



**Issue 2, 2008**

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### The purpose

of the SacraMentors<sup>®</sup> 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.

# Blessings

SACRAMENTORS<sup>®</sup>: A Process of Sanctification for Catholic Men and Women

## Pentecost 2008

### The Optimism of Pentecost

*by Fr. Bob Camuso*

With the continuing war in Iraq and Afghanistan, with rising gas and food prices, with the decline in value of the dollar and the loss our nation has endured due to recent natural disasters such as hurricanes, tornadoes and floods, there has been a rise of pessimism in our country. Many Americans feel deeply discouraged. And despite some hope people have of change with a new president for our country, many still worry about how to pay the increasing costs of health care. They wonder if they will lose their home due to the mortgage crisis and the devaluation of the housing market. They wonder how much longer our country

will continue to borrow money from Asia before Asia calls in its loans and we can't pay them. They wonder if the era of 232 years of prosperity our country has enjoyed is ended.

The world keeps delivering bad news and many surrender to the idea that evil and misery are inevitable. Yet, we Americans are known for our optimism, our resilience and for our great achievements against all the odds. Still, deep within some of us is a troubled child that wonders if we're going to be okay. Are we going to make it through what could be tough times ahead? Will our great Christian optimism diminish

because of doubt? Has the American dream for a better tomorrow ended? President Franklin Roosevelt could not accept such a possibility. He said, "The only limit to our realization of tomorrow will be our doubts about today."

As Christians, we turn to God in times of doubt. We turn to God for comfort, hope and strength to endure during tough times. Jesus gave us his own strength when he empowered us with the Holy Spirit at the Pentecost event. On that day the Holy Spirit descended upon the Apostles (Acts 2: 1-41). At that first gathering of our Church, Peter stood up with the Eleven and

*See "Pentecost," on page 5*

### SacraMentors Healing Mass at St. Thomas More Parish

*By Frank Pease*

Twenty-five SacraMentors gathered together with Fr. Bob Camuso to seek healing at a special Mass ceremony at St. Thomas More parish in Lynnwood on Saturday morning, April 12.

It was a welcome return to this format for a SacraMentors gathering. Many of us may remember the last healing Mass for SacraMentors, held in May, 2002, when Fr. Bob was at St.

Anne parish on Queen Anne Hill.

Prior to the Mass, I explained the purpose of the Healing Mass, that it was a format we wanted to reintroduce as a SacraMentors

*See "Mass" on page 4*



“(Offering prayers and blessings others) is the ‘holy work, unnoticed’ that we gladly do for others, our church, ourselves and the world.”

~ Cyndie Ulrich

The Social Services arm of the Catholic Church in Western Washington:

**Catholic  
Community Services**

[www.ccsww.org](http://www.ccsww.org)

## Reflections

by *Cyndie Ulrich, Executive Director, SacraMentors®*

*Dear Friends in Christ,*

Pentecost. . . God expressing His Love for the world by blessing mankind with the Holy Spirit in the form of wind, flame and a universally understandable and welcomed message of Love. That Christ awakened and saved us in His crucifixion and resurrection is amazing; but that God, in His infinite wisdom, sent the Holy Spirit to be with us and keep us awake is a fully awesome, bonus blessing.

Our board members bless us with their time, talent and love for the organization. Each gentleman is a spiritual inspiration – each seeks an ever closer relationship with the Holy Trinity. The team is currently developing retreats, training series and recreational events for the remainder of 2008 and into 2009. Keep your eye on the website for relevant scheduling information to be posted very soon.

Our parish coordinators share lessons and experiences of the parish groups and

prove each one of our apostles (*that's you!*) are living definitions of the name SacraMentors.

SacraMentors recently received a phone call from a woman in Alaska. She asked for healing prayer for loneliness and difficult financial circumstances. After a long conversation, it was discovered she had found our website and blessed us by reaching out by phone for prayer support. An email was sent and SacraMentors unknown to this woman are blessing her by praying for her needs. This is the “holy work, unnoticed” that we gladly do for others, our Church, ourselves and the world.

You'll soon receive a letter from Fr. Bob inviting you to participate in the 2008 Stewardship Campaign. Thank you, in advance, for discerning what you can offer to keep SacraMentors a vital blessing to others. Your response and contribution will be very gratefully accepted.

You are Christ's Apostles,

my friends, and because of you, SacraMentors is alive with the Holy Spirit. You are the wind of the Spirit that shakes up the norm, you are the fire of the Holy Spirit helping to burnish and refine us. As a result, we speak and act, give and receive, bless and are blessed so that, together, we can move forward on our life's journeys with Christ, in Christ and mirroring Christ.

