PARISH PERSONNEL:

DEACON: Scott Aikin

scotta@holyredeemervanc.org

Administrator

Ed Brands (360) 885-7780, ext. 12 edb(a)holyredeemervanc.org

Business Manager

Kevin Greenlee (360) 885-7780, ext. 21 keving@holyredeemervanc.org

Music and Liturgy

Angela Lee

angelal@holyredeemervanc.org

Administrative Assistant

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Receptionist

Marybeth Yee (360) 885-7780, ext. 10 marybethy@holyredeemervanc.org

Faith Formation Office:

-Director

Mark MacKenzie (360) 885-7780, ext. 16 markm@holyredeemervanc.org

-Senior Leader

Iamie Kohler

jamiek@holyredeemervanc.org

-Leaders

Annie Cooper (360) 885-7780, ext. 15 anniec@holyredeemervanc.org Katelyn Greenlee (360) 885-7780, ext.

katelyng@holyredeemervanc.org

-Coordinator

Melissa Abell (360) 885-7780, ext. 11 melissaa@holyredeemervanc.org

PASTORAL CONCERNS:

Baptisms: Please prepare for infant/child baptism by contacting the office at ext.

15. For adult baptisms, see RCIA.

Weddings: Please call the office, ext. 16. Coordinate with Mark before setting date.

Funerals: Contact the office at ext. 11.

RCIA (Becoming Catholic) and **Learning About The Catholic Faith:**

Everyone is invited to learn more about the faith or seek to become a Catholic. Contact the parish office at ext. 16.

Annulments: Confidential help is

available. Please call the office at ext.16.

Pastoral Care: Please contact the office at ext. 14 for ministry to the sick, homebound, disabled, incarcerated, or indigent.

Welcome to Holy Redeemer Parish

February 5, 2023 Fifth Sunday of Ordinary Time

Pastor Father Thomas Nathe



GLORIFY GOD AND SANCTIFY SOULS!

Website: <u>www.holyredeemervan.org</u>

Telephone: (360) 885-7780 Fax Number:

Address: 17010 NE 9th Street,

Vancouver, WA 98684

Office Hours: Monday-Friday 9:00am - 4:00pm

(360) 944-7560

Church Open: 7:30am - 4:00pm daily

Mass Schedule: Saturday Vigil 4:30pm

> Sunday 8:30am and 11:00am Monday-Saturday 8:30am

Rosary: Saturday 4:10pm

> Sunday 8:10am and 10:40am Monday - Saturday 8:10am

Confessions: Friday 4:00 - 5:15pm

Saturday 2:30 - 4:15pm

Sunday 7:45 - 8:15am and 10:00 - 10:45am

Eucharistic Adoration: Friday 9:00am - Saturday 8:00am

Please remember Holy Redeemer Parish in your will.

WEEK OF 2/5/2023 LITURGICAL SCHEDULE

Please join us 20 minutes prior to Mass to pray the Rosary.

pray the Rosary.		
Sunday:	02/05	
Fifth Sunday of Ordinary Time		
Mass: 8:30am & 11:00am (Church)		
Confession: 7:30-8:15AM, 10:00-10:45am		
Monday:	02/06	
8:30am~Daily Mass Frank and Judy Spencer		
12:00pm~ Angeles (Facebook Live)		
5:00pm~ Evening Prayer (Facebook Live)		
Tuesday:	02/07	
8:30am ~ Daily Mass Carol Billard+		
12:00pm~ Angeles (Facebook Live)		
5:00pm~ Evening Prayer (Facebook Live)		
Wednesday:	02/08	
8:30am~Daily Mass Margie Carey+		
12.00		

Thursday: 02/09
8:30am~ Daily Mass Maria Baca+
12:00pm~ Angeles (Facebook Live)

12:00pm~ Angeles (Facebook Live)

5:00pm~ Evening Prayer (Facebook Live)

Friday: 02/10 8:30am~Daily Mass Clare Elise Krill+ 9:00am-Eucharistic Adoration (Church) 3:00pm~Divine Mercy Chaplet (Church)

Saturday: 02/11

8:00am~Benediction (Church) 8:30am~Daily Mass Richard Nathe+ 4:30pm~Saturday Vigil Mass Confessions: 2:30pm-4:15pm

4:00-5:15pm~Confessions (Church)

Sunday:
Sixth Sunday of Ordinary Time

Mass: 8:30am & 11:00am (Church)

Confession: 7:30-8:15AM, 10:00-10:45am Rosary 20 minutes before each Mass

"O come, let
us worship
God, and bow
low before the
God who
made us; for
He is the
Lord our
God."





