



Blessings

SACRAMENTORS™: A Process of Sanctification for Catholic Men and Women

July 2007

Reflections

by Cyndie Ulrich, Executive Director, SacraMentors

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The purpose

of the SacraMentors movement is to provide men and women with small communities of other men and women, who will support and sustain them in their efforts to live a Christian life which calls them to forgive themselves and others, bless the world, and serve the Church.

It's 7:30 on a beautiful, July morning that promises a day of 70+ degree temperatures. (*Shirt-sleeve weather??* Be still, my heart!) With a cup of hot tea still in hand, I've just finished contemplating morning prayers from our *Book of Kindness II* and *Living Faith, Daily Catholic Devotions*.

As often happens when I'm distracted by issues of daily life, when I'm existing in a space quite detached from the present moment, the Holy Spirit jolts me back to His presence with either a visual or aural effect. In this case, it was visual. The title of the prayer hit me: *A Prayer for Wisdom*.

What a surprise! (What a gift!) Author, Thomas à Kempis, speaks volumes in

very few lines about meaningful action items that play into our openness to God's peace and to our vulnerability to Jesus Christ. His petition goes:

Grant me, O Lord, to know what is worth knowing, to love what is worth loving, to praise what delights you most, to value what is precious in your sight, to hate what is offensive to you. Do not let me judge by what I see, nor pass sentence by according to what I hear, but to judge rightly between things that differ, and above all to search out and to do what pleases you, through Jesus Christ our Lord. Amen.

Egos, be gone! This beautiful prayer gently demands we reflect upon our belief

systems and values, and that we consistently check our spiritual compass so as to remain connected to the Holy Trinity. I pray that, in this task, you and I not only succeed, but find our Egos put at bay so that our True Identities as God's holy children may shine and give Him Glory.

News

◆ I'm privileged to introduce our newest Board member, Scott Webster. Scott is a member of the Apostle's Group at St. James Cathedral. He brings talent and enthusiasm to SacraMentors' marketing and communication position. In addition, Scott assumes the position of managing editor of *Blessings*. "I give thanks for the experience I continue to have with SacraMentors,

See "News" on Page 5

The Enemy Within

by Fr. Bob Camuso

Do you accept yourself as you are, with all your faults, failures, weaknesses and woes? Do you like yourself? If you met yourself at a summer barbeque and you were open to including a new friend in your life, would you want yourself as

a friend?

If you're like many people, you may have answered "no" to the above questions. Yet even if *you* don't accept yourself as you are, or would not choose yourself as a friend, there is someone who does accept you, loves

you and will never abandon you as a friend.

You know his name.

Jesus gave his life out of love for you and me. And out of that same love he offered some hard wisdom in the form of commands. He knew that if we followed

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“We gathered at these locations and served casseroles, soup, bread, salad, beverages and dessert. It was a remarkable experience to pray together, to serve, and to share fellowship with our Apostles Group and those in Tent City 4”.



To read more of Steve's thoughts, and this article in its entirety, please visit our website at: www.sacramentors.org.

A Call to Serve our Brothers and Sisters in Tent City 4

by Kathleen Borgman

Service to another is the act of Love...This is the purpose and function of our lives and calling.

Our womens' and mens' Apostle's Groups at Holy Family in Kirkland prayed about putting these words into action. We "organized," and discussed how we might be of service to others.

We discerned a call to provide meals to the homeless who are close to our parish, and prepared dinner for those living in Tent City 4. On four occasions this year, we have been pleased to serve: at St. Jude, Redmond (on Good Friday), at St. Luke's Lutheran Church, Bellevue, and twice at St. John Mary Vianney, Kirkland.

We gathered at these locations and served casseroles, soup, bread, salad, beverages and dessert. It was a remarkable experi-

ence to pray together, to serve, and to share fellowship with our Apostles Group and those in Tent City 4. I also thought it was wonderful when my children came along and helped, too!

After touring Tent City 4, our Apostles Group came to realize how very much alike we all are. All persons want respect, food and God's love.

On one occasion, I had the pleasure of sharing dinner and stories with a man that reminded me of my father. He told me of how he was also helping the homeless, as he assisted with the establishment of a resource center for Native Americans in Pioneer Square. I was humbled by his story and by his experience of serving God!

