

# Blessings

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

April, 2006

## Do You Have a Resurrection Attitude?

by Fr. Bob Camuso

### Upcoming Events

**RETREAT featuring  
Father Bob Camuso  
and Lori Misel**  
May 12 - 14  
See pg 8 for details

**Northwest Harvest  
Volunteer Opportunity**  
June 3  
See pg 7 for details

**Series Schedule,**  
see website  
[www.sacramentors.org](http://www.sacramentors.org)

**Community  
Meeting Schedule**  
on website  
[www.sacramentors.org](http://www.sacramentors.org)

We all know that the Resurrection of Jesus Christ is why we celebrate Easter. Yet, what is easy to forget is that we cannot have Easter without Good Friday. Suffering and death must happen before there can be a resurrection. But the good news is that if we really believe Jesus, then there is always a resurrection: "I am the resurrection and the life," says Jesus, "whoever believes in me, even if that person dies, will live, and everyone who lives and believes in me will never die." John 11:25

The difficulty all of us face in life is that we would like to be resurrected without suffering and death. Woody Allen put it this way: "I'm not afraid of death; I just don't want to be there when it happens."

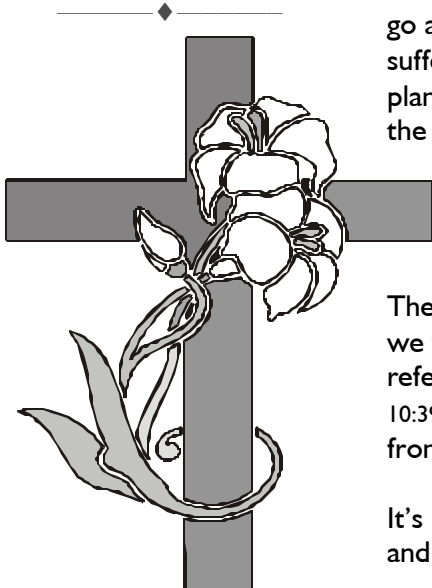
Like you, I don't want to have to suffer or die to things that are important to me, especially my life here on this earth. Yet, I realize I cannot escape loss—loss of youth, health, friends, family, career, dreams and hopes.

What we learn as we grow in wisdom is that the world is not always going to operate according to our plans. Long ago, I realized that, in the end, it was not my plan that really mattered. It was God's plan for me that would bring me the only enduring happiness I believe is available in this world, which comes from doing God's will. God's plan is God's will for our lives. But sometimes we don't want to go along with God's plan. We don't want the suffering and death that so often comes with God's plan for us. Jesus didn't want to suffer and die any more than we do. He prayed that the suffering he was to face might pass by him: "Father... take this cup away from me," he said, "but not what I will but what you will." Mark 14:36 Notice how quickly Jesus returns to the desire to do the will of his Father. You might also notice that Jesus had to teach himself to accept his sufferings.

The same is true for each of us. No matter how well-formed in our faith we become, we will always need to be re-educated on the lesson of the "cup of suffering" that Jesus refers to when he tells James and John, "The cup that I drink, you will drink..." Mark 10:39. If we wish to follow Jesus we can expect to drink of the same cup of suffering from which he drank.

It's not easy to accept failure, defeat, loss, suffering or death. It takes time to grieve and let go of our hurts and our need sometimes to be a victim. Jesus didn't have a lot

To have a resurrection attitude is to choose to live the Easter promise not just during the Easter season until Pentecost, but all the days of our life.



(cont. page 2)

of time to grieve in the Garden at Gethsemane or on his way to Calvary. But he trusted that doing the will of his Father would lead to something greater: "Thy kingdom come; thy will be done", he declared Matthew 6: 10 As a result, the apparent defeat and failure of Jesus on a cross is reversed by God the Father. By conquering death itself, the resurrection of Jesus is still the greatest victory in human history.

As Christians, I believe we are called to be a resurrected people and to have a resurrection attitude. We have a resurrection attitude when we believe we are constantly being resurrected even while we face suffering and loss. To have a resurrection attitude requires us to let go of our hurts, grudges, sufferings and death. As SacraMentors, we have learned that there is no life in

holding on to a victim attitude. There is no life in perpetually grieving over loss. Of course, there is a time for grief and hurt. The Bible tells us there is a time for every matter under heaven:

A time to be born, and a time to die;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance. —Ecclesiastes 3: 2, 4

I am the  
resurrection,  
and the life:  
he that  
believeth  
in me, though  
he die, yet  
shall he live;  
and whosoever  
liveth and  
believeth on  
me shall  
never die.