WEEK OF 2/5/2023 MINISTRIES & MEETINGS.

Sunday:

Fifth Sunday of Ordinary Time
Catholic Schools representatives after Mass
(Narthex)
9:45am~ Religious Ed K-5th
(Parish Center)
12:15pm RCIC (St. Clare/St Francis Rms)

Monday: 02/06
9:00am ~ Marian Movement (Parish Center)
6:30pm ~ Spanish Endow (Annex)
6:30pm ~ Endow (Zoom)

Tuesday: 02/07 6:00pm~ RCIA (Parish Center)

Wednesday: 02/08 5:00pm~ Children's Choir (Choir Room)

6:00pm∼ Fidelis and Fraternis

Thursday: 02/09
9:00am~ Endow (St Francis Room)
9:00am~ Marian Movement (Parish Center)
10:30am~ Bible Study AM (Parish Center)

6:30pm~ PM Bible Study (Parish Center) 7:00pm~ Adult Choir (Choir Room)

Friday: 02/10 6:00pm~ARISE Women's Conference (Preregistration required on parish website)

Saturday: 02/11
7:30am~ ARISE Women's Conference
(Preregistration required on parish website)
9:15 am ~Exodus 90 (Narthex)

9:15am~ Saturday Marian Movement (Choir Room)

1:00pm~ Safe Environment Class (Church Sacristy Room)

Sunday: 02/12
Sixth Sunday of Ordinary Time

9:45am~ Religious Ed, K-5th (Parish Cntr) 40 Days for Life Sign Up (Narthex)

Knights selling Lenten books (Narthex)

Please Remember in your prayers:



Pam Brown, Ester Culajara+, Evelyn Ferma, Mary Gill+, Irma Gomez, Cora Grimm, Aaron Hodges, Charles Jackson, Jr., Carlos Lourenco, Kate McJanet+, Kay Magistrale+, Victoria

02/12

Mercer & Family, Annie Mersarlen, Kelton Morris, Don Mosier, Matthew Reynolds+ and Family, Bud Reynolds+, Nealane Riem, Agnes Sarno+, Henry Schram+, Fr. Raphael Shen SJ+, Alan Thayer+, Marilyn Tolsen, Daniel Torres+, Vincent Troiano+, Tammy Tucker, Peg and Ed Uribi, George Wetzel+. End of Year Tax Statements were emailed on 1/30/23, or sent by USPS if we do not have an email on file for you. Please call the Parish Office if you have any questions.

Income	1/23-1/29/2023	
Sunday:	\$	26,384.50
Realizing Hope:	\$	289.00
St. Vincent de Paul:	\$	345.00

Pastor's Column

February 5th, 2023

Stages of the Spiritual Life

Jesus Christ: Yesterday, Today, and Forever ~

Lent is fast approaching and I started thinking about what to do, and more importantly, how to spiritually prepare. This gets me thinking about the spiritual life and a pastor's column I wrote 18 months ago on the stages of the spiritual life. I reread it and thought I should share it with you again. A reminder, you can access all my past pastor's columns on our website.

There is a path or way in the spiritual life to holiness or sanctity, common to all saints. Few know of its existence, and fewer still reach the highest stage in this life, most people never even start on the journey. I find it simultaneously enlightening and depressing. Enlightening because I can see the way forward, what can be, and how to proceed. Depressing because I'm so far from where the great saints ended up and honestly question just how far I can go, or more accurately, how far I am willing to go with God's grace.

There are three basic stages of the spiritual life called the Purgative, Illuminative, and Unitive Ways. One passes from the lowest (purgative) to the highest (unitive) along a spectrum. Most people are not even in the first way, Purgative, so I added a "Pre-Purgative Way" to help the majority recognize where they are at on this journey.

The information below is a macro picture of the spiritual journey, and not meant to supplant the uniquely personal relationship we each need to have with God, but to help it grow. I hope this enlightens, inspires, and challenges you as much as it has me.

I Love You in Christ,

Fr. Thomas Nathe

Pre-Purgative Way [Most People]

In Shown Att

Mortal Sin: Little to no resistance; may not be aware of them. Sometimes or frequently justifies the mortal sins they commit as not being serious, or impossible to overcome. Does not avoid near occasions of sin. If they ever go to Confession, they are almost always incomplete (forgetting or ignoring many sins).

Venial Sin: Perpetually engages in them, frequently without being conscious of them.

