

Event Recaps



Quarterly Gathering: Hospitality

For our quarterly August event, we heard from Greg and Debbie Sherwood on the topic of

Hospitality. In addition to tips on practicing hospitality as a family, we also discussed discovering our charisms and sharing it with others.

Below are some of the main takeaways.

1. Becoming a hospitable person takes practice.
2. A hospitable spirit is a peaceful spirit.
3. A hospitable person is a listener.
4. A hospitable person has good manners.
5. A hospitable person incorporates beauty into their life.
6. A hospitable person has a well-ordered life= PEACE.

Family Day

Despite the smoke from wildfires, we had a great Family Day! We enjoyed delicious BBQ and played games, while children slid around in cardboard boxes. We hope to do this again soon!



Family Corner: The Azavedos

Each newsletter we will highlight a family in our Nazareth community. The hope is to get to know each family in the community, find families who enjoy similar things, and ultimately grow closer.

We are the Azevedo family, including Marcelo (new dad and avid Sunday soccer player), Alicia (new momma and Sunday soccer fan), and our sweet baby boy Lorenzo (10 months - and future Sunday soccer player as daddy is already training him).



We met in Austin, Texas while attending high school in Mrs. Boecking's AP English Class. We have been together for a wonderful 16 years and married for 6 of those! We have been a part of the St. Michael's community for the past 3 years.

What we enjoy most about this amazing community is the warmth and friendliness we have always felt from every member. Our family attends the Sunday 10 am Mass and sometimes a local Catholic Mass in Vancouver where we live. Our family loves the natural beauty of the PNW and we try to enjoy it as much as possible either by taking trips to the coast, hiking, camping, visiting farms, and going on road trips.

The Azavedo Family continued...

Spiritually we try to help one another grow, through engagement with St. Michael's within Alpha and now Galilea & Ambassadors, attending retreats, and praying together daily. We love family traveling adventures and including our fur baby Lola (Yorkshire Terrier - 4 years old).

Fun Fact: During one of the very first phone calls in the relationship, Alicia asked Marcelo if he was Roman Catholic. She then heard Marcelo yell down to his parents, "...I know we are Catholic, but are we Roman as well? My girlfriend wants to know."



Meal Blessing

Attached to this e-mail is Meal Blessing audio file from Fr. Ignacio (6 minutes). We are reminded how Jesus utilized meals and eating

with others as an act of sanctification, through a common action we perform three times a day! Fr. Ignacio describes how to do the blessing and how to eat a meal. Very practical tips for an everyday action we share with our families!



Prayer for Our Family

This prayer was given to us by Saint Teresa of Calcutta. It's a wonderful prayer to pray with your family once or over and over. Consider having one person pray or alternating family members after each sentence or paragraph.

Heavenly Father,
you have given us the model of life
in the Holy Family of Nazareth.
Help us, O Loving Father,
to make our family another Nazareth
where love, peace and joy reign.
May it be deeply contemplative, intensely eucharistic,
revived with joy.

Help us to stay together in joy
and sorrow in family prayer.
Teach us to see Jesus in the members of our families,
especially in their distressing disguise.
May the eucharistic heart of Jesus
make our hearts humble like his
and help us to carry out our family duties in a holy way.
May we love one another as God loves each one of us,
more and more each day,
and forgive each other's faults as you forgive our sins.
Help us, O Loving Father, to take whatever you give
and give whatever you take with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us.
St. Joseph, pray for us.
Holy Guardian Angels, be always with us,
guide and protect us.

Amen.

We look forward to seeing you again soon! Holy Family of Nazareth, pray for us.

Upcoming events

- October 13th - St. John Society Celebration Dinner
- November 5th (1st Saturday) - 3rd Event
- November 27th - Advent Begins

- February 4th (1st Saturday) - 4th Event