John 11:25

I believe we should honor these times by fully accepting them. But I also believe we find strength and hope as we carry our cross if we have an attitude of resurrection.

Jesus wants us to be alive while we live—100% alive. If we are living life at 90% or 50% or 10%, then we're not doing what he wants for us. He says to us, "I have come that [you] may have life, and have it to the full." John 10: 10 NIV

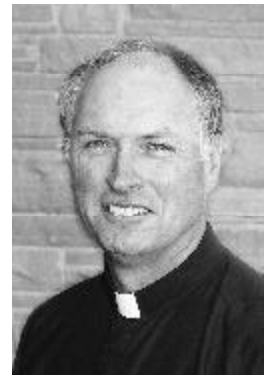
I believe it's possible to live life to the full even while we experience suffering or death. In other words, resurrection does not wait until suffering and death have occurred. For example, I believe resurrection was happening on the cross when Jesus said to the repentant thief: "Today you will be with me in Paradise." Luke 23:43 Can you imagine how you might have felt if you were suffering and dying and Jesus said that to you? Surely you would experience a sense of tremendous relief and even joy, which can lead to transcending suffering itself. My grandmother, who was a woman of great faith, died in pain with a smile on her face because she knew where she was going.

If we accept that resurrection is constantly possible for us, then we realize that to be have a resurrection attitude is finally a choice we make. To have a resurrection attitude is to choose to live the Easter promise not just during the Easter season until Pentecost, but all the days of our life. If I am upset, then I see my upset as a choice I hold, a way of looking at my life, a view from a small, barred window

of the prison cell I keep myself in when I decide to feel sorry for myself. Jesus wants us to be resurrected. That's why he died for us on a cross.

And so, I invite you to ask yourself the following questions: "Do I have a resurrection attitude, or is my attitude more like Good Friday? If I don't have a resurrection attitude, why not? And if I don't make a choice now to have a resurrection attitude, when will I begin to live a resurrected life?"

You don't have to wait until the end of the world and the final resurrection of the dead before resurrection can happen for you. Why not choose today to live the rest of your brief life here on earth with a resurrection attitude?



Father Bob Camuso

FR. Bob



## WELCOME ABOARD, SEAMUS!

SacraMentors welcomes Seamus O'Brien to the Board of Directors. Seamus steps into the Financial Advisor position filled until recently by Ron Reiersen who retired from the board March 15<sup>th</sup>.

Seamus, his wife, Hanh, and their two children are members of St. Charles Borromeo Parish, Tacoma where Seamus is an active in the parish's Apostle's Group. An enthusiastic bicyclist, Seamus was severely injured two-and-a-half years ago in a car accident while out on an afternoon's ride. He experienced a life-saving miracle of the Holy Spirit in his first hours in the emergency room which later allowed him to wholeheartedly embrace the SacraMentors process accepting it into his life with passion.

When you meet Seamus, ask him to tell you of his miracle. Both he and his story will bless you incredibly.

# Deserts and Desserts

In third grade, I had to concentrate in spelling class in order to spell "desert" and "dessert" correctly. This Lenten season, my challenge with these two words continues as I concentrate on my willingness to step out into what could be emptiness or richness, the destination to which I'm guided by God.

Such can be the challenge of a Lenten journey...

Is trust the key factor in the willingness to take the step? God's call leads to a fog-shrouded ledge from which I'm expected to step (blindly) into what I fear is a void (desert) that, more often than not, turns out to be an oasis (dessert). Is this the everyday practicality of BOKII: Day 20 – the story of the Russian farmer not knowing if issues before him were good or bad?

Do I believe God when He tells me He'll remain with me steadfastly no matter whether He leads me through the hottest, driest desert or to an oasis of milk (chocolate) and honey? One thing is for sure: through this association, I'll always remember how to spell "desert" (one "s" as in "I'm doing it "s"olo) and "dessert", that sweet concoction of life itself (a double-"s" as in "S"acramentor "s"pirituality").

So are the challenges of life a desert or dessert? And, then, what of the joys? The blessing in this study is that, ultimately, I've the choice to perceive desert as dessert and find myself just wise enough to know that sometimes dessert will be desert.

Such can be a Lenten journey...

