



HOLY REDEEMER CATHOLIC CHURCH

SERVED BY THE CONGREGATION OF HOLY CROSS

25 NORTH ROSA PARKS WAY, PORTLAND, OR 97217-2028

503-285-4539 (RECTORY) 503-283-5197 (SCHOOL)

“WITH THE LORD THERE IS MERCY AND FULLNESS OF REDEMPTION”

<https://holyredeemerpdxchurch.org>

JULY 16, 2023

Mass & Confession Times

SUNDAY MASSES

5:00pm Saturday Vigil
8:00am Sunday (English)
10:00am Sunday (English)
Noon Sunday (Spanish)

DAILY MASSES

7:15am Monday—Friday
8:00am Saturday

CONFESSIONS

Saturday 3:30-4:30pm or by appointment

Adoration of the Blessed Sacrament

4:30-7:30m Thursday

Sacramental Life

ANOINTING OF THE SICK

Please contact Fr. Paul or Fr. Michael.

BAPTISM

Please contact Fr. Michael, Ext. 510.

FIRST COMMUNION AND CONFIRMATION

Please contact Rectory Office.

INTERESTED IN BECOMING CATHOLIC?

Please contact Teresa Markgraf, Ext. 502.

MARRIAGE PREPARATION

Please contact a priest eight months in advance.

Rectory Office Hours

Monday—Friday 8:00am-3:00pm

Parish Calendar

SUNDAY, JULY 16

10:30 am RICA Spanish Group, Guadalupe Room

MONDAY, JULY 17

5:30 pm Stepping Into Serenity Al Anon Meeting, Guadalupe Room

TUESDAY, JULY 18

7:00 pm Hispanic AA Meeting, Guadalupe Room

WEDNESDAY, JULY 19

7:00 pm Charismatic Group Choir Practice, Church

THURSDAY, JULY 20

7:00 pm Hispanic AA Meeting, Guadalupe Room

FRIDAY, JULY 21

6:00 pm Spanish Baptism Preparation Class, Clare Hall

7:00 pm Charismatic Group, Church

SATURDAY, JULY 22

9:00 am Spanish Bible Study Group, Clare Hall

SUNDAY, JULY 23

STEWARDSHIP OF TREASURE

FOR THE WEEK OF 7-9-2023

Electronic Donations \$11,145.00

Envelopes \$3,103.00

Loose \$1,145.80

Total **\$15,393.80**

Educate-A-Child \$115.00

Peter's Pence \$195.00



SAINT VINCENT DE PAUL COLLECTION TODAY

St. Vincent de Paul volunteers will be collecting donations at the back of the Church after the Masses this weekend. *Thank you for your continuing support.*



Mass Intentions for the Week

SANCTUARY LIGHT: Safranski Family

MONDAY, JULY 17

7:15am Rosella McKay †
by Jim & Mary Fromherz

TUESDAY, JULY 18

7:15am Rick Safranski's birthday
by Dick Safranski

WEDNESDAY, JULY 19

7:15am Kathy Battilega's birthday
by Folz Family

THURSDAY, JULY 20

7:15am George Galati's birthday †
by HR Community

FRIDAY, JULY 21

7:15am Gertrude Holdorf †
by Nancy Holdorf

SATURDAY, JULY 22

8:00am Marie Herboth †
by Marc & Kathy Battilega
5:00pm Renee Weisenbach's birthday
by Carie Weisenbach-Folz

SUNDAY, JULY 23

8:00am HR Parishioners
10:00am available
by
12:00pm Jose Gilberto Alfaro Rojas
by Araceli Alfaro

This Week's Readings

Sunday, July 16	Isaiah 55:10-11 Romans 8:18-23 Matthew 13:1-23
Monday, July 17	Exodus 1:8-14,22 Matthew 10:34—11:1
Tuesday, July 18	Exodus 2:1-15a Matthew 11:20-24
Wednesday, July 19	Exodus 3:1-6,9-12 Matthew 11:25-27
Thursday, July 20	Exodus 3:13-20 Matthew 11:28-30
Friday, July 21	Exodus 11:10—12:14 Matthew 12:1-8
Saturday, July 22	Song of Songs 3:1-4a John 20:1-2,11-18
Sunday, July 23	Wisdom 12:13,16-19 Romans 8:26-27 Matthew 13:24-43



FR. CAMERON CORTENS' NEW ADDRESS:

Christ the King Catholic Church
54273 State Hwy 933
South Bend, Indiana 46637

HOLY REDEEMER'S SVDP CONFERENCE Our conference at Holy Redeemer is staffed and funded entirely through volunteers. Our pantry receives food from the parish as well as partner agencies such as the Oregon Food Bank, Safeway, and Nite Hawk Cafe & Lounge. **FOOD PANTRY** **Do you have enough food for yourself or your family? Our pantry is located behind the church, we are open Wednesdays and Saturdays from 2:30 to 4:00 pm.** SVDP is an equal opportunity provider and all requests are treated confidentially.

