

OUR LADY OF SORROWS AND ST. ANTHONY

Our Lady of Sorrows and Saint Anthony of Padua serving the Snoqualmie Valley from the crest of the Cascade Mountains at Snoqualmie Summit, West through North Bend, Snoqualmie Falls and Fall City, and North through Carnation including Ames Lake and Union Hill east of 244th Avenue Northeast.

FROM THE DESK OF FR. LUDVIK

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. In the same way when we carry around sin it also can burden us deeply. The Sacrament of Reconciliation is a wonderful healing option to lift the weight from your entire being!



Fr. John Ludvik



Too many people have lost hope. You can help them find it.

Your gift restores hope to people seeking self-sufficiency and the life-giving message of the Gospel. Please be generous.

Build Hope Campaign | Archdiocese of Seattle
Sept 11-12

OUR PRAYER THIS WEEK

Lord, It costs a lot to walk with you,
carrying our cross,
not clinging to anything, anyone.
Palaces, portfolios, chickens,
clothes, cars, cows, books, favorite chairs.
Help us let go of them and more.
Give us yourself instead.
Be all we need. Be our light,
our sun, our moon,
our everything.



NEXT SUNDAY'S READINGS: As a way to prepare for Mass next Sunday, please read:

Exodus 32:7-14; 1 Timothy 1:12-17; Luke 15:1-32

Welcome to Our Lady of Sorrows and St. Anthony Parishes!

Have you been attending our Church off and on? Please consider registering to become part of our parish family. Kindly complete a pew envelope with your name, address and phone number and place it in the donation basket so we may contact you. Or you may call or email the parish office. You will find the contact information on the cover of today's bulletin. We hope you will join us soon!



ARE YOU A CATECHIST IN HIDING?



We are always seeking volunteers to share their knowledge of the Catholic Faith to the children and youth of our Parish. This is the time of year when we need all Parishioners to come forward or inform us about someone who would be wonderful with children or youth!

RCIA BEGINNING

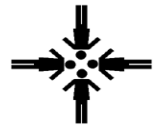
Do you know someone who interested in the Catholic faith?

Are you unbaptized, but recognize a need for God in your life?

Are you baptized in another faith, but want to learn about the Catholic Church?

Are you married to a Catholic and attend Mass, but just don't know what the next step is to become a Catholic?

Are you yearning for something more in your life? Then come to RCIA—the Rite of Christian Initiation for Adults! Inquire or just listen. **For more information please contact the parish office. Open House at OLOS will be on Tuesday, Sept 7th at 7:30 pm. RCIA at St. Anthony will begin on Monday, Sept 13 at 7 pm.**



Saint of the Week Quote *When families are strong and united, children can see God's special love in the love of their father and mother and can grow to make their country a loving and prayerful place. The child is God's best gift to the family and needs both mother and father because each one shows God's love in a special way.* - Blessed Mother Teresa of Calcutta; Feast Day September 5



Thank You!! *Let us then pursue what leads to peace and to building up one another.* Romans 14:19

To our parishioners who make Christ more visible through your words and actions, thank you so very much!



Scripture Study & the Practice of Christian Virtues

Barbara Fleischer-Little Rock Scripture Study

Running late to a piano concert she wanted to attend, a visitor to Manhattan asked a person on the street, "How do I get to Carnegie Hall?" The New Yorker replied, "Practice, practice, practice!" So, we might ask a similar question, how do we get to the Kingdom of God "among us." The answer is the same, "Practice, practice, practice!" And what do we practice? The Christian virtues!

Virtues are those attitudes and habits of the heart that make our Christian faith visible through our actions in our everyday lives.

When we practice Christian virtues, we bring the Gospel pages to life in our neighborhoods & families. Examples of these virtues are hospitality, humility, forbearance, compassion, gratitude, and courage to act for justice. There are many more, but these are a few that can help point the way to full Christian living.

