

March 24, 2020

Dear Parishioners,

As you know Governor Inslee recently established an order to “Shelter in Place,” which will greatly restrict most activities in Cowlitz County. Archbishop Etienne wrote a letter to faithful concerning our unprecedented times which you can find here: <http://www.nwcatholic.org/news/local/archbishop-etienne-writes-to-catholics-about-this-unprecedented-time.html>

I will be sending you a Parish Prayer Plan in the next day or two, however I want to share a small part of it for you to begin immediately. St. Ignatius of Loyola is famous for developing the Examen prayer, which is a period of prayer and reflection usually done once or twice a day. A part of that Examen prayer is to call to mind the blessings we have been given and to thank God for them.

I believe this aspect of the Examen is essential right now. In a time when so much seems to be taken away from us, we must focus our eyes on the good things that God is giving us right now. There are so many. Taking even ten minutes every evening to call these to mind is going to help make a difference. In fact, I believe actually writing these blessings down is crucial for reasons I will explain in the coming days.

God bless you all. You are all on my mind and in my prayers, and I can't wait to see you all soon.

Fr. Bryan