“Faith is the realization of what is hoped for and evidence of things not seen!”
**Praying Constantly**

"In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit herself intercedes with inexpressible groanings.

-Romans 8: 26-

It doesn’t have to be / the blue iris, it could be weeds in a vacant lot, or a few / small stones; just pay attention, then patch // a few words together and don’t try to make them elaborate, this isn’t / a contest but the doorway // into thanks, and a silence in which / another voice may speak.

-Mary Oliver-

On one of those late evening twilights, so common in Seattle at this time of year, as the sun, filtering through the tall trees across the street, filled my office with shadow and light, I sat talking to a good friend about prayer and faith and what was going on in his life. He had recently completed the Spiritual Exercises, where he had attuned himself to regular times of prayer and reflection, but now he sat like a school boy who had not done his homework. When I asked him about it, he said that things had been so busy that he had fallen out of the habit of quiet that he had been developing. He felt guilty, as though he were not living up to the gifts he had received in the Exercises, and he seemed uncharacteristically sheepish. I didn’t really know what to say, so I asked him about the rest of his life. How were things going?

It was then I saw him relax, and a sense of lightness slip over him. He told me about flying across the continent to be with his wife when her father was dying, and how it felt to see her for the first time in many weeks, and about comforting her and feeling so close to her. He told me about work, where a complex problem had arisen and he and his colleagues had had to work long hours together to solve it, and had become much closer through the unexpected challenge. And as I listened to him, reciting grace upon grace—the hard grace of his father-in-law’s death, the deep grace of his marriage, and the surprising grace of companionship with his colleagues—I felt the energy and the strength of his spirit, so much at odds with the shame he had expressed just minutes before. And then I knew that all this had been his prayer: all these moments of grace and communion, all the times he had responded to the call of his marriage or lived out his commitments to others, all the times he had felt the gifts of the Spirit drawing him closer and closer to God and to those whom God had brought into his life. And even though he had not found time to sit quietly and reflect, God had been praying through him, the graces of God manifesting themselves in the depth of his heart. All he had to do was recognize it.

In my experience, many of us—perhaps most of us—feel inadequate when it comes to prayer. Indeed, whenever I ask anyone about their prayer—in Confession or in spiritual direction—the answer (usually preceded by a nervous clearing of the throat or shifting in the chair) is almost always the same: “Well, I know I don’t pray as much as I should” or “I always feel so distracted”
or “My prayer never seems very good.” I have heard it from mothers, who each day corral several children to get them to soccer or school; I have heard it from young men, coming off an evening at the men’s shelter and on their way home before work; I have heard it from religious Sisters, who have spent their whole life in service to the poor and the sick; I have heard it from Jesuit priests, sitting in retirement centers after years in the missions. And I have heard it from my own heart, which so many times leaves me wondering how I got into this line of work, when I don’t seem to pray the way I think priests are supposed to pray and when I don’t feel I live up to the model of prayer I have in my head.

Yet, the truth is that these models, though useful in their place, can easily become idols, that keep us from knowing the true God and the true nature of prayer. Like the false gods of the ancient world, these idols reduce prayer from an internal movement to an external duty, an obligation that one fulfills appropriately or inappropriately, adequately or inadequately. In thinking this way, we become disoriented, and start to mistake the form of a prayer with prayer itself, and to believe that we have failed at prayer whenever we fail to perfect the form. Hence, I see myself as bad at prayer because I doze off during the rosary, or lose my place during the divine office; because I can’t stop thinking about Beyoncé’s song, Put a Ring on It, while I’m supposed to be contemplating the wedding feast at Cana; or because I keep worrying if there are enough donuts when I’m supposed to be doing my post-communion thanksgiving. I’m a failure at prayer because I get caught up in the rush to work and miss my morning offering, or because, many nights, I collapse exhausted into bed and forget my night prayers. Over and over, we fail to pray as we ought to pray, fail to do our duty to God, and so we feel unworthy of God and distant from God’s love.

The truth, however, is that prayer is not about a form, but about a relationship. It is not about duty but about desire. It is about finding a way to be present to the One who loves me and the One I love. Prayer is anything by desire. It is about finding the relationship in which we “live and move and have our being.” While various forms, at various times, may be helpful (or harmful), the measure of our prayer is not how well we practice the form but how much we live out, in the rush and quiet of our lives, our relationship to God and our reception of God’s loving response. Prayer’s fulfillment is communion with God, which happens not by the incantation of the one who prays, but by the Spirit of God taking flesh in the fabric of our life and the passion of our hearts. Thus, the fruit of all prayer can be seen when we live according to the call that God has given to us, whether in the Sacrament of Marriage or in the availability of religious vows, in our care for the people of God or in our merciful and compassionate engagement with the world. We may not always know we have prayed well, but if we have loved and healed, sacrificed and supported, then the Spirit of God has been at work in us.