In addition to serving those in our community, we have also been called to

serve our sister parish in Nguludi, Malawi, Africa. Some coffee hours at Holy Family, Kirkland are sponsored by our Sacramentors Apostles Groups, and the funds that we receive go to our "global neighbors" at our sister parish. It is truly a blessing to be of service, and to love!

I know we all walked away from the experience feeling blessed to be of service to the people of Tent City 4. We bless, and we in turn are blessed! Isn't this what it's all about?

Kathleen Borgman is a member of the Sacramentors Apostles Group at Holy Family, Kirkland.

Some Thoughts on Prayer

by Steve Egge, from the Sacramentors Website

Prayer is very individual and personal. There is no "right" way to pray. Many want to improve prayer life. I can testify that a common comment from the men who have been through the Sacramentors program is that their prayer life has improved. This is interesting in that prayer, per se, is not taught in the program, but it is present. As men become closer in their relationship to Christ, their

communication improves.

Jesus taught us how to pray, and gave us the prayer we now call the Our Father.

If you are struggling in your prayer life, It is wise to turn to Jesus and ask his help. Simply go to him and say "Lord, teach me how to pray". Listen, be persistent and you will benefit. One of the most common themes in improving prayer life and communication with Christ is silence. This is not just a

quiet, but an interior silence where the mind allows the thoughts to cease and eventually the voice of God can be heard.

Jesus had a lot to say on prayer, including:

“When you stand to pray, forgive anyone against whom you have a grievance, so that your heavenly Father may in turn forgive you your transgressions”. (Mark 11:25)

Testimonial

by Nick Schoen

I went through the SacraMentors series in January, 2006 at St. James Cathedral. As a newlywed (April 2005) there have been new changes to my life to say the least. I have felt great meaning and reward in being a husband, and yet have for the first time discovered hidden

grudges that needed desperately to be given up. Sadly, they often were directed at my wonderful wife. What a miracle it has been to seek out her innocence in our relationship. What a miracle it has been to simply ask the Holy Spirit to change my way of thinking. Although I have not been

perfect, I know that many pointless arguments and meaningless frustration have been avoided. I am so grateful to the practice of SacraMentors!

Nick and his wife now live in South Seattle and recently become parents to their first child.

“What a miracle it has been to simply ask the Holy Spirit to change my way of thinking.”

~ Nick Schoen

“Camuso,” continued from page 1

his commands, we might avoid a great deal of suffering. One of the most difficult commands of Jesus is this: “Love your enemies.” (Mt 5:44). I’ve only known a few people who actually believe this command of Jesus applies to them.

This reminds me of a saying of Lory Misel: “Many people believe in Jesus, but few actually believe him.” Do you really believe Jesus when he commands you to love your enemies? Evidence of your belief can be found in how you think of those who’ve hurt, abused or betrayed you. If you think of them with love and pray for them, then you follow this difficult command. If you think of them with anger, resentment and judgment, then you really don’t believe Jesus, even though you may believe in him.

Take a moment now to think of an enemy. Do you find love in you for that person? Have you treated that enemy with love?

One of the reasons I believe the command of

Jesus to love enemies is so important is stated well by Walt Kelly when he wrote, “We have met the enemy and he is us.” The great enemy most of us struggle against is not someone outside of us. It’s that part within that causes us to fear—that part of us with which we’ve been at war for a long time. Jesus commands us to love this enemy.

But many of us have chosen not to love the enemy within. Instead, we decide we will love the enemy within only when it has been defeated. And so we postpone love of self for the day when we have overcome that weight problem, given up that addiction, corrected that anti-social behavior, achieved that financial goal, or found success in life. Only then will we take a deep breath, relax and finally love ourselves and be happy. When will this happen? It’s unlikely it will ever happen. Why? Because there will always be another fear, another goal, another achievement we will want

before we can love ourselves and enjoy life.

How to Love the Enemy Within

One of the best ways to love what we don’t like about ourselves is to accept ourselves as we are now and not as we expect ourselves to be sometime in the future.

This reminds me of the story of six-year-old Johnny who is home with his mother when the pastor of his parish arrives for a visit. The boy hides under the table during the visit but is visible to his mother and the priest. Neither pays attention to him. After the pastor leaves the boy comes out from under the table. The mother strokes his hair and with a friendly smile says, “Were you shy, Johnny?” Johnny never forgot that incident because his mother and the priest allowed him to be shy. They affirmed that it was okay for him to be himself and allowed him to grow in his own time and in his own way. They gave Johnny a sense of confidence that he was loved just



“Take a moment now to think of an enemy. Do you find love in you for that person? Have you treated that enemy with love?”

