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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 at ext. 16. Do not set the date until you have talked to Mark MacKenzie.

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 parish office at ext. 16.

Annulments: Confidential help is available. Please call the parish office at ext. 16.

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

CATHOLIC CEMETERY:

Mother Joseph 360-693-3052
1401 East 29th Street
Vancouver, WA 98660

WELCOME TO HOLY REDEEMER PARISH

JANUARY 30, 2022

FOURTH SUNDAY IN ORDINARY TIME

Pastor: Father Thomas Nathe



GLORIFY GOD AND SANCTIFY SOULS!

Website: www.holyredeemervanc.org

Telephone:	(360) 885-7780
Fax Number:	(360) 944-7560
Address:	17010 NE 9th Street, Vancouver, WA 98684
Office Hours:	Monday-Friday 7:30am - 3:00pm
Church Open:	Daily 7:00am - 5:30pm
Mass Schedule:	Saturday Vigil 4:30pm Sunday 8:30am and 11:00am Monday-Friday 7:00am Saturday 8:00am
Rosary:	Saturday 7:40am and 4:10pm Sunday 8:10am and 10:40am Monday-Friday 7:30am
Confessions:	Friday 4:00-5:15pm Saturday 2:30-4:15pm Sunday 7:45-8:15am and 10-10:45am
Eucharistic Adoration:	Friday 7:30am — Saturday 7:30am

Please remember Holy Redeemer Parish in your will.

WEEK AT A GLANCE:

Sunday: 01/30

4th Sunday in Ordinary Time

Mass: 8:30am & 11am

Confessions: 7:45am & 10am

9:45am—RE 1st-6th (parish center & annex)

Monday: 01/31

7:00am—Daily Mass

10:00am—Marian Movement

(parish center)

Noon—Angelus (parish FB page)

4:30pm—AHG (parish center)

5:00pm—Eve. Prayer (parish FB page)

Tuesday: 02/01

7:00am—Daily Mass

9:00am—WINGS (annex)

Noon— Tue. Exodus grp. (Zoom)

Noon—Angelus (parish FB page)

5:00pm—Eve. Prayer (parish FB page)

6:00pm—Mentor mtg. (Zoom)

6:00pm—YA grp. (St. Clare)

7:00pm—HS Endow (Zoom)

Wednesday : 02/02

7:00am—Daily Mass

Noon—Angelus (parish FB page)

Noon— Wed. Magnify grp. (Zoom)

5:00pm—Eve. Prayer (parish FB page)

5:00pm—1st Sac. mtg. (parish center)

5:00pm—Children’s Choir (choir prtc.rm)

5:00pm—Drover mtg. (St. Francis)

6:30pm—RCIA (choir prtc.rm)

6:30pm—RE 7-12th gr.

(parish center & annex)

6:45pm—Parent mtg. #5 (church)

Thursday: 02/03

7:00am—Daily Mass

8:00am—Marian Movement (parish center)

9:15am—Endow AM (St. Cecilia)

10:30am—Bible Study AM (parish center)

Noon—Thur. Magnify grp. (Zoom)

Noon—Angelus (parish FB page)

5:00pm—Eve. Prayer (parish FB page)

6:30pm—Bible Study PM (parish center)

Friday: 02/04

7:00am—Daily Mass

7:30am—24 hr. Adoration (church)

8:45am—Fri. Magnify group. (St. Cecilia)

10:00am—Homeschool co-op

(parish center)

Friday: 02/04 Continued

3:00-3:15pm—Divine Mercy (church)

4:00-5:15pm—Confessions (church)

Saturday: 02/05

7:30am—Benediction

8:00am—Daily Mass

8:30am— Sat. Exodus grp. (parish center)

8:45am— Men of Faith (parish center)

2:30-4:15pm—Confessions (church)

4:30pm—Vigil Mass

Sunday: 02/06

4th Sunday in Ordinary Time

Mass: 8:30am & 11am

Confessions: 7:45am & 10am

9:45am—RE 1st-6th (parish center & annex)

6:00pm—Life is Christ (annex)

6:00pm—Verso L'Alto (parish center)

Mass Intentions

Monday, January 31

Tom Bridges +

Tuesday, February 1

Karen Waldron (B'Day)

Wednesday, February 2

Diletta Dang +

Thursday, February 3

Constancio Veron +

Friday, February 4

Trish & Joseph Paek +

Saturday, February 5

Dan Wilmoth +

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Important Links

Sunday Mass: <https://vimeo.com/user109632820>

Daily Mass & Evening Prayer:[parish Facebook page](#)

Last Week (1/17-1/23)	Income
Sunday:	\$ 29,735.49
Realizing Hope:	\$ 1,504.00
St. Vincent de Paul:	\$ 831.00



Pastor's Column

January 30th, 2022

Demons at Work on You

Jesus Christ: Yesterday, Today, and Forever ~

Last Sunday I wrote about the anxiety that our world is causing us at this time, and the antidote to it, sanctity. Today I want to continue in that vein by drawing our attention to the work of demons in our lives.

