



GLEANINGS

THAT ALL CATHOLICS MATURE IN A PERSONAL RELATIONSHIP WITH JESUS,
EMPOWERED BY THE HOLY SPIRIT, TO THE GLORY OF GOD THE FATHER.

JULY/AUGUST 2025

Volume LI Number 4

TRANSITION WITH THE HELP OF THE HOLY SPIRIT

by Sharon Fox

Transitions! We look forward to some of life's transitions like graduation, weddings, new babies, new jobs, vacations, and the like—these give us joy and hope. Other transitions are more challenging, like illness, broken relationships, loss of a job, and loss of a loved one. Transitions are part of life. They happen often. It's important to find ways to trust the Lord while things around us are changing.

I learned a lot about transitions when I had a chance to work at the International Catholic Charismatic Renewal office in Rome in 2008. While it was a blessing to have that experience, it was also a big transition for me. I was working, riding to work in overcrowded buses, sharing a house with non-English speakers, and adapting to the *Italian* way of work. (I kept thinking, with just 5 minutes of "Yankee know-how," I could fix the whole place!) The Lord had a deeper plan for me. I had to learn to watch and react in new ways. I attended a local prayer group in Rome where I was immediately welcomed and befriended, but I really struggled with praise and worship. Of course, all the songs were in Italian so I couldn't enter into worship as usual because I couldn't understand the words. During the joyful singing, I was crying, thinking, "Lord, why did you send me to such a desolate

place!" But then, the worship would move to a time of praising in tongues and there was my consolation. Some days, the praying in tongues seemed especially long, and finally I was united with them in our prayer! Months later, I heard one of the leaders mention that they had never prayed in tongues so much before. I smiled and felt that the Holy Spirit did that just for me! Then when I returned home, new skills and discernment started to show up in how I led praise and worship. If I hadn't been open to experience that absence of worship, I might not have become more in tune with the Spirit today.

A life grounded in the faith and empowered by the Holy Spirit is a great place to prepare for life's changes. In my own life, I've found three important steps to face any transition.

Step one: Stay rooted in prayer. The strength to face changes and challenges comes from a strong prayer life. To the best of your ability, pray every day. The way you pray may need to change. If you used to have a quiet, uninterrupted time to pray, this new transition may not allow that freedom. Even a murmur of prayer like, *Jesus I trust in you* or *Oh Lord, make haste to help me* can help keep your focus on the Lord.

Some transitions change your schedule so that you can now attend daily Mass or go to adoration more often. Praying a rosary on the way to an appointment or while waiting in line can help too. I often look for a scripture that seems to fit the transitional season that I'm in. I write the scripture on a card to carry with me, I tape it to my bathroom mirror or save a list of them in a notes app on my phone, then I can repeat it over and over. It keeps me focused on what Jesus and I can do. It helps reassure me in whatever is happening, that God will be with me to see me through. In scripture and prayer, the Lord often gives

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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 BY CATHY WILLIAMS WWCCR Board President

Joy in the Holy Spirit was celebrated on June 7th, the Vigil of Pentecost, at Sacred Heart parish center, Enumclaw. Fr. Jim Northrop received many tributes as we also celebrated the 28th anniversary of his priesthood. Hosting the event was the Sacred Heart prayer group led by Karen Hauge. Praise and worship prepared us for a Pentecost in our hearts. We experienced a current of Holy Spirit grace and joy together as a family. Testimonies were shared about evangelizing through the joy in the Holy Spirit, a conversion to the Catholic Church, and a healing from asthma. Three believers spoke about moving in faith through the Holy Spirit.

The WWCCR Board and office staff experiences the joy in the Spirit from your calls, emails, your requests for intercessory prayer and your smiling faces we see at celebrations. We work for you! We cherish your faith in us and your belief that baptism in the Holy Spirit is a call of every person. This is no ordinary office. It is Holy Spirit driven and powered.

We are in the midst of transition but the Holy Spirit is our Superpower. Office Manager, Kathy Moore's last day was May 15th. We thank her for her dedication to WWCCR during these three years. Sharon Fox will be stepping in as the Interim Director on

August 12th. Carolyn McNerney will be retiring from Office Systems on October 26th, 2025. The WWCCR Board has launched an executive director search, the job description is available on the wwccr.org website. The Board has a plan to remain vibrant, faithful and ready for our next chapter. PLEASE pray for the outpouring of the Holy Spirit on the Board as we move forward through summer and fall.

