<td>Online Giving (February 3—9)</td>
<td>$1,414</td>
</tr>
<tr>
<td>Total Sacrificial Giving</td>
<td>$4,678</td>
</tr>
<tr>
<td>YTD Sacrificial Giving (July 1—Feb 9)</td>
<td>$171,545</td>
</tr>
<tr>
<td>Parish Improvement (July 1—Feb 9)</td>
<td>$9,522</td>
</tr>
</tbody>
</table>

*Thank you for your generosity!*