Father, hallowed be your name, 
your kingdom come. 
Give us each day our daily bread 
and forgive us our sins 
for we ourselves forgive everyone in debt to us.
The Joy of Love (Amoris Laetitia): A Reading of the Apostolic Exhortation of Pope Francis

Chapter Nine: The Spirituality of Marriage and the Family

All family life is a “shepherding” in mercy. Each of us, by our love and care, leaves a mark on the life of others..

-Pope Francis (§ 322)-

When I was very young, my parents would come into my bedroom—as they had with all my brothers and sisters—to teach me how to pray. Together, we would kneel beside my bed and go through the Hail Mary and the Our Father, closing always with, “Now I lay me down to sleep; I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take.” Before that final prayer, however, there was always our little litany for the family, which my father taught me: “God bless Mommy, Daddy, Patty, Billy, Michael, Elizabeth, Grandma Moriarty, Grandma Whitney, and little John, the Tiger.” To this day, I can rattle those prayers off without a moment’s hesitation, usually in a single breath. And, for all the names that have been added to my litany—and those who are now with God—I still return to that prayer every night before I wander off to sleep. It was a small ritual, planted deep in me, a reminder that I was surrounded by the grace of God and bound to my family, and to God, by a Spirit I may not even notice most of the time.

I am not sure that such rituals as bedtime prayers are as common as they were when I was a child, or if the rush of soccer and homework, iPads and television have made such moments harder to find. Yet, still there is a need, in every family, to recall that we are more than roommates, sharing a common space: we are sisters and brothers, husbands and wives, parents and children, grandparents and aunties, uncles and in-laws. We are family—drawn together by that combination of blood and choice characteristic of God’s grace, characteristic of the One who takes flesh in our midst and in our midst is made manifest.

In the final chapter of Amoris Laetitia, Pope Francis draws us back to that unique spirituality “that unfolds in family life and its relationships” (§ 313). Such a spirituality involves not monastic withdrawal from the world, not ascetic prayer done in cloister, but communion with Christ through community with those who have been given to us by grace, those from whom we cannot hide our failures and vanities, but who love us nonetheless. The spirituality of family life means finding God “in real and concrete families, with all their daily troubles and struggles, joys and hopes” (§ 315). To live in a family—however it is shaped—affords a person the chance for daily sanctification and service, whether through small acts of love and mercy or through great works of accompaniment and lifelong fidelity. Far from detracting from our spiritual development, life in a family offers a particular and powerful way to God, a way filled with daily blessings and opportunities for mystical union. Through our acts of union with other family members, we come into greater com-
For Francis, the cultivation of a spiritual union in Christ—e.g., through prayer together, through Eucharist, etc.—allows a family to survive the hardships that come into every marriage, that strain every family. Whether confronted with the ordinary stresses of finance or parenting, or touched by the great suffering that comes with the loss of a child or illness and aging of parents, families who bind their life with each other to the cross of Jesus find refuge and support that can help them grow closer to one another, even in the midst of challenge: “In the darkest hours of a family’s life, union with Jesus in his abandonment can help avoid a breakup. Gradually, ‘with the grace of the Holy Spirit, [the spouses] grow in holiness through married life, also by sharing in the mystery of Christ’s cross, which transforms difficulties and sufferings into an offering of love’” (§ 317). Likewise, by viewing their life together as part of their spirituality, “joy, relaxation, celebration, and even sexuality can be experienced as a sharing in the full life of the resurrection” (§ 317). Though he avoids the simplistic notion that all family troubles can be healed by prayer, Francis invites spouses and families to see their union with each other as grounded not simply on natural attraction or biological accident, but ultimately on Christ, the Son of Mary, who knew the struggles and blessings of family life, and chose to meet us there.

