

PARISH FAMILY 14

ST. ALPHONSUS | ST. BENEDICT | ST. JOHN THE EVANGELIST

JESUS SAID, "COME TO ME,
ALL YOU WHO ARE WEARY
AND BURDENED, AND I WILL
GIVE YOU REST."

MATTHEW 11:25-30

SUNDAY MASSES

Saturday: 5:00 PM Vigil at St. Alphonsus
5:00 PM Vigil at St. John

Sunday: 8:30 AM at St. John
9:00 AM at St. Alphonsus
10:30 AM at St. John
11:00 AM at St. Benedict

DAILY MASSES

Mon - Thurs: 7:30 AM at St. Alphonsus
Thurs: 6:00 PM at St. Benedict

Fri: 9:00 AM at St. John

Sat: 8:00 AM at St. Alphonsus

(except 1st Sat: 9:00 AM at St. John)

School Masses (Sept-June): All are welcome!

Refer to This Week's Calendar, page 2.

RECONCILIATION

Mon - Thurs: 7:00 - 7:20 AM at St. Alphonsus

Thursday: 5:00 - 5:45 PM at St. Benedict

Saturday: 4:00-4:45 PM at St. Alphonsus

Sunday: 8:00 - 8:45 AM at St. Alphonsus

Sunday: 9:45 - 10:15 AM at St. John

By appointment: info@parishfamily14.org

First Friday Reconciliation and Adoration:
7:00-8:00 PM at St. Alphonsus



ST. ALPHONSUS PARISH

5816 15th Ave NW, Seattle, WA 98107

Website: <https://stalseattle.org>



ST. BENEDICT PARISH

1805 N 49th St, Seattle, WA 98103

Website: <https://parish.stbens.net>



ST. JOHN THE EVANGELIST PARISH

106 N 79th St, Seattle, WA 98103

Website: <https://stjohnsea.org>

Parish Family Admin Office: 206-782-2810 | 206-770-6494 (Fax) | info@parishfamily14.org | 106 N 79th St, Seattle
Parish Family Faith Formation Office: 206-632-0843 ext 6005 | lcorcoro@parishfamily14.org | 1805 N 49th St, Seattle



For pastoral emergencies, please call: 206-271-3543.

THIS WEEK'S CALENDAR

July 5, 2026

FOURTEENTH SUNDAY IN ORDINARY TIME

Zec 9:9-10/Rom 8:9, 11-13/Mt 11:25-30

	ST. ALPHONSUS		ST. BENEDICT		ST. JOHN	
July 5 FOURTEENTH SUNDAY IN ORDINARY TIME	8 AM 9 AM	Reconciliation Mass	11 AM 12 PM	Mass with CLOW (Livestream) No Coffee & Donuts Special collection for St. Martin de Porres	8:30 AM 9:30 AM 9:30 AM 9:45 AM 10:30 AM	Mass Lectio Divina SVdP Meeting - Portable 43 Reconciliation Mass SVdP Collection at Mass No Coffee & Donuts today 7:30 PM Faith Sharing Group via Zoom
July 6 Monday <i>Saint Maria Goretti, Virgin and Martyr</i>	7 AM 7:30 AM 7 PM	Reconciliation Daily Mass INT: Ken Brewster Men's Group - McGrath Rm	8:30 AM 7 PM	SMdP Sandwich Making Gospel Study via Zoom		
July 7 Tuesday	7 AM 7:30 AM 7 PM	Reconciliation Daily Mass Young Adult Men's Group - Convent	7 PM	Women's Ministry - St. Mary Room		
July 8 Wednesday	7 AM 7:30 AM	Reconciliation Daily Mass RIP: Jacob Bogle	11 AM	Funeral Mass for MaryAnn Ashe		
July 9 Thursday <i>Saint Augustine Zhao Rong, Priest, and Companions, Martyrs</i>	7 AM 7:30 AM 10 AM	Reconciliation Daily Mass Scripture Study	10:30 AM 5 PM 6 PM 7 PM	Funeral Mass for Francesa Minas Reconciliation Daily Mass RIP: Lucila Flores Jaudines OCIA Inquiry Session - Faith Formation Office		
July 10 Friday	8:15 AM to 8 PM	Adoration Chapel open	12 PM	Funeral Mass for Victoria Frantz	9 AM	Daily Mass
July 11 Saturday <i>Saint Benedict, Abbot</i>	8 AM 4 PM 5 PM	Daily Mass INT: Abraham Family & the souls in purgatory Reconciliation Vigil Mass	9:30 AM	Craft Group	5 PM	Vigil Mass (Livestream)
July 12 FIFTEENTH SUNDAY IN ORDINARY TIME	11 AM 12 PM	Parish Family Mass No Reconciliation at St. Al today Parish Family BBQ - See you here!	8 AM 9 AM 12 PM	Reconciliation Mass with CLOW (Livestream) No Coffee & Donuts Parish Family BBQ at St. Alphonsus - See you there!	8:30 AM 9:45 AM 10:30 AM 12 PM 7:30 PM	Mass Reconciliation Mass - CANCELLED No Coffee & Donuts today Parish Family BBQ at St. Alphonsus - See you there! Faith Sharing Group via Zoom
	For livestream and recorded masses, click the links:		https://parish.stbens.net www.facebook.com/stbenseattle		www.stjohnsea.org/live-stream-masses	