SacraMentors is on a Lenten journey, too. We're taking just such a step from a fog-shrouded ledge through the work to remodel the organization done in recent months by SM members in the Board Retreat and Brainstorm Sessions (BRABS).

With the wise counsel and oversight of Lory and Fr. Bob, the team is rethinking the training curriculum and reworking the instructional format and annual calendar into a new and improved product. During the process, I've sensed the group has felt lost and unsure (is this good or bad?), sometimes creative and on-target (is this good or bad?) – but always I've sensed their confidence as they travel His pathway, led by the Holy Spirit all the while accompanied by our Brother, Jesus Christ (*THIS IS GOOD!*).

I'm grateful for the team members who are working on the remodel. Please keep them, the work and the work-within-the-work in your prayers. And if you'd like to participate, give me a call.

Speaking of dessert, there's nothing better than a steaming hot cup of coffee served with something sweet and scrumptious! While the choice of dessert is yours, SacraMentors has arranged the best coffee at the best price around for you and your friends. The article on our new fundraising program, page 9, has all the details!

Wishing you dessert in the desert with God's love and abundant blessings upon you and yours, I am, Your Servant in God's Love,



# DESERT POSTSCRIPT...

or I've been to the desert on a horse with no name...



by Mary Anne Reynolds

There are two ways to go into the desert.

The first way is like the Israelites. They spent 40 years wandering in the desert, often forgetting about the Promised Land, regretting ever leaving Egypt, complaining about the food (manna) and forging false gods to worship when Moses wasn't looking. A bunch of whiners. Forgetting all of God's promises, they operated out of fear. And so they were lost.

I am all too familiar with this brand of desert experience. There's the song lyric "I've been to the desert on a horse with no name..." I know the horse's name. It's ego. Last spring I was galloping along consumed by fear. Circumstances out of my control (like we really have control) left me entertaining worry and fear. And being a great hostess, when I'm entertaining worry or fear or grudges, I generally eat too much, drink too much, shop too much for things I don't need and then get down to some "good" gossip. All ego tricks. And of course all that time I was thinking "I know better than this. I teach Sacramentors. Now surely they will know I'm a fraud." I was stuck with all those "what if..." thoughts about the future that paralyze us when we embrace the ego's insane thinking. I stopped doing the things I needed to do to stay centered: no daily Mass, no scripture, no exercise, not much sleep, lots of food, plenty of merlot and no time off. I think it's AA that says "don't let yourself get too hungry, too tired or too lonely." I let all those things happen and more. Reminds me of another song line..."hello darkness my old friend."

And so I broke. It was springtime, Jesus had risen, the sun was shining, new life was emerging and it just as well have been the darkest winter day. I faked my way through my responsibilities. (Not an easy task. I am my mother's full-time caregiver in my home. But then again my mommy is so very easy to please.) While my mother's gift is to pray always, I couldn't hear God's voice at all. None of the prayer life I had enjoyed before worked for me anymore. In the end the only prayer I could say was the Fatima prayer from the Rosary: "Oh my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those most in need of thy mercy." I am grateful for that one. I was certainly in need of mercy.

And so I was lost. And afraid. I had forgotten who I am. God's beloved child.

Unless you knew me well or were one of "lucky" friends I unburdened my fears on, you might not have known. I either disappeared or put on the image of who you thought I was. All ego tricks. Kind of ironic since my favorite talk to give is "The Mind Split". My mind was split all right. Which made it all the more embarrassing somehow. It's not as though I didn't laugh or pray or sing or bless during this time. I put on a (mostly) happy face. My pride wouldn't allow me to reveal how very broken I really was. But I was a hollow vessel. I ignored grace. Funny that another song phrase called me back. Where I used to find God in scripture, I couldn't go there. I was too raw. I avoided it except for Sunday Mass, which I would have avoided too if I could have explained it to my darling mama. ("Sorry Ma. Can't take you to Church today. I don't feel like it.") God had to get to me somehow. It was on a CD my daughter gave me. It wasn't religious music but something she thought I might like. This line made me laugh out loud: "If you would only listen you might realize what you're missin'. You're missin' ME." And He had me once again.

God is good. My True Self was strong enough to stand down the darkness. I asked for help and found it in a variety of places. I saw my doctor, arranged for more consistent help (God bless my brother and sister-in-law), went to confession, scheduled monthly massages, started eating better and exercising again, focused on what I *could* do, not what I *couldn't* do. I found a spiritual director who reminds me it's OK to be gentle with myself, who prays with me in poetry. I called a friend explaining where I was emotionally and spiritually. I asked that she call me often. I knew that left to my ego's own devices, I couldn't reach out. I would hide.

