

PRAYERS BEFORE & AFTER THE HOLY SACRIFICE OF THE MASS

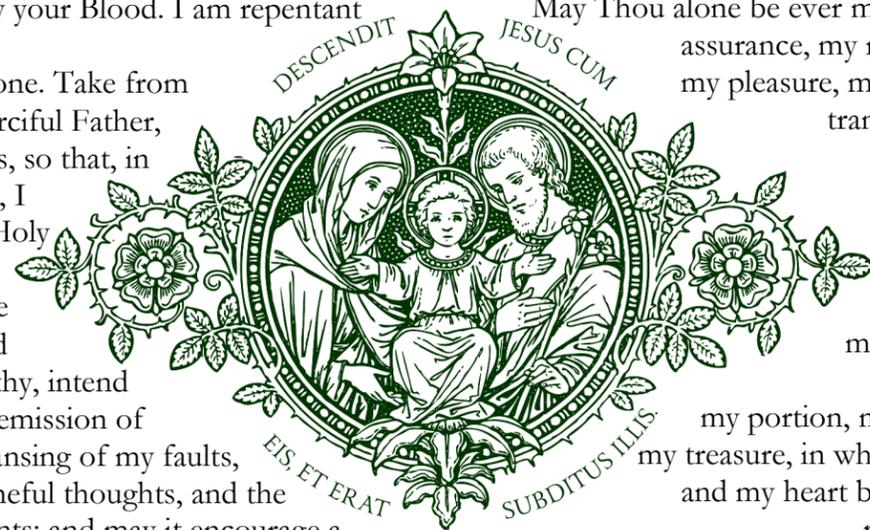
PRAYER OF SAINT AMBROSE BEFORE HOLY MASS:

I draw near, loving Lord Jesus Christ, to the table of your most delightful banquet in fear and trembling, a sinner, presuming not upon my own merits, but trusting rather in your goodness and mercy. I have a heart and body defiled by my many offenses, a mind and tongue over which I have kept no good watch. Therefore, O loving God, O awesome Majesty, I turn in my misery, caught in snares, to you the fountain of mercy, hastening to you for healing, flying to you for protection; and while I do not look forward to having you as Judge, I long to have you as Savior. To you, O Lord, I display my wounds, to you I uncover my shame. I am aware of my many and great sins, for which I fear, but I hope in your mercies, which are without number. Look upon me, then, with eyes of mercy, Lord Jesus Christ, eternal King, God and Man, crucified for mankind. Listen to me, as I place my hope in you, have pity on me, full of miseries and sins, you, who will never cease to let the fountain of compassion flow. Hail, O Saving Victim, offered for me and for the whole human race on the wood of the Cross. Hail, O noble and precious Blood, flowing from the wounds of Jesus Christ, my crucified Lord, and washing away the sins of all the world. Remember, Lord, your creature, whom you redeemed by your Blood. I am repentant of my sins, I desire to put right what I have done. Take from me, therefore, most merciful Father, all my iniquities and sins, so that, in purified mind and body, I may worthily taste the Holy of Holies. And grant that this sacred foretaste of your Body and Blood which I, though unworthy, intend to receive, may be the remission of my sins, the perfect cleansing of my faults, the banishment of shameful thoughts, and the rebirth of right sentiments; and may it encourage a wholesome and effective performance of deeds pleasing to you and be a most firm defense of body and soul against the snares of my enemies. Amen.

PRAYER OF SAINT BONAVENTURE AFTER HOLY MASS:

Pierce, O most Sweet Lord Jesus, my inmost soul with the most joyous and healthful wound of Thy love, with true, serene, and most holy apostolic charity, that my soul may ever languish and melt with love and longing for Thee, that it may yearn for Thee and faint for Thy courts, and long to be dissolved and to be with Thee. Grant that my soul may hunger after Thee, the bread of angels, the refreshment of holy souls, our daily and supersubstantial bread, having all sweetness and savor and every delight of taste; let my heart ever hunger after and feed upon Thee, upon whom the angels desire to look, and may my inmost soul be filled with the sweetness of Thy savor; may it ever thirst after Thee, the fountain of life, the fountain of wisdom and knowledge, the fountain of eternal light, the torrent of pleasure, the richness of the house of God. May it ever compass Thee, seek Thee, find Thee, run to Thee, attain Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy name, with humility and discretion, with love and delight, with ease and affection, and with perseverance unto the end.

