



# SACRED HEART OF JESUS PARISH

Staffed by the Redemptorists since 1891

205 Second Ave. N. Seattle, WA 98109-4817

www.sacredheartseattle.org (206) 284-4680



September 27, 2020 Twenty-Sixth Sunday in Ordinary Time

*“Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves.”  
Philippians 2:3*



## He Emptied Himself

In the Gospels, Jesus seldom teaches doctrine. Rather, the stories themselves provide examples of how we are to model our lives after him. He was a man for others, a compassionate healer, an understanding friend. As clear as such stories might be, because we can be selfish people, the example they offer us is difficult to follow. If it is hard to follow a man who lived a human life with others, how are we to follow the example sketched by Paul in today's second reading?

Paul declares in Philippians: “Have among yourselves the same attitude that is also yours in Christ Jesus” (2:5). What attitude is he talking about? Jesus emptied himself of the preeminence that was rightly his as possessing “equality with God” (2:6). He did not demand that they treat him with the reverence and veneration that was due him. Rather, “he emptied himself...he humbled himself” (2:7, 8).

Why does Paul insist on this? It seems the Philippians were having internal problems that were threatening their unity. Various forms of arrogance were tearing them apart: Don't you know who I am? I am a celebrity. I have more money. I know the right people. And who are you? Who do you know? What can you do? These attitudes of arrogance infect our communities even today. To this Paul proclaims: If Jesus, who “though he was in the form of God” (2:6) could empty himself of such dignity for the sake of others, you certainly should be able to put aside your trivial vainglory and be “united in heart” (2:2). Can we?

—Sr. Dianne Bergant, CSA

### *For Reflection:*

*In what circumstances does your arrogance raise its ugly head? What do you do about that?*

*What might you do to strengthen the bonds of unity in your family? Your workplace? Your parish?*

Pastor: Fr. Rich Luberti, C.Ss.R. [rich\\_luberti@compuserve.com](mailto:rich_luberti@compuserve.com)

Brother Paul Jorns, C.Ss.R.

**Calendar**

**Monday**  
 SEPTEMBER 28  
 Weekday  
 Job 1:6–22  
 Luke 9:46–50

**Tuesday**  
 SEPTEMBER 29  
 Sts. Michael, Gabriel, and Raphael, Archangels  
 Deuteronomy 7:9–10, 13–14  
 or Revelation 12:7–12a  
 John 1:47–51

**Wednesday**  
 SEPTEMBER 30  
 St. Jerome, Priest and Doctor of the Church  
 Job 9:1–12, 14–16  
 Luke 9:57–62

**Thursday**  
 OCTOBER 1  
 St. Thérèse of the Child Jesus, Virgin and Doctor of the Church  
 Job 19:21–27  
 Luke 10:1–12

**Friday**  
 OCTOBER 2  
 Holy Guardian Angels  
 Job 38:1, 12–21; 40:3–5  
 Matthew 18:1–5, 10

**Saturday**  
 OCTOBER 3  
 Weekday  
 Job 42:1–3, 5–6, 12–17  
 Luke 10:17–24

**Sunday**  
 OCTOBER 4  
 Twenty-seventh Sunday in Ordinary Time  
 Isaiah 5:1–7  
 Philomen 4:6–9  
 Matthew 21:33–43  
 Matthew 21:28–32

# Dear Padre,

**Where does the tradition of praying with your hands together originate? I pray with my fingers intertwined. Is that acceptable?**

According to the Caeremoniale Episcoporum (The Ceremonial of Bishops, 1985), “palms extended and joined together in the front of the breast, with the right thumb over the left in the form of a cross” (CE 107, n. 80) is the correct Catholic hand posture at Mass and prayer.

The origin of praying with hands folded is not known, but there's mention of it in the Jewish Talmud. Historians have also asserted that it's modeled on the practice of citizens in ancient Rome who joined their hands in the presence of rulers to communicate loyalty and submission to that higher authority.

Gestures and postures should allow our whole body to pray, as well as our heart and mind. Moreover, they are expressions of our faith. For example, like the early Christians, we stand during prayer and worship to express our readiness for Christ's return, and as a sign of reverence to hear the gospels. Kneeling and striking the breast are expressions of penitence, humility, and our lowliness before God.

Likewise, at Mass the priest assumes the ancient posture of outstretched arms and hands, slightly elevated, to symbolize surrender in a gesture that reverences Christ's outstretched arms on the cross. When we join hands together in prayer, it's a gesture of supplication and a symbol of total submission to God, our supreme authority.

