

"You open your hand to feed us, Lord; you answer all our needs." Psalm 145



[Register for Sunday Mass here!](#)



**Congratulations and Welcome Natalie Martincic, who was Baptised at Christ Our Hope last Sunday, July 26th**  
*Pictured: Martincic Family; including parents, Fernando and Christine, big sister Isabelle and Godparents Simon and Maria Rillera, Rachel Rillera and Sebastian Martincic*

# How Do You Cooperate With God's grace?

Dear Friends at Christ Our Hope,

When striving to understand the meaning of a passage in the Gospels it is always best to read it in the context of what came just before it.

In the case of the the miracle of the loaves and fishes heard this weekend, we read about the murder of John the Baptist during Herod's banquet. Herod's evil banquet was the human expression of arrogance, lust, conspiracy and murder.

The banquet Jesus offers is one of healing, faithful obedience to God, and caring for the needs of others through the sharing of food to the 5000 who gathered to hear Jesus speak. What a stark contrast of human behavior.

The important take away for us from this weekend's Gospel message is how we cooperate (or not) with God's grace as we deal with the overwhelming challenges each day. Is our response life-giving or life-taking? It's a choice.

Peace,



Deacon Dennis Kelly  
Pastoral Coordinator

**Online Mass will continue on Sunday at 8:30 AM, 5 PM and 7 PM**  
Join us online via [Facebook](#) or [YouTube](#)

**The Worship Aid can be found on [our website](#)**

## New beginnings for Pam Thompson

Tomorrow, Friday, July 31st will be Pam's last day at Christ Our Hope. Pam has been a wonderful gift to our parish office and community for many years and will be greatly missed by all. **Thank You for everything Pam!** As Pam is not able to say goodbye in person, she has written a farewell message to all.

*At the end of July, I am embarking upon a new adventure - retirement. I am very grateful for the opportunity to work for Christ Our Hope in the Josephinum. It has been a privilege to have met such wonderful parishioners and residents and to have the opportunity to work together through your active service to this unique community. Through our shared meals, events, church environment changes, daily office support and your volunteer spirit, you have truly been a model to me of the way the people of God work, using their unique gifts of the Holy Spirit! You have been such an inspiration to me. Your service to the Josephinum and our neighbors in Downtown Seattle and to the Christ Our Hope community is amazing. You have made a difference in my life and I will treasure these memories in my heart. Thank you for making these almost six years with you so interesting and engaging. I will miss you all. Pam!*



For those wishing to send Pam cards or letters with well-wishes, please forward to the parish office and they will be given to Pam. Alternatively, you are welcome to leave a message here, on the [farewell e-card](#) for Pam.



### Sunday Music Article from Dr. Savage

This Sunday the music recalls the Gospel story of the Woman at the Well. A small ensemble of women from the Choir of Hope will musically "play the role" of the Samaritan woman who became one of the first to spread the Good News.

Women's voices will sing *By flowing waters the Lord has planted his saints (Psalm 1); women's voices will lead us in Isaiah's great canticle Come to the water.* During Communion, we will hear a telling of the Samaritan woman's story in the song *As when the sun shines down at noon.*

The Gospel writer John was definite about the time: "The hour was about noon." In some Mediterranean areas, the noon time air in the summer is filled to overflowing with the sound of Cicada, the intense, high-energy sound of insect musicians. Most Cicada vibrate their drum like tymbals at night, but not the bold Cicada of parts of the Mediterranean world who cease singing as the sun sets. If you have not experienced this sound you can get a hint of it [here](#). It is this sound: the incessantly insistent sound of mid-day that was the musical accompaniment of the Samaritan woman's encounter with Jesus at noon.

Our singing women will not suggest the music-making of Cicada, but perhaps you can create the accompaniment in your mind's ear. We look forward to you joining and enjoying this week's Sunday 7PM Mass.



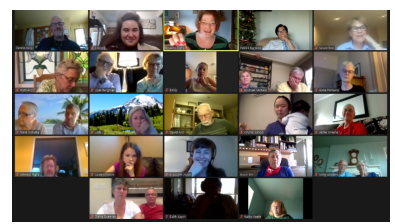
### Scrutiny Celebration

This Sunday at the 7 pm Mass, our **Elect Julie Poliak and Phuong Nguyen** are in their final intense preparation for their baptisms, beginning with a Scrutiny Celebration.

Scrutinies are usually celebrated during Sundays in Lent. RCIA, no. 141: "The scrutinies are meant to uncover, then heal all that is weak, defective, or sinful in the hearts of the elect; to bring out, then strengthen all that is upright, strong, and good....to give them strength in Christ...and deepen their resolve to hold fast to Christ and to carry out their decision to love God above all."

Our Elects' preparation continues with an all-day retreat on Saturday, August 8th, before their baptism, confirmation and first communion on Sunday, August 9th. **Please continue to keep Julie and Phuong in your prayers over these next two weeks.** As we will not all be able to introduce ourselves in person, we have created a virtual introduction board. You are encouraged to leave a message [here](#), welcoming Julie and Phuong to Christ Our Hope Church and our community.

## Engagement Opportunities



Thank you to all the Young Adults who gathered with parishioners to share their experiences last Sunday. The Communications Committee are partnering with Deanna to ensure we can track outcomes, and share experiences from these Engagement Opportunities. We will publish an update when this is available.

We invite everyone to join us for our virtual hospitality after the **8:30 AM Mass on Sunday**, via Zoom. This **coffee hour** we will hear from **our RCIA Elect** who will be baptized the following Sunday! They haven't had much of an opportunity to engage and meet the community because of COVID, so please make a point of dropping in and saying Hello!

You can also join other Zoom engagement opportunities throughout the week. On Wednesday, you are welcome to join Coffee Hour with Dn. Dennis & Fr. Bryan at 9:30 AM, or Thursday morning join "Encounter God" Women's Group. Zoom links are available on our [website](#). If you would like more information on any of our groups, or have ideas on other engagement please [email Deanna Tighe](#).

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