Further opportunities for the outpouring of the Spirit are planned at a Mass of the Holy Spirit in the fall and an Anniversary Mass on November 8th, 2025. Please spread the Life with the Holy Spirit Retreats by hosting one at your parish. The next Holy Spirit Retreat is July 19th at Sacred Heart Parish in Enumclaw. And on July 20th we will meet at the Vietnamese Martyrs parish in Tukwila to pilgrimage together for Mass at 11:30am followed by a tour of this beautiful new church. Close parking is limited so arrive before 11:15am. Come join the pilgrimage.

We pray and work with you to bring the current of Holy Spirit grace to all of Western Washington. ■

We wish to thank the St. Joseph Foundation of the Archdiocese of Seattle for their generous grant to WWCCR to help people grow their prayer life with the help of the Holy Spirit.

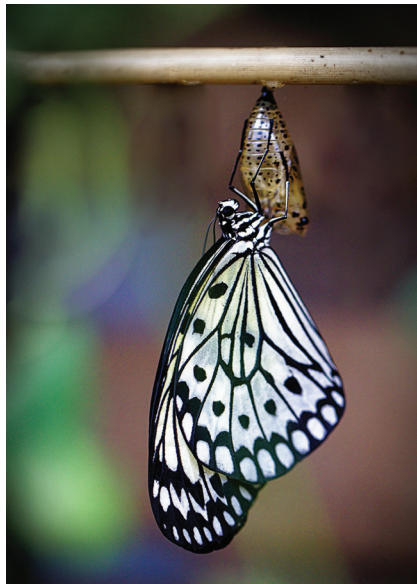
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unexpected wisdom on how to proceed and what to do next. If you are facing this transition with others, make sure that you also intercede for their needs. You can even share a scripture to encourage them too.

Step two: Stay together. You are not meant to face your transitions alone. Jesus is always with you, but you also need people in your life who will walk with you. Sometimes those are co-workers who have experienced similar difficulties. Sometimes it's family who will accompany you through late nights, phone calls, and be there to listen. Sometimes it's your priest who can give you counsel and absolution. Sometimes it's a friend who will listen and care and hope with you, trusting in better days ahead. Even if you are alone, sometimes God sends a stranger to you for support. During a transition it might seem that you are too busy to attend Mass, but please don't miss out on this important faith life support. You need the Eucharist to stay grounded and the community to walk with you, even if they don't know what you're going through. Stay connected with people to make it through a challenging time.

Step three. Stay focused on what you need to do. Doing what you need to do may take an act of your will. You may not feel like doing anything. It would be easy for the transition to become the center of your life. If you are a parent with young children, or an adult with aging parents or a sick spouse, stay focused on the small stuff like being attentive, or even finding fun ways to lighten the mood. Stay faithful to your family, to your job, and your commitments.

Things may not go your way, but that's where faith, trust and hope comes in. God has the big picture in mind. He can use this time of transition to teach you something about himself or even



about yourself. James 1:2-4 talks about perseverance and how things need to happen so that you will be "whole, complete, not lacking anything." He wants you to know, love and serve him and he often uses transitions in life to get our attention and to move us closer to heaven. He just needs our cooperation.

Transitions can test your limits. If you're an easy-going, take-it-as-it-comes, kind of person, then you're probably able to navigate the changes that come. If you like everything decided, follow-the-script, don't-deviate-from-the-plan, kind of person, then this is going to be more challenging but together with the Lord, you can navigate anything.

The more that you learn to trust the Lord during transitions, the better able you will be to face new ones as they come. The transitions of life may not necessarily get easier, but you can have an inner peace and a hope for the future as you pray, look to the scriptures, stay close to the community, and stay focused on what you need to do. ■

Sharon Fox is a WWCCR Board member and a parishioner at St. Anthony parish, Renton.

SCRIPTURES OF TRANSITION

Psalm 34:1-5

I will bless the Lord at all times; praise shall be always in my mouth. My soul will glory in the Lord that the poor may hear and be glad. Magnify the Lord with me; let us exalt his name together. I sought the Lord, who answered me, delivered me from all my fears.

James 1:2-3

Consider it all joy, my brothers, when you encounter various trials, for you know that the testing of your faith produces perseverance.

Psalm 145:17-19

You, Lord, are just in all your ways, faithful in all your works. You, Lord, are near to all who call upon you, to all who call upon you in truth. You satisfy the desire of those who fear you; you hear their cry and save them.

Isaiah 26:3

A nation of firm purpose you keep in peace; in peace, for its trust in you.

Psalm 56:11-12

God, I praise your promise; in you I trust, I do not fear. What can mere mortals do to me?

Psalm 112:7-8

They shall not fear an evil report; their hearts are steadfast, trusting the Lord. Their hearts are tranquil, without fear, til at last they look down on their foes.

