

## EQUIPPING THE HOLY ONES FOR MINISTRY

*By Fr. Jim Northrop*

We are facing challenging times. The call of being a disciple is not an easy one and Jesus told us, "In the world you will have trouble, but take courage, I have conquered the world" (John 16:33). That is why St. Paul spent his life in service to the Lord writing his letters to the Christian communities and encouraging people to understand that God calls and equips us for the work of his Kingdom.

Nearly everyone in the bible (with the exception of the Blessed Virgin Mary) felt their inadequacy when they received their calling. Moses questioned who was he to lead the Israelites out of Egypt (Exodus 3:11) and Jeremiah felt that he was too young and didn't know how to speak (Jeremiah 1:6). Saying "yes" to the Lord initiates a trust relationship where we learn that God will give us everything we need to serve him.

This doesn't mean that we always do things perfectly. I recently was reading Psalm 30 where David stated "Complacent, I once said, 'I shall never be shaken'" (Ps. 30:7). We know that David made many

mistakes, but he learned about the mercy of God and being accountable for his actions. God honored his steadfast heart and taught him

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through those mistakes. The opening prayer for 26th Sunday of Ordinary Time caught my attention this year. Here is the part that really made an impact on me: "O God, who manifest your almighty power above all by pardoning and showing mercy...". Isn't that amazing! God shows his power through forgiving our sins and showing mercy.

In order for us to experience the equipping that God has for us, we first and foremost must acknowledge that "apart from him we can do nothing" (John 15:5). We need to be more reliant on the Lord and seek the spiritual gifts that he has

given us for the up-building of the Body of Christ (Eph. 4:11-16). Spending time with the Lord in quiet is essential for us to discern properly what the Lord wants us to do and to allow him to give us the necessary graces and gifts to follow his plan. Some people feel guilty when taking time away from their busy lives for prayer and reflection. We are all striving for balance in our lives, but the world is out of

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## WWCCR VISION AND MISSION

**Vision:** *that all Catholics mature in a personal relationship with Jesus, empowered by the Holy Spirit, to the glory of God the Father.*

**Mission:** *to renew the face of the earth by nurturing and inspiring Catholics:*

- + *To experience a personal relationship with Jesus Christ*
- + *To fan into flame the gifts we receive through the Sacraments*
- + *To develop a deeper life of prayer and worship*

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**GLEANINGS** is the bimonthly newsletter published by Western Washington Catholic Charismatic Renewal (WWCCR). The purpose of this newsletter is to provide teaching, news, and a notice of events that help to foster Catholic Charismatic Renewal throughout the Church in Western Washington.

**Deadline:** in order for any articles, news, or calendar items to be considered for publication in **GLEANINGS**, it must be submitted by the 1st of the month before the month of publication. All submissions subject to editing for length, accuracy, and clarity.

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## OFFICE NOTES FROM KATHY MOORE WWCCR Office Manager



WWCCR had a Summer Celebration in August at St. Thomas parish in Tukwila. It was a wonderful reunion of friends, old and new. Two friends from Anacortes came with me. Carol and Cathy have attended events of WWCCR practically since it started. They remembered representatives of WWCCR coming and helping in the beginning stages of Joy of the Lord prayer group and they were so glad to see them there, Virginia King, Sharon Fox, as well as Sue Gallwas. We were pleased to see many familiar faces, Bill Joyce, and Dan and Susie Zimsen, and meet some new ones as well. It was fun to have the time to just sit and chat and get better acquainted. The food was delicious and well prepared. Everyone was so friendly. This is family, our extended family, connected by our faith and experiential knowledge of the Holy Spirit and God's love for each one of us. Praying together, singing together—it was a Spirit filled prayer meeting with a meal. We recalled memories of friends that have gone before us. The accommodations at St. Thomas were excellent. It was a real joy to attend.