While spiritual communion grounds all family life, the particular commitments of marriage go further, revealing a spirituality of exclusive and freely given love: “Spouses accept the challenge and aspiration of supporting one another, growing old together, and in this way reflecting God’s own faithfulness” (§ 319). As discussed in Chapter Three, married couples echo the life of the Trinity through their constant and free choice of one another—a choice that transcends contractual conditions and offers the grace of mutual self-gift. Such choice, made in freedom and renewed each day, recalls the fidelity of God in the covenant with Israel, and that of Christ in his covenant with the Church—a fidelity that arises not from duty, but from faithful love: “it is a matter of the heart, into which God alone sees (cf. Mt. 5:28). Every morning, on rising, we reaffirm before God our decision to be faithful, come what may in the course of the day. And all of us, before going to sleep, hope to wake up and continue this adventure, trusting in the Lord’s help” (§ 319). Loving in this way does not involve possessiveness or jealousy—for no spouse can fully realize all the needs of the other—but involves what Francis calls “interior divestment” (§ 320), by which the spouses’ love for each other becomes a source of healthy autonomy in each. For although the love of spouses echoes the Trinity, it does not have the fullness of the Trinity; rather, healthy human love will always carry us out to others and into our own spiritual journey, even while uniting us to the beloved. In the grace of married love, each seeks God in herself or himself, and each also has friendships beyond their spouse. The gifts that come from these relationships then become part of the couple’s life with one another, elements in the gift of self that they continually and faithfully share.

Recognizing that married love involves not a constricting but an opening of the heart, Francis goes on to discuss the mission implicit in the spirituality of family life. For, just as God’s goodness flows out into the creation of the world—“Bonum est diffusivum sui”—so, too, the love of a couple in marriage flows out as a spiritual gift that takes flesh in the world that God’s love creates. As mentioned in Chapter Five, the fruitfulness of marriage often involves the bearing of children or their adoption, but it cannot stop there. As Amoris Laetitia describes, the spirituality of the family is a spirituality marked by this constant and expansive gift of self, given first of all to those with whom we live, but shared as well with all peoples—with that family of families which is the Church: “We are constantly reminded that each of those who live with us merits complete attention, since he or she possesses infinite dignity as the object of the Father’s immense love. This gives rise to a tenderness which can stir in the other the joy of being loved. Tenderness is expressed in a particular way by exercising loving care in treating the limitations of the other, especially when they are evident” (§ 323). As with all true spirituality, family life leads us outward into the world. Through tenderness, and its particular expression in hospitality, the family assumes its mission: “The family lives its spirituality precisely by being at one and the same time a domestic church and a vital cell for transforming the world” (§ 324).

In the end, Francis notes, the family—like the Church—is a work in progress, whose fullness we may contemplate and seek, but never completely realize in this world. For this reason, we must refrain from “judging harshly those who live in situations of frailty” (§ 325), and must turn to prayer and to each other. As Francis notes, in ending his exhortation: “May we never lose heart because of our limitations, or ever stop seeking that fullness of love and communion which God holds out before us” (§ 325). To which we should all say, “Amen!”
SEVENTEENTH SUNDAY
IN ORDINARY TIME

Prelude
Instrumental
(5:30) Remember Your Love
Daigle/Balhoff

Entrance Songs
(5 & 9:30) Lord of All Hopefulness
SLANE
Daigle/Balhoff

In the Lord I’ll Be Ever Thankful
Lee

Gloria
Antiphonal Gloria
See laminated card in pews
First Reading

In those days, the LORD said: “The outcry against Sodom and Gomorrah is so great, and their sin so grave, that I must go down and see whether or not their actions fully correspond to the cry against them that comes to me. I mean to find out.”

While Abraham’s visitors walked on farther toward Sodom, the LORD remained standing before Abraham. Then Abraham drew nearer and said: “Will you sweep away the innocent with the guilty? Suppose there were fifty innocent people in the city; would you wipe out the place, rather than spare it for the sake of the fifty innocent people within it? Far be it from you to do such a thing, to make the innocent die with the guilty so that the innocent and the guilty would be treated alike! Should not the judge of all the world act with justice?” The LORD replied, “If I find fifty innocent people in the city of Sodom, I will spare the whole place for their sake.” Abraham spoke up again: “See how I am presuming to speak to my Lord, though I am but dust and ashes! What if there are five less than fifty innocent people? Will you destroy the whole city because of those five?” He answered, “I will not destroy it, if I find forty-five there.” But Abraham persisted, saying “What if only forty are found there?” He replied, “I will forbear doing it for the sake of the forty.” Then Abraham said, “Let not my Lord grow impatient if I go on. What if only thirty are found there?” He replied, “I will forbear doing it if I can find but thirty there.” Still Abraham went on, “Since I have thus dared to speak to my Lord, what if there are no more than twenty?” The LORD answered, “I will not destroy it, for the sake of the twenty.” But he still persisted: “Please, let not my Lord grow angry if I speak up this last time. What if there are at least ten there?” He replied, “For the sake of those ten, I will not destroy it.”

