

23 June 2019

The Body and Blood of Jesus

Saint Anne

SEAL BEACH



The Miracle of the Loaves and Fishes by James Tissot

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Jan Cooper, Front Office | office@stannesealbeach.org | Mon.—Fri. 8:00am to 4:00 pm

Tim Kimminau, Cleaning & Maintenance | tim@stannesealbeach.org | 562-431-0721 Ext. 17

MASSES: 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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THE NOONDAY DEMON

A number of years ago, I read a book that was nearly 600 pages long. I don't usually like books that long; with so many other books and articles to read, the commitment of time doesn't seem worth it. But this was a very good book even though its subject was depression.

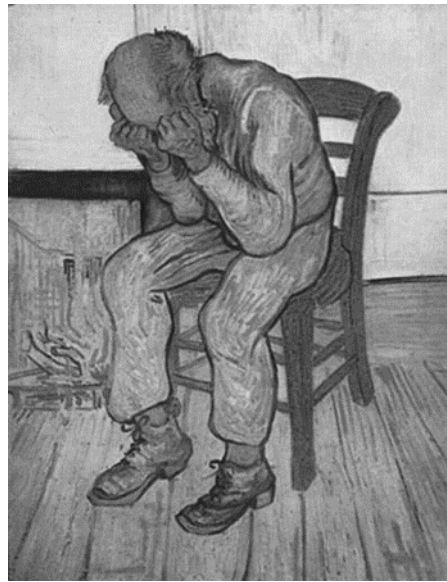
I am generally pretty even-keeled, not naturally inclined to depression. Sure, there are times when things don't go the way I want. At Easter time, for example, I had a cold that would not quit. When everyone else was singing alleluias, I was hacking into my hankie. But I knew why I was low.

The book about depression was written by Andrew Solomon and was called *The Noonday Demon*. The title refers to Ps 91:6 "The destruction that wastes at noonday." Recognized by contemplatives of old as a kind of spiritual restlessness or apathy, it refers to the spiritual illness described long ago by hermits and monks that attacked the soul in the middle of one's life. It used to also be called melancholia or acedia. Solomon calls it "the flaw in love. To be creatures who love, we must be creatures who can despair at what we lose, and depression is the mechanism of that despair... When it comes it degrades one's self and ultimately eclipses the capacity to give or receive affection. It is the aloneness within us made manifest, and it destroys not only connection with others but also the ability to be peacefully alone with oneself."

Solomon has some advice for when we are depressed:

Listen and watch yourself: "If you feel bad without reason most of the time, you're depressed. If you feel bad most of the time with reason, you're depressed, though

changing the reasons may be a better way forward than leaving circumstances alone and attacking the depression."



Keep talking: "Across broad cultural divides, the most consistent mood-enhancer is speech. Dwelling on negative aspects can be painful, but talking about current pain helps to alleviate it."

Occupy your life: "The most important thing to remember during depression is this: you don't get the time back. ... Wait it out and occupy the time of waiting as fully as you possibly can. ... Hold on to time; don't wish your life away. Even the minutes when you feel you are going to explode are minutes in your life, and you will never get those minutes again."

One of the interesting things about Solomon's bouts of depression is that he learns from them. "Curiously enough, I love my depression. I do not love experiencing my depression, but I love the depression itself. I love who I am in the wake of it... I have discovered what I would have to call a soul, a part of myself I could never have imagined until one day, seven years ago, when hell came to pay me a surprise visit. It's a precious discovery."

The book has lots more about the science of depression, much of which I did not fully understand. But when Solomon described his own circumstances, that is, when the book is his memoir, it was fascinating, and it helped me to better understand and empathize with people who suffer from depression. In heaven it will be different, but here on earth, one demon or another will come after us. If the demon is depression, there is hope, and even healing.

Msgr. Mike

Around our Parish

KNIGHTS OF COLUMBUS

MONTHLY MEETING / MEMBERSHIP

All interested Catholic men are invited to attend our Council meetings. The next meeting is scheduled for Monday, July 1st. For more information, contact Paul Pudenz at 657-245-3722.

BLOOD DRIVE

Please save your blood for St. Anne's Knights of Columbus Annual Blood Drive on Thursday, July 11th. Sign ups will be taken the last two weekends of June and first week of July.

"Help Us Help Those In Need"

WOMEN'S GUILD

BUNCO, BUNCO, BUNCO

Join in the fun and a chance to win a few bucks on Monday, June 24th! A suggested \$5 donation includes the game, snacks and prize opportunities.

Sign ups will be held after all masses this weekend.

MONTHLY MEETING/MEMBERSHIP

General meetings are usually the 4th Monday of each month in the parish hall. To support our events and speakers as a member, please contact Kathy Stoddard at 707-477-0104.



UNIVERSAL CHURCH COLLECTION

This weekend, we will have a second collection for the Universal Church. This special collection combines the Catholic Relief Services Collection and the Peter's Pence Collection. The Peter's Pence Collection provides Pope Francis with the funds he needs to carry out his charitable works around the world. It promotes and supports the works of our Holy Father, enabling him to respond with emergency financial assistance to our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Please be generous.

PHOTOS OF FR. BEN

If you have any photos of Fr. Ben, please drop them off at the Parish Office or submit them to office@stannesealbeach.org for display at his celebration.