— Fr. Byron Miller, CSsR (Sundaybulletin@Liguori.org)



## A word from POPE FRANCIS



Today let us look at our hands, so often empty of love, and let us try to think of some free gift that we can give without expecting anything in return. That will please the Lord. And let us ask him: “Lord, let me rediscover the joy of giving.”

—Epiphany Sunday, January 6, 2018

**Scrupulous ANONYMOUS** October 2020 Vol. 30, No. 10

**Into the Light of Grace**  
 By Thomas M. Shahan, C.S.B.

The light of grace is the light of God's love that shines upon us and makes us holy. It is the light that gives us the strength to resist temptation and to live a life of holiness. It is the light that gives us the courage to face our sins and to seek forgiveness. It is the light that gives us the hope of eternal life.

**Know Someone Overly Anxious About Sin?**

For more than fifty years, Redemptorists have ministered compassionately with those struggling with scrupulosity. For more information and to sign up for our free monthly

newsletter, visit: [ScrupulousAnonymous.org](http://ScrupulousAnonymous.org)

## DAILY MASS INTENTIONS

Sun.	Sept 27	9:00 a.m.	William Gates Sr. +
		11:00 a.m.	Romeo Quiambao Jr.+ & Feche
		5:30 p.m.	Peter John Mc Kennan +
Mon.	Sept 28	12:00 p.m.	Gilbert Taguinod
Tues.	Sept 29	12:00 p.m.	Carolina P. Velasco
Wed	Sept 30	12:00 p.m.	José Corsino +
Thur.	Oct 1	12:00 p.m.	Carolina P. Velasco
Fri.	Oct 2	12:00 p.m.	Sacred Heart Church
Sat.	Oct 3	5:30 p.m.	Gabriel McBride

## STEWARDSHIP

Offerings (September 14—20)	\$1,067
Online Giving (September 14—20)	\$1,065
Total Sacrificial Giving	\$2,132
YTD Sacrificial Giving (June 29 - Sept 20)	\$34,530
Parish Improvement (June 29 - Sept 20)	\$3,330

## MASS SCHEDULE AND PARISH EVENTS

### September 27, Sunday

- Masses 9:00 a.m., 11 a.m., 5:30 p.m.

### September 28, Monday

- Confession 7:30 a.m.
- Confessions 11:00 a.m. — 12:00 p.m.
- Mass 12:00 p.m.
- YAMS Bible Study 7:00 p.m. Zoom

### September 29, Tuesday

- Confession 7:30 a.m.
- Confessions 11:00 a.m. — 12:00 p.m.
- Mass 12:00 p.m.
- MPH Devotion after noon Mass

### September 30, Wednesday

- Confession 7:30 a.m.
- Confessions 11:00 a.m. — 12:00 p.m.
- Mass 12:00 p.m.

### October 1, Thursday

- Confession 7:30 a.m.
- Confessions 11:00 a.m. — 12:00 p.m.
- Mass 12:00 p.m.

### October 2, First Friday

- Confession 7:30 a.m.
- Confessions 11:00 a.m. — 12:00 p.m.
- Mass 12:00 p.m.
- Adoration after Mass till 2:00 p.m.

### October 3, Saturday

- Confession 4:00—5:00 p.m.
- Live Streamed (Sunday Vigil) Mass 5:30 p.m.

## CALLED TO SERVE *as* CHRIST

*A campaign for our*  
PRIESTS, SISTERS & FAMILY OF FAITH

The Archdiocese of Seattle has a canonical responsibility to provide **senior priests** with a pension and medical benefits. The present pay-as-you-go model for the priest pension and medical plans was sustainable when there was a large number of active priests paying into the plan, and a relatively small number receiving benefits. Now, with relatively fewer priests in active ministry, compared to retired, the burdensome “pay as you go”



model is no longer sustainable. As a result, parishes are paying more and more into the plans through increased billings and the Annual Catholic Appeal each year.

Following a successful campaign, the Archdiocese will eliminate the Annual Catholic Appeal’s portion of funds designated to priest pension and senior priest medical expenses. Further, the Archdiocese plans to significantly

reduce parish billings for the priest pension plan and eliminate the annual increases.

Utilizing the income from investments to pay priest benefits puts the Archdiocese on more stable financial footing in addition to saving parishes approximately \$2.5 million a year in billings and assessments.

The campaign will also raise funds for **women religious**, who have played a crucial role in the history of our Church’s mission in Western Washington. From schools to hospitals, from ministry to the poor to ministry in parishes, from retreat centers to social justice and advocacy, the positive impact and reach of their work cannot be overstated. Because they have answered the call to serve as Christ, and because for decades they served with almost no compensation, the campaign will recognize, acknowledge and thank them for their sacrifice and service.