

8 July 2018  
Fourteenth Sunday in Ordinary Time

# Saint Anne

SEAL BEACH



Jesus Preaching  
Rembrandt

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**MASSSES:** SAT: 5:00 PM; SUN: 8:00, 10:00 AM, 12:00, 4:00 PM; DAILY: 9:00 AM

**CONFESSIONS:** Mon. - Sat. 8:30AM; Sat. 4:00-4:45 PM

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## SUICIDE

**W**ith the recent deaths of Kate Spade and Anthony Bourdain, maybe it is time to have a conversation about suicide. Our most basic urge is to survive; you don't need the church to tell you that something is dramatically out of line if someone is thinking of killing him- or herself.

But depression is something that everyone experiences from time to time. Sometimes it comes from being exhausted by work or illness or from trying to deal with bad news like a lost job, the death of a friend, or a coworker who keeps giving you a hard time. It might be a side effect of a medication you are taking. Mental illness is nothing to be ashamed about and there are now some terrific ways to get relief.

Here are some suggestions for those who have a loved one who is severely depressed, gathered by the New York Times from experts in the field.

First, don't underestimate the power of showing up. Your depressed friends may not be in the mood for company but go anyway and let them know they are special to you. That can assure them that they are not alone.

But don't try to cheer them up or offer advice. It is unlikely to change their mood and it might backfire and give them the impression that you just don't get it. It probably is better to acknowledge that life seems to be overwhelming them at the moment.

It's okay to ask if they are having suicidal thoughts. You might think that asking them will be considered an insult or put the idea in their heads, but Allen Doederlein, an expert in the field, says, "It's important to know that you can't trigger suicidal thinking just by

asking about it."

If they answer yes, it is important to calmly ask when and how; it's much easier to prevent someone from hurting himself if you know the specifics. But be sure to take any mention of death seriously and get them to a professional as soon as possible. If they are already seeing a psychiatrist or therapist, get them on the phone. If not, have the person call a suicide prevention line at 1-800-273-TALK or take them to a hospital emergency room. If you end up calling 911, tell the person on the line that you need a crisis intervention team.

Remember that you alone cannot fix this problem no matter how loving and patient you are. A severely depressed person may hesitate but once an appointment is set, make getting to it as easy as possible even if you need to drive them yourself.

When a thoughtful and kind person you've loved for years gets very depressed, they may become uncharacteristically mean and self-centered. Take care of yourself and set boundaries. You can say something like, "It sounds like you're in a lot of pain right now. But you can't call me names." The situation is not just difficult for the person who is depressed; it's hard on you. Sometimes you simply have to get out of the house and take a walk.

Remember the time when they weren't depressed. Remind yourself that people do recover from depression. But it will take patience and time. People do get better.

And don't forget to pray for them. (This last bit of advice is not from the New York Times but from your pastor.)

Msgr. Mike



## Around our Parish

### KNIGHTS OF COLUMBUS

#### ANNUAL PARISH BLOOD DRIVE

The St. Anne Knights of Columbus Annual Blood Drive is in the Parish Hall this Thursday, July 12 from 1:00–7:00 PM.



#### NEW DEGREES

St. Anne Council 9594 is pleased to announce the following new degree bestowed upon Anthony Bell, 2nd Degree.

*“Help Us Help Those In Need”*

### TREASURES FROM TRADITION

Some say tomato—and some say tomahto.... Do you say that “we’re having a baptism today,” or do you say “we are having a christening.” The proper term is baptism, since that is the name of the sacrament. But the persistent use of “christening” in our culture, probably due to the influence of the Episcopal Church, is interesting. Baptism, an ancient word, is from the Greek meaning to dip or to dunk. Christening is an Old English word that describes perfectly well that more than getting splashed with water, the person being baptized is being “Christ-ed.” No matter what you call it, there’s always water involved, and then an anointing with chrism—fragrant olive oil consecrated as a sign of Christ’s presence—poured upon the brow as we say, “As Christ was anointed Priest, Prophet, and King, so may you live always as a member of his body, sharing everlasting life.” So, in being Christ-ed, you are conformed to his image, your life is expected to be a retelling of his life in miniature and you—even though you may be squirming or sleeping—are commissioned to be a priest, a prophet, a king. This means that you are called to be one who worships, you are called to speak the truth, you are called to shape the world and exercise right judgment. That is the deepest treasure of our tradition, and every time you gather to celebrate a baptism, you renew your vows precisely so that you can be more “Christ-ed.” No matter what vocabulary you assign to the liturgy, the key is transformation of the human person in the community of the Body of Christ.

—Rev. James Field, Copyright © J. S. Paluch Co

### ST. ANNE SCHOOL/SANTA ANA



Sister Teresa, the principal at St. Anne School, will speak at all Masses regarding sponsoring a student at the school. The program is called “Saints Club” and its purpose is to help ensure a sustainable future for current students who

need financial assistance. Amazingly, 99% of St. Anne students graduate from high school. Additional program information will be available.



#### OUR MISSION:

Saint Anne Church exists to help us become disciples of Jesus Christ who connect with God, grow in faith, and serve in love.

### THIRD WORLD GIFTS/HOMEBY

Third World Gifts & Handarts will be having a sale of fair trade crafts from Native American lands and developing nations, plus products from Homeboy/Homegirl Industries, following all masses on July 14 and 15. Their nonprofit, all-volunteer organization was founded at a parish in Anaheim in 1975.

Also (July 14 and 15th ONLY), you may bring these donations for their ongoing collection for Catholic missions serving low-income Hopi and Navajo people in northern Arizona, and for Father Joe’s Villages for the Homeless at St. Vincent de Paul Center in San Diego, aiding families and the nation’s second largest population of homeless veterans: new school supplies, backpacks, housewares, small furniture, hygiene products, baby items and nutritious foods, plus freshly laundered blankets and clothing (shoes in separate bags, please). For more information, please call 714-464-0556. Thank you!