When we find ourselves anxious or upset we cast about looking for the cause. We look at others for the source of our suffering, and we look within ourselves to see if we're the cause. What almost no one does is look for the presence and work of demons. When we are tempted to anger, distress, depression, cowardice, lust, greed, envy, gluttony, laziness, vanity – do we ever stop to think how the fallen angel assigned to us at birth, is influencing that feeling in that moment? Because they do. At birth we are all assigned an angel from God to assist us on our journey through this life to heaven, our guardian angel. So too at birth does hell assign to us a fallen angel to tempt us into sin throughout our lives, and ultimately lead us to hell. When we find ourselves in a moment of temptation it is important for us to recognize the presence of the Evil One and call out for help from heaven, then turn our minds from the temptation. Of course it helps not to put ourselves in the near occasion of temptation e.g., screens (TV, smart phone, internet), sugar, alcohol, the news, etc.

Below is an article by Msgr. Stephen Rossetti, who has a Ph.D. in counseling psychology and knows a great deal about how the mind works. Fortunately, as a priest, he knows a great deal about how demons work on us as well.

In Christ the Divine Physician,



Fr. Thomas Nathe

Exorcist Diary #172: When Satan Torments the Mind

<https://www.catholicexorcism.org/post/exorcist-diary-172-when-satan-torments-the-mind>

Msgr. Stephen Rossetti. January 9, 2022

I continued to be saddened by the number of people who suffer from mental torments (see Diary #164). I daily receive frantic emails from people who are at their wits end. They have been mentally tormented for years and are losing hope.

These mental obsessions typically begin with a "normal" psychological weakness: low self-esteem, depressive thinking, dark ruminations, anxiety and fear, frustrations and anger. However, Satan then takes advantage of this human weakness and exaggerates it. Our low self-esteem becomes self-hatred; our anxiety becomes despair; our dark rumination becomes suicidal ideation. What should have been a typical daily irritant now becomes a full blown crisis.

Satan's denigrating messages to us center around six common themes (see Diary #156): "*You are a terrible person*", "*There is no hope for you*", "*God doesn't care about you*", "*This torment will never end*", "*You are going to hell*", "*You should kill yourself*."

These demonic obsessions are doubly dangerous because Satan is usually able to hide behind a person's psychic flaws. Individuals do not realize the demonic source and thus they are even more convinced of their hopeless wretchedness. They may sink further into despair.

I do not have a quick fix. Real progress is gradual. But I pass on the kinds of interventions we are giving to those in our ministry. Individuals can choose a combination of those which they find most helpful...

+ *Recognize the true source of your mental torments.* Yes, you have underlying psychological weaknesses which make you vulnerable to these negative ruminations. But Satan is tormenting you with them. Once people can recognize the action of the Evil One, they may feel less culpable and more emotionally distant from them.

+ *Let them come...and let them go.* Many people find it difficult just to stop these mental obsessions. In fact, the more one tries to stop them, the stronger they often become. Rather, offer no resistance. Let them come in one ear, and let them go out the other ear. Try not to latch onto them. As one Saint said when seeing Satan at the foot of her bed, "Oh, it's only you."

+ *Breathe and relax.* Our bodies tense up when we are stressed. Take long, slow deep breaths. Inhale slowly, exhale slowly. Breathe deeply. Exercise the body by walking or whatever exercise works for you. When the body relaxes, it helps the mind relax.

+ *Close the door to the demonic.* Satan is taking advantage of a psychological weakness. There are hurts and traumas from the past which have given rise to this weakness. Seek to heal these inner psychic wounds. Psychotherapy, healing prayers, spiritual direction, rituals of forgiveness, and the sacraments can all be sources of inner healing.

