

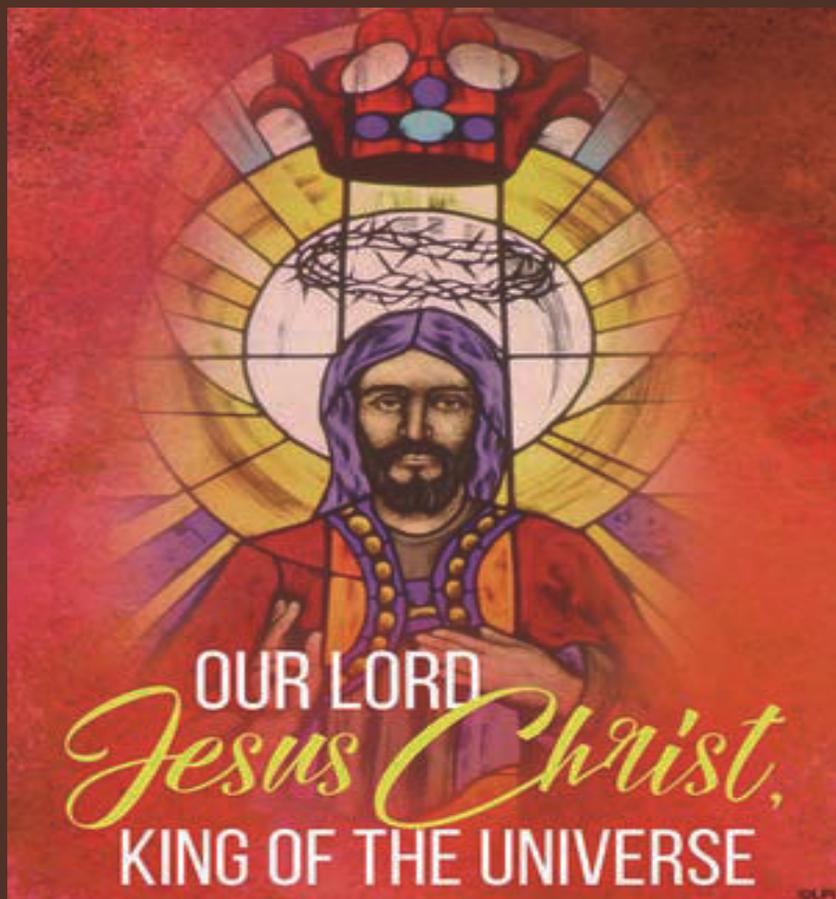
# Holy Spirit Parish

Tel.: 253-859-0444

310 Third Ave S Kent, WA 98032

[www.holyspiritkent.org](http://www.holyspiritkent.org)

November 22, 2020



## Holy Spirit Parish

November 22, 2020  
**Our Lord Jesus Christ,  
King of the Universe**

Tel.: 253-859-0444  
310 Third Ave S  
Kent, WA 98032  
[www.holyspiritkent.org](http://www.holyspiritkent.org)

### Office Hours:

M-F 10:00 am - 2:00 pm by appointment

### Horario de la Oficina del Ministerio Hispano

Miércoles - Viernes 10 am - 2:00 pm

Telephone: 253-859-0444

**Pastor/Párroco:** Bishop Eusebio Elizondo

**Administration:** Brenda Fincher: ext. 214

**Ministerio Hispano:** Guadalupe Madrid: ext. 229

**Liturgy/Music & RCIA/Infant Baptism Preparation:**

Holly Renz: ext. 215

**Children's Sacramental Preparation and Youth Ministry:**

Lisa Pozzi: ext. 212

**Homebound Ministry:** Martha Ryland: 253-859-0444

**Jail Ministry:** Miguel Chavez: 206-696-8788

**Accountant:** Kristi Vasquez: ext. 221

### Mass Times / Horario de Misas

Weekdays Wednesday 9:00am

Saturday Pre-registration required  
5:00pm Bilingual

Sunday Pre-registration required  
10:30 am English 12:30pm Español

### Confessions

Saturday 3:30pm

### St. Vincent de Paul Society Helpline

206-767-6449

**Catholic Cemeteries** 253-927-3350

### Bautizos, Bodas, Quinceañeras, Funerales:

Guadalupe Madrid, ext. 229

### Baptisms, Inquiry into the Catholic Faith:

Holly Renz, ext. 215

### Weddings, Funerals, Anointing of the Sick:

Brenda Fincher, ext. 214

# *Our Lord Jesus Christ, King of the Universe / Cristo el Rey*

## **The Easiest Prayer Ever** by Fr. James Martin, SJ Nov. 9, 2020

Plenty of people think they don't pray well. Or that they somehow pray wrong. Or that everyone else has an easier time praying.

With this in mind, let me introduce you to a kind of prayer that anyone can do. Whether you've been on dozens of retreats or are just beginning to incorporate prayer into your day, the examination of conscience can be a wonderful—and easy—support for your spiritual life.

