

SACRED HEART CATHOLIC CHURCH



THE MOST SACRED HEART OF JESUS

JUNE 21, 2020

1110 14th St.
Bellingham, WA 98225

Office Hours: Mon-Fri, 10-4
360-734-2850

**THE MOST SACRED
HEART OF JESUS**
June 21, 2020

**SACRED HEART
CATHOLIC CHURCH**

PARISH STAFF:

PRIEST ADMINISTRATOR: 360-734-2850 x 302
Rev. Cody Ross
fr.ross@shbham.org
Emergencies requiring the presence
of a priest: 360-338-7245

PASTORAL ASSISTANT FOR ADMINISTRATION:
Melissa Johnson 360-734-2850 x 301
melissa.johnson@shbham.org

ADMINISTRATIVE ASSISTANT:
Kim Walker 360-734-2850 x 200
kim.walker@shbham.org

PASTORAL ASSISTANT FOR FAITH FORMATION, RCIA, BAPTISMS:
Lila Ruiz 360-734-2850 x 304
lila.ruiz@shbham.org

PASTORAL ASSISTANT FOR YOUTH MINISTRY--EDGE AND LIFE TEEN:
April Jordan-Hulsey 360-734-2850 x 305
aprilj@assumption.org

MINISTRY COORDINATORS:

ALTAR SERVERS: DALE POLLARD, 360-201-3957, DPOLLARDO57@GMAIL.COM
SACRISTANS: MARY ANN WOOD, 360-201-8747, EMAWOOD@COMCAST.NET
USHERS: PAT KUST, 360-734-8460
LECTORS: BELINDA GRANAT, 360-319-5422, LOOBALOO57@GMAIL.COM
EMHC'S: ELLIE SPRING, 360-483-8427

NEWMAN CAMPUS MINISTRY DIRECTOR: WWW.WWUNEWMAN.COM
Emma Fisher 360-410-0218
emmafisher@wwunewman.com

ST. VINCENT DE PAUL OUTREACH: 360-734-2722

WWW.SACREDHEARTBELLINGHAM.ORG

Sacred Heart Parish, Bellingham ~ June 21, 2020

If you are ready to return to Mass, please contact the parish office to be put on a list to attend. Because we have such a limited number of seats, not everyone will be able to attend every week or even the Mass that they normally have attended in the past. So if you want to be put on the list to attend Mass, here's what you need to do:

- Contact the parish office by calling 360-734-2850 or email us at info@shbham.org
- Wait for your sign-up confirmation email or phone call
- Confirm the assignment by return email

If you are already on our list, you do not need to contact us again. And if you have any questions about this process, please call us at the parish office and we'll be happy to walk you through the steps.

Fall 2020 Rachel's Vineyard Healing Retreat Schedule

September 18–20

October 23–25, en español

November 13–15

Call for a compassionate, confidential conversation in English: 206-920-6413, or Español: 206-450-7814. For more information, visit us at www.ccsww.org/projectrachel, or www.facebook.com/projectrachelww. Contact us by email at projectrachel@ccsww.org

*Project Rachel is a program of
Catholic Community Services.*

Please remember in your prayers those who have died, especially:

Char Dunn, Katherine Muljat, Bob Ose, Elaine Berquist,
Lou DeMarco, Richard Schmitt, Tom Van Kolken,
Pat McEvoy, Maureen Terich, Barbara Crowley,
Bernice Ledray, Roman Wazny, Syl Therrien,
Archbishop Alexander Brunett, Jerry Main,
Cliff Adams, Mary Montag, Arlene McClelland,
Carol Weibe, Constance Barnard, and Richard Sullivan.

Memorial candle burns for:

Corrine O'Brien
6/21-6/27



Mass Intentions (during Father's private Mass)

Jun 22 Billy and Gwyneth Cook Jun 25 Adams' Godchildren
Jun 26 Annelle Martin +

POSTURES OF PRAYER

Please read this instruction from Archbishop Etienne:

During the Mass, we pray not only with our minds, hearts, and voices, but with our bodies as well. We stand—an ancient posture of prayer and reverence. We sit—the posture of listening and attention. And we kneel—the posture of humble adoration. All of these postures have their appropriate place in our liturgical celebrations: standing for the Introductory Rites, the proclamation of the Gospel, the Profession of Faith, and the Prayer of the Faithful; sitting for the Liturgy of the Word and the homily. With regard to the Eucharistic Prayer, I would like us to use common postures across the archdiocese during the Liturgy of the Eucharist and the Communion Rite, in keeping with the *General Instruction of the Roman Missal* and widespread practice in the United States. Thus, we “should kneel beginning after the singing or recitation of the *Sanctus* (Holy, Holy, Holy) until after the Amen of the Eucharistic Prayer.” (GIRM, 43)

Following the Eucharistic Prayer, we stand to pray together the Lord's Prayer and to exchange the sign of peace. The sign of peace is more than merely a gesture of goodwill. It is *Christ's* peace which we receive and share in this moment. The Lord's peace draws us into communion with the Lord and with one another.

In addition, we should “kneel after the *Agnus Dei*” (Ibid.) until it is time to go forward in the Communion procession. Kneeling is a posture of adoration. When we are on our knees, we cannot “do” anything else! In this moment, we prepare to receive Communion by kneeling in the presence of Christ, already in our midst in the sacrament of his Body and Blood, until it is time to rise and join the Communion procession.

Reception of Holy Communion is a sacred moment of encounter with the risen Lord in the sacrament of his Body and Blood. It is intimate, yet it is not merely individual: This is a communal action. When we go forward to receive Communion, we do so as part of a procession with the whole gathered community. We become what we receive: the Body of Christ. For this reason, unity of posture is important in the Communion procession as well. ...As we move in procession to the altar, we bow before receiving the Body or Blood of Christ, and remain standing to receive Holy Communion, whether the host or the chalice. To kneel at this point, or to add other gestures, individualizes the reception of Communion. But this is not the moment for personal expressions of piety, which can distract others and draw attention to ourselves. Rather, reverent in our belief in the Lord's true presence in the Eucharist, this is the time when we should be most unified as a community. In receiving the Body of Christ, we *become* one with Christ, and through Christ, one with everyone else who receives the same Eucharistic Lord.

Participating in the Communion hymn while the congregation continues to process and receive Communion is another important form of worship and source of unity. Upon returning to our seats following Communion, it is appropriate to “sit or kneel during the period of sacred silence after Communion.” (Ibid.) (*Emphases added.*)