Prayer: Sporadic, rare, or not at all. Only to ask God to give them something (petition prayers).

Sacraments: Attends Mass on Sundays hit and miss, rarely, or not at all. Confession is rare, usually not at all.

Purgative Way

Underdeveloped

Mortal Sin: Weak resistance. Rarely avoids near occasions of sin, but seriously regrets having sinned, and makes adequate confessions.

Venial Sin: Considered insignificant and even at times embraced or desired. Hence the lukewarm state of the will. Does nothing whatever to prevent venial sin, or to pay enough attention to avoid it, or to uncover and uproot it when it is less conspicuous.

Prayer: From time to time, prayer is still done in an ad-hoc fashion. Spiritual fervency is inconsistent and fleeting. Prayer is far from habitual but is valued, even if minimally so. Prayer is usually either intermittently attentive vocal prayer, or a petition-based focused on temporal needs and desires.

Sacraments: Attends Mass regularly and pursues confession once in a while.

Developing

Mortal Sin: Loyal resistance. Habitually avoids the near occasion of sin. Deeply regrets mortal sin when recognized. Does penance to make reparation.

Venial Sin: Sometimes deliberate. Puts up a weak fight. Sorrow is only superficial. Makes an examination of conscience, but without any method, preparation, or coherence.

Prayer: Practices vocal prayer regularly. Not yet firmly resolved to remain faithful to structured meditation (time, place, topic, and material). Gives up as soon as dryness is felt, or as soon as there is business to attend to.

Sacraments: Attends Mass daily and pursues confession at least quarterly.

More Developed

Mortal Sin: Never. At most very rare and only when taken suddenly by surprise and then, often it is to be doubted if the sin is mortal. It is followed by ardent feelings of guilt and a desire for penance.

Venial Sin: Vigilant in avoiding and fighting it and rarely deliberate. Intense sorrow, but does little by way of reparation. Consistent particular examen, but aiming only at avoidance of venial sin.

Imperfections: The soul either avoids uncovering them so as not to have to fight them, or else easily excuses them. Approves the thought of renouncing them, and would like to do so, but makes little effort in that direction.

Prayer: Consistently faithful to specific time and approach to prayer, no matter what happens. This prayer includes vocal prayer and meditation that is often affective. Alternating consolations and dryness, the later endured with considerable hardship.

Sacraments: Always attends daily Mass if able. Pursues confession on a regular basis.

Illuminative Way

Underdeveloped

Venial Sin: Never deliberate. By surprise, sometimes, or with imperfect advertence. Keenly regretted and serious reparation made.

Imperfections: Wants nothing to do with them. Watches over them, fights them with courage and diligence in order to be more pleasing to God. Still, imperfections are sometimes accepted, though regretted at once. Frequent acts of renunciation. Particular examen aims at perfecting in a specific virtue.

Prayer: Vocal and mental prayer is constantly practiced and gladly prolonged. Prayer is often affective and the prayer of simplicity begins to emerge. Alternation between powerful consolations and fierce trials.

Sacraments: Fervently participates in daily Mass. Pursues confession on a semi-monthly basis. Imperfections are offered in confession for the purpose of obtaining the grace necessary to overcome them (i.e., devotional confession).

Developing

Imperfections: Guards against them energetically and with care and love. They only happen with half-advertence.

Prayer: Habitual life of prayer, even when occupied in external works. Thirst for self-renunciation, annihilation, detachment, and divine love. Hunger for the Eucharist and for Heaven. Graces of infused prayer, of different degrees. Often passive purification.

Sacraments: Fervently and joyfully participates in daily Mass. Fervently pursues confession on a semi-monthly basis. Imperfections are offered in confession for the purpose of obtaining the grace necessary to overcome them (i.e., devotional confession).

Unitive Way

Developing

Imperfections: Nothing but the first impulse.

Prayer: Supernatural graces of contemplation sometimes accompanied by extraordinary phenomenon. Pronounced passive purifications. Contempt of self to the point of complete self-forgetfulness. Prefers suffering to joys.

Developed

Imperfections: Hardly apparent and rare.

Prayer: Frequently experience the transforming union.

Adapted from: Burke, Daniel. Navigating the Interior Life. Steubenville: Emmaus, 2012

GROWING IN HOLINESS

NEW TO HOLY REDEEMER?

