

2 August 2020

Eighteenth Sunday in Ordinary Time

Saint Anne

SEAL BEACH



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MASSES: SUN: 10:00 AM; DAILY: 9:00 AM

LIVESTREAM MASS 10AM EVERY SUNDAY AT STANNESALBEACH.ORG

IN CASE OF EMERGENCY CALL 562-431-0721, EXT 13 - MESSAGES CHECKED DAILY

ACEDIA

Note: I wrote this awhile ago but thought the ideas were worth repeating as we all deal with the pandemic. Msgr. Mike

In the early centuries of the Church, many Christian writers made lists of the central passions or thoughts, lists that later became known as the deadly sins. The monk and ascetic, Evagrius Ponticus, listed his as gluttony, lust, avarice, sadness, anger, acedia, vainglory, and pride. At the front end are the most sensual of the passions and at the other end are the more cerebral passions of the mind. But in the middle is one called acedia.

What is acedia? Perhaps a story from the most famous of the desert fathers will best illustrate it:

When the holy Abba Antony lived in the desert he was beset by acedia and attacked by many sinful thoughts. He said to God, "Lord, I want to be saved but these thoughts do not leave me alone; what shall I do in my affliction? How can I be saved?" A short while afterwards, when he got up to go out,

Antony saw a man like himself sitting at his work, getting up from his work to pray, then sitting down again and plaiting a rope, then getting up to pray again. It was an angel of the Lord sent to correct him and reassure him. He heard the angel say to him, "Do this and you will be saved." At these words, Antony was filled with joy and courage. He did this, and he was saved.

In English we might describe it as boredom, inertia, sloth, apathy, repulsion, dislike, indolence, lassitude, dejection, or despondency. Evagrius called acedia the noonday demon because it strikes in the heat of the day and seems to go on and on. When I experience bouts of it, I convince myself that the grass is greener somewhere else and I make mental plans go there as soon as possible. I wonder why friends and parishioners take me so much for granted and I draw up lists of new friends who will dote over me, like I deserve. No food or diversion, no movie or television show, captures my attention. Everything is so b-o-r-i-n-g! Life has hit a dead end.



Today people might call it by the name “depression” and get a doctor to recommend a therapist or write a prescription for Zoloft (helpful remedies that I do not oppose.) People of a religious nature will give themselves little pep talks, as I have done occasionally, telling themselves that the problem is that they just don’t love God enough. “Love God more! Dammit!” I know I don’t love God the way God loves me but I

fear that he is punishing me when I have a dose of acedia. The more I experience it, the more I realize it as a regular, if unwelcome, part of the spiritual life. More energetic folks than I join gyms, repaint their dining rooms or go shopping, doing whatever it takes to try to “snap out of it.” Some have illicit affairs. (NOT recommended.) When I was young, I used to purchase a new record whenever I got depressed. I didn’t realize this until one day I noticed how over-sized my record collection had become and began to think that maybe it was not all due to my love of music.

Remember the parable about the servant? The master would not allow his servant to take his place at table. He may well have come from plowing the field or tending the sheep but the master tells his servant, “Prepare something for me to eat. Put on your apron and wait on me while I eat and drink. You may eat and drink when I am finished” (Lk 17:7). The upshot? Hang in there. Be purified. Endure. Don’t give up. What the angel showed Antony is as good a remedy today as it was back then. Say your prayers. Do your work. Keep to your routine. Stay the course. Do not run away from home. Like most physical illnesses, acedia has to run its course. “I can with one eye squinted take it all as a blessing,” Flannery O’Connor wrote a friend about her own illness. “What you have to measure out you come to observe closer or so I tell myself.” “Do this and you will be saved.” Msgr. Mike

Around our Parish

MASS DURING COVID

- Due to the COVID-19 virus, our Church, along with all other places of worship in the County, is unable to have services inside. Outdoor worship is authorized if physical distancing guidelines and other mandated precautions are observed.
- Under normal conditions, shaking hands, sharing a pew, and singing are things we encourage. However, at this time, we need all who participate in the Masses to kindly observe the following:
 - Self screen at home. Those with symptoms associated with COVID-19 must not participate.
 - Wear a face covering (mask or shield). Exceptions include: under age 2, have trouble breathing, or a condition/disability that prevents the wear of a covering.
 - Keep a distance of at least 6 feet between one or more persons who live together (and therefore may be seated together) and other persons. This means that an empty seat is not necessarily an available seat. If the seating area is full, please do not group together by the gate.
 - Disinfect your hands when arriving.
 - Refrain from singing.
 - Refrain from shaking or holding hands with persons other than those with whom you reside.
 - Remember we say, "The Body of Christ. Amen," together before the distribution of Holy Communion begins. Communicants should continue to silently receive in the hand.
 - Maintain a distance of 6 feet while waiting in line and in the parking lot.
 - Follow the direction of staff members and ushers.
- To increase the number of Masses offered during the weekend, we need everyone at the Mass to follow the above guidance and more volunteers for the ministry of usher. Once we have recruited, trained, and scheduled ushers, there will be additional Sunday Masses. We are also working on improvements for our outdoor Masses, including shade cover for those exposed to the sun in the breezeway next to the Church and an FM radio transmitter for those who are in their cars.