Responsorial Psalm

Psalm 138

Respensorial Psalm

Psalm 138

First Reading

Psalm 138

Haas

Second Reading

Colossians 2:12-14

Second Reading

Colossians 2:12-14

Gospel Acclamation

Murray

Gospel Acclamation

Murray
Gospel


Jesus was praying in a certain place, and when he had finished, one of his disciples said to him, “Lord, teach us to pray just as John taught his disciples.” He said to them, “When you pray, say: Father, hallowed be your name, your kingdom come. Give us each day our daily bread and forgive us our sins for we ourselves forgive everyone in debt to us, and do not subject us to the final test.”

And he said to them, “Suppose one of you has a friend to whom he goes at midnight and says, ‘Friend, lend me three loaves of bread, for a friend of mine has arrived at my house from a journey and I have nothing to offer him, and he says in reply from within, ‘Do not bother me; the door has already been locked and my children and I are already in bed. I cannot get up to give you anything.’ I tell you, if he does not get up to give the visitor the loaves because of their friendship, he will get up to give him whatever he needs because of his persistence.

“And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him?”

Homily

Father Jim Harbaugh, S.J.

Offertory Song

Seek Ye First

Lafferty
Holy, Holy, Holy
Mass of Wisdom
Janco

Heaven and earth are full of your glory. Hosanna!

Mystery of Faith
Janco

We proclaim your death, O Lord, and profess your resurrection, until you come again.

Great Amen
Janco


Lamb of God
Janco

Lamb of God, you take away the sins of the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace.
Communion Song (5 & 9:30) Shelter Me, O God, #636

SHELTER ME, O GOD;
HIDE ME IN THE SHADOW OF YOUR WINGS.
YOU ALONE ARE MY HOPE.

Bread for the World, #827

BREAD FOR THE WORLD:
A WORLD OF HUNGER.
WINE FOR ALL PEOPLES:
PEOPLE WHO THIRST.
MAY WE WHO EAT
BE BREAD FOR OTHERS.
MAY WE WHO DRINK
POUR OUT OUR LOVE.

Song of Praise

This Day God Gives Me  BUNESSAN

1. This day God gives me Strength of high heaven,
2. This day God sends me Strength as my guardian,
3. God’s way is my way, God’s shield is ’round me,
4. Rising I thank you, Mighty and strong One,

Sun and moon shining, Flame in my hearth,
Might to uphold me, Wisdom as guide.
God’s host defends me, Saving from ill.
King of creation, Giver of rest,

Flash-ing of light-ning, Wind in its swift-ness,
Your eyes are watch-ful, Your ears are lis-t’ning,
Angels of heav-en, Drive from me al-ways
Firm-ly con-fess-ing God in three Per-sons,

Depths of the o-cean, Firm-ness of earth.
Your lips are speak-ing, Friend at my side.
All that would harm me, Stand by me still.
One-ness of God-head, Trin-i-ty blest.
Communion Prayer

Live Mercy

Lord Jesus Christ,
you have taught us to be merciful,
as the heavenly Father is merciful.
Help us to live mercy every day of our lives,
through the compassion we show to your beloved ones:
to the migrant and the refugee,
to the homeless and the wounded,
to those forgotten by this world,
but remembered always in your love.
May the mercy we receive bear fruit in us,
nourishing us with joy and bringing us communion with you.
May it allow us to become the sacrament of mercy,
the Church, who consecrates the world to you,
who live and reign with the Father,
in the unity of the Holy Spirit,
one God forever and ever. Amen.

