

Sixteenth Week in Ordinary Time – Alone with Jesus

“Come away by yourselves to a deserted place and rest a while.” Mark 6:31a

This is an invitation we may need to hear far more than we realize. And it’s an invitation that many find hard to accept from Jesus. But take it as a direct invitation offered to you from our Lord. Hear Him say this to you: “You, my child, please do come away by yourself to a deserted place and rest for a while.”

There is something very healing and helpful that comes from silence and moments of solitude. There is something about silence and solitude that enables us to get refocused. So often in life we are overwhelmed by busyness. “Busyness” is often a way for the evil one to wear us down and get us off track. It keeps us from the gentle, clear and refreshing voice of God. So how is it that God is inviting you to come away by yourself and rest?

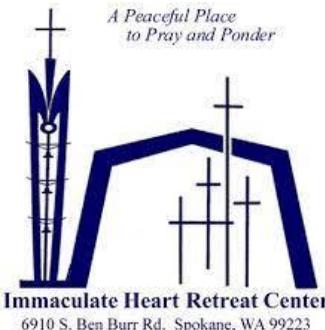
At the heart of this invitation is a longing in Jesus’ heart that we rest from those burdens which weigh us down unnecessarily. It’s true that there are many good things God calls us to do that can exhaust us. But this “holy exhaustion” is not a bad thing. In fact, being “exhausted” by the will of God actually deepens our faith and fills us with joy. And that joy lightens our burden.

The main reason for our need to “come away” and “rest” is that there are many things in life that are not part of God’s will. These are burdens we impose upon ourselves unnecessarily. These burdens, more than anything else, are what we need to rest from.

Coming away, alone, with Jesus, is a way of getting refocused and clearing out the clutter of life. It’s a way of escaping from our impulses and habits that draw us away from the joyful will of God. So, think about this invitation. Think about it practically. Can you find at least ten minutes today to go find silence so as to rest in the arms of Jesus?

Reflect, today, upon how ready and willing you are to accept the invitation from Jesus to come and rest with and in Him. Commit yourself to doing just that. Make the choice, today, to find time to be alone. From that time of solitude, seek the still, small and silent voice of God. Let the quiet and the peace of God’s presence bring clarity and focus to your busy life.

<https://mycatholic.life/upcoming-reflections/catholic-daily-reflections-ordinary-time-weeks-8-22/sixteenth-week-in-ordinary-time/>



Immaculate Heart Retreat Center will re-OPEN August 1, 2021. To mark the re-opening, Bishop Daly will celebrate Mass at 11:00 am followed by a reception. Everyone is welcome to join in the celebration! Please call or register online beforehand if you plan to attend. (448-1623 - www.ihrc.net)

The facility is sanitized, has a fresh coat of paint, and has new mattresses and box springs slated for installation in all guest rooms. There are more improvements to be made. Please prayerfully consider making a sacrificial gift in honor of the Immaculate Heart Retreat Center.



Mary Queen of Heaven Parish

103 E. Alder Avenue, Sprague, WA 99032
Mailing Address: PO Box 125, Medical Lake, WA 99022
Sacramental Emergency Phone: 509-720-7470

July 18, 2021 Sixteenth Sunday in Ordinary Time

Parish Office (St. Anne):

Office hours: T,W 2:00 pm-5:00 pm
Phone: 509-723-1459
Pastor: Rev. Dale Tuckerman
Parish Office: Michele Flynn
stannemedicallake@gmail.com

Parish Council:

Pat Whipple, *Chair*
Janet Whipple
Mario Cruz
Deanielle Treis
Father Miller

Finance Council:

Pat Whipple, *Chair*
Eric Hanson
Father O’Hara

St. Anne, Medical Lake, WA

Sunday: 10:30 am English Mass
Tuesday: 8:30 am Confession
9:00 am English Mass
Wednesday: 8:30 am Confession
9:00 am English Mass

Mary Queen of Heaven, Sprague, WA

Sunday: 10:00 am Latin Mass
12:30 am English Mass

St. Michael, Reardan, WA

Sunday: 8:00 am Confession
8:30 am Mass

Sacraments

Penance (Reconciliation):

St. Anne: Tuesdays & Wednesdays: 8:30 am
St. Michael: Sunday 8:00 am
Mary Queen: Sunday 12pm

Baptism:

Contact Parish Office

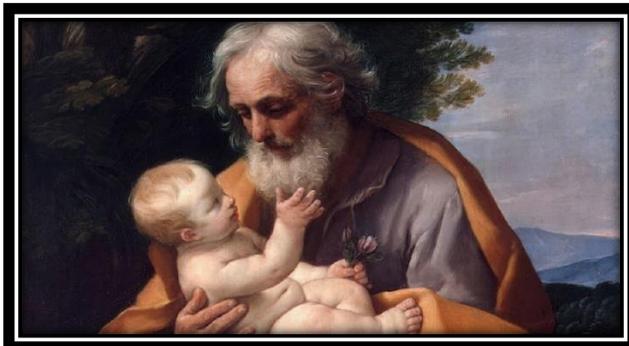
Confirmation:

Contact Parish Office

Marriage:

Contact Parish Office (requires preparation for at least 4 months in advance)





Year of Saint Joseph December 8, 2020, to December 8, 2021

Help Save our Parish Money

Move away from envelopes, which the parish spends money on every year. It's safe and secure as well as easy!

Give online with the secure service we use RebelGive. Go to: <https://bit.ly/StAnneGive>

Mary Queen of Heaven Parishioners, this link is for you also.

2021 Middle School Summer Camp

August 15-20 Cost = \$300 – space is limited
For students currently in 6-8 grade
Reserve your spot at dioceseofspokane.org

Consecration to St. Joseph

33-day Prayer and Study

Start on St. Michael's Feast Day

Wednesday, September 29

End All Saints Day

Monday, November 1

We will meet in person once a week

@ St. Anne Hall after 10:30 am Sunday Mass

Purchase "Consecration to St. Joseph".

This book guides you through the 33-day prayer and study. Buy your book today, go to shopmercy.org

***Please contact Father Tuckerman if you are interested in leading this beautiful prayer. ***

CATHOLIC FAITH ON DEMAND: Join FORMED at Formed.org Cost to you ... FREE!!

*Sign up as a Parishioner:
St Anne Medical Lake*

Enter your name, email, and create a password

FORMED offers enlightening programs, inspiring talks, and a great selection of e-books.

Take advantage of FORMED.org today!



Please Remember in Your Prayers

... for all those we hold deeply in our hearts, may they be remembered...

St. Anne, pray for us!

St. Michael, pray for us!

Mary, Queen of Heaven, pray for us!



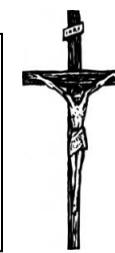
Save the Date!

Tri-Parish Pot Luck

September 26 @ St. Michael Parish

Pot Luck following 10:00 Mass

This is the only Mass for this day.



Welcome ...

to all visitors who are joining us for worship today. May your time with us be grace-filled and may the Lord Jesus bless you and your loved ones today and always.

July/August at a Glance:

Sunday	M	Tuesday	Wednesday	Th	F	Saturday
18 8:00 am Confession at SM 8:30 am Mass at SM 10:30 am Mass at St. Anne 10:00 am Latin Mass at MQ 12:30 pm Eng Mass at MQ Sixteenth Sunday in Ordinary Time	19	20 8:30 am Confession-St Anne 9:00 am Mass-St Anne 9:30 am Adoration - St Anne	21 8:30 am Confession-St Anne 9:00 am Mass-St Anne 9:30 am Adoration - St Anne	22	23	24
25 8:00 am Confession at SM 8:30 am Mass at SM 10:30 am Mass at St. Anne 10:00 am Latin Mass at MQ 12:30 pm Eng Mass at MQ Seventeenth Sunday in Ordinary Time	26	27 8:30 am Confession-St Anne 9:00 am Mass-St Anne 9:30 am Adoration - St Anne	28 8:30 am Confession-St Anne 9:00 am Mass-St Anne 9:30 am Adoration - St Anne	29	30	31
August 1 8:00 am Confession at SM 8:30 am Mass at SM 10:30 am Mass at St. Anne 10:00 am Latin Mass at MQ 12:30 pm Eng Mass at MQ Eighteenth Sunday in Ordinary Time	2	3 NO Mass, NO Confession, NO Adoration	4 NO Mass NO Confession NO Adoration	5	6	7

SM = St. Michael Parish, Reardan, WA
MQ = Mary Queen of Heaven Parish, Sprague, WA

Lord, help me to hear You call me to a time of rest and peace. Help me to seek You and to accept Your gentle invitation. Jesus, I trust in You.





We love

having you as part of our Flock

Keep in touch with us via email and text.

Text the word **westplains** to the number 84576

OR

Visit us online at: 

Flocknote.com/westplains