Thank you for your understanding and cooperation.
Fr. Bob Vidal, Msgr. Mike Heher, Fr. John Shimotsu



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.

SELF SCREENING AT HOME

Prior to coming to Mass please do a home health self screening. If you have noticed a change in your health and any of the following symptoms are new to you we ask that you refrain from attending Mass: fever or chills; cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and or diarrhea.

CONFESION SCHEDULE

Confession will be offered in the patio of the Parish Center from 8:30 a.m.–8:50 a.m. Please wait outside the door to the patio (just inside the gate to the parking lot). The patio is set up for private OR face to face reconciliation. Saturday afternoon confessions are not offered at this time.

FAITH FORMATION REGISTRATION

Registration has begun for Pre-K through 8th grade faith formation classes, which will start mid-September. Email us at faithformation@stannesealbeach.org or call the faith formation office at 562-431-0721 x16 for a copy of the registration packet.

KNIGHTS OF COLUMBUS

MONTHLY MEETING/MEMBERSHIP

All interested Catholic men are invited to attend our council meetings. The next meeting is scheduled for Monday, August 3rd at 7:00 p.m. (Zoom). For additional information, please contact Brian Taylor at 949-378-7454.

"Help Us Help Those In Need"

WOMEN'S GUILD

For membership information, please go to the St. Anne website at stannesealbeach.org. For more information, please call Jolinda Mailangi at 714-655-6348.

Dynamic Faith

LIVING THE GOSPEL OF LIFE

...WHEN YOU'RE NOT SURE WHAT'S AROUND THE CORNER

SAVE THE DATE

August 25, 6:30PM - 8:00PM (English)

August 27, 6:30PM - 8:00PM (Spanish)

LIVING THE GOSPEL OF LIFE -

Life, Justice, and Peace Leadership Training

This year the presentation and prayer will be in a virtual format. Ministry will look very different in 2021. Come and join us as we re-envision what our prayer, formation, advocacy, and pastoral accompaniment in the areas of life, justice, and peace will look like as we seek to be faithful missionary disciples of Jesus Christ. Among other topics, we will have the opportunity to look at the impacts in our communities and our ministries of COVID-19, wrestle with the cries for racial justice in the streets, prepare for Respect Life Month/ Pennies from Heaven, and navigate election season. How can we be most effective in our witness to life, dignity, justice, and the common good? What tools are available to engage these conversations? Where does this all fit in to our central focus on evangelization?

All those interested in the witness to life, justice, and peace in our parishes and communities are welcome to attend. If you are interested, please email gwalgenbach@rcbo.org for the link to attend Life, Justice & Peace Leadership Training, August 25, 6:30-8:00PM

SERVE HOPE NEEDS YOUR HELP!

Are you, or anyone you know, available to volunteer from 7 a.m. - 12 p.m. on Tuesday, Wednesday OR Thursday? Catholic Charities of Orange County is looking for helpers to stuff boxes and bags and pass out food to over 1000 families each day. Please consider donating your time and contact mdibb@ccoc.org if you are able to volunteer.

WEEKLY MASS INTENTIONS

- 8/3 †Walter Janis
 8/4 †Gene Herbek
 8/5 †Gary Garza
 8/6 The Cox Family
 8/7 Seminarians
 8/8 †Peggy Houle
 (†Rest in God's love and peace)



PLEASE PRAY FOR

Fr. Bob Vidal, Lynette Rausch, Irene Bluth, Hal Noring, Sharon Casserly, Katia Bergstrom, Michael Maloney, Jackie Maloney, Kathy Purcell, Jerome Gendron, Jim Ferguson, Mary Maskell, Mary Kiely, Linda Bolt, Jackie Chambers, Marlene Blackford, Bob Wagner, Bob Rattray, Julie Rivera, Pat Giacomi, Ernie Ramirez, Pat Clustka, Mike Harvey, John Barnes, Mary Kunz, Katherine Irwin, Dixie Redfearn, Beverly Maybrier, Cathy Oliver, John Holland, Dorothy Ceballos, L. Tanguay, Ed Michaud, Laurel Creasy Tenelshof and Nick Williams.

SACRAMENTS

Baptism: Contact the Parish Office to arrange for baptism. Baptisms during Covid-19 are to be private and will be celebrated on Saturday's at 11:00 a.m. Baptism preparation classes for parents and Godparents are being done via Zoom. Please call the parish office for details and date availability.

PreK-8 Faith Formation: For information about Faith Formation programs, please call 562-431-0721 ext. 16 or email faithformation@stannesealbeach.org.

Confirmation: For information about our Youth Ministry programs, please call 562-431-0721 ext. 15 or email ym@stannesealbeach.org.

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

Funeral: Contact the Parish Office to arrange funerals.

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

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.

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