Although many people had been using this prayer for centuries, it eventually came to be associated with Saint Ignatius of Loyola, the sixteenth-century founder of the Jesuit Order, who popularized it. In addition to the Mass, Saint Ignatius used to say, the examination of conscience is the one prayer that a Jesuit should never omit from his day. Many other Christians also find it invaluable for their own life with the Lord.

### **Five Simple Steps**

In essence, the prayer is a review of the day. It can be done either once a day (usually before going to bed) or twice (usually at midday and evening). Traditionally, this prayer is broken up into five simple steps:

**First**, as with any prayer, you ask for God's grace in helping you to pray.

**Second**, you recall the things for which you are grateful from the past day. These can be big things—a healing conversation with a friend, an intimate moment with a spouse, an exciting new project at work. Or they might be as small as the feel of the sun on your face, a refreshing breeze, a funny moment in the office. You recall them and, as Saint Ignatius said, savor them. Then you express your gratitude to God.

**Third**, you recall the events of the day, almost as if your day were a movie playing out in your head. You ask yourself: Where did I experience God's presence and accept God's invitation? And where did I turn away from God?

**Fourth**, you ask for forgiveness. Step three will probably reveal some sins that you committed (unless you're perfect!), so you ask the Lord to forgive you for them. You may also decide that you need to ask for forgiveness from someone or commit to seek out the sacrament of reconciliation.

**Fifth**, you ask for the grace to live the next day in God's love. And, says Saint Ignatius, it is good to close the examination with an Our Father.

That's it: five simple steps. Normally, the examination takes only fifteen to twenty minutes, which makes it a prayer that is accessible to everyone.

### **Benefits of the Backward Look**

Essentially, this is a prayer that enables us to see where God has been. This is usually far easier than recognizing God in the present, since we're typically so distracted and preoccupied by our daily tasks.

In the Old Testament, God says to Moses, "You cannot see my face." How often that is the case with us! We, too, may feel unable to see God as the day's events are unfolding. But that same God then allows Moses to see him pass (see Exodus 33:20—34:7).

One way of thinking about this Bible passage is as a reminder that it is sometimes easier to see God in retrospect than in the moment. The examination allows us to do this at the close of every day; it encourages us to prayerfully reflect on the ways by which God communicates his presence in our daily lives. Jesuit theologian Walter Burghardt once wrote that prayer is a "long, loving look at the real." You might say that the examination of conscience provides this look as from a rearview mirror.

*In time this backward look may reveal patterns. You may notice, for example, that you are constantly thanking God for a particular person. And over the days and weeks, you may begin to realize what a blessing that person has been. You may say to yourself, "I never fully recognized this before!" Eventually, your examination may make you so aware that you begin to appreciate your friend more in the present.*

You may also find answers to prayers that you thought were going unanswered. Often we pray for something and, failing to receive it immediately, become disheartened. But the examination enables us to see more easily the gifts that God gives us, but which unfold over days, weeks, months, and even years. A friend likes to say that God is like a master carpenter in a very small town. When you need some carpentry work done, everyone will tell you, "There's only one man to see. He does the best work in town, but he takes a very long time!"

As you see more clearly, you may be carried away by gratitude for what is in your life. At the end of a tiring or frustrating day, I sometimes sit down to do my examination and suddenly remember a consoling moment—a kind comment or a bit of good news—and give myself the time to savor the moment and be grateful. The examination itself becomes a gift from God.

So, having a hard time finding God? Try the examination of conscience. You may not be able to see where God is. But you'll certainly be able to see where God was.

[https://www.franciscanmedia.org/franciscan-spirit-blog/the-easiest-prayer-ever?utm\\_campaign=Franciscan%20Spirit&utm\\_medium=email&utm\\_content=99358001&utm\\_source=hs\\_email](https://www.franciscanmedia.org/franciscan-spirit-blog/the-easiest-prayer-ever?utm_campaign=Franciscan%20Spirit&utm_medium=email&utm_content=99358001&utm_source=hs_email)

# HOLY SPIRIT PARISH / PARROQUIA DEL ESPÍRITU SANTO

## On the Road to Sainthood: Leaders of African Descent

*Did you know there are 11 saints from the United States of America. For the first time, there are six U.S. Blacks traveling the road to sainthood. Presently, there are no Black U.S. saints. This month you will meet the six in our bulletin.*



### Servant of God Sister Thea Bowman

A self-proclaimed, “old folks child,” Thea Bowman, named at birth, Bertha Elizabeth Bowman, the daughter of middle-aged parents, Dr. Theon Bowman, a physician and Mary Esther Bowman, a teacher. She was born in 1937 and reared in Canton, Mississippi. As a child she converted to Catholicism by the influence of the Franciscan Sisters of Perpetual Adoration and the Missionary Servants of the Most Holy Trinity who were her teachers and nurtured her faith. Growing up, Thea listened and learned from the wit and wisdom of the elders. Ever precocious, she would ask questions and seek new insights on how her elders lived, thrived and survived. She learned from family members and those in the community coping mechanisms and survival skills. She was exposed to the richness of the African-American culture: the history, the stories, the music, the songs, the rituals, the prayers, the symbols, the foods, the customs and traditions. Moreover, she was cognizant that God was indeed the God of the poor and oppressed. Her community instructed her, “If you get, give—if you learn, teach.” She developed a deep and abiding love and faith in a God who would make “a way out of no way!”