Now don't get me wrong. This was a "long and winding road". There's no magic formula and it didn't happen all at once. I was still deeply resistant but desperate. But I was willing if not able. God takes care of being able. I only have to be willing. Of course I had recovery mishaps. Last summer I remember actually thinking "If I can't be deeply spiritual then I'll just be a beauty queen." So I entered a "50 & fabulous" modeling contest for Macy's. That's a whole other story. But I can say this much, my ego had a field day!

... I was lost.  
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I had  
forgotten  
who I am.  
God's beloved  
child.

Midway through my escape from the desert, I had an experience I still ponder. I awoke from a deep sleep to a voice. It seemed like these words were spoken about me: "She carries despair as though it's a handbag." I also had an image. The handbag was purple with a metal clasp and chain link handle. Now you may read all sorts of layers of meaning into this. My husband relates to it in terms of a certain college football team. But that too is another story. This is how I see it. When we are in the clutches of fear it becomes our identity, an accessory like a handbag. And we have a choice. My choice is this: That purple handbag just doesn't go with my outfit. I am choosing to wear God's grace.

Little by little I have learned that it is NOT selfish to take care of myself. I have learned the hard way that it is much easier to prevent burnout than climb back out of that hole. And it was a hole. Only when I looked up could I recognize anything but darkness. When I looked up I could see the light. The Light. And only then could I be led out. I recognize now that I was held up in prayer. The longing I had to hear God's voice was a prayer. My mother's prayers. My family's prayers. Yours.

I am almost ready to be unabashedly grateful for breaking.

To go into the desert like Jesus did is vastly different than the Israelites (and me). He was led by the Spirit. It was a time of discernment and prayer and, yes, temptation. But the questions put to Him aren't so different than the ones we need to answer as well: Who are you? Really? What do you believe? What are you called to do? Satan promised Jesus power, prestige, possessions, status. Gosh, does that sound familiar! The difference between Jesus' desert experience and the Israelites' is that He did not forget Who He is: God's Beloved. In spite of a future He knew would be a sacrifice. The Sacrifice. He lived in the Holy Instant in union with His Father, led by the Spirit.

I have learned this past Lent that I may *choose* which way I enter the desert: skid marks in the sand? Or led by the Spirit? I am convinced that there are desert times in store for all of us. Life is hard. Our egos will try anything to avoid the desert experience with all those "getting" behaviors. We get too busy, too tired, too full, too distracted, too stressed, too much stuff, too self-absorbed, too (fill in the blank). And we are still left empty and afraid. We do it and we know we do it and we think we can't stop. It's addictive. Led by fear, not the Spirit.

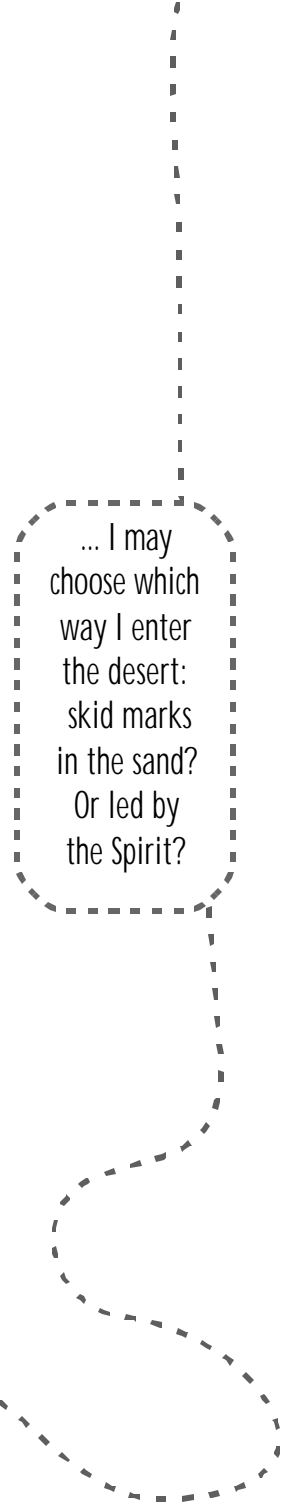
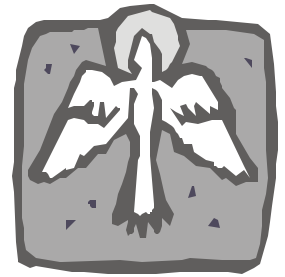
But in the end I can assure you of this: coming out the other side is a time of joy. And peace. And love. Resurrection is indeed possible. It has happened to me. I am being made new and have learned that I can choose joy. I used to think it was something that just happened if I was in the right frame of mind. But I can decide. I keep a towel from Christmas in my hall bathroom that says "joy". It must have been a gift set divided up. I got the one that said "joy". How appropriate. I already have comfort (like the Christmas carol "glad tidings of comfort and joy"). So how perfect to be reminded I may have joy as well. My circumstances haven't changed so much. But I am changed. I am once again broken. Jesus has broken through the walls I built around my heart. I am made new.