~ Fr. Bob Camuso

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with all our faults,
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~ Fr. Bob Camuso

*“God knows that you
are good. God finds
delight in you and is
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~ Fr. Bob Camuso

“Camuso,” continued from page 3

as he was. Safe in that knowledge, Johnny was free to grow and change. Years later, as an adult, John remarked, “I’m almost positive that visit cured, or at least greatly diminished my shyness.”

When we find delight in and accept ourselves as we are, with all our faults, we are somehow freed to see our goodness - what God sees and loves in us. Remember that Jesus affirmed Simon Peter despite Peter’s faults. Jesus knew that Peter would deny him three times and run in fear of any association with Jesus. Yet, Jesus says to him: “You are Peter and on this rock I will build my church.” (Mt 16:18). Jesus accepts Peter at the growth stage Peter is at, which allows Peter to continue to grow and become our first pope.

To love the enemy within requires that you allow yourself to be you. But to become yourself you must receive the gift that is you. To receive this gift, there has to be a giver. The giver is one who gives without conditions that you provide something in return—one who gives out of love and for no other reason than the joy of seeing your happiness.

That person is God. God has already given you the special gift that is you and simply wants you to become the best version of yourself and to be happy. Like the mother and the priest who allowed Johnny to be himself, God allows you to be yourself and to grow in your own time and in your own way.

God wants to care for you and shelter you, as a hen

gathers her young under her wings. (Mt 23:37). God knows that you are good. God finds delight in you and is attracted to you. You are worthwhile to God. At the same time, God has no need to cling to you, possess you, use you or change you. Instead, God says to you:

Right now, you are just the way you are and all is well.

There is no one I’ve created who is just like you.

When I think of you there is only you in my mind.

You are like a star when only one is shining in the sky.

I love you and smile when I see your face.

All the angels in Paradise rejoiced at your birth and we rejoice each morning you arise to the day.

Constant is my affection for you.

Knowing that we are loved unconditionally by God-love allows us freedom to become the best version of ourselves. In this way, God’s love is like the effect that amniotic fluid has on a baby in the womb of its mother. This special water surrounds the baby perfectly and follows the exact contours of the child without harming it. It allows the baby to grow and develop without getting in the way. It provides buoyancy and cushions with its mass and density any shocks or blows the baby might receive.

With such love to nurture

and protect us, we face the difficulties of life knowing that God will not give us anything we cannot accept, or allow an evil to exist that we cannot endure or overcome. And God will not demand from us anything we cannot give. Despite our weaknesses and faults, God is always at our side to provide what we need to love the enemy within and outside of us.

What trust God has in us! What power such affirmation from God gives us to be ourselves. Let us honor God’s trust by being the best version of ourselves. As we do that we may discover something in us we thought was not there: we really can love our enemies. We also may discover it is possible to believe Jesus and not just believe in him.

FR. BOB

Father Bob Camuso is pastor at St. Thomas More parish in Lynnwood. He is co-founder of SacraMentors, and can be reached at bobc@stmp.org.

Cows and Angels

by Lory Misel

“Darn!” I said to myself as I walked amongst the cattle lying beneath the fur trees west of the old red barn. “Son-of-a-gun!” I said, as I looked at the dripping eye of one of my best cows. She had “pinkeye,” conjunctivitis and her eye was nearly swollen shut. If left untreated, she could become blind.

This cow was what is called “an easy keeper”. She dropped big healthy calves and provided more than enough milk for her

babies to grow up big, bright and strong. She required little feed or care. The problem was: she was a spooky cow, skittish, and she kept her distance from me or any human who was around her.

It was mid-July, about 1:00 in the afternoon. It had been an exceptionally hot, still July and the flies had been unmerciful. Even though I had ample dust bags hung around, for the cattle to bump their heads against to protect them from

face flies, this cow had allowed them to lick upon her eye and it had become infected.

I have treated this malady before. It is a simple procedure. I would run the pink-eyed cow down the squeeze chute, “lock in” her head, pull down her eyelid and squirt a yellow antibiotic powder into her eye, which would cause it to drip yellow tears. I had done this many times over the years and had never lost an eye.