Matthew 14:27

At once Jesus spoke to them, "Take courage, it is I; do not be afraid."

Acts 18:9-10

Do not be afraid, go on speaking, and do not be silent, for I am with you. No one will attack or harm you, for I have many people in this city.

1 Peter 3:14-15

Do not be afraid or terrified with fear of them, but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your hope.

AWAKENING MY FAITH

The following is a testimony given by Julie Connors during the WWCCR Women's Retreat Tea on May 3.

Good morning, I am so excited to be here with you today among so many beautiful faith-filled women radiating with Joy! My name is Julie Connors, I have been with St. Theresa's parish for more than 35 years. I have served the Church a few different times, as a Eucharistic minister, youth core team, and more in my early 20s. I decided to move out of state for a bit. When I came back to Washington in 2009 I struggled with saying yes to serving in the same way I did before, even though I felt that nudge to get involved. I wasn't sure if I was ready for that commitment again. I allowed distractions to become my focal point. I never doubted my faith or that God was moving, but I felt it was not as bright as it was when I was a youth. I was yearning for a spiritual connection to go deeper with Christ.

One Sunday during the summer, I started to leave at the end of Mass, when I connected with a friend, she mentioned that during Mass her attention usually is on Jesus, but he kept directing her to me. I immediately had tears welling up. I could see God working through her in that moment to help me in my need for healing. I felt so loved, yet so broken at the same point. From that point there were several instances where God moved through her to speak to me. She knew I was thirsting for connection and a deep encounter with Christ. Around the early part of January, she shared with me the link for the WWCCR Women's Retreat. I remember responding to her with excitement, knowing I needed to be on the retreat. I registered for the retreat, and left it to God to help financially and make the way. I felt that nudge to trust in God.

I knew the weekend was going to be awesome! That first night all the way to the last was filled with

bright joyful moments. I was writing down all I could to remember. I could speak of many moments that were impactful, but one moment retreat leader, Mary Pelton spoke about "infusing." I wrote down Infused and the meaning. She talked about how impactful a blood infusion was. Once the blood is combined it can never be removed. She explained that once we have Christ in us, it can never be removed. We become infused with him.

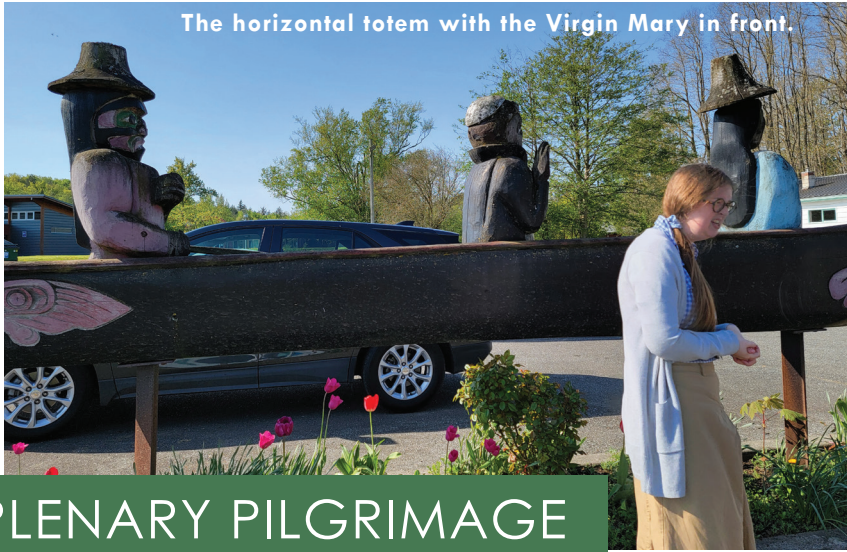
Each day guest speaker Sarah Kaczmarek gave us a tidbit that made our retreat a little more unique. Like the start of the retreat was the feast day for Saints Perpetua and Felicity who found joy even in the midst of their suffering. And I had an incredible experience listening to women praying the rosary. One that brought me to tears listening to the women come together in unity to pray in such a powerful way.

I felt God was working in and around me to awaken my stagnant faith and become new. The moment I said Yes to where God leads me, doors of opportunity opened. I asked where I could help, with the next retreat or activities coming up, such as helping with this Women's Retreat Tea. I was eager to step out.

As we planned today's event, I was asked to give my testimony. I will admit, I thought... me?! I don't have anything extraordinary that took place. I thought, I am ordinary and have ordinary experiences. In the moments leading up to this talk, I felt overwhelmed that God was reminding me; you are not ordinary, and he has surely given some extraordinary experiences to share. I hope to touch someone with this experience of awakening my faith, to say Yes more to God and to serving. Even when you don't think you have the ability or experience to provide. ■

Julie Connors is a member of St. Theresa Parish in Federal Way.