I just read this great piece of wisdom. "The opposite of depression isn't happiness. The opposite of depression is delight." Of course. Not so much delight in the big things that go well. Delight in the small things: parallel parking in just 2 tries and so close to my destination. Delight. The unexpected sight of a grove of birch trees brings me to tears, I love them so. Delight. A phone call from my 3-year-old grandson insisting he HAS to talk to Gramma. (The pretend phone call didn't work. He needed the real thing.) Delight. Waking up in the middle of the night praying for my husband and being drawn to do a hands-on blessing as he slept. Delight. Jeans that fit again, the sun shining, my mother's eyes, dinner prayers so long our food gets cold. Delight. Yes joy.

I was laughing with my spiritual director last week remembering that before I emerged from the desert, I couldn't hear God's voice. And I missed it so. Now I can't get Him out of my head! I am bursting with blessings and prayer and kindness. And joy. *Everything* intersects and reveals God's generous love for me. For you. For the world. My conversational life with God is back, only deeper. Just as my friend promised it would be at a time when darkness was my old friend.

And so yes. I am unabashedly grateful for my desert time.

Next time I intend to travel with the Holy Spirit.



... I may choose which way I enter the desert: skid marks in the sand? Or led by the Spirit?

# HE IS RISEN

## My Resurrection Reflection

by Virginia Stone

He is risen. He is risen indeed. While meditating on the resurrection, I think of the scene from Mel Gibson's movie, "The Passion of the Christ", when the stone was rolled away from the tomb and Jesus walks out. After seeing what Jesus went through during his Passion, it is moving to know how he suffered greatly in atonement for my sins and the sins of others.

To share the good news of Christ with others and to prepare for heaven, we are called to become more like Jesus. The mission of Jesus and our responsibilities as Christians are stated succinctly in the following part of the Eucharistic Prayer IV, "To the poor he proclaimed the good news of salvation, to prisoners, freedom, and to those in sorrow, joy. In fulfillment of your will he gave himself up to death; but by rising from the dead, he destroyed death and restored life. And that we might live no longer for ourselves but for him, he sent the Holy Spirit from you, Father, as his first gift to those who believe, to complete his work on earth and bring us to the fullness of grace."

Lord Jesus Christ,  
Open up my heart so  
I may better listen to  
the message from the  
Advocate. May the  
Holy Spirit breathe on  
me and help me avoid  
the temptation of sin,  
follow the command-  
ments, and to love  
others as you love me.  
Remain in me as I  
remain in you, for you  
are the vine and I am  
one of the many  
branches. May the  
Holy Spirit help me  
bear fruit, thereby  
glorifying our Father's  
name. Amen.

Lenten practices of sacrifice and additional prayer build my relationship with Jesus because I become more open to the Holy Spirit. The following passage from Romans (8:16-21) describes the benefit of the Holy Spirit. "The spirit himself bears witness with our spirit that we are children of God. And if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so we may also be glorified by him. I consider the sufferings of the present time are nothing compared with the glory to be revealed for us. For creation waits with eager expectation the revelation of the children of God; for creation was made subject to futility, not of its own accord but because if the one who subjected it, in hope that creation itself would be set free from slavery to corruption and share in the same glorious freedom as the children of God."

However my stubborn, stiff-necked ways prevent me from keeping my eyes fixed on Jesus. I don't focus on "my pursuit toward the goal, the prize of God's upward calling in Christ Jesus" (Philippians 3:14). Because of my decreased prayer efforts during ordinary time, I'm more likely to backslide spiritually because of giving into the temptations of "...godless ways and worldly desires" (Titus 2:11). When I'm holding onto fear, anxiety, pride, ego, envy, and anger, it is challenging to trust Jesus and follow him with my whole heart. I, too often, follow Jesus at a distance, like St. Peter did during the Passion. After the resurrection, St. Peter learned to follow Jesus with his whole heart. After receiving the Holy Spirit during Pentecost, St. Peter became the rock upon which Jesus built his church.