May Thou alone be ever my hope, my entire assurance, my riches, my delight, my pleasure, my joy, my rest and tranquility, my peace, my sweetness, my fragrance, my sweet savor, my food, my refreshment, my refuge, my help, my wisdom, my portion, my possession and my treasure, in whom may my mind and my heart be fixed and firmly rooted immovably henceforth and forever. Amen.



WELCOME TO

St. Patrick

CATHOLIC CHURCH

A Roman Catholic Church serving Jesus Christ, Located in the Heart of Hillyard, Diocese of Spokane



16TH SUNDAY IN ORDINARY TIME - JULY 19TH, 2020

Musings from your Parish Priest:

This past week on the 16th we celebrated the feast of Our Lady of Mount Carmel, and I would write briefly on the history of the Carmelite order and of the brown Scapular which is the most well-known symbol of Our Lady of Mount Carmel, and an object of invaluable grace in seeking the intercession of, and expressing devotion toward, the Blessed Virgin Mary.

The Carmelite Order is the only religious order to have been founded in the Crusader states, at some point in the mid-to-late 12th century, at the time when the crusader states were gradually being diminished by the efforts of Saladin. Taking their name from Mount Carmel, near modern day Haifa, the Carmelites were originally a group of hermits who erected a chapel dedicated to the Virgin Mary. Gradually expanding, they built new houses in Europe. Around 1241-1242, a chapter of the Carmelites was set up in England, headed by St. Simon Stock.

The Carmelites are well known for their use of the Brown Scapular, whose origins are somewhat mysterious. Purportedly revealed to St. Simon Stock in a 13th century vision, records of this Scapular visitation do not appear until more than 100 years after St. Simon's death, and contemporary Carmelites make no mention of the visitation or the Scapular. As a result, the legitimacy of this visitation has been questioned for many years, with notable debates taking place in the 17th century. Because of this uncertainty, the propers for the feast day were revised to omit mention of the visitation or Scapular.



Despite the lack of historical certainty, the Scapular is undoubtedly a useful artifact for expressing devotion to the Blessed Mother and for seeking grace. Whether revealed in a vision, or developing organically, its value remains. Pope Paul II once said: "Over time this rich Marian heritage of Carmel has become, through the spread of the Holy Scapular devotion, a treasure for the whole Church. By its simplicity, its anthropological value and its relationship to Mary's role in regard to the Church and humanity, this devotion was so deeply and widely accepted by the People of God that it came to be expressed in the memorial of 16 July on the liturgical calendar of the universal Church." In the words of the Holy Father, visitation or no visitation, the Scapular devotion is a treasure of the Church.

The Scapular is today one of the most popular devotions in the whole of the Church, and is especially useful for teaching children on the value of keeping their Mother Mary close to them at all times. Should any of you require one to be blessed, I am more than happy to help!

In Mary's Immaculate Heart,



St. Patrick our Patron Pray for us and our families!

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me. Christ above me, Christ on my right, Christ on my left, Christ lying down, Christ in sitting, Christ in rising up, Christ in the heart of every person who may think of me, Christ in the mouth of every person who may speak of me, Christ in every eye that sees me, Christ in every ear that hears me!- St Patrick's Breastplate



5025 N. Nelson St., Spokane, WA 99217 Phone: (509) 466-7738 E-mail: stpat Spokanebulletin@gmail.com

Office Hours: On-site office is now closed.

Please note: All correspondence/payments should be mailed to:

St. Patrick's, c/o St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, WA 99208

www.stpatrickspokane.org

Praised be Jesus Christ! Now and Forever!
Live Jesus in our Heart, Forever!

I am happy to announce that Bishop, after consultation with the Spokane Regional Health District, has decided to allow public celebration of Holy Mass, with some restrictions.

The obligation to attend Sunday Mass is still lifted, so no one needs to feel pressured to come. I look forward to seeing those of you who are able to attend, and hope that there may soon be a day when life can return to normal for everyone.