Sign up to **get notified of mass cancellations** or mass time changes.

<https://bit.ly/PF14NotifyMe>



Subscribe to **weekly bulletin and e-newsletter**.

<https://bit.ly/PF14WeeklyBulletin>



Submit your **questions & feedback** about our Parish Family.

<https://bit.ly/PF14Queries>

PARISH FAMILY HIGHLIGHTS

1 WEEK TO GO!

Parish Family BBQ

JULY 12, 2026
SUN, 12 PM
ST. ALPHONSUS



**Special Mass and Reconciliation
Schedule on July 12, 2026**

8:30 AM – St. John
No 10:30 AM Mass
(Reconciliation at 9:45 - 10:15 AM)

9:00 AM – St. Benedict
No 11 AM Mass
(Reconciliation at 8 - 8:45 AM)

11:00 AM – Parish Family Mass at
St. Alphonsus
No 9 AM Mass (No reconciliation)

Let's make memories as
One Parish Family.

RSVP today and sign
up for the dish you'd
like to share!


[bit.ly/PF14BBQ
2026RSVP](https://bit.ly/PF14BBQ2026RSVP)

- A-J: Salad
- K-R: Side Dish
- S-Z: Dessert

If you are able, we invite you to share your
time and talents to help make this event a
wonderful success. Sign up to volunteer now!

Remember, even if you don't
RSVP—or aren't able to bring
a dish—you're still very
welcome. There will always be
plenty of food and a place for
you at our table!


[bit.ly/PF14BBQ
2026Volunteer](https://bit.ly/PF14BBQ2026Volunteer)



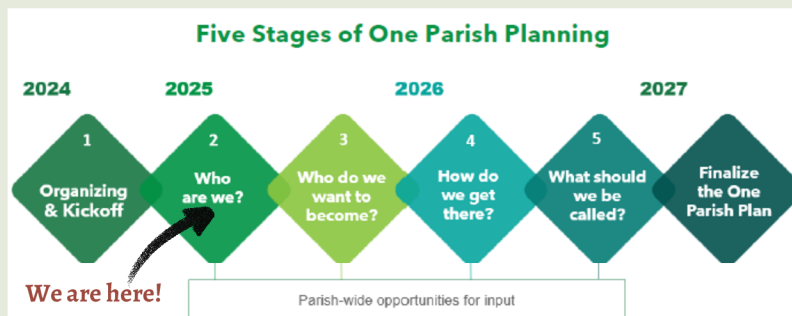
**PARTNERS
IN THE GOSPEL**

TWO YEARS OF BLESSINGS, ONE PARISH FAMILY

This July marks the second year of our Parish Family, a significant milestone in the Partners in the Gospel strategic pastoral planning process.

