

Blessings

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

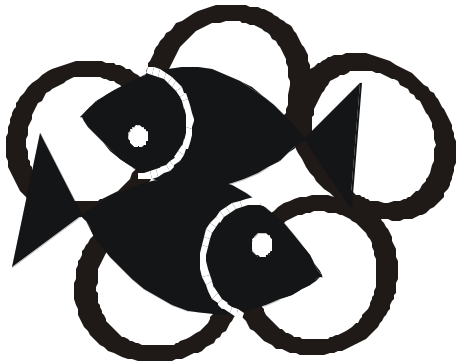
August, 2006

What would your life be like without Sacramentors?

REFLECTIONS . . .

According to a homily I heard recently, some Catholic theologians have a certain “take” on the Gospel story of the loaves and fishes.

Seems logical that in those days no one traveled for even part of a day without carrying along food and water. The day the throng of five thousand gathered to hear Jesus preach, these theologians suggest it likely a child overheard the Apostles ask Jesus how they were to feed the people and that it was this child who was first to approach and offer up his or her lunch of two fishes and five loaves to Jesus and His Apostles.



The theologians continue saying the child’s selfless gift was witnessed by people seated near the Apostles. These people brought their food forward reflecting the offering of the child. People sitting near the first group saw the first group act with generosity and mirrored likewise. And so with the third group...and so on... and so on. Ultimately, when each gave of his or her own, all present were well fed and, surprisingly, a great quantity of food was left over.

Is this scenario, this explanation, historically accurate? I don’t know, and maybe that doesn’t matter. But if it is, could it not be interpreted that the gift of giving was an object lesson for the thousands present on the shores of Galilee? That through gifts of our time, talent or treasure we are all fed even as Christ feeds us spiritually?

This explanation reminds us that child-like faith in Christ is what He has asked of all of us. The theologians’ depiction shows how to have child-like faith. Leave it to a child to model what it is to willingly, innocently and lovingly give up his lunch for his Savior. (...if you’ve ever been in the presence of an always-ravenous child, you know the gift of lunch was of great value to the giver.)

Is giving not the crux of the SacraMentors philosophy? Acting in accordance with Jesus, for Jesus, often accomplishes that which is perceived as the impossible. Our willingness to change our mind and therefore change our world is His great gift of Love to us.

Assuming, for the sake of argument, that this explanation of the loaves and fishes mystery is true, I suggest such is the story of the birth and growth of SacraMentors. Two particular men are observed by a third as having great and similar spiritual qualities and life philosophies. The observer takes a risk, steps forward and asks the two spiritually-minded fellows to lunch. Based upon the observer’s kindness and his willingness to just ask the question, the work of the Holy Spirit is done and the birth of SacraMentors is just around the corner. The program grows. Through SacraMentors people grow closer to the Holy Trinity and to each other. Blessings and awesome miracles abound from simple beginnings.

Can Catholics have impact? Can just a few SacraMentors lovingly and appreciatively influence a situation? Can one person change their mind and therefore change the world? As SacraMentors, we’re confident that, with the blessings of the Holy Spirit, we can....

With great joy on this, the threshold of SacraMentors’ tenth anniversary celebration, I bless you all...

Your SacraMentor Sister,

Cyndie

PS So often when we become aware of a need (like 5000 hungry people) we think the call for help doesn’t apply to us. Someone else will do it. But if we consider the theologian’s explanation of the multiplication of loaves and fishes, if not for one generous child, many would be left hungry. Consider this when you read the article about the leadership retreat. (page 6)

On the Tenth Anniversary of SacraMentors

by Fr. Bob Camuso

SAVE THE DATE!

November 4th

**TENTH
ANNIVERSARY
CELEBRATION**

9:30 AM -4:30 PM

St. Thomas More Parish,
Lynnwood, WA.

Sacramentors join for a day
of Mass, personal sharing,
reflection, prayer,
luncheon and a renewal
stone ceremony.

Fr. Bob and Lory are
scheduled to be with us.
Updates on the event
as details become
available.

SAVE THE DATE!