Office Hours: Monday-Friday 9:00am-4:00pm

Contact the Faith Formation
Office to meet and discuss how
we can work together to build
God's Kingdom in East
Vancouver! Sacramental needs?
Education? Let us know how we
can help. Contact Mark:
360.885.7780 ext. 16, or
markm@holyredeemervanc.org

RCIA (Becoming Catholic) and Learning About the Catholic Faith: Contact Mark MacKenzie

PRAYER GROUPS

Additional Marian Movement Group Added! The Marian Movement has added an additional group on Saturdays. It will meet at 9:00am in the choir practice room. The Monday and Thursday groups will continue to meet at 9:00am in the parish center. Contact Jean Marie Amos at 360.260.7352, or mmamos1@juno.com

Anne, a lay apostle: Anne, the author of *The Volumes*, received a message to have a prayer group meeting once a month. The Lay Apostle prayer group holds their meetings on the second Tuesday of the month at 9:00am in the parish center. Contact Jean Marie Amos at 360.260.7352, or

<u>jmamos1@juno.com</u>

St. Joseph Cenacle Apostolate:

Members offer a weekly holy hour of prayers for our priests and will meet as a group on the third Wednesday of the month at 3:00pm in the parish center. Contact Sandra Koceja at TEADIOSEPH2020@gmail.com

ADULTS

Bible Study: The morning Bible study sessions are Thursdays 10:30am studying "Jesus, the Way, the Truth, and the Life". Books are \$30 and can be purchased in the FF office. The evening session are on Thursdays 6:30pm with the program "Rescue Project", limited spots available. Call the FF office to sign up and purchase the book for \$15.

Men of Faith: All men in the parish are invited to attend our monthly gatherings. We meet on the first Saturday of the month at 9:15am in the parish center. For more information contact Mark by email at markm@holyredeemervanc.org

Endow Women's Spiritual

Studies: Through their small groups, women are learning how to be the best version of themselves—made in the image and likeness of God—and reaching out to those around them. For more information contact Jamie at jamiek@holyredeemervanc.org

Endow en español: Es un grupo para Mujeres donde podemos aprender acerca del amor de Jesus y María

Ven y unite a nuestro grupo Todos los lunes de 6:00pm a 8:00pm en el Annex. Para mayor información Maria Chavez 360.513.4824 or angel77uver@gmail.com

SAVE THE DATE!

Arise Women's Conference: Feb.10-11, 2023

Verso L'Alto and Life is Christ Social Nights: Feb. 12, 2023

HS Retreat in Mt. Angel, OR: March 10-12, 2023

Why is there something rather than nothing?

Why is everything so obviously messed up?

What if anything has God done about it?

How should I respond?

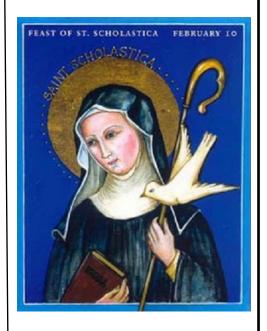


Ever ask yourself these questions?
We invite you to join us for The Rescue
Project.

Together we can discover The Story.

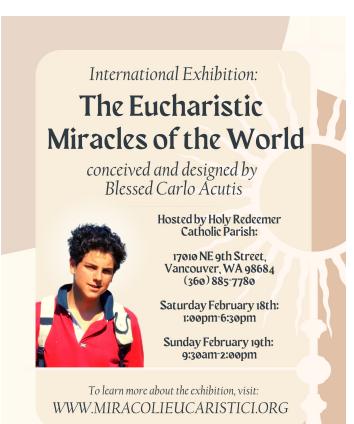
THURSDAYS @ 6:30PM
IN THE PARISH CENTER
LIMITED SPACE
BOOKS \$15 CALL FF OFFICE TO
SIGHN UP

MEAL | EPISODE | DISCUSSION All Adults and Teens are welcome!



GROWING IN HOLINESS







You are invited to...

An Informational Social

Saturday, February 18th, 9:15am*

Holy Redeemer Parish Center

The **International Seven Sisters Apostolate** invites women to support their priest through weekly prayer to strengthen the Church by praying for its shepherds. Please join us on 2/18 to learn more!

*After the 8:30am Daily Mass

Questions? call

Deb Roettger at 360-989-7499



Week of February 05, 2023



Bernadette

Millions of people each year go on pilgrimage to Lourdes, a place where miracles frequently occur. Explore the origins of this miraculous place of encounter with the Lord in this movie which depicts Mary's apparitions to St. Bernadette.



Bakhita: From Slave to Saint

Bahkita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.