Recessional

(5 & 9:30) Instrumental

(5:30) We Walk By Faith

Haugen
This Week at St. Joseph

Sunday
9:30 AM Mass
10:30 AM Coffee & Donuts - Join us!
5:30 PM Mass

Monday
7:00 AM Daily Mass
7:00 PM Holy Rosary Group
7:00 PM Sacred Silence
7:30 PM RCIA Meeting

Tuesday
7:00 AM Daily Mass

Wednesday
7:00 AM Daily Mass

Thursday
7:00 AM Daily Mass

Friday
7:00 AM Daily Mass

Saturday
3:30 PM Weekly Reconciliation
5:00 PM Vigil Mass

We Are St. Joseph Events Save The Dates!
Sounders Game - September 17th
Parish Picnic - September 25th
Epiphany Dinner - January 8th

Faith Formation

Come and See
What the Catholic Faith Has to Offer
Monday, July 25th
7:30-8:30PM
St. Joseph's Parish Center

• Are you, your spouse, a friend, or an acquaintance a member of another faith tradition but worship regularly here at St. Joseph?

• Are you experiencing God’s call in your life and seeking Baptism or full communion with the Catholic Church?

• If you are, please consider participating in the Rite of Christian Initiation for Adults. The RCIA is an opportunity to explore with others what the Catholic Church has to offer. It is an opportunity, through a process of discernment and gradual conversion to become a full member of the Catholic Church.

If you are interested contact Deacon Steve Wodzanowski at 965-1646 or stevew@stjosephparish.org

All are welcome in this journey of faith.

Employment Opportunity! Job opening in Faith Formation Office
Assistant Director of Religious Education at St. Joseph
Learn more at: www.stjosephparish.org
The CFF program continues to flourish with the participation of so many children and youth in grades Pre-K thru Junior High. This is a program that takes many hands and hearts to provide strong and consistent faith formation for our youngest parishioners. To volunteer, please contact Dottie at dfarewell@stjosephparish.org

Course Offerings

Children's Faith Formation Childcare: During the 9am Mass for children 1-3 years old. This is a time for your child to begin experiencing church through play. Children are supervised by a paid adult and volunteer youth. Beginning in September. The annual fee is $50 and scholarships are available.

Children's Faith Formation Pre-Kindergarten (CFF Pre-K): During the 9am Mass for children *3 1/2-5 years old. This is a hands-on, Montessori-style class for our young ones. *Your child should be out of diapers and able to follow simple directions, such as those given in a preschool setting. The annual fee is $30 and scholarships are available.

Children's Faith Formation K (CFF K): During the 9am Mass for children currently enrolled in Kindergarten (private, public, home, or parish school) beginning in the fall. Classes consist of scripture stories, arts & crafts, songs, and either outside or gym playtime. Pickup is in the old gym across from the Social Hall. The annual fee is $30 and scholarships are available.

Children's Faith Formation 1 (CFF 1): The first of a two year Sacramental Preparation program for First Reconciliation and First Eucharist. Participation and completion of CFF 1 (or equivalent) is required before the second year, during which your child would receive these sacraments. This includes children in our parish school, public school, other private school or home school. The annual fee is $60 and scholarships are available.

Children's Faith Formation 2 (CFF 2): ALL children planning to receive First Reconciliation and First Eucharist this upcoming school year must have completed the CFF 1 class (or equivalent) last year whether you attend our parish school, public school, other private school or home school. There is a $100 annual fee and scholarships are available.

Children's Faith Formation Year 3 & 4 (CFF 3/4): This class is for children to reflect, learn, and continue to practice their faith through the Sacraments. We will continue to use arts, scripture studies, and community building activities to strengthen our faith and knowledge of the Church. Children participate in a Spring Passion Play during Lent. The annual fee is $30 and scholarships are available.

Children's Faith Formation Year 5 & 6 (CFF 5/6): This class for youth in 5th & 6th grades focuses on the liturgy, Church teachings and growing faith through prayer. Children participate in a Spring Passion Play during Lent with the CFF 3/4 class. The annual fee is $30 and scholarships are available.