My first day as a novice in the Society of Jesus, I went into the room of my confessor and he asked me about my prayer. I responded, automatically, “Well, I don’t pray as much as I should.” He looked at me, and with a little smile said, “Okay, but do you pray as much as you want to?” His question changed my world, and opened to me the possibility of true prayer: prayer rooted not in my abstract duty to God, but in my deep desire to live as a man in love with Jesus Christ, and so in love with all those other people, brought to me through Jesus. While I still seek time to be alone with Jesus (all relationships need a little personal time), I worry less about that now than I once did. For my prayer—all prayer—is every act of love and mercy, done from the Spirit that gives me life.

The Feast of the Assumption will be celebrated at the 7am Mass, in the Parish Center, on Monday, August 15th.

Connecting with St. Joseph -
WELCOME!
All are welcome at the table!

New? Visiting? Interested? Are you visiting for the first time? Interested in knowing more about the ministries and activities at St. Joseph Parish? Please join our weekly e-news blast at www.stjosephparish.org and click on the “Sign up for our eNewsletter” link in the upper right corner of the homepage. Thank you!

Register! Are you a Catholic attending Mass at St. Joseph Parish, yet haven’t officially registered? Join us!

Why register? St. Joseph Church is a vibrant parish offering many avenues for ministry, connecting with other parishioners and spiritual development. We’d love to get to know you, connect with you, and inform you of our various activities, groups and events going on at the church. Please pick up a registration form in the back of the church or go online to register at www.stjosephparish.org and click on the “Join Our Parish” link. We look forward to connecting with you. Thank you!
Entrance Songs

Be Not Afraid

Prelude

Instrumental

(5:30) Dwelling Place

Foley

Nineteenth Sunday
in Ordinary Time

You shall cross the barren desert, but you shall not die of thirst.
You shall wander far in safety, though you do not know the way.
You shall speak your words in foreign lands, and all will understand,
You shall see the face of God and live.

If you pass through raging waters in the sea, you shall not drown.
If you walk amidst the burning flames, you shall not be harmed.
If you stand before the pow'r of hell and death is at your side,
know that I am with you, through it all.  Ref.

Blessed are your poor, for the Kingdom shall be theirs.
Blest are you that weep and mourn for one day you shall laugh.
And if wicked ones insult and hate you, all because of me,
Blessed, blessed are you!  Ref.

Gloria

Storrington Gloria

See laminated card in pews

Haugen
First Reading

Wisdom 18:6-9

The night of the passover was known beforehand to our fathers, that, with sure knowledge of the oaths in which they put their faith, they might have courage. Your people awaited the salvation of the just and the destruction of their foes. For when you punished our adversaries, in this you glorified us whom you had summoned. For in secret the holy children of the good were offering sacrifice and putting into effect with one accord the divine institution.

Responsorial Psalm

Psalm 33

Bless-ed the peo-ple the Lord has cho-sen to be his own.

Second Reading

Hebrews 11:1-2, 8-12

Brothers and sisters:
Faith is the realization of what is hoped for and evidence of things not seen. Because of it the ancients were well attested.

By faith Abraham obeyed when he was called to go out to a place that he was to receive as an inheritance; he went out, not knowing where he was to go.
By faith he sojourned in the promised land as in a foreign country, dwelling in tents with Isaac and Jacob, heirs of the same promise; for he was looking forward to the city with foundations, whose architect and maker is God.
By faith he received power to generate, even though he was past the normal age—and Sarah herself was sterile—for he thought that the one who had made the promise was trustworthy.
So it was that there came forth from one man, himself as good as dead, descendants as numerous as the stars in the sky and as countless as the sands on the seashore.

Gospel Acclamation

Storrington Alleluia

A l-le-lu-ia, a l-le-lu-ia, a l-le-lu-ia.

Gospel

Luke 12:35-40

Jesus said to his disciples: “Gird your loins and light your lamps and be like servants who await their master’s return from a wedding, ready to open immediately when he comes and knocks. Blessed are those servants whom the master finds vigilant on his arrival. Amen, I say to you, he will gird himself, have the servants recline at table, and proceed to wait on them. And should he come in the second or third watch and find them prepared in this way, blessed are those servants. Be sure of this: if the master of the house had known the hour when the thief was coming, he would not have let his house be broken into. You also must be prepared, for at an hour you do not expect, the Son of Man will come.”
Offertory Song  

(5 & 9:30) Dwelling Place  

Verses 1, 2, 4

1. I fall on my knees to the Father of Jesus,
2. May Christ in his love give us strength for our living,
3. May grace and peace be yours in God our Father,
4. God. May Christ find a dwelling place of faith in our hearts. May our lives be rooted in love.

