

So, what are the rules? Catholic morality does have an actual moral code that you need to know!

But just remember this moral code doesn't represent the summit of Catholic morality. It is a description of the most basic requirements of the command to love God and love your neighbor.

The Beatitudes are our goal, but make sure that you don't fall below the minimum level of Christian living. Here's the basic content of these "minimum requirements", in following the moral law. The Catholic Ten Commandments describe "the conditions of a life freed from the slavery of sin" (Catechism, 2057). Each Commandment is simply a summary of a whole category of actions. For example, "bearing false witness against your neighbor" covers any kind of falsehood: perjury, lying, slander, detraction, bragging, rash judgment, etc. (I will address some specific issues in next weeks bulletin). The Commandments must be understood in relation to the "law of love."

The Precepts of the Catholic Church are a small number of things related to the Church that any good Catholic must do at an absolute minimum. They describe things like:

- 1.) The necessity to worship at Mass at least each Sunday and on Catholic holy days of obligation and by resting from those works and activities which could impede such a sanctification of these days.
- 2.) That we are to go to Confession at least once a year.
- 3.) You shall receive the sacrament of the Eucharist at least during the Easter season. This guarantees as a minimum the reception of the Lord's Body and Blood in connection with the Paschal feasts, the origin and center of the Christian liturgy.
- 4.) You shall observe the days of fasting and abstinence established by the Church. This fourth precept ensures the times of asceticism and penance which prepare us for the liturgical feasts and help us acquire mastery over our instincts and freedom of heart.
- 5.) The fifth precept means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability.

Willing and knowing violation of one of the above items (the Ten Commandments and Precepts of the Church) is considered a mortal sin: it constitutes rejection of God's law, and of God himself. Such a rejection can be repaired only by true contrition, repentance, and seeking forgiveness in the Sacrament of Confession as soon as possible. A detailed Catholic examination of conscience is essential for preparing to make a good Confession.

Again, remember that this moral code is only a description of some of the minimum requirements of Catholic morality. True Christian life not only requires much more of us, but it is also incredibly positive in the blessings that it brings! As Jesus himself said, "theirs is the Kingdom of Heaven." (Mt 5:3).

In the Peace of Christ, Father Nicholas Wichert

Prayer List: We remember our homebound & ill family members daily in our prayers, especially : Rochelle Garcia, Margaret Estes, Peter Pagno, Sr. Rose Donohue, Les & Agnes Cornelius, Mary Malane, Joe Douglas, Marty Andrews, Delphine Tucker, Joni Flynn, Phillip Rychner, Noelle Moore, Alice Radke, Helen Johnson.

Readings for :

- May 21: Acts 19:1-8; Jn 16:29-33
- May 22: Acts 20: 17-27; Jn 17: 1-11a
- May 23: Acts 20: 28-38; Jn 17: 11b-19
- May 24: Acts 22: 30; 23: 6-11; Jn 17: 20-26
- May 25: Acts 25: 13b-21; Jn 21:15-19

† Emiliana Gatbunton †

We pray for the repose of the soul of Emiliana who died on May 10th, 2012. Please remember her family in your prayers. Eternal rest grant unto her o' Lord...

Mass Intentions:

- May 22: † Lucian Burns Dalke
- May 23: † Mary Lou Raffety
- May 24th Emmett Comes
- May 25th Jean Mandy (80!)
- May 26th: Noah Riggio



Thank You to Miss Lardie for all the hours of instruction and love she shared in preparing the 1st Communion Class.

Thank You to Marta Cady and her crew for the excellent job, and all the hours in rehearsals in preparing the children for this years "Alice in Wonderland Jr" performances.

- May 21st: Early Dismissal; Accreditation
- May 24th: 8th grade trip
- May 25th and May 28th No School—Memorial Day
- May 31st : 8th grade retreat: Talent Show 6:00pm
- June 8th: Pre K "Graduation"
- June 11th: 8th Grade Breakfast and Graduation
- June 12th: Field Day: June 13th: Last Day of School Noon Dismissal

Many opportunities are available at the school to share your Time and Talents. You can volunteer on the playground, in the kitchen, various fundraising projects, bringing snacks. Please call the school if you would like to share your time..