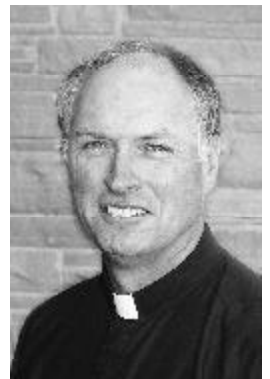
American psychologist and writer, Albert Ellis wrote, “The art of love is largely the art of persistence.” I believe this is true in our relationship with God, with a spouse, with children, with others and with the works of love we do for God.

For the past ten years SacraMentors has been a work of love for me and I know for many of you who have given so much that has resulted in countless blessings and miracles in the lives of so many through the SacraMentors process. At times, especially at the beginning of SacraMentors, this work of love required a great deal of persistence on the part of Lory Misel and me to keep presenting the program and to train others to do what we did. Then there were the unrelenting efforts of so many of you to take over leadership from Lory and me, to form a board, find an executive director and continue to recruit volunteers to bring the SacraMentors series to parishes across Western Washington.

Jesus said to the 72 he appointed and sent out to do his work, “The harvest is plentiful, but the laborers are few; so ask the master of the harvest to send out laborers for his harvest.” I have asked God on many occasions to send out laborers for the SacraMentors program. I know many of you have prayed the same prayer. God has responded and the harvest has been plentiful. For that I am most grateful to God.

Anniversaries are times to remember and celebrate the past and to have confidence about the future because of what has been achieved in the past. On this tenth anniversary of SacraMentors I celebrate the good work God has done through each of us. I celebrate the friendships I have made through SacraMentors and I look forward with confidence to the future of SacraMentors trusting that if we are to continue for another ten years, then it is because of God’s will, not ours, and because of the divine assistance of the Holy Spirit. May God’s will be done. And may God bless you for all you have done to be a part of SacraMentors.

Fr. Bob



Father Bob Camuso

EUROPE 2006

by Ann Trepus

I went to a meeting in Dec. 2005 for a group planning on going on a Pilgrimage to Europe. The meeting was held at St. Francis Cabrini in Lakewood, Washington and there were many people there that I had no clue as to who they were. I went with two of my apostle sisters and also knew two other ladies from the same parish that I go to, which is St. Vincent de Paul in Federal Way. The spiritual director for the pilgrimage was to be Fr. Tim McKenna and I had never met him before so much of this was very new to me.

April 18th, 2006

The time came to go to SeaTac for check-in for this wonderful pilgrimage and after picking. There were three of us heading for the airport together and we were filled with so much excitement and chattering away. It was just two days after Easter so we knew we would be spending Divine Mercy Sunday in Poland. Good plan!

Found our group and stood in line and chatted some trying to get to know some of these people of which there were about 30 but maybe a few more. We boarded and headed off into the sunset for Poland which was our first leg on this Pilgrimage.

After landing in Warsaw and finding our luggage, we headed for a large motor coach that would become a part of us throughout the two weeks we spent in Europe.

We were taken for a drive around the city and it was beautiful and ever so clean. I enjoyed driving down many different streets and not seeing even one piece of paper lying around on the ground. Also seeing the city that has been rebuilt after the war and now looks so sharp. It shows how proud these people are of what they have and what they have been able to accomplish.

We stayed that first night at a Retreat House which was lovely, but being so tired it was difficult for us to appreciate its beauty.

We had Mass in the chapel and a nice dinner and afterwards I think we were all ready for a good night's sleep

Now it is Thursday, April 20th, my youngest daughter's birthday and I know she is still tucked in bed fast asleep because of the time difference, but whatever, Happy Birthday, Maureen.

We eat and check out of our rooms and stow our bags on the bus and have Mass at St. John's Cathedral and a prayer by the tomb of C. Wyszynski the Primate of the Millennium. Afterwards, we had lunch in what is called the Old town then on to Czestochowa, the spiritual capitol of Poland.