### WOMEN’S GUILD

#### MONTHLY MEETING/MEMBERSHIP

Meetings are not scheduled for July and August. Our next meeting will be the salad supper on September 24th! To support our events and speakers as a member, please contact Kathy Stoddard at 707-477-0104.

### YOUTH MINISTRY

Youth ministry will have a Taco Tuesday get together on Tuesday, July 10th from Noon to 2:00 p.m. in the hall. All teens are invited to participate.



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## Around the Diocese

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### ST. ISIDORE CATHOLIC CHURCH

The oldest public building in Los Alamitos, St. Isidore Historical Plaza is moving forward to seek a State Historical Landmark Designation. The application requests attachments of historical documents. Were you a resident of the community, parishioner, visitor, or know someone who participated in the Fiestas, different programs or Sacraments at St. Isidore? If so, please let them know and/or send copies of original documents, photos, movies or written memories to P.O. Box 1434, Los Alamitos CA 90720, email: [info@stisidorehistoricalplaza.org](mailto:info@stisidorehistoricalplaza.org).

### MENTAL HEALTH PROFESSIONALS

If you are a licensed Mental Health Professional please join the Diocese of Orange Mental Health Referral Network. Our Diocese has partnered with [eTherapyFinder.com](http://eTherapyFinder.com) to create an easy way for those seeking help to find mental health professionals who are associated with the Diocese. For more information about this program, please contact Linda Ji, at [lji@rcbo.org](mailto:lji@rcbo.org) or call 714-282-4203.

### SAINTS & SPECIAL OBSERVANCES

Monday: St. Augustine Zhao Rong

Wednesday: St. Benedict

Friday: St. Henry

Saturday: St. Kateri Tekakwitha

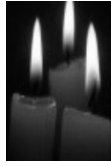
St. Kateri Tekakwitha is the first Native American to be recognized as a saint by the Catholic Church. She was born in 1656 in a Mohawk village. Kateri contracted smallpox when she was 4 years old which scarred her skin.



Her scars were a source of humiliation. Worse, her entire family died during the outbreak. She was subsequently raised by her uncle. Kateri was known as a skilled, diligent and patient worker. She refused to marry and her adoptive parents punished her, but she did not give in. At age 19, Kateri converted to Catholicism, taking a vow of chastity and pledging to marry only Jesus Christ. Her decision was very unpopular with her adoptive parents and neighbors so to avoid persecution, she traveled to a Christian native community south of Montreal. Kateri was very devout and often prayed for the conversion of her fellow Mohawks. According to the Jesuit missionaries that served the community where Kateri lived, she was very sickly, often fasted, and on at least one occasion, she burned herself. Just five years after her conversion to Catholicism, she became ill and passed away. St. Kateri Tekakwitha was canonized by Pope Benedict XVI on Oct. 21, 2012. She is the patroness of ecology and the environment, and Native Americans.

## 9:00 AM MASS INTENTIONS

7/9           ✠Rose Howe  
 7/10          ✠Burke & Keating Families  
 7/11          ✠Chris Schaal  
 7/12          Maria Dzedziak  
 7/13          ✠James Mescall  
 7/14          ✠Frances Seymour  
               (✠Rest in God's love and peace)



## PLEASE PRAY FOR



Fr. Bob Vidal, Katia Bergstrom, Juanita Kho,  
 Brenda Malloy, Kathleen Kastner, Kathy  
 Purcell, Aurora Lavadia, Mike Pendleton,  
 Jerome Gendron, Julia Poirier, Don Miller,  
 Jim & Julie Ferguson, Mary Maskell,  
 Merrill Butler, Steven Lang, Linda Bolt, Bob Wagner,  
 Gary Rousselo, Bob Rattray, Julie Rivera, Jean Barbazette,  
 Noemi Baeza, Robert Dutro, Pat Giacomi, Janet Tedesco,  
 Mike Maloney

\*If you would like to have your name added or removed  
 from this list, please call the parish office.

## READINGS FOR THE WEEK

Monday:     Hos 2:16, 17b-18, 21-22; Ps 145:2-9; Mt 9:18-26  
 Tuesday:    Hos 8:4-7, 11-13; Ps 115:3-10; Mt 9:32-38  
 Wednesday: Hos 10:1-3, 7-8, 12; Ps 105:2-7; Mt 10:1-7  
 Thursday:   Hos 11:1-4, 8c-9; Ps 80:2ac, 3b, 15-16; Mt 10:7-15  
 Friday:      Hos 14:2-10; Ps 51:3-4, 8-9, 12-14, 17;  
               Mt 10:16-23  
 Saturday:   Is 6:1-8; Ps 93:1-2, 5; Mt 10:24-33

## SACRAMENTS

In order to celebrate the following Sacraments at St. Anne,  
 it is vital to be an active member of our Faith Community.

**Baptism:** Contact the Parish Office to arrange for baptism.

Baptisms are usually celebrated the first Saturday of the  
 month at 11:00 a.m. Baptism preparations classes for  
 parents and Godparents are held once a month on a  
 Tuesday night at 7:00 p.m.

**PreK-8 Faith Formation:** Applications for enrollment in  
 next year's faith formation programs are now available.

**Confirmation:** Students typically begin the Confirmation  
 process as a freshman in high school and complete the  
 process at the end of their sophomore year.

**Marriage:** An appointment with one of our priests to  
 begin marriage preparation must be made at least 6  
 months before the wedding celebration.

**Funeral:** Contact the parish office to arrange funerals.

⇒ If you want information about any of our many  
 active ministries, please pick up a brochure from  
 the vestibule.