Over the past two years, our Parish Family has taken important steps in the Partners in the Gospel journey - celebrating liturgical seasons as one community, unifying communications and development efforts, integrating parish offices especially the Faith Formation Team, gathering for a shared Parish Family BBQ, and listening and speaking together to discern our gifts, charisms, opportunities, and challenges.

Our Parish Family is currently in the "Who Are We?" stage. While this phase was originally anticipated to be completed in 2025, we have embraced a steady and prayerful pace, allowing for meaningful listening, discernment, and participation. We are confident that this approach will position us well to fulfill our desired outcomes within the overall timeline.



We will continue to work through the One Parish Planning process, asking ourselves: *What opportunities do you see (in our parish and in the wider community) to more effectively serve and accompany others? What challenges do you see that exist in the parish and in the wider community?*

Our goal is to create a strategic pastoral plan over the next year, with input from our parishioners. We will share it with our Parish Family, gather feedback, finalize the plan and submit it to the Archbishop.

As we enter year three, we ask for your prayers that our Parish Family may continue to grow in unity, wisdom, and missionary discipleship as we discern God's call for us together.

DISCOVER HOW PARTNERS IN THE GOSPEL IS SHAPING OUR PARISH FAMILY!

What is Partners in the Gospel?

Read here: bit.ly/WhatIsPITG

What is our Parish Family story and how did we start as a family?

Read here: bit.ly/PF14PITGStory

Who are leading our Partners in the Gospel? Read here: bit.ly/PF14PITGLead

Where are we now in the One Planning Process? Read here: bit.ly/PF14PITGNow

What did we achieve together?

Read here: bit.ly/PF14PITGAchieve

What's coming up?

This September, we will host Listening Sessions focused on identifying the opportunities before us and the challenges we are called to address together as a Parish Family. Additional details and the schedule will be shared soon. We encourage everyone to

participate and
lend their voice to
these important
conversations.
We hope to see
you there!



Questions? Email our PLC:

partners.info@parishfamily14.org

UPCOMING EVENTS

WANT TO BECOME CATHOLIC?

OCIA (Order of Christian Initiation for Adults/Children) is for anyone who is interested in the Catholic faith.

St. Benedict - July 9
7:00pm | Faith Formation Office

St. Alphonsus - July 25
9:00am | McGrath Room

COME TO
AN INQUIRY
SESSION!

Questions? Contact Claire Shea at 206-632-0843
ext 6003 or cshea@parishfamily14.org

MINISTER TRAINING

EXTRAORDINARY
MINISTERS OF HOLY
COMMUNION TRAINING

JULY 20, MONDAY, 7 PM
ST. BENEDICT CHURCH

All aspiring and currently serving
Extraordinary Ministers of Holy
Communion are invited to join!

For more info, email
dpelfrey@parishfamily14.org.



UNPACK THE
CHRISTIAN FAITH
TOGETHER.

Welcome to Alpha!

COMING IN
September



SOCIAL JUSTICE COMMISSION

GRIEF SUPPORT GROUP

If you are mourning the loss of a loved one, please
join our Parish Family Grief Support Group
monthly drop in sessions this summer.

JULY 19 12 PM | SUNDAYS
AUGUST 9 ST. BENEDICT PARISH
CENTER - ST. MARY ROOM
No registration is required.

Note: An 8-week series will start October 4.

For questions, contact Maggie at
margaretalquist1@gmail.com

St. Martin de Porres Sandwich Making

SMDP sandwich makers prepare a total
of 800 sandwich lunches every month for men who live at
the SMDP shelter in downtown Seattle.

Join the next sandwich making on **July 6 and 20, Monday,**
8:30AM at St. Benedict Parish Center. Contact
Vicky Briones at vicster912@gmail.com.

Sancta Vita

No doctor should ever allow themselves, on the basis of
laboratory algorithms, to decide the fate of a particular
embryo or an elderly person! Medicine can never become the
servant of programmed death!

- Pope Leo XIV, 06/22/2026



Want to put your faith into action?

Our Social Justice Ministries need
hearts and hands like yours. For more
details, go to bit.ly/PF14SocialJustice.
Everyone is welcome!