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“News,” continued from page 1

and I look forward to interacting with members of our wider community in Western Washington,” Scott said recently. “This is a very exciting time for the growth of the organization”. *Your fellow SacraMentors welcome you to the Board, Scott! Bless you for your willingness to hear and discern God’s call to serve SacraMentors!*

◆ Our 2007 Stewardship Campaign continues. Thank you to those who have contributed to the financial health of SacraMentors. To date, your generous donations add up to approximately \$4,500. **For those who have not yet made a contribution, there is still time to do so. I encourage you to consider a gift to SacraMentors of your time, talent or treasure.**

◆ In this newsletter, we’re blessed with a story by SacraMentors’ co-founder,

Lory Misel. I think you’ll enjoy “Cows and Angels” – Lory’s story helped remind me of how the abundance of God is present to us in all things and always. (From here on out, whenever I see a cow, I’ll be reminded to see angels and appreciate God’s goodness).

◆ Thank you to Fr. Bob and parishioners at St. Thomas More Parish, Lynnwood, for welcoming me on Mother’s Day weekend for witness talks after each of the four Masses. It was a joy to connect and share the good news of the SacraMentors process with hundreds and hundreds of my Catholic brothers and sisters!

◆ With summer underway, we have several upcoming SacraMentor events. The Board’s Spiritual Coordinator, Frank Pease, is organizing contemplative walks for several different locales within the Archdiocese.

Read Frank’s invitation on page 10 of this newsletter for the details for the first contemplative walk, taking place on July 28!

◆ A friendly reminder: **All purchases from Amazon.com can be made through the SacraMentors website link to Amazon. SacraMentors receives a percentage of every purchase from the online company.** And the same contribution-with-purchase happens when you order **SacraMentors coffee** from our friend, Warren Sly through www.Sacramentorscoffee.com (one word). There are more details on page 6.

God bless you and yours...enjoy the blessings that each summer brings to the Pacific Northwest! You remain in my prayers, dear Brothers and Sisters....

Peace and Happiness in Christ,

Cyndie



MAY THE
TRINE GOD

be within you,

drawing you

ever nearer,

speaking to you

of unity-true

community where

distinctions of

persons

is also oneness

in being;

may the blessing of

COMMUNITY

arise

from within us.





MAY THE
GOD OF
PEACE

be with you,
stilling the heart that
hammers with fear
and doubt and
confusion; and may
your peace,
the warm mantle
of your peace,
cover those who are
troubled and
anxious: and may the
blessing of
PEACE
be upon you.



Contemplative Recipe Corner : *Brown Soda Bread*

3 cups (12 oz) of wheat flour
1 cup (4 oz) of white flour (do not use self-rising as it already contains baking powder and salt)
2 ounces of butter
14 ounces of buttermilk (pour in a bit at a time until the dough is moist)
1 teaspoon of salt
1 1/2 teaspoons of baking soda

Preheat the oven to 425 F. degrees. Lightly grease and flour a cake pan.

In a large bowl sieve and combine all the dry ingredients.

Rub in the butter until the flour is crumbly.

Add the buttermilk to form a sticky dough. Place on floured surface and *lightly* knead.

Shape into a round flat shape in a round cake pan

Cut a cross in the top of the dough.

Bake for 35-45 minutes.

The bottom of the bread will have a hollow sound when tapped when it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Let cool and you are ready to have a buttered slice with a nice cup of coffee.

SacraMentors and Specialty Roast Coffee Company

The Coffee is roasted and ready to ship!

SacraMentors, in association with Bellevue-based **Specialty Roast Coffee Company** offers you the best coffee available at the best price around.

Warren Sly, founder, helped introduce Perrier Water into this country in 1977, creating the first bottled water and today's \$6 billion U.S. water industry. Warren and Fr. Bob, friends since their days working in the advertising world, developed the collaborative-approach coffee concept, and Warren drives the business today. Warren and his family live in Bellevue and are members of Sacred Heart parish.

Delicious SacraMentors coffee is available in many blends! You have a choice of ordering online (www.sacramentorscoffee.com) or by calling Specialty Roast Coffee at **(206) 963-6707**.

After you order on-line, you can either pick up your coffee from **Specialty Roast Coffee Company** shop at 13400 Northeast 16th Street Bellevue, WA 98005, or they can FedEx it to you. If picking up after ordering online, please click on the "Will-Call" button on the FedEx Calendar page. (This will negate the delivery charge from your order!)

Warren also extends a "SacraMentor Welcome," giving you the option to

drop into the shop to order your coffee. (Please call first (425) 963-6707).