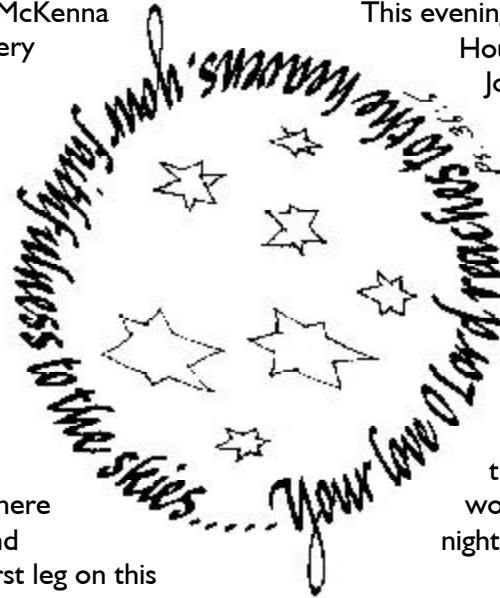
We go to a town called Niepokalanow which is where St. Maximilian Kolbe did much of his work before being taken prisoner and ending up at Auschwitz Concentration Camp. Interesting little town and area set aside to remember what all this man of God, with our beloved Mary at his side, did for his fellow

man. I really didn't know much about him but now know I need to be doing more reading on the saints of our times.

This evening we stayed at a Pilgrims House that was named after John Paul II. Our dinner started off with a soup of which kind I have no idea. I looked at the large bowl placed on our table and floating around the soup was "Kix" cereal so that has been a funny for many of us. I have to say though that the soup was out of this world as they all were every night we were in Poland.

Found the fact interesting that all kids before graduation from high school have to make a Pilgrimage. It's also refreshing to go into any church in Poland and see all the young people so devoted. Just looking at the youth, you can see the love they have for our Lord. If only.....

This is now day 3 in Poland and one I really wasn't looking forward to but I knew it had to be. We were to visit Auschwitz. When I first got off the bus I could smell the death and in some way feel the souls around my being. We went on a tour of the part of the camp that showed us the clothes, luggage and many other items that were apart of the people that passed through. My heart was in pain as I choose to walk by myself because I knew I couldn't speak a word to anyone. This was the camp that did the medical experiments and at times I felt happy that I have a hearing problem and missed so much that was said during the tour.



(cont. page 5)

page 4

Talking to friends since I have returned, I have learned that there are many people that truly don't believe that the Nazi's really did these things. We then boarded the bus to go a couple of miles to the remainder of Auschwitz. I found I could not participate any more and had to check out. I guess I'd just had enough. This was a tough experience and as much as I came to love Poland, it is one that I hope to never have to repeat.

We end up back on our friendly bus and head for Krakow where the Divine Mercy Shrine is located.

It is Saturday now and we have the usual breakfast of bread, cheese and meats as this is how the mornings are started in this part of the world. I knew ahead of time about the food here in this part of the country so I packed many protein bars in my luggage so that was my breakfast along with a cup of tea.

After eating, we board the bus and go to Lagiewniki, Divine Mercy Shrine. We had to park down the hill from the shrine and walk up to this beautiful and quaint little area that by the next day would be full of people from all over the world for the Divine Mercy.

We were given a wonderful talk by one of the nuns from the same order as St. Sister Faustina and we had mass at the tomb. Then a guided tour of St. Mary's church and a little free time to explore the Old Town of Krakaw.

After we board the bus and went to the 700 year old Wieliczka Salt Mines. I can't recall how many feet below ground we went but it was quite a ways. Many different little rooms where statues were carved by workers in the mines. There is a main room near the bottom of the mine that is called St. Kinga's Chapel. It is huge and I understand it has been used for weddings and many other functions. Even the light fixtures were made out of salt. It is my understanding that the Salt Mines were used by patients that had lung problems as the air in the mines is so clean and pure. The country of Poland, like so many European countries, uses coal for heating and their energy. Very interesting to see all of this but difficult to imagine how so much was accomplished inside the mines.

Divine Mercy Sunday

Not all of us went back up the hill for the chaplet as we knew it had to be overcrowded with people and it would be heard no matter where we were. So some of us stayed behind for mass and the chaplet. In Poland, we could find a church on just about any block of any town. So mass was not a difficult part of life here.

After we have breakfast we load back on our friendly bus to go to the town and see the family house of John Paul II. This was in a little town called Wadowice and the apartment where John Paul had lived was in a lovely small building. When we were to take the tour through the rooms we were given slippers to put over our shoes to keep the floors nice and not scuffed up in what has become a museum.