The horizontal totem with the Virgin Mary in front.



A PLENARY PILGRIMAGE

by Bobbie & Bob Brown

A pilgrimage is an adventure: That seems to be part of the sacrifice and blessing. Our pilgrimage to St. Joachim's in Lummi on April 24 was a little like that when we exited the freeway one exit before the one recommended to us. When we passed Bellingham, Bob chose the wrong exit, 258 instead of 260, and followed the road to Lummi Shore Drive. Good! Right road, but then he chose the wrong direction and we went a mile or two before recognizing that. Once turned around, we found the church, still a bit early fortunately.

Being there early, we explored the Northwest Indian School surrounding the church. We admired its totems and edible garden.

I had always known totems as poles, totem poles, with faces and animals. To my surprise the totem at the church is horizontal. It is a canoe which contains the Virgin Mary in front, a priest in the middle and one of the Lummi men in the stern. The totem is beautiful and a wonderful tribute to the missionary priests who came.

We were impressed that many if not most of the tribe accepted the Gospel when the priests came and that the tribe gave the land for the church. We were also impressed that the church building had been moved across the river.

The Pilgrimage Mass with Fr. Albert Grasher and the other pilgrims was a blessing in the small church with its history. On leaving, we took the right road, got to the freeway and made it home in the descending darkness without incident. ■

Bob and Bobbie Brown are members of Christ the King parish in Seattle.



Church of the Vietnamese Martyrs

6841 S 180th St., Tukwila WA

Sunday, July 20

Attend the 11:30am Mass, tour to follow. Parking fills up, so try to arrive before 11:15am

St. James Cathedral, Seattle

September - Details TBA

The Proto-Cathedral of St. James the Greater

218 W 12th St. Vancouver WA
(Historic church and former Cathedral of the Diocese)

Saturday, October 25

Plan to arrive at 2:45pm, tour at 3:00pm (\$5.00 for booklet provided)
4:00pm Confessions at the parish & private prayer for pilgrims. 5:00p.m. Mass.

For updated information - wwccr.org

DONOR SUPPORTED, ARCHDIOCESE APPROVED

Every donation, no matter the size, helps us continue our goal of sharing baptism in the Holy Spirit with others. Please consider supporting us with a one-time or a recurring donation. If you'd like to learn more about our programs or to get involved, please don't hesitate to contact us. We ask God to bless you abundantly for your support and your prayers. For more information:

206-364-2272 | info@wwccr.org

WWCCR, PO Box 68575, Seattle, WA 98168.

Donate Now
WWCCR.ORG





2025 MONTHLY MASSES

WWCCR Spiritual Director, Fr. Jim Northrop, will offer Mass at 9am once a month at Sacred Heart Church, Enumclaw, WA

For the outpouring of the Holy Spirit for all those serving and receiving through the ministry of WWCCR.

You are invited to attend the Mass with Fr. Jim or unite in prayer for this new outpouring, which began on February 5, and will continue on the dates below:

July 4 August 4

September 4 October 3

November 3 December 4

Romans 5:3-5

"...but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us."

REFLECTION

WITH GOD ALL THINGS ARE POSSIBLE

Matthew 19:26

by Drea Garcia

A life reflection and house update. Both are in major transitions. Remember the 5 ft. sinkhole in my basement? Well, it now has a 7 ft. sinkhole friend! Not to worry though. It will be taken care of. A true miracle has taken place in my heart. I have adapted and have a real sense of peace about the whole thing. No, I am NOT in denial. I prayed the Surrender Novena and I gave God EVERYTHING!

I am also in the process of getting two roommates. The cost of living demands change and yes there it is again the "T" word.

I've grown comfortable being on my own for such a long time that I believe God is asking me to open the door of my home for the good of these two young women.

Our lives are constantly full of change. How well we adapt to that change is another thing. This scripture verse comforts me when it comes to following Jesus, I acknowledge "With God all things are possible."

Transitioning from living alone to embracing community life will be good for me. Maybe it will even help to keep my house cleaner. And then there is adjusting to two other women sharing a house with one bathroom. Okay, so I will have to learn how to navigate bathroom time share too.

Here is what I believe God is teaching me about transition.

- ✓ **ACKNOWLEDGE** that transition is coming. Don't be afraid. God is with me.
- ✓ **ADAPT** and learn to surrender my expectations. Stretching is hard but it is also good for the soul.
- ✓ **ACCEPT** that I am not in control of my life, God is.