Bishop's Guidelines are here: <https://dioceseofspokane.org/coronavirus>

If you have any questions about these guidelines please do not hesitate to give me a call! My direct number is 509-487-6363

The schedule for Holy Mass and Confessions this weekend is the following:

Saturday

8am – Daily Mass followed by Confessions (St. Patrick)

3pm – Confessions (St. Francis Xavier)

4pm – Vigil Mass (St. Francis Xavier)

Sunday

7:30am – Holy Mass (St. Francis Xavier)

9:00am – Holy Mass (St. Patrick)

**9:30am – Holy Mass, Extraordinary Form (St. Francis Xavier) – Fr. Slattery

11:00am – Holy Mass, Extraordinary Form (St. Francis Xavier) – Fr. Gaines

**We have temporarily added this Mass to help with diocesan occupancy requirements because the 11am Latin Mass is often very full.

Parish Staff:

Fr. David Gaines, Administrator 487-6363
dgaines@dioceseofspokane.org

Mike Samuel, Deacon
msamuels@dioceseofspokane.org

Jan Provinsal, DRE 230-1957
jprovinsal@dioceseofspokane.org

Jennifer Siira, Business Manager 466-3811
jsiira@thomasmorespokane.org

Ed Sinclair, Music Director 326-7073

Parish Council: George Baertlein, Chair Members: Mike Dellwo, Bill Scheres, John Hart, Lola L'Esperance, Louise Andrews, Ex Officio

Finance Council: Mark Kelly, Chair; Members: Ed Sinclair, Dorothea Moore, Kathy Sharp, Julie Carpenter

HEALTH AND WELLNESS

3 EASY STEPS

To Keeping Yourself & Others Healthy!

We are cautioned to be especially careful during the Coronavirus outbreak. Here are some simple ways to keep sickness away.



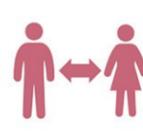
Wash Your Hands

Wash your hands for at least 20 seconds using soap and water. If you can't wash your hands, use hand sanitizer frequently.



Don't Touch Your Face

Especially around the eyes, nose and mouth. If you must sneeze, use a tissue or your arm.



Keep Your Distance

Practice social distancing during this epidemic and stay away from large groups. Instead, call, email or check up on family and friends using social media.

St. Patrick's Prayer Line

Have a certain need that prayer can help? St. Patrick's Prayer Line is available. Call Jackie Silvey (483-3109).

The diocese is committed to helping victims/survivors of sexual abuse and to protecting children and vulnerable adults. Volunteers who supervise other volunteers who work with minors and vulnerable adults are required to report any suspected abuse by others they supervise. Contact: Roberta Smith, Victims Assistance Coordinator (509) 353-0442 Office Phone or (509) 998-18340 Cell. You may also go to the Diocesan website: www.dioceseofspokane.org

For spiritual emergencies, scheduling sacraments or funerals please contact Fr Gaines at 487-6363

To request a certificate, bulletin ad or to speak to someone about your charitable contributions please contact the office and say you are calling for St. Patrick Parish. 509-466-7738

WEEKLY PRAYER

READINGS FOR THE WEEK OF JULY 19, 2020

SUN 7/19 Wis 12:13, 16-19/Ps 86:5-6, 9-10, 15-16 [5a]/Rom 8:26-27/Mt 13:24-43 or 13:24-30

MON 7/20 Mt 6:1-4, 6-8/Ps 50:5-6, 8-9, 16bc-17, 21 and 23 [23b]/Mt 12:38-42

TUE 7/21 Mt 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8 [8a]/Mt 12:46-50

WED 7/22 Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4, 5-6, 8-9 [2]/Jn 20:1-2, 11-18

THR 7/23 Jer 2:1-3, 7-8, 12-13/Ps 36:6-7ab, 8-9, 10-11 [10a]/Mt 13:10-17

FRI 7/24 Jer 3:14-17/Jer 31:10, 11-12abcd, 13 [cf. 10d]/Mt 13:18-23

SAT 7/25 2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5, 6 [5]/Mt 20:20-28