On December 2nd WWCCR will be celebrating its 46th anniversary with Fr. Jim Northrop. Please come and join us for prayer and to learn how to build up the Body of Christ. We are always so glad to see you. See ad on page 8. ■

## DONOR SUPPORTED, ARCHDIOCESE APPROVED

WWCCR is under the auspices of the Archdiocese of Seattle, but as a nonprofit ministry depends solely on our supporters to pay our staff, the rent and our bills. Would you help us bring renewal to this region with Holy Spirit and healing events? Please say a prayer, asking the Lord how much you can afford to pledge each month for 2024. Those who set up monthly payments with WWCCR using their debit or credit cards, are asked to renew their gift at the beginning of each year. We thank you for partnering with us through your financial gift, your volunteering, and your prayers. For more information:

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control with doing and producing. St. Teresa of Calcutta said, "The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service and the fruit of service is peace." Being grounded and rooted in prayer is essential for equipping us for ministry.

Another thing that I think is very important is having small groups and forming spiritual friendship with people. I have been blessed to have enjoyed some powerful gatherings with friends who have shared with me how the Lord came through and strengthened them in the midst of great struggles. One friend recalled how God used him while he was seriously ill to reach

out to the people who came in and out of his hospital room. I remembered that St. Paul declared, "Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong" (2 Corinthians 12:10). The person speaking with me was a living reflection of this truth and I left the conversation feeling inspired and refreshed. When we share our faith we help others get equipped to face their own challenges.

Recently, we had a listening session for our Partners in the Gospel program. As I anticipated, people were anxious and fearful about the possible changes we will have to go through in the future. I totally understand that. I really felt the

Lord asking me to listen but also to encourage people that this is a normal human response to challenging situations. I ended our session with the story of the Road to Emmaus (Luke 24:13-35) and how Jesus helped them understand by breaking open the Scriptures and in the Breaking of the Bread. The Lord equips all of us to face the challenges of life with confidence through the gift of the Mass. It is our lifeline.

Wonderful opportunities are on the horizon to continue the mission. Let's get ready for a sovereign move of the Holy Spirit as the Lord equips us for ministry. ■

*Fr. Jim Northrop is spiritual director for WWCCR and pastor of St. Thomas the Apostle parish in Tukwila.*

## BEHIND THE SCENES @ WWCCR

*(WWCCR activities and events are organized by committees made up of willing volunteers and normally at least one member of the Board of Directors and/or office staff. Each committee has a specific role with particular responsibilities. This month, we would like to highlight the planning of the Women's Retreat team, written by team member, Sue Bregel.)*

Whether it is the first time you have attended a WWCCR Women's Retreat, or you have attended many retreats, it is our hope that as you turn into the driveway of the Retreat Center at Palisades, a sense of anticipation rises within you. The Retreat Planning Team will have spent many hours in prayer and planning to make your retreat a success.

Within a few weeks after the previous retreat, the eight-member Planning Team gathers on a zoom call to review the Evaluations. We really do look at the comments you share.

Prayer guided by the Holy Spirit gives us a theme scripture. With this decision we can really begin to bring various parts of the retreat to life. Suggestions are then made for a speaker. The Planning Team Coordinator begins to contact these candidates and

when a person accepts the invitation to lead the retreat, another major goal is completed.

Many different projects are worked on at the same time throughout the summer and fall. Artwork for all retreat materials is chosen and finalized. The decorations in the Chapel which reflect the theme are a major project. Our hope is that these decorations are a visual blessing.

Once the registration form is published in the Gleanings, the team is focused on final preparations. Name tags are created, ready to be printed. Each year we provide the attendees with a bookmark or small memento gift. The format for a note-taking journal is finalized and printed. A welcome/confirmation letter is written containing special instructions. The music ministry has chosen inspiring and meaningful music, and any special activities for the retreat are completed. The final big project is coordinating room reservations.

In the end, the team hopes that all the little details draw you into a deeper experience with the Lord. ■

*Sue Bregel is a member of the Retreat Planning Team and is a parishioner at Holy Family parish in Auburn.*



# Transformed by Love

By Mary Pelton

As our retreat team started thinking about a theme for this year's women's retreat, we reflected on the last couple of themes ("Great is Your Faithfulness" and "Called to Hope"). We joked that we have had faith and hope, and now all we need is love. We had a good laugh about it, but then as we prayed over where God was calling this retreat, we realized that he actually did want us to go there! He brought us to Romans 12:2 – "Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God, what is good and acceptable and perfect."