1st time: to Verse 2  Refrain

1, 2, 4. the Lord who has shown us the glory of the Spirit, the strength of the Spirit, the strength of the Spirit, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus.

1, 4. the Lord who has shown us the glory of the Spirit, the strength of the Spirit, the strength of the Spirit, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus, the love of Jesus.

3. May grace and peace be yours in God our Father, and in the Son.

(5:30) Instrumental
All Are Invited To Come Forward

During communion, we invite all to come forward. If you do not ordinarily receive Eucharist, or choose not to, come for a blessing, indicating your desire by putting your hand on your heart.

If you have a gluten allergy, & need of a gluten free host, please come to the presider & indicate this.
Communion Song  
Eye Has Not Seen  
Haugen

Eye has not seen, ear has not heard what God has read-y for those who love him; Spirit of love, come, give us the mind of Jesus, teach us the wisdom of God.

Song of Praise  (5, 9:30)God, Whose Giving Knows No Ending  
BEACH SPRING

1. God, whose giving knows no ending, From your
2. Skills and time are ours for pressing Toward the
3. Treasure, too, you have entrusted, Gain through

1. rich and endless store: Nature’s wonder, Jesus’
2. goals of Christ, your Son: All at peace in health and
3. pow’rs your grace conferred; Ours to use for home and

1. wisdom, Costly cross, grave’s shattered door,
2. freedom, Races joined, the Church made one.
3. kindred, And to spread the Gospel Word.

1. Gifted by you, we turn to you, Offering
2. Now direct our daily labor, Lest we
3. Open wide our hands in sharing, As we

1. up ourselves in praise; Thankful song shall rise for-
2. strive for self alone; Born with talents, make us
3. heed Christ’s ageless call, Healing, teaching, and re-

1. ever, Gracious donor of our days.
2. servants Fit to answer at your throne.
3. claiming, Serv-ing you by lov-ing all.
Communion Prayer

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

Instrumental

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 AM Yoga - Body in Prayer
7:00 PM Holy Rosary Group
7:00 PM Sacred Silence

Tuesday
7:00 AM Daily Mass

Wednesday
7:00 AM Daily Mass
7:00 AM Yoga - Body in Prayer

Thursday
7:00 AM Daily Mass

Friday
7:00 AM Daily Mass
1-8 PM Parish Directory Photo Appointments

Saturday
10 AM-5 PM Parish Directory Photo Appointments
3:30 PM Weekly Reconciliation
5:00 PM Vigil Mass

Autumn Mass Time Change
Starting Sunday, Sept 11
We will return to our regular schedule as follows:
Saturday evening at 5 pm, Sunday at 9:00 &11:00 am and 5:30 pm. Please join us!

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

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, August 8th. 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.

Prayer Tree

St. Joseph Community extends its prayers and hopes for the following intentions:
For José’s recovery from a stroke . . . For successful surgery on Jorge’s index finger . . . For Malia who has begun chemotherapy . . . For a man who suffered brain injury, may his family be enlightened in working out the details for his care.

“Be of good courage, and he shall strengthen your heart, all you that hope in the Lord.”

~Psalm 31:24

Rest in Peace

Roberto Rigor, brother of Roger Rigor; long time parishioner David Read; and Donata Svagzdien, mother of Jurate Audejaitiene, all of whom died recently.

Faith Justice

Ethics & Race

Racial Healing Circles: Exploring Race Matters
Presented by The Center for Ethical Leadership
Seattle University, Pigott Hall

On 6 Saturdays from August 2016-January 2017
1:00-5:00 PM. The Center is offering a different way of talking about race that is preemptive rather than waiting for the conflict. Its aim is to build strong relationships capable of holding the important healing dialogues we need around race. The Session Themes are:
1. Getting into the Conversation (August 6)
2. Unpacking Racial Identity (September 10)
3. Impacts of Race and Racism (October 1)
4. Understanding Privilege (November 5)
5. Unconscious Bias (December 10)

Cost for full program (6 sessions) is $309, or $59 per each session. For more information contact: Keiko Ozeki at kozeki@ethicalleadership.org or 206.328.3020.

Faith Justice Film Night

Zero Percent
Thurs, August 25th, 7-9pm
Arrupe Room, St. Joseph Parish Center

Come experience a powerful documentary film about the struggles and successes of an innovative college-in-prison program and discuss how the faith community can help recently-released people in Seattle. The film, Zero Percent, chronicles the life-changing experiences of prisoners and educators in the Mercy College program at Sing-Sing prison in New York state. Film discussion plus introductions to local Seattle prison education organizations and service opportunities will follow.