How and Why to Pray the Rosary

As we celebrate Our Lady of Lourdes this week, we invite you to learn more about the Rosary! Join Dr. Tim Gray and Dr. John Sehorn as they discuss how they pray the Rosary and how it has changed their lives!

Free account: <u>formed.org/signup</u> and enter 98687 to select our parish

PARISH MINISTRIES

Holy Redeemer Homebound Ministry Did you know that in our parish....

♦ We visit the sick and homebound.

- ♦ We bring the comfort of the Eucharist to you if you have a surgery or are ill and cannot attend Mass on a weekly basis.
- ♦ We visit independent, assisted, memory care, and adult care homes weekly.
- Our ministers will engage the elderly/ homebound person through conversation, spiritual, and social support.

If you or you know of someone who would like a visit, please contact the Parish Office at (360) 885-7780.

Empty Nesters Díníng Club

The Empty Nester Dinner Club is an opportunity to meet and get to know fellow parishioners in an informal setting (dinner, lunch or breakfast dining in or out, as the group desires.) The groups are "reshuffled" each February and August. The next "Reshuffle" with be on Saturday February 11th. If you would like to be included in our next dining cycle, please call Jon Vanderbout *BEFORE* February 11th. 360-896-8996. We hope to have a chance to get to know you.

Empty Nesters Hiking

Creaky Knees Club will be walking the Hockinson Community Park and Pacific Community Parks on Monday February 6, 2023. The group will meet at Holy Redeemer's north parking lot and car pool leaving promptly at 8:15AM. Bring lunch money. We will be walking rain or shine, umbrellas are okay. If the weather is below freezing or deep in snow or ice we will not be hiking. For more information please call Bill Daudistel at 360-882-8371.

W.H.O. (Winter Hospitality Overflow) 2/12-2/18/23

WHO helps homeless families during winter's coldest months. Guests are offered a warm place to sleep, a hot shower, meals and the welcome of a caring community. Sign up are available at the

PARTNER MINISTRIES

Holy Redeemer website www.holyredeemervan.org.

Seven Sisters Apostolate February 18th

The Int'l Seven Sisters Apostolate invites women to support their priest through weekly prayer. to strengthen the Church by praying for its shepherds. Join an informational social on Saturday February 18, 2023 in the Parish Center at 9:15am, after the 8:30am Holy Mass. For more info call **Deb at 360-989-7499.**

International Exhibit of Eucharistic Miracles February 18-19, 2023

The International Exhibit of Eucharistic Miracles is coming to Holy Redeemer Parish in the Parish Center. This is a FREE event on Saturday February 18th 1:00pm-6:30pm and Sunday February 19th from 9:30am-2:00pm.

40 Days for Lífe February 22, 2023

40 Days for Life begins on Wednesday, February 22, Pray, fast and offer life-affirming alternatives to abortion at Vancouver's local PP abortion center (NE 116th Ave one block north of Mill Plain.) Peaceful, prayerful and legal presence in public right of way. Local campaign website for more info and to signup online at https://www.40daysforlife.com/vancouver/ Your parish contact is Gerry Parmantier, call/text 360-831-7542 or email gerry1968@q.com. In person signups after Vigil/Sunday Masses Feb. 11/12.

Prepares

PREPARES provides pregnancy and parenting support services from pregnancy to the child's fifth birthday and is open to all. Volunteers are needed to assist with organizing the clothing closet, filling PREPARES bags and as family companions. For more information please contact Nancy Kern at (360)798-0229 or email prepares@hrvan.org.

Catholic Schools Week

Local Catholic Schools Focus And Resources

If you have school age children and are interested in finding out more about local Catholic School options for your family, we will have representatives from local Catholic Schools in the Narthex after each Mass. Here is a list of the local Catholic Schools serving the Southern Deanery:

Preschool-K

- Cardinal Preschool at St. Joseph Catholic School
- Little Blessings Preschool at Our Lady of Lourdes
- Regina Caeli Preschool

K-8th Grade

- Aquinas Learning Homeschool <u>www.aquinaslearning.com/home</u>
- Our Lady of Lourdes Catholic School www.lourdesvan.org
- Regina Caeli Classical Homeschool <u>www.rcahybrid.org/</u>
- St. Joseph Catholic School www.stjoevanschool.org

High School 9th-12th Grade

• Seton Catholic College Prep www.setonhigh.org

IMPORTANT LINKS

Parish Website:

www.holyredeemervan.org
Sunday Mass:

www.vimeo.com/user109632820

Daily Mass

Facebook-

book.com/HolyRedeemerVan

WEEKLY BULLETIN SPONSOR

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