There is so much going on in the world right now that it often feels hard to figure out where we truly belong. God is so clear in this passage—we don't need to figure out where we belong with respect to the world. On the contrary, he says do not consider yourself a part of this world! Rather, we should focus on the things beyond this world and through him, be transformed! A piece that stood out to us in this scripture is the word "renewing." It is not a past-tense word, but rather a continuation. God has renewed us, will renew us, and continues to renew us moment after moment, day after day. What do we do with our renewed selves? We pursue God's will, we seek his voice, and we discern in what ways and in which places he is calling us to become increasingly good, acceptable, and perfect. Through his incredible mercy and grace, God transforms us by love. So I invite you to ask God: how does he want to transform YOU in an incredible way? I also want to extend an invitation to women who want to dive deeper: come join us this February at the women's retreat to rest in God's grace and be transformed by love! ■

*Mary Pelton is chairman of the WWCCR Women's Retreat Team, she is a member of St. Elizabeth Ann Seton parish in Bothell.*



## HEALING THROUGH ADORATION AND PRAYER MINISTRY

By Teri Liberator

Through Eucharistic adoration, I met Sue Gallwas, former Executive Director of WWCCR, who introduced me to The Encounter School of Ministry and invited me to attend this year's WWCCR Women's Retreat: "Great is Your Faithfulness." At this retreat, I met some amazing women and witnessed a miraculous healing by Jesus through Sue's prayer team. I saw the joy and deep love for the Lord in these women, and desired to experience that same depth of relationship with him. I asked the Lord to take my heart and give me his. After praying this, I went in to receive prayer. The prayer team asked what I would like prayer for, and I said I would leave it up to the Lord to decide what I needed. After praying a few minutes, one member of the team said, "The Lord wants to relieve you of your burdens. She asked me to remove them from my back and give them to him to carry. This was the third time people said this recently and through additional healing prayer, I think I'm finally on the road to releasing them. The second prayer team member then said something incredible: "I feel like the Lord wants to do heart surgery on you. He wants you to reach up to your chest, remove your heart, and he will replace it with his." These words reflected the exact desire I had just shared with him only moments earlier in the chapel. Truly the Lord is faithful. He hears our every word, knows our every need, and will give us the desires of our heart. Lord, I trust you. Increase my love and trust daily. ■

*Teri Liberator attended the 2023 WWCCR Women's Retreat.*

## LIFE WITH THE HOLY SPIRIT RETREAT

By Ron McNerney

On Saturday, September 16, ten members of the Life With the Holy Spirit Retreat Team met for their annual team retreat. They were joined by WWCCR's Spiritual Director, Rev. Jim Northrop. This was a time of fellowship and commitment for all present.

After six weeks of discernment prior to the retreat, the LWITHS Team members were ready to commit to the following:

- Serve for one year of ministry from September 2023 to August 2024.
- Pray for a specific assigned team member.
- Pray for the ministry of WWCCR, the entire Life With the Holy Spirit Retreat Team, the retreats, and all the retreatants that attend.
- To regularly attend the LWITHS Team monthly meetings.
- To participate in presenting at the Life With the Holy Spirit retreats.

The retreat began with Mass. At the conclusion of Mass, each team member signed a letter of commitment. The letters were also signed by Fr. Jim. After the letters were all signed, Fr. Jim prayed for, blessed, and commissioned the team.

After Mass, there was a period of Praise & Worship, followed by fellowship and morning snacks. Then everyone settled in for a time of learning. Ron McNerney gave a teaching as an overview of the LWITHS retreat ministry, focusing on many of the "nuts and bolts" of a retreat. Teachings included; attire, using your gifts, prayer for baptism/release of gifts, small group dynamics, and being of service at the retreat. This was followed by a teaching presented by Fr. Jim, stressing the importance of baptism in the Holy Spirit to each Christian as well as to the parish.