SUN 7/26 1 Kgs 3:5, 7-12/Ps 119:57, 72, 76-77, 127-128, 129-130 [97a]/Rom 8:28-30/Mt 13:44-52 or 13:44-46

OBSERVANCES FOR THE WEEK OF JULY 19, 2020

Sunday: 16th Sunday in Ordinary Time

Monday: St. Apollinaris, Bishop and Martyr

Tuesday: St. Lawrence of Brindisi, Priest and Doctor of the Church

Wednesday: St. Mary Magdalene

Thursday: St. Bridget, Religious

Friday: St. Sharbel Makhlof, Priest

Saturday: St. James, Apostle

Next Sunday: 17th Sunday in Ordinary Time

LIVE THE LITURGY

Inspiration for the week

Grace and sin are found together. As much as our hearts long for union with God, there is always that part of us that resists. As much as I wholeheartedly believe in God, there is a dimension of disbelief with which I also wrestle. Even though we may seek purity and integrity in all of our thoughts, words, and deeds, there is also the path toward weakness and sin that we find ourselves traversing. Just as weeds can easily overtake the best of gardens, so too can weakness and sin overtake and overwhelm a person. The call is to realize the power the weeds of sin have to choke us off from God's presence. While God allows the wheat and the weeds to exist together, we must keep our eyes fixed on God's mercy and forgiveness and resist the death that comes from giving way to sin and evil. In God's time, the eternal harvest will come, and we will no longer have to worry about the weeds. For now, we must be vigilant and regularly seek the assistance of the Master Gardener.



SAINT BRIDGET of Sweden JULY 23



Pursue Love

SUNDAY, JULY 19, 2020 | 16th SUNDAY IN ORDINARY TIME

Stewardship:

Income Budgeted \$
Income Received \$

Year to Date:
Charity Fund \$
Maintenance Fund \$

Mail your contributions to St. Thomas More Parish, 505 W. St. Thomas More Way, Spokane, 99208

or
Online Giving available at www.stpatrickspokane.org

Clause for a Christian Will: I give, devise, and bequeath to St. Patrick Catholic Parish — Spokane for the benefit of (*insert St. Patrick Catholic Church*), a Washington nonprofit corporation, (*description of gift*).

ANY NEWS FOR THE BULLETIN?
PLEASE CONTACT TRACI @ 466-3811, ext. 200
OR EMAIL: stpat Spokanebulletin@gmail.com

BULLETIN ITEMS ARE DUE NO LATER THAN MONDAY @ 4:00 PM. Also, if you know of any homebound who would like to have the bulletin mailed to them, please send us their address.

Watch out for "Spoofing"

From time to time, reports come into the office from people who have received an email from someone in the parish office, almost always from Fr. Pat, asking them to buy something for him/her because he/she is unable to do so for some reason. This is a scam. No one in the office will ever ask you to buy something for them through an email. If you receive such an email, ignore it; you can hover your browser over the address and see that it is not a legitimate address. There is nothing we can do on our end to prevent this; scammers are crafty and sneaky, and very adept at getting hold of a list of emails and "inventing" an email from someone else. The best we can do is educate parishioners about this scam.

Do What Needs to Be Done

A friend recently confided in me that although he prayed frequently each day and was involved heavily in his parish, he did not sense much fruit coming from it all and was left feeling unsatisfied. I assured him he was not alone. I told him of a deceased pastor of mine who had spoken frequently about being in this type of situation. Even as a priest, he knew all too well of how we can feel like we are simply going through the motions. It is precisely at those times that continuing to pray and practicing good stewardship is most important, because it would be easier to simply take a break and risk never coming back. He liked to say, "Do the drill," meaning just do what needs to be done.

We are all called to be mature disciples who answer the call of Jesus Christ regardless of the cost. We cannot choose when and where the call will come. We cannot schedule our stewardship in a way that is always most convenient for us. Even when the fruits of our faithful efforts seem hidden from us, we hold to the promise that we are never called to give of ourselves for nothing. God is working through us and in us. No matter how dry the land may seem, seeds are being planted to yield a harvest greater than we can ever realize. Stay strong and do the drill!