The order you place today will provide credit to the SacraMentors Account. *For each pound of coffee purchased, SacraMentors receives \$2.00.*

You'll get a get a great Cup o' Joe, and the SacraMentors Organization will receive much needed additional funds for the continued expansion of our organization!

“Cows and Angels” continued from page 3

I was cursing because the cows and calves were away from where the squeeze chute was, separated by a field of ripe fescue grass ready to be mowed and bailed. To treat this favored cow, I would have to move the whole herd through the ready-to-be-mowed grass to the corral, cut her out from the herd, and run her down the alley to the squeeze chute. To do this, I would have to destroy the ready-to-be-mowed grass.

I walked the long way back to the house, leaving a path through the tall grass while wondering what I could do. I unlocked the pasture gate, closed and locked it, and folded my arms upon the post holding the gate. I dropped my chin upon my folded arms and looked over the hay field to the red barn and the herd down under the trees.

What happened in the next hour might sound unbelievable to you, I am sure, but it happened exactly as I will describe it to you. I closed my eyes and said, “Okay cow angels, I need your help here. I want to help this cow that is a friend of mine and I cannot do it without you. If you wish me to help her, you have to arrange it for me. If I am not to do this, then don’t.” I opened my eyes, pulled myself away from the post and went into the house to have a drink of water.

I rustled around in the house for a while, checking my phone messages. I walked back outside, out of the garage, across the gravel

drive to the gate. There, standing alone in the far east side of the pasture, is the cow with the drippy eye. All of the other cows and calves are still lying down under the fir trees, 100 yards away at the west side of the pasture. This cow was moved from the herd to stand by herself alone, up near the red barn.

I said “Man!” to myself, and faded into the house to the animal medicine cabinet. I retrieved the plastic bottle of yellow powder, and a black eye patch and glue used on cattle with advanced conjunctivitis. I didn’t know whether to be excited or afraid.

I stuck the powder bottle into my front jeans pocket, the tube of eye patch glue into my shirt pocket and slid the folded cloth eye patch into my back pocket. I unlocked the gate near the house and followed the grass trail I had made earlier over to the red barn. I walked slowly, knowing this cow was skittish and could bolt at any second.

She just stood there looking at me as I unlocked the gate. I said, “Hi Baby. I am so glad to see you here. It is all going to be okay. Come on in here. I have something good for you to eat.” I walked into the red barn and cut open a bale of leafy alfalfa hay left over from the winter. I pulled the bale apart and dropped a section of it into the manger. “Come on baby,” I said. “Come on.”

She followed me like an old dog would follow a

loved master. She dropped her head into the manger and proceeded to eat the hay treat. She looked at me trustingly with one open, clear eye and one “almost swollen shut” eye. She was neither afraid nor skittish. I remember smiling to myself, “She acts like she is *stoned*”. (I am from the ‘60s. I know stoned).

I popped off the cap to the yellow powder, pulled down her lower eyelid and squirted her infected eye with powder. Yellow tears dripped immediately. She stood there as peaceful as could be. I pulled the folded eye patch from my rear pocket, uncapped the glue tube and spread it upon the edges of the patch. I pressed it upon the outside of her eye. I waited and scratched her forehead while telling her how wonderful she was. She ate. Her stomach gurgled. She was at peace and so was I.

I sat upon the haystack and watched. All of a sudden, she came out of her reverie. Her head shot straight up. She bolted backwards, throwing high her head and slammed out of the barn, heading towards the herd down in the west field.

I sat there a while and pondered what had happened. I wondered about heaven and here. I was told that whenever one asks for assistance to bless another, help always comes.

It may be that the only reason we are here is to learn to bless other people, animals, things and ideas. It

may be the only reason we are here is to be truly helpful. If we accept that this is our function here, we can have all that heaven has to offer: its power, glory, blessings and assistance.

I followed the grass trail back to the house and I smiled. “This has been quite a day! Cows and angels.”