Children's Faith Formation Year Junior High: This class is a 3-year Bible study for youth in 7th, 8th, & 9th grades. The annual fee is $30 for each of the classes PLUS $25 for materials (Bible & workbook). Scholarships are available.

High School Confirmation: Youth must be at least 16 years old by the Confirmation Mass date (late January/early February), already received the Sacraments of Baptism and Eucharist, and continued in ongoing faith formation through parish programs or Catholic High School. Students are actively seeking the Sacrament of Confirmation and are participating members in their parish and personal faith life. The annual fee is $135 and scholarships are available.
SEEL Retreat: “Encounter God Encountering You!”

The Spiritual Exercises in Everyday Life (SEEL) is a 9-month retreat format of the Spiritual Exercises of St. Ignatius, with a retreat community at St. Joseph in Seattle. The SEEL retreat goes from September through May and is a powerful, life-changing program of prayer and spiritual direction that can be done by busy people in the midst of their daily lives. SEEL is accepting applications now for the retreat starting in September of 2016. Learn more at our website at www.seelpugetsound.org or join us after the 5:30pm Mass on Sunday July 31st for a brief info session or call Lisa Dennison (Executive Director) at 206-721-3518.

SEEL was one of the most profound spiritual experiences I’ve had in my life. I highly recommend it to anyone who is searching spiritually and questioning their relationship with God. Personally, I received the grace of knowing God loves me fully, deeply, wholly, just as I am right now. I know now, that He delights in whatever delights me. And this has changed everything.

~ Erin Kittleman, Parishioner

We Are St. Joseph Parish Directory Additional Weekends

We’ve added two more weekends for you to get your parish photo taken and show off your summer glow: August 12-14 and September 10-11. Check the parish website for sign up times. All photography will take place in the Brebeuf Room (Parish Center Basement). Questions or need help? Contact Jack at JackH@stjosephparish.org

Blood Drive Coming Soon!

August 1st--St. Joseph Church
1pm-7pm (closed 3-4)–Parish Center, 732 18th Ave E

The need for blood never takes a vacation! Before you slap on the sunscreen and head out to the beach, come donate blood! During the summer months there is a great decrease in donor participation but YOU can help change that!

Sign up today! Contact Renee Leet at rleet@stjosephparish.org or 206-324-2522, Ext 100.

Couples Summer Boat Cruise

Friday, July 29th Board 7pm, Lake Union Public Pier Setting Sail, 7:30pm, and Returning to Port, 10:30pm

Join us on a sunset cruise with your sweetheart--there are still seats available! Dancing, water and hearty snacks are included. Bring your favorite beverage (beer, wine or soda). Lake Union Pier is near MOHAI. For reservations please email Deacon Steve at stevew@stjosephparish.org

Young Adult Summer Yoga Series

Continues in the Parish Social Hall on Wednesday nights from 6:30- 7:30 pm through August 31st. A suggested donation is $5 per class. Please provide your own yoga mat and dress in comfortable clothing. A yoga block is recommended but not required. This class is open to anyone who is interested in enjoying an hour of invigorating and relaxing yoga. Contact Kaitlyn O’Leary at kaitlyn.m.oleary@gmail.com with any questions.

Young Adult Planning Meeting

Have you enjoyed St. Joseph Young Adult events? Got great ideas for new ones? Interested in planning and coordinating events for the community? Join us MONDAY, AUGUST 1st at 7pm in the Parish Center. Or email us at youngadultcommunity@stjosephparish.org with ideas or questions. Newcomers always welcome!
Sacred Silence
A time for silent prayer and peace.

The Sacred Silence prayer group gathers on Monday nights at 7 pm in the Church for an hour of silent prayer. Next gathering is Monday, July 25th. Newcomers always welcome! Open to all types of prayer practice. For information on Sacred Silence and silent prayer contact Jim Hoover at sacredsilence@stjosephparish.org or 206-286-0313.