REFLECTION. What transitions are you facing right now? Is it health, job, home, family? Ask God for strength and courage to know how to navigate through it. "Change is inevitable, but the ability to adapt is not."

A SIMPLE PRAYER. "Lord, I ask for your help in the transitions I am facing today. Transform my will and may it be done according to yours." Amen. ■

Drea Garcia is WWCCR Board Vice President and a parishioner at Blessed Sacrament Parish in Seattle.

JULY/AUGUST INTERCESSORY PRAYER NETWORK

Please pray for these priests, deacons, and seminarians:

July 1	Pope Leo XIV	Aug 1	Pope Leo XIV
July 2	Archbishop Paul Etienne	Aug 2	Archbishop Paul Etienne
July 3	Bishop Eusebio Elizondo	Aug 3	Bishop Eusebio Elizondo
July 4	Bishop Frank Schuster	Aug 4	Bishop Frank Schuster
July 5	Fr. Jim Northrop	Aug 5	Fr. Jim Northrop
July 6	Deacon Ron McGuire	Aug 6	Fr. Tuan Nguyen
July 7	Fr. William McKee	Aug 7	Fr. Roger O'Brien
July 8	Fr. Timothy McKenna	Aug 8	Fr. Timothy O'Brien, F.S.S.P.
July 9	Fr. Thomas McMichael	Aug 9	Fr. Matthew O'Leary
July 10	Deacon Greg McNabb	Aug 10	Deacon Phil O'Loane
July 11	Deacon Armando Medina	Aug 11	Deacon Tom O'Loughlin
July 12	Fr. Chrysostom Mijinke, O.P.	Aug 12	Fr. Michael O'Neil
July 13	Deacon Henry Miner	Aug 13	Fr. Mathew Oakland
July 14	Fr. Joseph Mitchell	Aug 14	Fr. Bryan Ochs
July 15	Fr. Jeffrey Moore	Aug 15	Fr. Crispin Okoth
July 16	Fr. Gilberto Mora Tapia	Aug 16	Fr. Stephen Okumu
July 17	Fr. Kevin Moran	Aug 17	Fr. Hans Olson
July 18	Deacon George Mounce, III	Aug 18	Sem. Richard Ordos
July 19	Deacon Pat Moynihan	Aug 19	Fr. Carlos Orozco
July 20	Fr. David Mulholland	Aug 20	Fr. C. Alex Pablo
July 21	Fr. Max Munoz	Aug 21	Deacon Eric Paige
July 22	Fr. Brian Myers, F.S.S.P.	Aug 22	Fr. M. Charles Palluck
July 23	Deacon Don Murdy	Aug 23	Deacon Anselmo Pardo
July 24	Fr. Kurt Nagel	Aug 24	Fr. Sung Jun Park
July 25	Rev. Joji Balasamy Nagineni	Aug 25	Fr. Val Park
July 26	Fr. Thomas Nathe	Aug 26	Fr. Yungi Park
July 27	Fr. Joshua Nehnevaj	Aug 27	Fr. Colin Parrish
July 28	Fr. Duc Nguyen	Aug 28	Fr. Vincent Pastro
July 29	Fr. Hung Nguyen	Aug 29	Fr. Felino Paulino
July 30	Fr. Khanh Nguyen	Aug 30	Deacon Sagato Pele
July 31	Deacon Phuoc Nguyen	Aug 31	Deacon Michel Pentony

Let us pray, 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

INTERCESSIONS

Let us pray...

For the transitions of our lives, that we may draw closer to Jesus and learn to trust him more and more through every change and phase. May he use our experience to witness to others about God's love and mercy.

For the progress of Partners in the Gospel here in the archdiocese, may the Lord bless our priests with wisdom and strength to lead us and fill our hearts with trust and hope as we move together in our parish family.

For the Life with the Holy Spirit retreat on July 19th, that all those attending will have a personal experience of Jesus and be filled with the Holy Spirit for the service of God's people.

For the leaders of WWCCR --donors, prayer groups, committees, with the Board and staff--that we listen to the Lord and follow his leading.

For our spiritual director, Fr. Jim Northrop, as he continues to lead us toward a fuller life in the Holy Spirit.

Come Holy Spirit,
hear our prayer. Amen.



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GLEANNINGS
JULY/AUGUST 2025

Come Holy Spirit!

Experience a
LIFE with the
Holy Spirit
RETREAT



Bring a friend!
Saturday, July 19
9:00am to 4:30pm
Sacred Heart Parish Hall
1614 Farrelly St., Enumclaw
Register online at wwccr.org