PRAYER & SCRIPTURE

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Linda Amsden, Akeem Arana, Ken Brewster, Michael Eugene James Chiles & his surviving wife & family, Anne Fuller, Louise Gervais, Brian Gough, Rich Huntsman, Tom Jepson, Marcus McCannel, Lucy McGovern, Jeffry Myers, Joel Ocampo, Jennifer Parrish, Patricia Patterson, Nina Pedersen, Bill Quackenbush, Kate Quinones, Lou Ayres Salumbides, Abby Simpson, Shannon Weiler and Lillian Yamamoto. For those who have died, especially Judy Bouse, that they may rest in the healing embrace of our Lord, Jesus Christ, we pray to the Lord. For Armed Forces personnel throughout the world, that they come home safely to their families, we pray to the Lord.

Note: The prayer list is updated every first week of the month. To keep your request active, please resubmit it each month. To request a prayer, please call the Faith Formation Office at 206-632-0843 or use the QR code or this link: <https://bit.ly/PF14Prayer>.



FUNERAL ANNOUNCEMENT - MASSES AT ST. BENEDICT

MaryAnn Ashe - Wed, July 8, 11:00 AM
Francesca Minas - Thur, July 9, 10:30 AM
Victoria Frantz - Fri, July 10, 12:00 PM

READINGS FOR SUNDAY, JULY 12 - Fifteenth Sunday in Ordinary Time

First Reading

God's word accomplishes its intended purpose.

Isaiah 55:10-11

Psalm

"The seed that falls on good ground will yield a fruitful harvest."

Psalm 65

Second Reading

All creation eagerly awaits the glory of God.

Romans 8:18-23

Gospel

A sower went out to sow.

Matthew 13:1-23

Today we hear the word of God compared to a seed, which ideally grows within us as it would in fertile soil, yielding a fruitful harvest. Isaiah does this in verse, sung from God's perspective, comparing the rains that water the earth to God's word showered on those who hear it. The psalmist does this in song, giving thanks to God for providing us with such bounty. Jesus does this via a parable about a sower, after which he explains it to his disciples. Let us listen to God's word, digesting it so that it may yield fruit through us.

PARTICIPATION AND STEWARDSHIP OF TREASURE

Invite your friends and family to attend Mass and experience the peace, community, and spiritual growth it brings. Sharing our mass times with them can help strengthen our Parish Family!

Week of June 28, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	130
Sunday, 9 AM	197

PARISH COLLECTION

Mass Collection	\$ 3,518.60
Online Donations	\$ 3,484.42
Mailed-in	\$ 1062.00

Total Collection \$ 8,065.02

Weekly Budget \$ 9,833.00

Under Weekly Budget \$ 1,767.98

Thank you so much for all your support to St. Alphonsus Parish!

Set up your recurring online giving now!



St. Benedict Parish

MASS ATTENDANCE

Sunday, 11 AM	155
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PARISH COLLECTION

Mass Collection	\$ 704.00
Online Donations	\$ 2,743.14
Mailed-in	\$ 305.00

Total Collection \$ 3,752.14

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 2,302.86

Thank you so much for all your support to St. Benedict Parish!

Set up your recurring online giving now!



St. John Parish

MASS ATTENDANCE

Saturday, 5 PM	94
Sunday, 8:30 AM	132
Sunday, 10:30 AM	152

PARISH COLLECTION

Mass Collection	\$ 1,921.00
Online Donations	\$ 10,896.58
Mailed-in	\$ 3,020.00

Total Collection \$ 15,837.58

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 1,391.42

Thank you so much for all your support to St. John Parish!

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

July 5, 7:30 PM | St. John Group via Zoom; For zoom link and more info, contact tressa.lombardi@hotmail.com

Men's Group

July 6, 7 PM | St. Alphonsus Men's Group at St. Al McGrath Room; (Contact: Brian LeBlanc at brianleblanc76@gmail.com)

Gospel/Scripture Ministry

July 6, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 834 8544 8854 Password: 846849
(Contact: Brenda Stratton at bjandmes@msn.com)

July 9, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

July 7, 7 PM | St. Benedict Women's Group at St. Mary Room; Join us for an evening of fellowship, laughter, and delicious food at our **Women's Ministry Salad Night!** Please bring your favorite salad to share. Beverages will be provided. Everyone's invited to join! Any questions, call Deb at 206-755-1751.