+ *Deliverance prayers focused on the particular torment.* For example, if the person suffers from self-hatred, then say often, "In the holy name of Jesus, I renounce the evil spirit of self-hatred and command it to leave me." Or if the problem is anger: "In the holy name of Jesus, I renounce the evil spirit of anger and command it to leave me."

+ *Turn to Jesus- repeatedly.* Regularly using short exclamatory prayers can help focus the mind on Jesus. Typical prayers are: "Jesus I trust in you" or "Jesus, Son of David, have mercy on me a sinner" or "Jesus, Mary" or another short holy prayer of your own choosing.

+ *Offer your suffering for others.* We all have our own sufferings. Some people have great physical sufferings. You have great mental sufferings. These mental torments, when given to Jesus in faith, can be a source of grace for others, and for you.

+ *Be at peace.* You are flawed and broken. You are suffering. It is okay! That is precisely why the Son of God became flesh. He died for your sins. You will not save yourself; you will never be without suffering in this life. Trust in Jesus; he will save you.

GROWING IN HOLINESS

FAITH FORMATION PROGRAM AND CONTACT INFORMATION

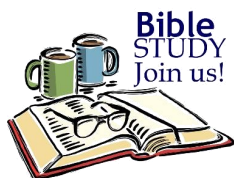
- ◆ Contact Melissa Abell at melissaa@holyredeemervanc.org
- ◆ To make an appointment: See Parish Personnel on the front page of the bulletin.

NEW TO HOLY REDEEMER?

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 Melissa: 885.7780 ext. 11, melissaa@holyredeemervanc.org

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

ADULTS



Bible Study: Bible study sessions have resumed on Thursday mornings and evenings. The AM at 10:30am and

will study EPIC. The PM session at 6:30pm and will study Galatians. Study guides can be purchased for \$30 at the FF Office.

Legion of Mary is an international association of the Roman Catholic Church who serve it on a voluntary basis, its main purpose is for the sanctification of its members. The group meets every Friday at 10:00 in the annex. Contact Sally Custodio at bhebot50@live.com or 360-624-7555

Anne, a lay apostle—Monthly Prayer Group : Anne, the author of *The Volumes*, received the 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 10:00am in the parish center. Contact Jean Marie Amos at 360.260.7352, or jmamos1@juno.com



St. Joseph Cenacle Apostolate: Members offer a weekly Holy Hour of prayers for our priests and will meet at 3pm on the third Wednesday of the month, in the parish center, as a group. Contact Sandra Koceja at ITEADIOSEPH2020@gmail.com

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 8:45am in the parish center. Contact Mark: 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



Adult & Single: Vancouver Area Catholic Singles: Are you Single, Catholic and 27+ years young? Join us on the *3rd Saturday of each month* following the 4:30 Liturgy to share in a Potluck, Conversation and Activities. Contact Mark: mas.itsagoodlife@gmail.com



HOME SCHOOLS

Aquinas Learning is a Catholic homeschooling curriculum and community for students PreK-12th grade. Our Vancouver center is a Catholic classical education mentoring program. AquinasLearning.com

Regina Caeli Academy is a private, independent, *University-Style Hybrid*® operating in the Catholic tradition. Preschool - 12th grade students attend classes two days a week, and homeschool the remaining days following the plans provided by RCA. To learn more, contact us at admissions@rcahybrid.org or 470.239.0259

Mini Retreat Nights

Do you want to cultivate a deeper relationship with God but don't know how to even start? Join us for our Mini Retreat Night series, in the Church, on Wednesday evenings 7-8:30pm. Each session will provide practical tips and tricks and inspiration for developing the spiritual life.

Night 1: Habits and the Spiritual Journey Feb 23, 2022

Night 2: Strengths, Charisms, and My Life May 18, 2022

Night 3: Sharing the Story TBD



GROWING IN HOLINESS

American Heritage Girls & Trail Life USA (K-12th)



AHG meets Monday afternoons @4:30pm in the parish center.

Contact Julie for AHG:
nicholmarine@icloud.com

TLUSA meets Monday evenings @6:30pm in the parish center.



Contact Linda for TLUSA:
don.linda.anderson@comcast.net

FORMED®

PICK OF THE WEEK

January 30, 2022

WATCH

AN ORDINARY MARTYR: THE LIFE & DEATH OF BLESSED STANLEY ROTHER
As we celebrate the martyrdom of Paul Miki and his companions this week, we invite you to learn more about a modern martyr from the United States: Blessed Stanley Rother. Join us as we consider this ordinary man who loved extraordinarily.