Lory is a psychotherapist and co-founder of Sacra-Mentors. His email address is ltmsw@comcast.net

Zion Waits in Glory

submitted by Minh-Nguyet Trinh

A lthough things are not perfect,
B ecause of trial or pain,
C ontinue in thanksgiving —
D o not begin to blame.
E ven when the times are hard —
F ierce winds are bound to blow —
G od is forever able.
H old on to what you know!
I magine life without His love:
J oy would cease to be.
K eep thanking Him for all the things that
L ove imparts to thee.
M ove out of "Camp Complaining!"
N o weapon that is known
O n earth can yield the power that
P raise can do alone.
Q uit looking at the past, and
R edeem the time at hand.
S tart every day with worship.
T o "thank" is a command.
U ntil we see Him coming
V ictorious in the sky,
W e'll run the race with gratitude
X alting God most high.
Y es, there will be good times (and yes some will be bad), *but...*
Z ion waits in glory...where none are ever sad!

~ Anonymous

Book Review

A Travel Guide to Heaven

by Anthony DeStefano

Doubleday

“Cardinal Ratzinger has said that the greatest gap in post-conciliar theology is that of eschatology, that is, the branch of theology that deals with the afterlife. In point of fact, when was the last time you heard a homily about “the four last things”—death, judgment, heaven, hell. Anthony DeStefano has begun the conversation on such matters by writing a book on heaven for “the person in the pew.” Combining orthodox theology with speculation and good humor, the author dares us to think about our true home and does so in such a way that the reader should want to make the trip.”

~Rev. Peter M. J. Stravinskis, Ph.D., S.T.D.
Editor, *The Catholic Answer*

Of course, no one knows of Heaven first-hand. It's all about belief. And it's a matter of wait-to-see. But based upon faith and Scripture and with vibrant imagination, author Anthony DeStefano poses a consideration of what Heaven might be in *A Travel Guide to Heaven*.

DeStefano's only request of his readers before we depart on the Heavenly pre-need tour, is that we rid ourselves of images of frothy clouds, flowing white robes and harps. Instead, with colorful underscore and Scriptural references, DeStefano poses Heaven an environment surprisingly much like Earth since, according to the Bible, a part of Heaven will be "...the New Earth...".

Heaven, says DeStefano, will be a dynamic, exciting place. In Heaven, after Christ's Second Coming and with our bodies restored to us by God, our minds will serve our bodies and we will have blessings unheard of in our earthly incarnation.

DeStefano suggests if we wish lunch and conversation in Paris with Mother Teresa, our God-given mental abilities will make it real to us. Prefer an afternoon listening to the wisdom of John Paul II over a picnic in a Bavarian meadow? Or perhaps an evening singing duets with Frank Sinatra and the Nelson Riddle Orchestra? (*This one is my #1 choice!*) God and Heaven make it ours.

Chapters titled 'Welcome to Paradise,' 'Our Fellow Travelers,' 'Our Tour Guides' and 'Our Final Destination' combined with supportive Biblical references open doors to intriguing speculation about Heaven. Never feeling his offering was "way out there," I found DeStefano's suppositions comfortable, believable and joy-filled. I could wrap my head and my heart around his premise and enjoy the limitless possibility alive in every paragraph, description and proposal.

I found the book fascinating. I heartily recommend it to you. But remember...

I never said you have to believe it – I only suggest you imagine the possibility.

~Cyndie Urich

Anthony DeStefano serves as the executive director of Priests for Life, the not-for-profit organization of pro-active, pro-life Catholic clergy. To learn more about DeStefano and the book, visit www.travelguidetoheaven.com.

If you would like to share your SacraMentors experience in a future edition of *Blessings* in the form of a book review, a testimonial, a service-related article, a poem, or a prayer, please contact Scott Webster at contemplatio2@yahoo.com.



MAY THE GOD OF SIMPLICITY

be with you,
opening you to a clear
vision of what is
real and true,
leading you deeply into
the mystery of childhood;
and may your
dealing with others
be marked by the honesty
which is simplicity;
and may the blessing of
SIMPLICITY
be on you.



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Walk and Worship Hike and Gathering July 28

What

"Walk and Worship" with SacraMentors, friends, and family! Bring a brown bag lunch, and some food to share. We'll walk for 1½ hours, and then stop to picnic and discuss the Mass readings for the weekend of July 28-29. Then we'll hike back to the trail head.

Where

Coal Creek Trail

About 4 miles round trip; 500 feet elevation gain.

Why

First of 2007 summer SacraMentors walks for fellowship and Scripture-based sharing.

Driving Directions

Take Interstate 90 to Exit 13

Follow the sign to turn onto Lakemont Blvd. SE

Drive 3 miles

Turn left into the Cougar Mountain trailhead parking lot

Contact

Frank Pease at frank_pease@hotmail.com

(425)562-8744