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.

360 SUNDAY

Bishop Kevin Vann has declared Sunday, June 23 as "360 Sunday" in the Diocese of Orange. Bishop Vann is urging all Catholics to make their voices heard and let Sacramento legislators know that they oppose Senate Bill 360, which mandates that clergy report to civil authorities the identities of certain penitents who in the sacrament of penance confess that they have sexually abused a minor. State law currently exempts clergy from the mandate to report sexual abuse of a minor when that information is learned in the sacrament of penance. Clergy and other mandated reporters who learn of such abuse outside of the rite of penance are required to report the abuse to civil officials. If SB 360 were to pass, Catholic priests would be faced with either violating state law or breaking the seal of confession, a very serious crime that would result in their automatic excommunication. Numerous priests have gone on record stating that they will protect the seal of confession at any cost. The bill has passed in the State Senate and now moves to the Assembly. It is a violation of religious freedom, going against the First Amendment. **Bishop Vann asks all Catholics** to visit www.rcbo.org/360Sunday to sign an online petition which will automatically be routed to your Assembly representative.

MISSION TRIP

Please keep our 10 St. Anne Missionaries in your prayers June 26th to 30th! This will be our fourth consecutive Summer Mission Training Camp (MTC) for our teens. MTC is an opportunity for teens to grow in their faith through service, formation, and fellowship. Think of MTC as a Mission Trip, but instead of traveling to another state or country to serve, we stay in Orange County and work with those in need close to home, allowing us to develop relationships with people and organizations that are in our local area. We appreciate all of your prayers and support!

Around the Diocese

MEMORY LOSS SUPPORT GROUP

If you are a caregiver for someone with memory loss, this informal meeting offers resources for problem solving, educational information as well as emotional support. Come as you are and meet other caregivers with related concerns in an atmosphere of faith-based support. Refreshments will be served. The next meeting is Wednesday, June 26th from 2:00-3:30 p.m. at the Diocese of Orange Pastoral Center, Room 1D. For more information, please call Patty Mouton at 714-349-5517.

CHARISMATIC PRAYER GROUP

“Christ’s Healing Presence” is the theme Fr. Dave Klunk will address at the Healing Eucharist he will celebrate Monday, June 24th at 7:15 p.m. at St. Angela Merici Catholic Church in Brea. For more information, call 714-529-2277. All are welcome!

SISTINE CHAPEL EXHIBITION

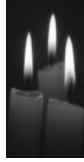
The exhibition focuses on Michelangelo’s contributions to the ceiling in the Sistine Chapel, recreating the awe and wonder of arguably one of mankind’s greatest artistic achievements. The overwhelming impression for the observer will be the details of the art, the closeness to the picture, and the modern style of the exhibition. It is an immersive showcase of museum-quality, near life-size reproductions of Michelangelo’s 34 frescos that adorn the Sistine Chapel in the Vatican. Now through January 11, 2020 visitors can see this art in a never before seen perspective at the Christ Cathedral Cultural Center. It is a perfect experience for those who have never been to Rome and want to see the art work and for those who have been to the Sistine Chapel and want a closer look and to learn more about each fresco.

The exhibit is open Sunday – Thursday from 10:00 AM to 5:00 PM, and Friday-Saturday from 10 AM to 8 PM. Tickets are \$18 for general admission, \$12 for seniors/military/college students with ID, \$9 for children ages 7-18. For more information and tickets go to: <https://www.sistineexhibit.com>.



9:00 AM MASS INTENTIONS

6/24 †Ken Hammond
6/25 Daniel Herman
6/26 Ellen Howe
6/27 †Nancy Dworzak
6/28 For the Parish
6/29 †Noemi Baeza
(†Rest in God's love and peace)



PLEASE PRAY FOR



Fr. Bob Vidal, Katia Bergstrom, Juanita Kho,
Brenda Malloy, Kathy Purcell, Mike Pendleton,
Julia Poirier, Jerome Gendron, Jim Ferguson,
Mary Maskell, Mary Kiely, Steven Lang,
Linda Bolt, Bob Wagner, Bob Rattray, Julie Rivera,
Pat Giacomi, Ernie Ramirez, Mike Harvey, John Barnes,
Katherine Irwin, Dcn. Gary Mucho, L. Tanguay,
Mary Ann McCabe, Mary Kunz, Patrick Gallagher,
Anthony DiElsi, Eddie Kearns, Dewey Linehan,
Jean Ramirez, Mike Mauro, Jack O'Shea

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

"Confession heals, confession justifies, confession grants pardon of sin. All hope consists in confession. In confession there is a chance for mercy. Believe it firmly, do not doubt, do not hesitate, never despair of the mercy of God." - St. Isidore of Seville

SACRAMENTS

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 preparation classes for parents and Godparents are held once a month on a Tuesday night at 7:00 p.m.

PreK-8 Faith Formation: For information and/or enrollment in Faith Formation programs, please contact faithformation@stannesealbeach.org.

Confirmation: For C1 or C2 registration packets, or for more information, please contact the Parish Office or email ym@stannesealbeach.org.

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.

Pastoral Care: If you, or someone you know, wishes to have their name placed on our prayer net, or a visit and/or Holy Communion, please contact the Parish Office.

Sacrament of the Sick: In case of serious illness, contact the Parish Office.