Thank you all for choosing to be wind, fire, message or some combination of the three. I and your board are blessed and grateful to be on the Christian journey with you.

With God's blessings,

*Cyndie*

*Cyndie Ulrich is the Executive Director of SacraMentors, a Series instructor, and a regular contributor to "Blessings." She can be reached at [executivedirector@sacramentors.org](mailto:executivedirector@sacramentors.org).*

**Consider a gift to  
SacraMentors**

**Help to spread the SacraMentors message of hope  
and transformation!**

***Watch for Fr. Bob's letter, arriving shortly!***

**[www.sacramentors.org](http://www.sacramentors.org)**

# The 7-UPs of Life

by Minh-Nguyet Trinh

During our study time in our Apostle Group at Holy Family, we usually reflect on the upcoming Sunday's Gospel. But our reflection doesn't have to be serious and heavy all the time. In honor of Ascension Sunday, we did a fun activity called "The 7-UPs of life". Each sister received a can of 7-UP as she read a passage from this uplifting list of tips from an unknown author. These anecdotes keep the attitudes of those in our Apostles Group in check now, each time we see a can of 7-UP!

### 1. WAKE UP!!

*Decide to have a good day.*

"Today is the day the Lord hath made; Let's us rejoice and be glad."

*Psalm 118:24*

### 2. DRESS UP!!

*The best way to dress up is to put on a smile.*

A smile is an inexpensive way to improve your looks.

"The Lord does not look at the things we look at. We look at outward appearance; but the Lord looks at the heart."

### 3. SHUT UP!!

*Say nice things and learn to listen. Listen to advice and accept instruction.*

### 4. STAND UP!!

*For what you believe in.*

Stand for something or you will fall for anything.

"Let's us not be weary in doing good; for at the proper time,

We will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good..."

*Galatians 6: 9-10*

### 5. LOOK UP!!

*To the Lord.*

"I can do everything through Christ who strengthens me."

*Philippians 4:13*

### 6. REACH UP!!

*For something higher.*

"...keep seeking the things above, where Christ is,

Seated at the right hand of God."

*Colossians 3:1*

### 7. LIFT UP!!

*Your prayers.*

"Do not worry about anything; Instead PRAY ABOUT EVERYTHING."

*Philippians 4:6*



*God our Father,  
let the Spirit you sent on your Church to begin the teaching of the Gospel continue to work in the world through the hearts of all who believe.*

*~ Pentecost Prayer*





*Come  
Holy Spirit,  
fill the  
hearts of  
your faithful  
and kindle  
in them the  
fire of your  
love.*

*~ Pentecost  
Prayer*



## SAVE THE DATE!

**Sunday, August 17th: Rosary Walk and Picnic**

Port Defiance Park (Fort Nisqually Picnic Shelter), Tacoma

Rosary: 2:00-3:00 p.m. Picnic 3:00-5:00 p.m.

All are welcome to attend this summer event. Bring a rosary and join the group in a walking version of this traditional Catholic devotion.

Afterward, we will share a picnic lunch!

More info and directions in the Summer edition of *Blessings!*

Questions? Contact Frank Pease at (425) 562-8744 or  
frank\_pease@hotmail.com

*“Mass,” continued from page 1*

event, and suggested possible approaches to pray and ask for healing for ourselves and other people and situations in our lives.

To help the attendees name and focus on personal healing intentions, petition slips were passed out among the congregants. Each attendee then wrote down specific healing issues to be included, and the slips were gathered into a basket and placed at the foot of the altar.

Father Bob then began the Mass, and at the homily spoke of an experience he had at a Healing Mass, years before he became a priest, when he asked God for help with his hearing problems. But, the prayer for physical healing of his hearing was not answered at that Mass in the way he had asked.

But later in his life, when hearing aid technology had improved, Fr. Bob said his hearing ability was enhanced through better technology. And then, through preaching and in discussions with his parishioners, Fr. Bob was able to direct many other congregants to the hearing aid technology that he had used, and to effectively assist in healing the hearing problems of others. Such is the way that God answers our prayer, Fr. Bob emphasized.

After communion, Bill Wiebe, Cyndie Ulrich, and I assisted with “hands on” blessings for the attendees who wished to come forward. Fr. Bob anointed all with sacramental oil for healing.

The Mass was dismissed, and was followed by a festive pot luck luncheon in the St.