PANTRY REQUESTS: Peanut Butter, Jellies and Hot & Cold Cereals. Deliver donations during pantry hours on or use the shopping cart at the entrance to the church, or the rectory office. Thank you!

RENT & UTILITIES ASSISTANCE Need help? To apply, call the **SVDP Emergency Services Hotline at 503-235-8431** or visit the website at www.svdppdx.org. Parish donors make this assistance possible. Thank you.

Pastoral Team

Fr. Paul Ybarra, C.S.C., Pastor
Ext. 508, pybarra@holyredeemerpx.org

Fr. Michael Belinsky, C.S.C., Parochial Vicar
Ext. 510, mbelinsky@archdpx.org

Rev. Mr. Robert Lukosh, Deacon
Ext. 504, rlukosh@yahoo.com

Rev. Mr. John Rilatt, Deacon
Ext. 522, jrilatt@archdpx.org

Mrs. Deirdre McPheeters, Principal
Ext. 102, dmcpheters@holyredeemerpx.org

Mrs. Teresa Markgraf, Pastoral Associate
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Mr. John Baggenstos, Facilities Manager
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Mrs. Carmen Salvador, Hispanic Ministry
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Ms. Lupe Tellez, Hispanic Ministry
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Mr. Philippe Kreiter, Religious Ed & Music Ministry
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Mrs. Kathy Battilega, Office Manager
Ext. 500, kbattilega@holyredeemerpx.org

Mrs. Lori Bell, Business Manager
Ext. 505, lbelle@holyredeemerpx.org

Mrs. Carie Weisenbach-Folz, Parish Secretary
Ext. 501, parishsecretary@holyredeemerpx.org

Fr. Paul's Message



Dear Holy Redeemer,

“There is no power for change greater than a community discovering what it cares about.”

– Outliers, Malcolm Gladwell

There is this town where death is rare before old age. There is no special diet, there is no special exercises that they do, there is simply a community rooted in faith and family where life is abundant in spite of the difficulties of the modern world. The residents of Roseto, Pennsylvania rarely get sick and have longer average life spans than the residents of any community in America.

A Dr. Stewart Wolf, who practiced in the community for 17 years, said he never, not one time, saw one case of heart disease. In fact, Roseto, Pennsylvania residents not only avoided heart disease, there was no suicide, no one died at a young age, many living to over 100 years old.

Dr. Wolf first suspected that their longevity came from good nutrition. He assumed that town residents probably consumed a low fat Mediterranean diet, rich in vitamins/minerals. Was he surprised! Most Rosetans cooked with lard instead of olive oil, and ate “unhealthy” thick crust pizza as opposed to the lighter cheese, Italian thin crust pizza. They also consumed high fat meat like sausage and ham. Wolf discovered that 41% of their calories came from fat, they did little exercise, and they smoked heavily. Many from the town were actually obese. When it was clear that their longevity was not a result of their diet, Wolf thought maybe it was genetics. After studying their ancestors, he concluded that genetics was not the reason either.

Finally, Dr. Wolf wondered if their astounding longevity could be a function of culture. So he studied how the residents of Roseto, Pennsylvania lived and how they related to each other. Rosetans visited one another, stopping to chat in Italian on the street, say, or cooking for one another in their backyards. They had extended family clans that formed the town's social structure. Many homes had three generations living under one roof, with tremendous respect given to the grandparents. Everyone attended Mass at Our Lady of Mount Carmel, the unifying and calming effect of the church was evident. There were twenty-two separate civic organizations in a town of just under two thousand people. Rosetans have a particular egalitarian ethos of community, which discouraged the wealthy from flaunting their success and helped the unsuccessful obscure their failures.

In transplanting the paesani culture of southern Italy to the hills of eastern Pennsylvania, the Rosetans had formed, because of the world they had created for themselves in their tiny little town in the hills.

In caring for one another, in living their faith daily, the Rosetans became rich soil, and produced fruit, a hundred or sixty or thirtyfold. Generation after generation, abundant life.

Whoever has ears ought to hear. – Fr. Paul