THE MOST SACRED
HEART OF JESUS
June 21, 2020

PARISH STAFF:

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ST. VINCENT DE PAUL OUTREACH: 360-734-2722
WWW.SACREDHEARTBELLINGHAM.ORG
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**

<table>
<thead>
<tr>
<th>Month</th>
<th>Dates</th>
<th>Language</th>
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</thead>
<tbody>
<tr>
<td>September</td>
<td>18–20</td>
<td>English</td>
</tr>
<tr>
<td>October</td>
<td>23–25</td>
<td>en español</td>
</tr>
<tr>
<td>November</td>
<td>13–15</td>
<td>English</td>
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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:**


*Memorial candle burns for:*

Corrine O’Brien  
6/21–6/27

**Mass Intentions**

*During Father’s private Mass*

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>Jun 22</td>
<td>Billy and Gwyneth Cook</td>
</tr>
<tr>
<td>Jun 25</td>
<td>Adams’ Godchildren</td>
</tr>
<tr>
<td>Jun 26</td>
<td>Annette Martin +</td>
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**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.
- 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.)*