Thomas More reception hall. It was encouraging to see the interest in this format for a SacraMentors gathering. So, SacraMentors is looking for a date to schedule another Healing Mass in the south end of the Archdiocese sometime in the fall.

SacraMentors would like to send a special thanks to Ed Authier who researched and delivered the Scripture readings for this Healing Mass, and to Phoebe Esperas and her sister, Trudy Robertson, who served as gift ministers.

*Frank Pease is a regular contributor to “Blessings,” a Board member and Series trainer for the organization. He can be reached at frank\_pease@hotmail.com.*

*“Optimism of Pentecost,” continued from page 1*

quoted from the book of the prophet Joel:

*“...God says, I will pour out a portion of my spirit upon all flesh... your young men shall see visions, your old men shall dream dreams... and I will work wonders in the heavens above and signs on the earth below...and it shall be that everyone shall be saved who calls on the name of the Lord.”*

Pentecost reminds us that we are saved who call upon God. That is more important than whether or not America continues to prosper. That should be our main focus and concern in life. Christ is our beginning and our end. And Pentecost reminds us of where we started as a Church to follow Christ and where we shall end. But the time in-between Pentecost and heaven becomes an illusion when we give in to fear, doubt and pessimism. Fear, doubt and pessimism are illusions because they deny the providence of God. They deny the goodness of God and the hope of the resurrection.

The tongues of fire that rested on each of the apostles have rested on each of us since the day of our baptism. Those tongues of fire were meant to burn away fear, doubt and pessimism.

But for many of us the fire of the Holy Spirit is in us like a pilot light in an oven, waiting to come ablaze when we feed it with fuel of prayer, worship and service. The fire of the Spirit within us will burn away negative thoughts, pessimism and doubt when we pray together, worship together at Mass and serve our Church together. The fire of the Holy Spirit will also be kept aflame in our Sacramentors groups each week as we speak with gratitude and hope of miracles that have happened to us and praise God for all the good that surrounds us.

Our challenge is not to *forget* to turn up the fuel source. As Lory Misel says, “The greatest ally of the Evil One is forgetting.” We forget that we have great strength to fight evil and conquer our fears. We forget that the problems, worries, expectations and concerns of the world will pass away but the words of Christ will not pass away (Mark 13:31). Jesus said, “Do not worry about your life...can you by worrying add a single moment to your life-span...do not worry about tomorrow; tomorrow will take care of itself.” (Mt 7: 25-34)

And so, if you feel pessimistic, doubtful or fearful

about the future, remember who you are — you are a beloved child of God. Remember where you came from — your heavenly Creator. Remember your purpose in life — to know, love and serve God, and to be happy in this life and the next. Remember that the only happiness that is deep and abiding is doing God’s will. Remember where you are going — to eternal joy and peace in heaven. And remember that you need your Catholic Church, its great resilience through the most difficult times in history. Remember that you need your parish where God keeps hope alive. And finally, remember your Sacramentors brothers and sisters are there to help you stay the course.

Don’t forget these things and America will remain a great country for you, no matter what challenges we face in the future.

*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.*



**“The fire of the Spirit within us will burn away negative thoughts, pessimism and doubt when we pray together, worship together at Mass and serve our Church together.”**

*~ Fr. Bob Camuso*





Your  
**SacraMentors**  
Board:

Cyndie Ulrich

Frank Pease

Seamus O'Brien

Scott Webster

*Send us your ideas,  
comments, and suggestions  
to the phone or email below!*



**SacraMentors®**  
P.O. Box 64787  
University Place, WA 98464

**Phone**

1-877-585-5500  
Toll Free

**E-mail** [executivedirector@  
sacramentors.org](mailto:executivedirector@sacramentors.org)

**Website**

[www.sacramentors.org](http://www.sacramentors.org)

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**Editor**

Scott Webster  
[contemplatio2@yahoo.com](mailto:contemplatio2@yahoo.com)  
(reference *Blessings* in subject line)



*Depiction of the First Pentecost.  
Icon written by the Greek Orthodox  
Archdiocese of America. (Image in  
the public domain).*

## Save the Date!

Our Next **Healing Mass** is  
planned for  
**November 8th, 2008**  
Sacred Heart, Lacey.

More info in the Summer Edition  
of *Blessings* and through your  
Parish Coordinators

*Please contact Frank Pease if you  
have questions or ideas for the  
planning of this event!*

[frank\\_pease@hotmail.com](mailto:frank_pease@hotmail.com) or  
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