In the context of Bible Study, we learn to practice Christian virtues in a number of ways. First, Scripture study itself clarifies and highlights the ways we should live our lives. The story of the ten lepers who were cleansed by Jesus, with only one returning to give thanks (Luke 17:11-19) highlights the importance of gratitude for the many gifts, large and small, that God gives us each day. Jesus' confrontation of the unjust practices of scribes and Pharisees, who burdened the poorest in the community with financial and ritual obligations (Matt 23:4), provides an example of the virtue of courage to speak out in truth and justice, despite the possible consequences. And throughout the Gospels we see the compassion of Jesus reaching out to those who are hurting and suffering all kinds of illnesses. "At the sight of the crowds, his heart was moved with compassion for them because they were troubled and abandoned, like sheep without a shepherd" (Matt 9:36). Scripture study heightens our awareness of the central Christian virtues.

But our Scripture study groups also provide us with the opportunity to practice Christian virtues. We may practice hospitality, for example, by reaching out to those in the group who may be new or whom we know the least. We also practice hospitality as we listen to others carefully, setting aside our own cares of the day to make a "hospitable" place in our minds and hearts for what others are saying. Our hospitality in listening may be expressed outwardly by acknowledging what we have heard and by listening "actively" with encouragement and invitations for the speaker to express his or her full thought.

We can practice gratitude in our groups by thanking others for their sharings that have shed new insights for us. We do this by letting others know how their comments have helped us see a passage or a situation in new light. We may also thank our facilitators for making our study possible.

Our Bible Study groups may also be crucibles of compassion, where we learn about and feel the suffering of others. But beware! The virtue of compassion leads to action. As we learn the needs of others around us, the claims of Christian virtue call us to act in ways that show our caring and relieve the suffering of others around us.

Upcoming Little Rock Scripture Studies at OLOS:

The Catholic Letters: James, Peter & Jude

Begins Monday Oct 4th at 7:15 pm or

Friday, Oct 8th at 9:45 am

Bible Study & Crafting (meets bi-weekly): *Psalms II*

Begins Tuesday, Sept 21st from 9 am-noon

Contact Ginny Hayden for more info: 425-831-6787

ADVERTISER
of the week

We appreciate the support of the fine members of the business community whose ads appear on our bulletin.

This week we would like to thank:

Snoqualmie Valley Electric LLC

Walk a Mile

in My Shoes

Saturday, September 25th
from 9 am til noon



The 3rd Annual Society of St Vincent de Paul Friends of the Poor Walk will take place at Kennedy Catholic High School in Burien. This fundraising event benefits the work of StVdP in our parishes. Join fellow parishioners and others from King County as we walk a mile or more while enjoying music and other festivities. For more info:

www.svdpsattle@svdpsattle.org or 206-767-9975 x225

Bulletin Humor: School Books

Walking To School The First Day Back by Misty Bus

The Day the Car Pool Forgot Me by I. Rhoda Bike

Can't See The Chalkboard by Sidney Backrow

Practical Jokes I Played On The First Day Of School by

Major Crackupp

What I Dislike About Returning To School by Mona Lott

Making It Through the First Week Of School by Gladys Saturday

Is Life Over When Summer Ends? by Midas Welbee

What I Love About Returning To School by I.M. Kidding

Will Jimmy Finally Graduate? by I. Betty Wont

What Happens When You Get Caught Skipping School by U. Will Gettitt

Cabrini Ministry Training

If your spiritual journey is leading you to grow deeper in faith and to become more active in ministry, and you desire training and guidance...Cabrini Ministry Training is just for you!

CMT has been training lay ministers in the Catholic tradition for the last 19 yrs. CMT does this by providing training, guidance and ministerial support to those lay people who feel the special call to develop their skills and deepen their faith in service to God's people. Our training is available in English and Spanish.

Plan to attend an Info Meeting on Sep 13 from 7 – 8:30 pm at St. James Cathedral Place or Tue Sep 14 (same time) at St. Madeleine Sophie. Please RSVP to Tom Curran at 206-760-0583 Ext 4 or tomcurran@cabriniministry.org.

23RD SUNDAY IN ORDINARY TIME

Wisdom 9:13-18; Philemon 9-17; Luke 14:25-33

Theme: Commitment is required to follow Jesus.

Question for Children: Jesus says that in order to be one of his followers, we must be close to him. When do you feel closest to Jesus? **Question for Youth:** Jesus tells his disciples that they must renounce their possessions in order to be His disciple. If you had to, could you leave everything behind to be with God? What would hold you back? How much of a struggle would it be? **Question for Adults:** Today's Gospel is demanding. How do you as a modern man or woman "denounce your possessions?" What does this mean for you?