Visitation Catholic School (253) 474-6424 (visitationschool.net)

We pray for our military especially CW2 John Harper in Afghanistan

Happy 80th Birthday

Jean Mandy May 25th



Adoration is the first attitude of man acknowledging that he is a creature before his Creator. It exalts the greatness of the Lord who made us and the almighty power of the Savior who sets us free from evil. Adoration is homage of the spirit to the "King of Glory," respectful silence in the presence of the "ever greater" God. Adoration of the thrice-holy and sovereign God of love blends with humility and gives assurance to our supplications. — *Catechism of the Catholic Church*, no. 2628



ADORATION: Mondays 9:30am-12:30pm and Tuesdays 4:00pm-6:30pm

This week at Visitation!
Sunday, May 20th, 2012

Coffee & Donuts : CC
 Rose of Sharon Charismatic
 Prayer Group, Hosts



Mass, Rosary, Confessions schedules are on the front of the bulletin

ANNUAL RUMMAGE SALE



South Tacoma Pack 10 & Troop 10 Scouts are getting ready for their **Annual Rummage Sale** June 9th & 10th, 2012. They would love your extra "treasures". Donations of clothes, furniture, tools, sporting and camping equipment, good working items (no autos or firearms) would be greatly appreciated! Please contact Roger Lyons at 472-1560 or John Albers 564-8077 with questions.



The Annual Catholic Appeal Campaign



The Annual Catholic Appeal is about being Catholic and recognizing there are priests and deacons to be trained, social services for the needy and poor to be offered, Catholic schools to sustain and grow, retired priests and nuns to support and so much more! The Annual Appeal allows you to join thousands of Catholics throughout Western Washington to gather the resources needed, helping in a much bigger way possible than if we tried to do it alone. Thanks to YOUR generosity, our church is here in times of need providing comfort and hope.

Thank you to the 144 parishioners who have already completed their pledges.



Thank You to Dick Berntsen and Steve Grimwood for loading and recycling over 400 pounds of paper on Saturday. Your time and talents are so appreciated!

Quo Vadis Days June 24th, 25th, 26th, 27th—A camp experience sponsored by the Vocations Office to provide a time of fun, prayer, and talks to help you explore the Lord's call in your life. There will be priests, seminarians, and other young men gathered together for these days. Activities will include prayer, swimming, talks and discussions. It is a great opportunity to let the Lord speak to you and to spend time listening to Him. Archbishop Sartain will join us Monday afternoon for Holy Mass and Dinner! Afterward he will offer his own reflections on this year's theme, which is close to his own heart.

Coffee and Donuts and this summer
 If any family, group or individual would like to volunteer to host "**Coffee and Donuts**" during the summer months, please sign up in the church office or call the church office and leave a message.
 Thank You
Another volunteer opportunity



St Vincent DePaul Food Bank is always in need of Bathroom Tissue, Cereal, Pasta, Peanut Butter, Jelly, Tomato Paste, Spaghetti Sauce, Canned Fruit, Canned Soup. Bring your donations to St. Joseph's Altar or to the rectory. Thank You.

Respect Life: The Ascension: When Jesus ascended to the Father, Jesus took our human nature, given to us in the womb, to the heights of heaven. This is the same human nature shared by all people, young and old, rich and poor, healthy and sick, born and unborn. Celebrating the Ascension, when human nature is exalted to the heavens, means we can never turn our backs when that same human nature is trampled underfoot and thrown in the garbage by acts such as abortion. Let us pray that the world may learn this truth, reject abortion, and protect all human life. ~ Fr. Frank Pavone, Priests

Monday, May 21st
 9:30-12:30pm: Adoration
 6:45pm: Troop Ldr Mtg: LH
 7:00pm: Contemplative Prayer :CCV

Tuesday, May 22nd
 9:00am: Prayers & Social Time
 4:00pm: Adoration
 6:30pm: Choir Rehearsals
 7:00pm: Troop 10 (LH)
 7:00pm Confirmation Class: CCE

Wednesday, May 23rd
 Noon : OACCV
 5:30pm : Volley Ball Banquet: LH
 6:00pm: Finance Committee: CC
 7:30pm: Pastoral Council: CC
 6:30pm: Choir Rehearsal

Thursday, May 24th
 6:45pm: Pack 10 Cross Over

Friday, May 25th
 10:00am: School Choir Reh
 6:00pm: PAYO

Referendum 74: The petition is available weekdays in the church office and after each Mass on Sundays. The deadline is the end of this month to gather signatures.



May 31st: Feast of the Visitation of the Blessed Virgin Mary
 9:00am Mass

All Committee Leaders: Thank You
To those who have turned in their completed scheduling packets! If you have received a packet and do not schedule regular meetings, please provide the list of members in your ministry.
 Thanks You.

Sacrificial Giving

May 6th	\$7132.15
May 13th	\$5395.50
Thank You	