We also saw the Basilica where the Pope was baptized. The town was small with many shops in the square We have a lunch of what ever we can find and continue on to John Paul's beloved Marian Shrine where we celebrate mass.

I feel like I could spend way more time visiting the many different highlights of Poland and it would take so much time to absorb it all.

There are just a few things of the country that I would put on a list of things I did not like about the pilgrimage in Poland and that would be the toilet paper and not knowing the language. It took a week after returning home to be comfortable to sit down and not have some pain. The toilet paper is like a rough grade of sand paper and that is no lie.

After Poland we traveled to the Austrian Alps and then to Italy. I truly fell in love with Italy, a country that never had interested me before. Now I want to go right back, see everything Italy has to offer and and pay more attention.

These people I met on the trip have truly been blessed and are a blessing to all who come in contact with them. I thank God for the opportunity to be able to see what I did and learn to love these children of God.

Whoever follows me will not walk in darkness but will have the light of life Jn 8:12



Leadership Retreat

Fun. Laughter. Camaraderie. Time with old friends. Spiritual reflection. Sharing. Time with new friends.

Where can you find breakfast noshes, lunch, all that's' listed above and more? At the SacraMentors Leadership Retreat, Saturday, September 16th at St. Francis of Assisi Parish, Burien...that's where!

Our focus for the retreat is to support members as you discern your willingness to participate as a member of the board and/or core team. The following positions are available:

- **Marketing & Communications Director:** This board member is responsible for implementing appropriate marketing, advertising, public relations and media campaigns to increase public awareness of, and generate interest in, SacraMentors.
- **Series Coordination Director:** Once a parish agrees to host a series, the Series Coordinator coordinates all aspects of presenting the series (e.g., publicity, identifying individuals for witness talks at Mass, arranging with the Sr. Trainer for a training team, etc.)
- **Men's Sr. Parish Coordinator** Serves as the liaison between the Board and parish Apostles' Groups; ensures that he or a member of the board is available to each Apostles' Group; facilitates communication with each Parish Coordinator.
- **Sr. Women's Trainer** Schedules and ensures that training provided at each series is theologically sound, clearly and accurately presented according to the Leadership Manual; identifies SacraMentors who have the talent and desire to serve as trainers; coordinates "Train the Trainers" seminars.
- **Administrative Assistant to the Board of Directors:** This is a compensated position. Among responsibilities: maintaining records and archived material; attendance at monthly board meetings for the purpose of taking minutes; drafting minutes for review by the board; checking the post office box and disseminating mail to appropriate board members and core team members; prepare and mail quarterly newsletters; keep in close communication with the executive director.
- **Board sub-committee members:** Every board position, with the exception of Executive Director, needs a two- or three-member team to support the position's work. While only the Director votes, the sub-committee team offers counsel and ideas and contributes as necessary to help organize and complete tasks and responsibilities.
- **Training team members:** Members of the training team engage in a customized SacraMentors "Train the Trainers" workshop so as to instruct new candidates in the SacraMentors process.
- **SacraMasters team members:** In advance of a SacraMentors series, SacraMasters members avail themselves for witness talks after Mass at parishes. SacraMasters members meet occasionally to share scripts, learn and refine presentations based upon one another's experiences.

Facilitator Pat Suresely joins us again this year to guide us through the day's activities. We can't wait to see you there!

You are needed at the retreat whether or not you feel called to serve on the board. Your presence supports the discernment process. And you will be blessed.

Please RSVP by August 30 -
executivedirector@sacramentors.org
or 877-585-5500



*Lord send out your Spirit,
and renew the face of the earth.*

Smooth Sailing ~ Exciting Adventures

Imagine the editor's surprise when she received an email from our SacraMentor brother, Jack van Ommen. Jack attends St. Nicholas' Church, Gig Harbor. He was emailing from Bali, no less! Jack is on the adventure-of-a-lifetime, a long-time dream now coming true for him as he single-handedly sails his 30-foot boat, Fleetwood, around the world.

The lasting benefits that I gained from the association with SacraMentors is the fact that it got me back into a personal relationship with the Lord.