St. Joseph Community extends its prayers and hopes for the following intentions: For the intentions of Terri and John . . . For the wellbeing of Michele, Michael, Rebecca and Scott . . . For peace within our hearts and shown in our actions to one another.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

~Ephesians 2:10

If you have petitions you would like included in the prayer tree, including birth announcements, illnesses and deaths, please call the Parish Office at 206-324-2522 ext 100 or email rleet@stjosephparish.org

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THANK YOU to those who have contributed to the 2016 Annual Catholic Appeal (ACA).

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Raised to Date: $127,336
Amount Needed: $21,100

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Who was St. Francis Xavier (Mother) Cabrini?

Mother Cabrini was a woman deeply called to serve the Lord, who overcame many obstacles in order to bring God’s mercy to those in need. Born in Italy in 1850, her weak and sickly disposition prevented her from being accepted into various religious orders. Determined in her call to serve, she was eventually granted permission to form her own religious order, The Missionary Sisters of the Sacred Heart of Jesus, and was sent to the U.S. to minister to the huge immigrant population in New York. Despite her physical weaknesses, she worked tirelessly to open many schools, hospitals, and orphanages for the poor across the country, including Seattle, where she worshiped at St. James Cathedral.

Mother Cabrini is the patroness of Cabrini Ministry Training (CMT), an organization formed in the Seattle Archdiocese that trains individuals to minister to those who suffer. If you sense a calling to reach out to others, but feel bound by certain obstacles, allow Mother Cabrini to inspire you! CMT empowers people with the tools necessary to bring mercy, be present, and change the lives of those they serve. Check out the details of our formation program at www.cabriniministry.org or call 206-760-0583 x3 for more information.

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If you have petitions you would like included in the prayer tree, including birth announcements, illnesses and deaths, please call the Parish Office at 206-324-2522 ext 100 or email rleet@stjosephparish.org

Who was St. Francis Xavier (Mother) Cabrini?

Mother Cabrini was a woman deeply called to serve the Lord, who overcame many obstacles in order to bring God’s mercy to those in need. Born in Italy in 1850, her weak and sickly disposition prevented her from being accepted into various religious orders. Determined in her call to serve, she was eventually granted permission to form her own religious order, The Missionary Sisters of the Sacred Heart of Jesus, and was sent to the U.S. to minister to the huge immigrant population in New York. Despite her physical weaknesses, she worked tirelessly to open many schools, hospitals, and orphanages for the poor across the country, including Seattle, where she worshiped at St. James Cathedral.

Mother Cabrini is the patroness of Cabrini Ministry Training (CMT), an organization formed in the Seattle Archdiocese that trains individuals to minister to those who suffer. If you sense a calling to reach out to others, but feel bound by certain obstacles, allow Mother Cabrini to inspire you! CMT empowers people with the tools necessary to bring mercy, be present, and change the lives of those they serve. Check out the details of our formation program at www.cabriniministry.org or call 206-760-0583 x3 for more information.
More Tent City 3 Happenings!

St. Joseph offers more opportunities to welcome your neighbors living in Tent City. They will be our guests until August 27th. Stop by and say hello!

“Get to Know Your Neighbors Living in Tent City:” on Wednesday, July 27th, from 7-9pm in the Parish Center. Residents of Tent City will share their stories and answer questions on how they came to live at Tent City, the challenges of being homeless and ways we might work together to end homelessness. Tours of Tent City are available afterwards. Please bring a dessert to share. Bring the kids. Invite your neighbors. For details contact Deacon Steve at stevew@stjosephparish.org or call 206-965-1646.

Celebrate the Feast Day of St. Ignatius on Sunday, July 31st: Tent City residents will speak at 9:30am Mass followed by a community breakfast hosted by Tent City 3 residents in the Parish Social Hall. There is a $10 suggested donation; all funds will go to support SHARE/Tent City 3. Invite your friend and neighbors.

Questions? Contact Deacon Steve at stevew@stjosephparish.org or call 206-965-1646.

Musical Percolations Heat Up Summer at Tent City Concert
St. Joseph, July 16th
St. Joseph is Headed Back to the Clink!
Saturday, September 17th, 1pm Kickoff
Check Our Website for Tickets & Join Us.

St. Joseph Sounders Night Out
Friday, September 12th
Get your tickets now before they sell out!

www.stjosephparish.org