After a relaxed lunch, everyone gathered for an afternoon devoted to prayer. The time began with more Praise & Worship. The next hour was spent praying for each other. As a prayer shawl was placed on the shoulders of a team member, all the team joined in prayer for this person. Prophecy and words of knowledge blessed the session. Everyone felt the presence of the Holy Spirit. ■

*Ron McNerney and his wife, Carolyn, are parishioners at St. Theresa parish in Federal Way.*

*If you feel called to the ministry of spreading baptism in the Holy Spirit or if you'd like to know more about this ministry, please contact the WWCCR Office at [info@wwccr.org](mailto:info@wwccr.org) or 206-364-2272, or contact Ron McNerney directly by text 206-478-2782 or [ron.mcnerney@yahoo.com](mailto:ron.mcnerney@yahoo.com)*

## WELCOME

### to a new Board Member

The WWCCR Board is happy to introduce Tom Carmody. He is a 40+ year parishioner of St. Joseph in Issaquah. He recently retired from his own industrial automation sales business and enjoys water skiing, snowmobiling, golf and hiking with his wife Lori. They have two grown children, and both serve on the board of the Seattle Chapter of Young Catholic Professionals. ■



### Want to host a Life with the Holy Spirit Retreat at your parish or prayer group?

Each Holy Spirit Retreat has a goal of offering evangelization to the members of your parish or prayer group. The time spent on the retreat will have the benefit of helping each person on their personal journey and relationship with Jesus, through the Holy Spirit. Those attending will experience the power of the Holy Spirit working within them. Retreatants often experience an opening of the Scriptures in a new and dynamic way. The retreatant will be better equipped to use the Gifts bestowed on them at their Sacramental Baptism. ■

For this reason I kneel  
before the Father, from  
whom every family in  
heaven and on earth  
is named, that he may  
grant you in accordance  
with the riches of his  
glory to be strengthened  
with power through his  
Spirit in the inner self,

and that Christ may  
dwell in your hearts  
through faith;

that you, rooted and  
grounded in love,  
may have strength to  
comprehend with all the  
holiness what is the  
breadth and length and  
height and depth,

and to know the love  
of Christ that surpasses  
knowledge,

so that you may be  
filled with all the  
fullness of God.

*Ephesians 3:14-21*

## REFLECTION



*By Drea Garcia*

So in Christ we, though many, form one body, and each member belongs to all the others. ~ Romans 12:5

I belong.

Where does one go to get help during a medical emergency? I was thinking of these things as I sat in the ER waiting room to be seen by the doctor and feeling ever so grateful for my friends (more like brothers and sisters than friends). Let's back up a little.

I was really excited about the Summer Celebration potluck that WWCCR was sponsoring at St. Thomas, Tukwila, this past August. I was looking forward to seeing friends that I hadn't seen in a very long time and catching up on life post-COVID. We had just finished Mass with Fr. Jim when I began to feel sick—the feeling that I knew I had to go to the ER kind of sick. Thank God for friends Ron and Carolyn McNerney. It wasn't the first time they had taken me to the hospital. Many years ago, I sprained my ankle on a WWCCR youth retreat and, yes, it was Carolyn and another friend to the rescue. Again this time, I was in pain and I was scared. Before I left, friends comforted me, some even gave me medical advice and of course, they all prayed for me while at the hospital—normal operating procedures for charismatics! I am a part of a community and I belong. A Christ-centered community shares the good, the bad and the ugly that life throws at us and makes it bearable.

**Reflection:** In what ways can you invest time creating a Christ-centered community that tends to the needs of those in your life right here, right now?

**Simple Prayer:** My Jesus, help me to be a friend. Amen. ■

*Andrea Garcia is a WWCCR Board member and parishioner at Blessed Sacrament parish in Seattle.*

## NOVEMBER/DECEMBER INTERCESSORY PRAYER NETWORK

Please pray for these priests, deacons, and seminarians:

Nov 1	Pope Francis	Dec 1	Pope Francis
Nov 2	Archbishop Paul Etienne	Dec 2	Archbishop Paul Etienne
Nov 3	Bishop Eusebio Elizondo, MSpS	Dec 3	Bishop Eusebio Elizondo, MSpS
Nov 4	Bishop Frank Schuster	Dec 4	Bishop Frank Schuster
Nov 5	Fr. Jim Northrop	Dec 5	Fr. Jim Northrop
Nov 6	Seminarian Aidan Agüero	Dec 6	Deacon Raymond Biersbach
Nov 7	Deacon Mikhail Alnajjar	Dec 7	Fr. Phillip Bloom
Nov 8	Fr. Joseph Altenhofen	Dec 8	Fr. Jay Bonete
Nov 9	Deacon Kirk Altenhofen	Dec 9	Fr. Philip Boroughs
Nov 10	Fr. Jose Alvarez	Dec 10	Fr. Martin Bourke
Nov 11	Deacon John Amlag	Dec 11	Fr. John Bowman
Nov 12	Fr. Victor Raj Anas Dass	Dec 12	Fr. David Brant
Nov 13	Deacon Mauricio Anaya	Dec 13	Fr. Benjamin Bray
Nov 14	Fr. Michael Angelovic	Dec 14	Fr. Paul Brunet
Nov 15	Fr. Thomas Selvaraj Anthony Muthu	Dec 15	Fr. Jack Buckalew
Nov 16	Fr. Arulanandam Robert Antony	Dec 16	Fr. John Bulger
Nov 17	Fr. Hendry Jesu Rajan Arokiasamy	Dec 17	Fr. Jerry Burns
Nov 18	Deacon Bruno Bahk	Dec 18	Fr. Robert Camuso
Nov 19	Fr. James "Larry" Bailey	Dec 19	Fr. Francisco Cancino
Nov 20	Fr. Aloysio Kyeongseok Bang	Dec 20	Deacon Steve Cano
Nov 21	Fr. Michael Barbarossa	Dec 21	Deacon Michael Cantu
Nov 22	Deacon Terry Barber	Dec 22	Deacon Adolfo Carbajal
Nov 23	Fr. Roy Baroma	Dec 23	Deacon James Carney
Nov 24	Deacon Samuel Basta	Dec 24	Fr. Christopher Cartwright
Nov 25	Fr. Michael Batterberry	Dec 25	Deacon Antonio Cavazos
Nov 26	Fr. Anthony Bawyn	Dec 26	Fr. Sylvester Chanda
Nov 27	Fr. Michael Bayard	Dec 27	Seminarian Johathan Cheever
Nov 28	Fr. Ronald Belisle	Dec 28	Fr. Dominic Chikankheni
Nov 29	Fr. Thomas Belleque	Dec 29	Deacon Carl Chilo
Nov 30	Deacon John Bergford	Dec 30	Deacon Kwok Chin
		Dec 31	Fr. Cal Christiansen

Almighty and eternal God, in your unfailing love you provide ministers for your Church. We pray for those whom you call to serve the Archdiocese of Seattle as priests, deacons, seminarians and religious. Inspire in them a generous response. Grant them courage and vision to serve your people. May their lives and service call your people to respond to the presence of your Spirit among us that, faithful to the Gospel and hope of Jesus the Christ, we may: announce glad tidings to the poor, proclaim liberty to captives, set prisoners free, and renew the face of the earth. Amen

## In Memorium

In the month of November, we remember all who have gone before us into eternal life in 2023. We remember below those who have been part of the life of the WWCCR family, who are now our "heavenly intercessors."

Bill Cooley (10/2022)

Bob DeLeo (12/2022)

Francine Breedlove (1/2023)

Dan McMullen (1/2023)

Frances Shepard (3/2023)

Patricia Duquette (5/2023)

Sheila Martin (5/2023)

David Rapp (5/2023)

Catherine Holt (6/2023)

Marjorie Seffernick (6/2023)

Angela Fernandes (7/2023)

"God of all holiness, you gave your saints different gifts on earth but one reward in heaven. May their prayers be our constant encouragement for each of us to walk worthily in our vocation. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen!"

*(Opening prayer from the votive Mass for All Saints.)*





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**GLEANNINGS**  
NOVEMBER/DECEMBER 2023

**CELEBRATING 46 YEARS - BUILDING UP THE BODY OF CHRIST**

# **EQUIP THE HOLY ONES FOR THE WORK OF MINISTRY** Eph.4:12

TEACHING with  
FR. JIM  
NORTHROP

SATURDAY,  
DECEMBER 2ND  
2:30-4:30PM

ST. THOMAS PARISH  
4415 S. 140th St.  
TUKWILA

Followed by  
PARISH VIGIL MASS  
at 5:00PM

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