This was mainly due to the testimony of the visible and evident changes that had taken place in the men and women that led my initiation in to SacraMentors.

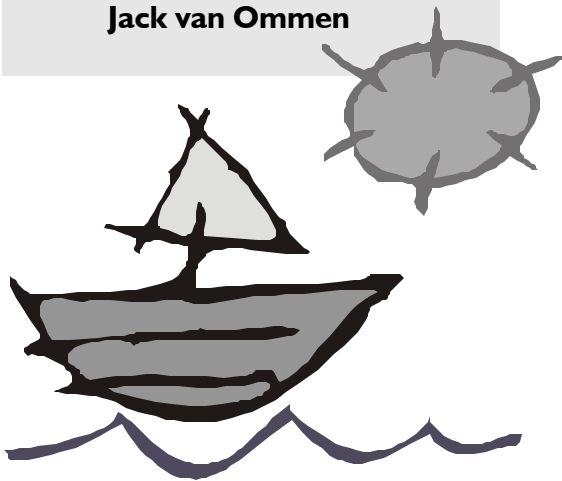
I describe my self in the period prior, as a dysfunctional Christian.

**Happy Anniversary to all.
Jack van Ommen**

Jack left on his expedition from Alameda, California Ash Wednesday, February 10, 2005. An article on Jack's trip was published in the Tacoma News Tribune on Sunday, June 25th. The story is available online for your reading pleasure at www.thenewstribune.com/news/youandme/story/5870038p-5208609c.html.

Jack expects to be home in Gig Harbor for a short visit when he reaches the Atlantic coast via Cape Town and Brazil in the late Spring of 2007. From there, he says he plans to continue on his world voyage spending several years sailing the seas and fjords of the European continent. Jack says he'd love to have you visit his online journal (complete with photos) at www.cometosea.us. Your editor has already visited the site and highly recommends it to everyone!

If you should wish to email Jack, he asks that we follow these two rules: **USE ONLY THIS ADDRESS: jvo@cometosea.us**. His "sailmail.com" address is very slow to download and he is severely restricted to only a few precious minutes daily to download mail from that address. Please make your emails as brief as possible. Jack sends his love and blessings to all his SacraMentor brothers and sisters. Let's keep Jack and his adventure in our prayers.



NEWS FROM THE BOARD

by Frank Pease

Sacramentors began a compensation plan for our executive director position, effective, July 1, 2006.

In response to a request from our founder, Father Bob Camuso, a team of four board members, Ron Reiersen, Clyde Hill, Trisha Gosciewski and Frank Pease along with CPA consultant, Gerry Michael, husband of our Sacramentor sister, Janet, met for several months to develop a compensation plan offering of up to \$1,000 per month on a contractor basis to the incumbent ED, based upon services billed each month and approved by the board.

This program is the first phase of what Sacramentors hopes to grow into a "living wage", salaried position for the executive director slot, once funding is established and long term duties and responsibilities are more clearly defined for this important management post.

A WALK IN THE PARK WITH SACRAMENTORS

Come join the St. Louise Sacramentors group on Sunday, August 20, for a guided spiritual walk through the Lake Hills green belt, followed by a picnic potluck. The schedule will be:

Walk – 1:00-3:00(Starts at the parish center on the St. Louise campus)

Picnic – 3:00-5:30(Picnic area in the back of the parish center)

Come for the walk, the picnic, or both. For the picnic, bring a dish of your choice to share. Eating utensils and drinks will be provided. Families and friends are welcome to come and enjoy this fellowship time with the Sacramentors. For questions, call Frank Pease at (425)562-8744 or see www.sacramentors.org.

SacraMentors helps be my true self and keep my ego on a short leash. I'm challenged to see personal relationships and the whole world through Christ's eyes. Forgiveness is Christ's gift to me...and I appreciate Him so much!

**Anonymous Lady
SacraMentor**

SacraMentors calls me to experience life like Jesus did. The process is not easy; the world and my ego scream at me constantly. SacraMentors is a quiet place where I can go, by myself or with my brothers at a meeting, and get grounded with Christ. Daily readings and Apostles meetings focus me on what I'm called to do. I'm blessed by SacraMentors.