The Lord promised Jeremiah, "For I know well the plans I have in mind for you, says the Lord, plans for your welfare, not for woe! Plans to give you a future full of hope. When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, and I will change your lot; I will gather you together from

(cont.page7)

page 6

all the nations and all the places to which I have banished you, says the Lord and bring you back to the place from which I have exiled you (Jeremiah 29:11-14). The Lord makes this same promise to you and I. He wants to accomplish great things through us!

Following Jesus means making sacrifices and surrendering our will in order to do God's will. This means becoming weak, which goes against the priorities of the world. In the second letter to the Corinthians (12:9-10), Jesus told St. Paul, "My grace is sufficient for you, for power is made perfect in weakness." St. Paul continues, "I will rather boast most gladly of the weaknesses, in order that the power of Christ may dwell with me. 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."

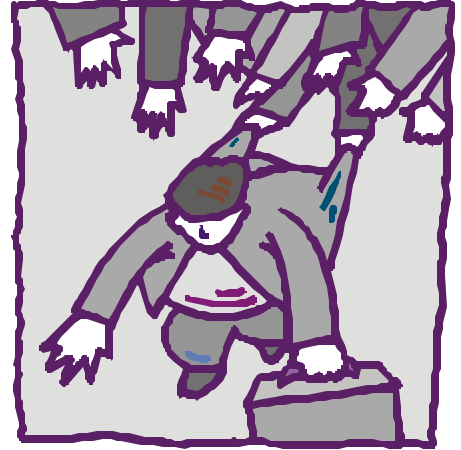
Jesus told Martha, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die" (John 11:25-26). It is through prayer, reading scripture, receiving the Sacraments (frequent Eucharist and Reconciliation), and becoming more open to the Holy Spirit that we are able to obtain the strength, courage, wisdom, and perseverance to take up our crosses daily and follow Jesus. Jesus suffered and died for us so that we can share in his resurrection to join Him and the Communion of Saints in heaven.

## SACRAMENTORS: GET READY FOR A ROUGHIN' IT WEEKEND RETREAT

### TIME TO GET AWAY FROM THE "RAT RACE"

and do some spring time, spiritual housecleaning! Come join other Sacramentors at our annual weekend retreat, May 12,13,14, at the rustic All Saints Retreat Camp on Raft Island in Gig Harbor.

Father Bob Camuso and Lory Misel, our founders, will be the key presenters for the Friday night and Saturday sessions. Mass will be celebrated Sunday morning.



Lodging will be in cabins with bunk beds, and campers will be asked to "pitch in" and prepare meals together as a team. Campers must bring their own bedding. RVs and pets are also welcome.

Cost for the weekend is \$50.00 per adult.

Also, for those who just want to join the festivities as "day campers" on Saturday, we welcome adults and kids to join us for recreation time on Saturday afternoon, and for the evening meal and campfire sing-along and "open mike". Charge for "day campers" will be \$15.00 per adult.. There is no charge for kids.

**For driving directions and more information on this retreat, see [www.sacramentors.org](http://www.sacramentors.org). Reservations (no deposit required) should be sent to [frank\\_pease@hotmail.com](mailto:frank_pease@hotmail.com), or called into our hotline at 877-585-5500.**

**Thank You**  
**THANK YOU**  
Thank You

Thank you to Lydia Franzen for her willingness to step up to the job of this issue's editor and for her expertise in so doing. Well done!



## Sign Up Today! SacraMentors To Volunteer at Northwest Harvest, Saturday, June 3

SacraMentors are invited to participate in an upcoming volunteer event that focuses on feeding the hungry. A group of up to 25 SacraMentors will work at Northwest Harvest’s warehouse from 9 a.m. to noon on Saturday, June 3, to package food for distribution around the state. This is a fun, team-oriented event where the time goes by fast. The amount of food that a group can box up in several hours is truly amazing!