SAVE THE DATE!



Women's Group

Please note the corrected date. Thank you!

Faith Sharing Potluck
July 28, 6:30 PM | St. Alphonsus McGrath

Questions? Contact olivia@raesegroup.com.

Looking to grow in faith and friendship?

Check out the many Small Faith Sharing Groups across our Parish Family! Scan the QR code or go to: bit.ly/PF14SmallGroups.



SACRAMENTAL PREPARATIONS



Infant Baptism

Infant Baptisms in our Parish Family are celebrated during Saturday Vigil and Sunday Masses across our three churches, offering families the opportunity to welcome their children into the faith within the Sunday community.

Parishioners of Parish Family 14 may choose from the following upcoming dates and locations:

- August 16, 11:00 AM Sunday Mass at St. Benedict
- September 26–27, 5:00 PM Vigil and 10:30 AM Sunday Masses at St. John the Evangelist
- November 14–15, 5:00 PM Vigil and 9:00 AM Sunday Masses at St. Alphonsus

Marriage

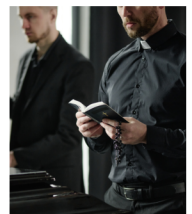
Marriage in the Catholic Church is a sacrament and a lifetime commitment—preparation is vital to ensuring that the bride and groom are ready to enter into this serious, life-affirming and life-long commitment. We aim to support and assist you as you start your journey toward the joys of married life. To get started, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 217.



Funerals

The death of a loved one brings sorrow and grief, yet our faith in Christ's Resurrection offers comfort and grace amid sadness.

To begin making funeral arrangements, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 6008.



Please feel free to contact us for the following:

Baptism, First Holy Communion and Reconciliation, Youth Confirmation, Sacrament of Matrimony and Funerals - Julia Rudden at jrudden@parishfamily14.org

Order of Christian Initiation for Adults and Children - Claire Shea at cshea@parishfamily14.org

Parish Advocates for Annulment - annulment@stjohnsea.org

FAITH IN FOCUS



Cathedra

THE CATHEDRA is the chair at the cathedral where the bishop sits when he presides for worship. The word *cathedral* comes from the word *cathedra*.



The cathedra is reserved seating.

Only the diocesan bishop may sit there. If another bishop presides for worship, he sits elsewhere unless the diocesan bishop permits him to use the cathedra. Everyone else sits in other chairs. Whenever a priest presides for Mass at the cathedral, he sits in a different presider's chair and not the cathedra. If other bishops are present for a cathedral service at which the diocesan bishop presides, they sit in other chairs. No other seating should attract so much attention that people might confuse it with the cathedra.

The cathedra is a symbol of the bishop, whose responsibilities include teaching and shepherding the diocesan flock in the unity of the faith he proclaims. As a symbol of teaching, the cathedra calls to mind the custom of naming the position of some professors as a chair.

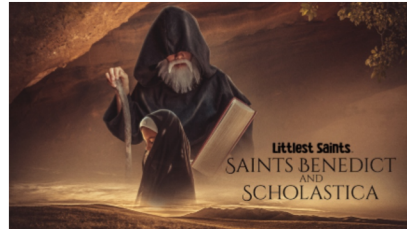
The cathedra should be fixed, indicating the stability of the bishop, his message, and his leadership. The cathedra should be visible by everyone and should lend the assurance that the one who sits there presides over the assembly of the faithful. For these reasons, it is usually raised high up several steps and situated apart from other furnishings.

Formerly it was the custom to erect a *baldachin*, or canopy, over the cathedra. This is no longer the case. But if an older church has a baldachin of artistic or historical value, it may be retained.

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Forming Catholics for *Life*.