Michael Ulrich

SOUND OFF...PLEASE!

Over the last 10 months, I and your board have engaged in informal analysis of membership activity of both existing SacraMentors Apostles groups, of groups who have ceased to meet and the rate at which new candidates register for, and remain in, training sessions. We've discovered that with only a very few exceptions, attendance at weekly Apostles Groups is falling off, some groups no longer exist and new-candidate registrations for series is at an all-time low.

I strongly urge you to contact me by email, letter or phone (contact info' below) with your opinions on what resonates with you about the organization.

More importantly, the board simply must hear what objections you have and/or what you would like to see changed to the structure of the organization, to the curriculum, to weekly meetings.

The board is relying upon each one of you. Your response to this invitation is crucial to help invigorate SacraMentors, change it if called for and sustain it into the future. The board will be working on scheduling ways to hear your opinions and suggestions on the issues. Please don't delay. Contact me as soon as possible: Cyndie Ulrich, PO Box 64787, University Place WA 98464 • 877-585-5500

• executivedirector@sacramentors.org



Coffee... Brew it with SacraMentors Coffee!

OK. Let me make sure I've got this right:



The majority of SacraMentors who have tried SacraMentors Coffee say it's gourmet ~ the best-blessed brew around;



SacraMentors coffee is fresh-ground just hours before it's shipped to me;



For every pound of SacraMentors Coffee sold, \$2.00 is donated by Specialty Roast Coffee to SacraMentors;



The quality is A+ and the cost per pound is less than other gourmet brands;



Ordering is easy;



Delivery's quick and convenient;



I can even pick it up at Specialty Roast Coffee's shop in Bellevue.



So why am I not buying SacraMentors coffee???? Well, now...

I'm picking up the phone;

I'm dialing 206-963-6707;

I'm saying: "Hello, Warren Sly? I'd like to order SacraMentors Coffee..."

"...an order a month, Folks...that's all we ask..."

Over the years, I have wondered why SacraMentors continues and I always come up with the same answer. Through SacraMentors, lives are changed. Conversion happens. Miracles and blessings abound. SacraMentors continues because Catholic men and women give witness to the power of the Holy Spirit through the SacraMentors process. A father and son reconcile after 30 years of holding a grudge toward one another. A daughter forgives her mother as the mother dies in a hospital bed. A child notices that his mom and dad are fighting less since they started to pray together and bless one another. Family meals become times to speak of blessings and miracles that happen each day instead of talking about what's wrong with life. After hearing such accounts from those who have completed the SacraMentors program, we, the leaders of SacraMentors, say to ourselves, "I can work another series." "I can take on that task of being a SacraMentor trainer." "I can continue to offer financial support to this program because it produces results."

To all of who have given so much to SacraMentors over the past ten years, I am most grateful and humbled by your sacrifice. And I say to you the words of Jesus: "Well done, good and faithful servant...Come, share your master's joy." (Mt. 25:23)

Fr. Bob Camuso

Thank You
THANK
YOU
Thank You

Appreciation All
Around...

The editorial staff of *Blessings* wishes to thank all those who contributed to the content and printing of this issue. Without their contribution, we would not be blessed with news of SacraMentors.

SAVE THESE DATES!

AUGUST 20TH

Guided, meditative SacraMentors walk (picnic following the walk) at St. Louise Church, 141 156th Avenue SE, Bellevue. The walk starts at 1:00pm, the picnic at 3:00pm. Please see article in this issue (page 8) or visit www.sacramentors.org for more information.

AUGUST 23RD

Board meeting: 6:30pm to 8:30pm, St. Francis of Assisi Church, 15226 21st Avenue SW, Burien. All Sacramentors welcome. More information and directions at www.sacramentors.org

SEPTEMBER 16TH

Leadership Retreat: 8:30am-4:00pm, St. Francis of Assisi Church, 15226 21st Avenue SW, Burien. Continental breakfast and lunch included. Directions and more info' at www.sacramentors.org. So that we can arrange appropriate food service, please RSVP to 425-861-6540 or email executivedirector@sacramentors.org



SacraMentors®

P.O. Box 64787

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