Pizza and beverages will be provided. Co-sponsored by St. Joseph Faith Justice Commission and Young Adult group. For more information, contact Mark Petterson at petterson.mr@gmail.com or Deacon Steve at stevew@stjosephparish.org

Register Now for Cabrini Ministry Training

Do you want to learn subtle, yet powerful, techniques for communicating God’s love and mercy to others? Are you ready to be transformed into a person whose service can transform the lives of others? Cabrini Ministry Training invites you to follow the example of St. Frances Cabrini and SHARE MERCY, BE PRESENT, and CHANGE LIVES! We offer a 65-hour full training as well as a 30-hour “Listening Heart” program. One class will meet weekly on Tuesday afternoons at Holy Family in Kirkland beginning October 25th, and another class will meet monthly on Saturdays at St. James Cathedral in Seattle beginning September 17th. For more information, contact info@cabriniministry.org or 206-760-0583 x3.
Children’s Faith Formation
2016-2017

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.

AGAPE Travels to Bellingham

During this coming week, twelve middle school students and several adult volunteers will travel to Bellingham to participate in the Agape service trip. Agape allows participants an opportunity to serve the migrant community of Whatcom County and gives them a better understanding of the “social justice” tradition of the Catholic Church. This trip helps participants realize how they can impact their local community and the world through serving others. This year’s participants are: Juliette DeLaurentis, Elise Bernard, Mary Farewell, Sarah Greely, Mackenzie Jones, Alexa Mauad, Gabriel McMillan, Tess McMillan, Sarah Mirkin, Annie Mirkin, Jeremy Freiburger, and Niko Nicoloudakis. Please keep these young people in your prayers as they go to serve those in need. For more information about the Agape trip please email cff@stjosephparish.org

To sign up today, visit our homepage: www.stjosephparish.org
Seniors On The Go

Friday, September 2- Healing Mass at 11:30. There will be no luncheon.

Women’s Ministry

Coffee Connect on Saturday, August 13th at Tully’s on 19th Ave E from 10 -11 am.

Please come sip and share. Contact Sheila Marie at smarie49@comcast.net or 206 251 7035 with any questions.

Young Adult (21-35) Ministry Summer Brunch

New to Seattle? Looking to meet other Catholic Young Adults? Join us for our monthly brunch after 9:30 am Mass on Sunday, August 14th! Contact Amara Siemens at siemens.am@gmail.com to participate.

Summer Yoga Series

Now in the Brebeuf Room (basement of Parish Center) 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.

LGBTQ Ministry Summer Potluck & Home Mass

Thursday, August 11th at 6pm
13567 Linden Ave N, Building B, Seattle WA 98133

Please join the LGBTQ Ministry for a home mass and potluck in celebration of summer and fellowship. We will be meeting at the home of Theresa Lukasik and Anna Shepherd; please bring your favorite side dish.

An RSVP is appreciated but not required. Please email lgbt@stjosephparish.org to RSVP and for parking instructions or for any other questions.

Thank you for giving blood at St. Joseph! With your donation we can continue to support local patients in need! Below are the results!

Numbers to be Proud of:

Registered Donors – 27
Units Collected – 17
Lives Saved – 51
First Time Donors – 1 – Welcome!
Next Eligible – September 26, 2016

We Are St. Joseph Parish Directory Show Your Summer Glow!

We’ve added two more weekends for you to get your parish photo taken and show 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
St. Joseph’s Women’s Ministry
Fall 2016 Retreat

Becoming Who You Are: Finding Your Own True Path to Holiness

Four women from our community of different generations and backgrounds will share reflections on their journey.

September 23-25, 2016
* Begins at 6pm on Friday and ends at 12pm on Sunday

Palisades Retreat Center
4700 SW Dash Point Road
Federal Way, WA 98023

Space is limited to 35 women.

For questions, or to secure your spot, please email Sheila Marie (smarie49@gmail.com), then mail/drop off this form, along with a check for $250 (made out to St. Joseph Church), to the Parish Center.

Name:  

Email:  Phone #:  

Any special needs?:  

_________________________________________________________________________________________
Our Community

A FUTURE FULL OF HOPE

DONATE NOW

Annual Catholic Appeal

St. Joseph Parish ACA Assessment.................................$148,436
Raised to Date............................................................$ 130,896
Amount Needed......................................................... $17,540

Envelopes are available in the pews. Your gift (however large or small!) will make a real difference in the lives of those touched by the wider church in Western Washington. To all of you who have given to the ACA in the past, and today, THANK YOU for your generosity!
Men’s Ministry
Silver Peak Hike
July 24, 2016