This Week on Formed
Week of July 5, 2026



<https://app.formed.org/app/videos/2866076>

Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



<https://app.formed.org/app/videos/588786>

Maria Goretti: The Story of the Patroness of Modern Youth

Learn more about the holy life and martyrdom of St. Maria Goretti in this moving documentary. In particular, the film highlights her ultimate act of love: forgiving her murderer on her deathbed.



<https://app.formed.org/app/videos/582313>

Saint Maria Goretti: Fourteen Flowers of Pardon

Learn more about the holy life and martyrdom of St. Maria Goretti in this moving documentary. In particular, the film highlights her ultimate act of love: forgiving her murderer on her deathbed.

*For the Sacred Heart enthronement prayer, the Morning Offering, litany, novena and others, go to archseattle.org.sacredheart or scan the QR code.



 Archdiocese
of Seattle

Our Parish Family has a **free Formed subscription** for you! Simply scan the QR code or visit formed.org/signup to create your account and select our Parish Family to get free access to these contents and much more!



An offering from the  AUGUSTINE INSTITUTE

THROUGHOUT THE ARCHDIOCESE



July 6 | 7:30 - 8:30 AM | Blessed Sacrament Church

Attendees are encouraged to attend in uniform and sit together.



Tuesday, July 14 | 6:30 PM - 8:00 PM | Virtual

Are you interested in taking care of the environment, forests, waters, flora and fauna, and creatures of the earth? All parishioners, parish leaders, and volunteers are invited to join us at our monthly LSM-WA Chapter Meetings! For meeting link, please contact Terri Nelson, Director of Integral Human Development at the Archdiocese of Seattle at terri.nelson@archseattle.org



Sat, July 25 | 10 AM - 12:30 PM | St. Mary Magdalen, Everett

St. Mary Magdalen Parish invites you to join us as we celebrate our Patroness St. Mary Magdalen on the weekend of her Feast Day!

Featuring a Brunch with Guest Speaker, Dr. Sarah Bartel.

Her talk is on St. Mary Magdalene's Witness for faith-filled women of the church and the importance of their roles in today's modern world. Dr. Bartel's inspirational talk is specifically addressing women of all ages.

Dr. Bartel's book "I Have Seen The Lord", St. Mary Magdalene's Easter, a children's book will be featured specifically written for elementary to teenage girls and up!

Following a brunch featuring cultural foods St. Mary Magdalene may have enjoyed, Dr. Bartel will lead a Q & A and along with the Illustrators will be available for book signing.

We hope you can join us for this fabulous opportunity!

Tickets are \$25.00. Register at <https://bit.ly/3SpP8iV>

Books are also available for pre-purchase \$20. You will receive any pre-purchased books when you arrive at check-in between 9:30-10am. Supplies may be limited day of event.



Helen McClenahan with her Communications Director of the Year award at the 2026 Catholic Media Association conference in Atlantic City, N.J. (Photo by Andrew Foster)

Congratulations to St. John parishioner, Helen McClenahan, on being named the Catholic Media Association's Communications Director of the Year! Read the article on Northwest Catholic at <https://bit.ly/4xWr8Er>



A Leadership Retreat for High School Students

Ascend is a three day Catholic leadership retreat for high school students who want to go deeper in their faith, discover how God has gifted them, and return home ready to lead.

You don't have to wait until you're older to lead. God is already calling you right now, where you are. The world needs leaders formed by Christ, not just talented, but transformed.

Come as you are. Leave ready for more.

Learn more and register at

<https://archseattle.org/events/ascend-youth-leadership-retreat>



**Aug 11, 1:30 PM - Aug 13, 1:00 PM
Archbishop Brunett Retreat Center**

All high school juniors, seniors and recent graduates are invited to find God's voice in the silence at **Unplug with the Lord**, a special youth retreat. Attendees will discover the importance of contemplation by creating space to slow down and listen. Through prayer and reflection, they will learn how to deepen their awareness of God's presence.

Highlights

- Keynote presentation by Fr. Justin Ryan
- Multiple breakout sessions with peers to reflect and learn
- Daily Mass

Cost is \$100 per person. Register at <https://bit.ly/4vrPtAd>

For additional questions, please contact Chloe Iverson, Assistant Director of Youth Ministry, at chloe.iverson@seattlearch.org



Discovering **hope** and **joy** in the Catholic faith.