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

REMINDER: When attending any function at the Annex (our house across the street), everyone must park in the Holy Redeemer parking lot across the street - not in the driveway or on the street! This is a promise we made to our neighbors and we want to honor it.

Please go to our website www.holyredeemervan.org and go to the Faith Formation Page for updates and resources.

NEXT WEEK AT A GLANCE

Sunday 1/30	Monday 1/31	Tuesday 2/1	Wednesday 2/2	Thursday 2/3	Friday 2/4	Saturday 2/5
9:45am RE 1st-6th (parish center & annex)	4:30pm AHG (parish center)	Noon Tue. Exodus grp. (Zoom)	Noon Wed. Magnify grp. (Zoom)	9:15am Endow AM (parish ctr.)	8:45am Fri. Magnify grp. (St. Cecilia)	8:30am Sat. Exodus grp. (parish center)
		6:00pm Mentor mtg (Zoom)	5:00pm 1st Sac. mtg. (parish center)	10:30am Bible Study AM (parish ctr.)	10:00am Home School Co-op (parish ctr.)	8:45am Men of Faith (parish center)
		6:00pm YA grp (St. Clare)	5:00pm Children's Choir (choir prtcr.rm)	Noon Thur. Magnify grp. (Zoom)		
		7:00pm HS Endow (Zoom)	6:30pm RCIA (choir prtcr.rm)	6:30pm Bible Study PM (parish center.)		
			6:30pm RE 7-12th gr (parish center & annex)			
			6:45m Parent mtg. #5			

PARISH HAPPENINGS

Year-End Contribution statements for 2021 were E-mailed or mailed to you. If we have your e-mail address on file then you should have received an e-mail with your contribution statement on Tuesday, January 25th. Please print it out and save it for when you are doing your taxes. If we don't have your E-mail address then your statement was mailed on January 27th.

Archbishop Etienne invites you to come back to Mass

Dispensation has ended!!!

The general obligation to attend Mass on Sundays and holy days of obligation (including the Saturday/vigil Mass) is reinstated! Read the archbishop's letter in [English](#) and [Spanish](#)

Father Nathe on Masks and Mass:

Mask wearing is mandatory indoors. For the well-being of others and for their peace of mind, I am asking all of you to mask up when at Mass.

What's New at WHO?: Lots, they are allowing volunteers to help again this year, for more information and to sign up to help please use the links below:

WHO February Shifts: (January is full!)

<https://www.signupgenius.com/index.cfm?go=s.signup&urlid=4090548aca922a2f94-whofebruary&view=standard>



ADORATION of the BLESSED SACRAMENT

Adoration Chapel UPDATE: Now you can come and adore HIM anytime from 7:30 Saturday morning to 7:30

Friday morning; the code to get in is the same as the code used overnight for adoration on Friday night/Saturday morning. If you need this code, please call the parish office or e-mail Ed Brands at edb@holyredeemervanc.org.

OTHER HAPPENINGS

Rachel's Corner

Hope and Healing After Abortion

"He pulled me up from the seething chasm, from the mud of the mire. He set my feet on rock and made my footsteps firm."

- Psalm 40:2

Before your involvement in an abortion decision, you may not have known how you would feel afterwards. Join us and discover how you can get your feet back on solid ground and be free from any burden you still carry since that day.

Call for a compassionate, confidential conversation
English: (206) 920-6413 / Español: (206)-450-7814

www.ccsww.org/projectrachel

What are your priorities for the new year?



Worldwide Marriage Encounter

gives the tools for a strong vibrant marriage. Start your new year out right and sign up today for a Worldwide Marriage Encounter Experience Virtual: Feb. 18-20 .In person on May 27-29 at Our Lady of Peace Retreat House in Beaverton or Spokane at Immaculate Heart Retreat Center: March 11-13.

Early registration is highly recommended. For more information visit our website at: www.wwme.org
Feel free to contact Jeff and Sandy Corneil at 360-930-2321 regarding the Virtual Weekend Experience.



The Presentation of the Lord

February 2

This feast day celebrates both the Presentation of Jesus in the Temple, as well as the Purification of Mary, which was required by the Mosaic Law forty days after the birth of a child. The Church celebrates the feast of the Presentation of the Lord on February 2, also called Candlemas for the custom of using lighted candles. In the early Church it was often celebrated on February 14th, 40 days after the Epiphany, in keeping with the practice of celebrating Christmas on that date in the East.



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