Visit the Cause for the Canonization of Servant of God Sr. Thea Bowman website: <http://sistertheabowman.com/>



### Servant of God Julia Greeley

Denver's Angel of Charity was born into slavery, at Hannibal, Missouri, between 1833 and 1848. As a young child, Julia's right eye was destroyed by a cruel slavemaster's whip.

Freed by the Emancipation Proclamation in 1863, Julia subsequently earned her keep by serving white families in Missouri, Colorado, Wyoming and New Mexico—though mostly in the Denver area. Whatever she could spare, Julia spent assisting poor families in her neighborhood. When her resources were inadequate, she begged for food, fuel and clothing for the needy. To avoid embarrassing the people she helped, Julia did most of her charitable work under cover of night through dark alleys.

Julia entered the Catholic Church at Sacred Heart Parish in Denver in 1880. The Jesuits who ran the parish considered her the most enthusiastic promoter of devotion to the Sacred Heart of Jesus they had ever seen. Every month she visited on foot every fire station in Denver and delivered literature of the Sacred Heart League to the firemen, Catholics and non-Catholics alike.

A daily communicant, Julia had a rich devotion to the Blessed Sacrament and the Blessed Virgin and continued her prayers while working and moving about. She joined the Secular Franciscan Order in 1901 and was active in it till her death in 1918.

To the present day many people have been asking that her cause be considered for canonization, a request which was finally granted in the Fall of 2016. As part of the Cause for Canonization, Julia's mortal remain were transferred to Denver's Cathedral Basilica of the Immaculate Conception on June 7, 2017.

Source: <http://juliagreeley.org/> Portrait is the property of the NBCC, all rights reserved. The above articles can be found at <https://www.nbccongress.org/black-catholic-sainthood.html>

### We Ask You to Pray for All Who Are Ill Especially

*Kenny Gannaw, Darrell Elhers, Dave Leitchner, Vera McCoy, Les Thomas, Se'Vera Dowe,  
Kathy Lemke, Marina Serena*

*Please pray for everyone in the military both at home and abroad, men and women who put themselves in harm's way to protect us. And, let us pray for their families.*

***If you would like a name added, returned to or removed from the prayer list, please contact the parish office at 253-859-0444 ext. 214 or [bfincher@holyspiritkent.org](mailto:bfincher@holyspiritkent.org).***



**Have a very  
happy and  
blessed  
Thanksgiving**

## *Holy Day & Special Mass Schedule*

### *DECEMBER*

*8<sup>th</sup> Mass 9:00am Bilingual*

*11<sup>th</sup> Mass 11:00pm Spanish*

*12<sup>th</sup> Mass 5:00pm Bilingual*

*24<sup>th</sup> Mass 5:00pm English*

*24<sup>th</sup> Mass 7:00pm Spanish*

*25<sup>th</sup> Mass 10:30am Bilingual*

### *January*

*1<sup>st</sup> Mass 10:30am Bilingual*



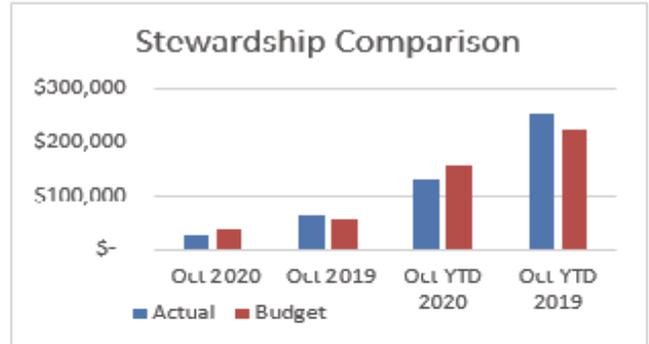
*Masses are live streamed on our Holy Spirit Facebook page.*

# HOLY SPIRIT PARISH / PARROQUIA DEL ESPÍRITU SANTO



## Considering Separation or Divorce?

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	Actual	Budget	Diff
October	\$ 27,313	\$ 39,000	\$ (11,687)
Jul - Oct YTD	\$ 132,491	\$ 158,500	\$ (26,009)

	Actual	Budget	Diff
October	\$ 67,092	\$ 55,924	\$ 11,168
Jul - Oct YTD	\$ 255,562	\$ 226,245	\$ 29,317

## Community Thanksgiving Drive-Thru Dinner

Saturday, November 21

Looking for something to do? Want to help our Kent community? Sign up to volunteer a shift or two helping pass out meals and other items to those in the drive-thru line. Other jobs are available too. Contact 253-220-6999 or [kingdomgathering2020@gmail.com](mailto:kingdomgathering2020@gmail.com) for information on volunteering or to sign up.

Presented by Kent Parks, Kingdom Gathering Outreach and Glover Empower Mentoring (G.E.M.)

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