July 2026

Parish Family 14
Seattle, WA

One Minute Meditations

St. Lawrence of Brindisi

Born in Brindisi, Naples, Cesare de Rossi entered the Capuchin Order when he was sixteen, taking the name Lawrence. In addition to Italian, he was fluent in many languages. His knowledge of Latin, Greek, and Hebrew made him a great Biblical scholar, but his knowledge of German, French, and Spanish made Him a good preacher and diplomat. As minister general of the Capuchins, he spread the influence of the Order, establishing monasteries in Germany, Austria, and Spain.

The indispensability of prayer

St. Martha is often criticized for her busyness while her sister Mary is praised for sitting at Jesus' feet. Yet Martha's fault was not her service itself, but for allowing productivity to take precedence over prayerful attentiveness to the Lord. Scripture does not call us to perpetual activity; God commands us to rest (Exodus 20:10-11) and to "pray without ceasing" (1 Thessalonians 5:17), while still fulfilling our responsibilities. Prayer enables us to live out our vocations, especially our fundamental vocation to love.

"That [Precious] blood inebriates the soul. It clothes her in the fire of divine charity. It gives her the food of the sacrament that I have set up for you in the hostel of the mystic body of holy Church, the body and the blood of my Son..." – God to St. Catherine of Siena

Your summer soul-care checklist

Summer brings a welcome change of pace. While routines may take a break, our faith doesn't have to. Here are seven simple ways to stay rooted in God's presence and make this summer spiritually fruitful:

- 1. Begin every journey with prayer.** Before heading out, take a moment to entrust your plans to God. Pray the Guardian Angel prayer and ask for protection, wisdom, and peace throughout your travels and activities.
- 2. Wear reminders of your faith.** A crucifix, Miraculous Medal, scapular, or Rosary bracelet can do more than complete an outfit. These sacramentals serve as quiet reminders of who you belong to and what you value.
- 3. Adopt a saint for summer.** Choose a saint to be your spiritual companion for the season. You may discover that the saint you choose has something to teach you exactly when you need it.
- 4. Let creation lead you to the Creator.** A brilliant sunset, a mountain view, or even flowers blooming in a neighbor's garden can become moments of prayer. When beauty captures your attention, let it lift your heart and mind to God, the source of all

beauty and goodness.

- 5. Look for opportunities to serve.** Summer may offer additional flexibility. Use it to love your neighbor in practical ways. Help with yardwork, spend time with someone who appears lonely, offer encouragement to a colleague.

"The heavens are telling the glory of God; and the firmament proclaims his handiwork. Day to day pours forth speech, and night to night declares knowledge" (Psalm 19:1-2).

- 6. Keep your soul in training.** Athletes know that strength comes through discipline. Spiritual strength is no different. Choose a sacrifice or habit that challenges you. Limit social media, wake up earlier for prayer, or attend an extra Mass during the week. Even small acts build up the heart for greater things.

- 7. Remember the 1-1-1 Rule.** A simple rhythm can keep you faithful throughout the summer: *Pray (at least) once a day. Attend Mass once a week. Go to Confession once a month.* These three practices provide a steady anchor, even amidst the looser structure of summer.

Why Do Catholics Do That?

Why do Catholics call Rome "home?"

Throughout the Gospels, Peter takes up a leadership role among the Apostles – a role Jesus confirmed when, in Matthew 16, He names Peter "the Rock" upon which Jesus would build His Church (Matthew 16:17-18). After the Ascension, St. Peter traveled to Rome with the Gospel and became the bishop

of the Christian community there. He was martyred and buried in Rome, and his successors became the next popes. Historically, the church in Rome became a source of unity, strength, and faithfulness in adversity. Today, Catholics everywhere call Rome – the resting place of St. Peter – "home."

