

FROM FR. JOHN

## B Refreshed

*“He refreshes my soul” Psalm 23:2*

So many people tell me that they are overbooked, overworked and overwhelmed. I can just imagine you shaking your head right now in a nod of agreement. I fear I am not a good role model for how God wants us to live. Duties, calls, meetings and trying to be “there” for others can make life a blur of endless motion.

How does God want us to walk this earth? I am sure He wants us to be joyful, loving and present to one another. The Good News is that we can have that way of life!

Before we can nurture another soul we must nurture our own soul. Think about the God who promises to refresh our souls. In what ways can God refresh our souls?

I know teachers, doctors, presidents of universities who spend at least an hour a day being refreshed by God in prayer. They are present to others in joy and love.

Behind every “refreshed” person who is present to others in love and joy is that same person who has let God refresh their soul in the intimacy of prayer. If we lack peace, love and joy we need to take a “refresher” course for our souls. The neat thing about this refresher course is that it is free, it has open enrollment, and it is constantly being taught right where you are. If we devote our souls to God for 10-15 minutes a day, we will be refreshed. Of course, we could give God more time but that would mean we would have more joy and love flowing out from us to others.

Blessed by the BEST and nothing less,  
+Fr. John



**Where has Fr. John Gone? That is a good question! I have been blessed to be asked to speak at 4 youth conferences this summer. I will be in Florida (I know, it is sunny there!) June 12-14, Ohio - July 10-12, California - July 24-26, and Gonzaga July 31- Aug. 2.**

**Save the Date - July 14, 2009** - There will be no 8:00 AM morning Mass July 14, 2009 (I will be rafting on the Deschutes with a friend who is taking me there for my birthday), but I will be back to offer a 7:00 PM Mass and a BBQ following. Come and Enjoy! Please call Carolyn at 503-761-8710 and give us your headcount so we can plan our food/drink for the BBQ. +Fr. John

### Confirmation for High School

Beloved's, please get the word out that we will be having Confirmation here at St. Joseph The Worker for high schoolers beginning next fall (2009) at the end of September. Classes will most likely be Wednesday nights at 7:00 PM.

## MASS INTENTIONS

### Monday, June 15 2009

Communion Service

### Tuesday, June 16, 2009

+Helen Kane

(Edward Kane)

### Wednesday, June 17, 2009

+Beverly G. Kane

(Edward Kane)

### Thursday, June 18, 2009

Pamela Pel

(Edward Kane)

### Friday, June 19, 2009

+Kyle Linhart, Jr.

(Rosemary Linhart)

### Saturday, June 20, 2009

5:00 PM-+Rudy Gehrig

(Kathi Nordlund)

### Sunday, June 21, 2009

8:30 AM-+ Vicky Vinberg

(Julian Paluck)

10:30 AM-People of the Parish

## CALENDAR OF EVENTS

### Tuesday, June 16, 2009

7:00 PM-Choir Practice

### Wednesday, June 17, 2009

6:00 PM-Parish Council mtg in SR

### Thursday, June 18, 2009

7:00 PM-Bible Study-Rm. 4

### Friday, June 19, 2009

6:00 PM-Scrapbooking in SR



**Thank You  
St Joseph the Worker!!**

Your are amazing!! Your support of the Youth Car Wash and Pie Social was incredible. Many cars were washed and every pie was sold. We are blessed by your generosity!!

**Are you registered?** To register at St. Joseph the Worker, stop by the Parish Center and pick up a registration form or call Carolyn at the Parish Center to have a form sent to your home. The Parish Center is open Monday through Thursday at 8:30 AM.



## Pictorial Directory

We have sent all sign-up sheets for the Pictorial Directory to Olan Mills. If you

need to cancel or re-schedule your appointments, or have questions, please contact them at: 1-800-866-2263, Monday thru Friday from 9:00 AM to 10:00 PM EST.

**Do your legs ache after walking a short distance?** If so, you may want to consider being screened for peripheral arterial disease (PAD), a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged by plaque, slowing or stopping the flow of blood. Life Line Screening will bring this preventive health event that can assess one's risk of PAD through an ankle brachial index (ABI). PAD is closely linked to coronary artery disease, and identifying PAD can also help prevent heart attack and stroke. We are pleased to host a screening on June 22, 2009. Register for the Stroke, Vascular Disease and Heart Rhythm Package for \$149. All five screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call **1-888-653-6441**, or visit [www.lifelinescreening.com](http://www.lifelinescreening.com), for more information or to pre-register.

## Mt. Hood Hospice Grief Education And Support Group

This is a five week group to support you through the grieving process. Whether it has been months or years since your loss, this group can provide a supportive environment to help you develop coping skills. For more information, please call Mt. Hood Hospice at 503-668-5545 to register.

## Bulletin Sponsor of the Week:

**Francis Xavier Restaurant  
1933 NE 181st Street  
503-666-1957**

## Weekly Contributions

**Amount Needed:** \$ 7,032.00

**Amount Collected:** 9,987.51

**Over/Under:** + 2,955.51

## Calling All Campers!

## Camping Reservations Deadline

Thinking of coming to the camp out but haven't made your reservations yet? Please do so by **Sunday June 28th**. After that you will have to make them through Clackamas County and there will be no guarantees you'll be with St. Joe's group. Reserve on line, call or email:

Patti at 503-895-4045

pattiurlvd@stjosephtheworkerpx.org  
or

Dianne & Duane at 503-998-5683 or  
503-998-5688

duane-dianne@comcast.net

There will be a camp out meeting in July. More information on that in upcoming bulletins.

**From the Altar Guild:** Christmas may be 7 months away, but it is truly time to start thinking about what crafts you will be making to bring to the craft sale. We are just certain there are many of you women in the parish who are very crafty. So, please get busy and make some items to bring to the Craft/Bake Sale. The sale will take place on Saturday, November 14th. Only with your help can this event be the success we hope it to be.

## K-8 Openings

## Christ the King Parish School

Education Enlightened By Faith!  
Welcoming school community, core curriculum including religion to prepare graduates for acceptance into Catholic High School. Special classes include Spanish, Technology, Music, Library, PE. We offer all-day Kindergarten, daily on-site morning drop-off and after school extended care, weekly all-school Mass. Call for a tour: 503-785-2411 or visit our website: [www.ctkweb.org](http://www.ctkweb.org).