Northwest Harvest is a hunger-relief agency that distributes free food statewide to about 300 NWH-member food banks and meal programs. The organization is privately supported and independently operated. Northwest Harvest receives all its food and funds from individuals, businesses, corporations and foundations. Last year, Northwest Harvest secured over 18.4 million pounds of food for distribution through warehouses in King, Grays Harbor, Stevens and Yakima counties. Member programs provided over one-half million food services to people in need — about 56 percent of whom are children and the elderly.

Please RSVP just as soon as possible to Cyndie Ulrich ([mculrich@comcast.net](mailto:mculrich@comcast.net) (425-861-6540) as the volunteer corps is limited to 25 people. We must confirm the size of our group to Northwest Harvest by Wed. May 31. Immediately following the event, those interested are welcome to join for a casual, no-host lunch at nearby Maggie Bluffs (below Palisades restaurant) at Elliott Bay Marina.

### DIRECTIONS

Northwest Harvest Warehouse is Building 50 at Terminal 91 directly under west end of Magnolia Bridge. From Seattle Center area, take Elliott Ave. along waterfront heading north to Magnolia Bridge. Get in far right lane and follow signs that say “Magnolia”. Stay in far right lane up ramp which turns and heads west over Elliott Ave. Go west about 1/2 mile staying in right lane. and take first exit to the right. (As I recall, signs say Elliott Bay Marina / Smith Cove.) The exit is immediately before bridge starts rising up to Magnolia. Go straight down off-ramp (west) and continue west until road ends right under Magnolia Bridge into Northwest Harvest parking lot. On immediate right is back (south) side of Northwest Harvest warehouse. Go around to north side of building to enter.



## NEWS FLASH!!

Just moments before deadline for this issue, editors received news of a breaking story from our ace investigative reporter, Ivanna B. Ahblessing.

According to reliable sources, says Ahblessing, a highly-placed individual within the SacraMentors organization is secretly orchestrating a vocal routine for presentation at the prime-time, Saturday night, open-mic’ segment of the weekend retreat. In addition, Ahblessing’s sources say the identity of the individual may remain a mystery until the open mic’ presentation and health officials urge retreatants to use earplugs during the evening’s event.

Editors suggest no one (not even you!) should resist the chance to witness such a performance. To register for the retreat, visit [www.sacramentors.org](http://www.sacramentors.org).



# Java...Coffee...Latte...CuppaJoe...Espresso

## BREW IT WITH SACRAMENTORS COFFEE!



SacraMentors, in association with Bellevue, Washington-based Specialty Roast Coffee Company offers you the best coffee available *at the best price around* at [www.sacramentors.org](http://www.sacramentors.org).

Warren Sly, founder, helped introduce Perrier Water into this country in 1977, creating the first bottled water and today's \$6B US water industry. Warren and Fr. Bob, friends since their days working together 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.

Rather than create his own brand of coffee, Warren says he decided to innovate to help worthy causes such as SacraMentors sustain their own brand in order to fundraise. The collaborative concept is a well-established model, is gaining appeal and includes [Craigslislist.org](http://Craigslislist.org), [cd-swapping lala.com](http://cd-swapping.lala.com) and now SacraMentors Coffee via [www.sacramentors.org](http://www.sacramentors.org).

Delicious SacraMentors coffee available in many blends is the benefit for you. The benefit for SacraMentors is successful fundraising - *for every pound of coffee purchased, SacraMentors receives \$2.00*, hence the beauty of the collaborative approach.

Delivery options include:

- FedEx to your home or office;
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- Warren assures us that you're also welcome to drop into the shop to order your coffee. Please call first (425) 963-6707.

(Directions to Specialty Roast Coffee available at [www.sacramentors.com](http://www.sacramentors.com)).

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A Catholic man goes into the confessional and admits to having stolen several pieces of lumber in the recent past.

"I just cannot help myself, Father," says the man. "I'm obsessed with getting all this lumber. I know it's wrong. One of these days, I'll be caught and bring disgrace to myself and my family. I really need help."

"Tell me, my son," says the priest. "Do you know how to make a Novena?"

"No, Father," says the man, "but if you have the plans, I have the lumber!"

*contributed by Ron Reiersen*

## **SACRAMENTORS WANTS YOU!**

We've exciting work to do in the near future and your talents and time, dedication and enthusiasm are needed. Several veterans are retiring from the board soon and you (ps-s-s-st!...Yes, You!) could be just the Apostle to carry the work forward. Thanks for praying about your active participation and discerning your call. Board members and parish coordinators are here to respond to your questions. Just ask! We'd love to share the blessings received through service to SacraMentors.

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