The secret to balance isn't to do more

Do you struggle to find balance in life? As founder and abbot of an entire Order, St. Benedict of Nursia knew the challenge of balancing prayer, work, community, and service. His wisdom for cultivating balance, order, and peace remains remarkably practical today:

Keep a daily rhythm: Few of us are called to a monk's strict schedule, but we can establish healthy routines, make time for rest and meals, and safeguard time for prayer. Structure creates freedom by helping us focus on what matters most rather than constantly reacting to demands. You, and those around you, will benefit.

Be punctual: "On hearing the signal for an hour of the

divine office, the monk will immediately set aside what he has in hand and go with utmost speed" (Rule of St. Benedict, Ch. 43). A balanced life depends on moving promptly to what is most important at the proper time. Punctuality is not merely efficiency; it is a way of honoring both our commitments and the people around us.

Make peace before sunset: Peace of mind requires letting go of anger and forgiving quickly. When a busy day leads to conflict, St. Benedict urges us to "make peace before the setting of the sun." Resentment drains our energy and disrupts our relationships, while reconciliation restores the peace needed to live and work well.

from Scripture

Matthew 13:44-52, The value of the Kingdom

Jesus used the parables in this Gospel passage to emphasize the life-changing value of the Kingdom. In the first parable, a man discovers – seemingly by accident – a treasure buried in a field. Recognizing its value, he sells everything he has to buy the field. In the second scenario, a merchant finds a valuable pearl after diligent searching. He also sells everything to possess the precious pearl.

By these parables, Jesus taught that being part of God's Kingdom – accepting His love for us and loving others as He loves – is the only thing

that completely fulfills our hearts. God's unconditional love is the only thing that is worthy of everything we have. If we accept His invitation (He forces no one), our lives will change as our hearts change.

Finally, Jesus compared the separation between the evil and righteous to the sifting that happens when a large catch of fish is brought ashore. When we put our whole life in service to God's love, then the individual pieces fall into place around that love, and anything contrary to it falls away.

Feasts & Celebrations

July 6 – St. Maria Goretti (1902). Twelve-year-old Maria was attacked by a neighbor who tried to assault her. When she fought rather than submit, he stabbed her repeatedly. She forgave him before dying shortly after. Her attacker dreamed of Maria while in prison and his first act when released 27 years later was to beg Maria's mother's forgiveness. He wept tears of joy when he attended Maria's canonization.

July 22 – St. Mary Magdalene (1st century). Jesus expelled seven demons from Mary (Luke 8:2) and she financially supported His ministry. She stood by His Cross with His mother and was the one who informed the

Apostles of His Resurrection.

July 26 – Saints Joachim and Ann (1st century). Little is known about Jesus' grandparents, but Mary's unshakeable faith, her devotion to the laws of her religion, and her steadiness in crises indicate the values with which she was raised. Today, pray for your grandparents.

July 30 – St. Peter Chrysologus (c.450). Born in Imola around the year 400, St. Peter converted to Christianity and was ordained deacon. For a while he lived ascetically as a monk. He was ordained Bishop of Ravenna and spent his office defending his see against heresies. His preaching style was so impactful and articulate he was given the title of "golden-tongued." He produced about one hundred seventy-six homilies.

Q & A

Who are the incorrupt Saints?

"Incorrupt" saints are those whose bodies have been found to resist normal decomposition, either wholly or in part, without deliberate human preservation. Some, such as St. Bernadette Soubirous, appear remarkably well preserved, while in other cases only certain parts of the body, such as St. Vincent de Paul's heart, remain incorrupt.

The Church regards incorruptibility not as proof of sainthood, but as a possible sign of a person's holiness. These extraordinary cases also serve as reminders of the future glory promised to all believers. The human body possesses a unique dignity and is destined to share in God's glory through the resurrection of the dead (CCC 997). Mary's bodily Assumption into heaven offers a glimpse of the destiny to which all the faithful are called.

For this reason, the Church has long venerated the bodies and relics of the saints. Such veneration, including that of incorrupt bodies, is intended to be reverent and prayerful. By encountering these remarkable witnesses of faith, we are inspired to imitate their virtue and draw closer to Christ. When we honor the saints, we ultimately honor the God whose grace transformed their lives.

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