

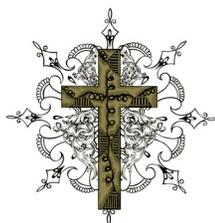
## GHOSTS IN A MACHINE?

Fillings our minds with God's will, and then governing our bodies in accordance with that will, is the bread and butter of Christian wisdom. Unlike so many other false religions, Jesus never separated the mind and the body.

The great pagan philosopher from ancient Greece, Plato, theorized that human nature was really meant to be purely spiritual, and the material part was a mistake. He believed that we were like "ghosts in a machine": our soul was the ghost, and it was trapped in a machine, the body. Only by liberating the soul from the body, he taught, could we truly reach our full potential. Many other ancient religions came to the same false conclusion.

But as Christians, we know better. God has revealed to us that human nature was always meant to be both spiritual and material - that's what is unique about us. As human beings, we are both spiritual and material - that's how God made us. When we die, our souls are *temporarily* separated from our bodies, but at the Last Judgment, body and soul will be reunited, forever. And so, God is deeply interested in what we do with our bodies as well as with our minds.

We should never treat our bodies as mere things, or reject them as evil mistakes, but neither should we shut off our minds by frantically losing ourselves in the pleasures of the body. *Fr. Peter Nhat Hoang*



## REFLEXIÓN DEL PADRE PEDRO

## ESPÍRITU EN UNA MAQUINA?

Llenando nuestras mentes con la voluntad de Dios, y gobernando nuestros cuerpos de acuerdo con su voluntad, es el pan y la mantequilla de la sabiduría cristiana. No como las otras falsas religiones, Jesús nunca separa la mente del cuerpo.

El gran filósofo pagano de la antigua Grecia, Platón, hizo teoría que la naturaleza humana realmente está para ser puramente espiritual, y la parte material fue un error. Él creía que nosotros éramos como "espíritus en una máquina": nuestra alma era un espíritu, y estaba atrapada en una máquina, que era el cuerpo. Él pensó, que solo liberando el alma del cuerpo, era que realmente podríamos alcanzar nuestro potencial completo. Muchas otras antiguas religiones llegan a la misma conclusión falsa.

Pero, como cristianos, nosotros sabemos. Dios nos ha revelado que la naturaleza humana siempre fue para ser espiritual y material - eso es lo que es único en nosotros. Como seres humanos, somos espirituales y materiales - así es como Dios nos ha hecho. Cuando morimos, nuestras almas están temporalmente separadas de nuestros cuerpos, pero en el juicio final serán reunidos, para siempre. Y entonces, Dios está profundamente interesado en lo que hacemos con nuestros cuerpos al igual que nuestras mentes.

Nosotros deberíamos nunca tratar a nuestros cuerpos como solo cosas, o rechazarlos como malos errores, sino nunca deberíamos desconectar nuestra mente por francamente perdernos en el placer de nuestro cuerpo.

*Padre Pedro Nhat Hoang*

**OPPORTUNITIES ABOUND!** Chances to make a *Catholic presence* in the wider community:

1. **Meals on Wheels / Café 60** — Monday volunteers (especially) needed from 9am to 1pm, to help in distributing for recipients, pick-up orders, and the Dining Room participants. Also, the clean-up needs. 40-50 seniors are served each day, Monday-Friday. Located at 1221 Jacobs Dr. in Eugene, across from Landsby Apts. Give us a call at 541-689-8011, to find out more info!
2. **FISH** — Volunteers needed for Friday afternoons, 12:15-3pm, at Trinity Methodist on Maxwell Rd. Phone monitors, for food - propane - and prescription medication requests & kitchen cupboard helpers to pack and give food baskets. Please call Jane for helping with the phones (541-933-3324) and Del for helping with food (541-342-8214).

## JOINT PARISH PICNIC

August 26<sup>th</sup>

3:00pm @ St. Mark

**VOLUNTEER Sign-Up THIS Weekend** (or call either office to offer help)!

***What to Bring (REVISED) :***

A—H SALAD  
I—P DESSERT  
Q—Z SIDE DISH



**BILL BARR MEMORIAL GOLF CLASSIC!** — Enjoy a great day of golf, food, and fun, while helping the kids living in SVDP's affordable housing! **September 7<sup>th</sup>**, at the Springfield Golf Club. Contact Paula for info: 541-743-7144 or paula.berry@svdp.us .... Additional info at: <https://birdeasepro.com/billbarrmemorialgolfclassic/>.

**MORE GOLF!!** Eugene Catholic Young Adults, ECUA, (ages 21-39) is going Mini-Golfing, **August 23<sup>rd</sup>**, at 6:45pm. Come on and join us for a round at Camp Putt! For info on this and other events, contact: [eugeneyoungadults@gmail.com](mailto:eugeneyoungadults@gmail.com) or 541-270-9329 or [facebook.com/EugeneCYA](https://facebook.com/EugeneCYA)

### FAITH SERIES: CATECHISM THROUGH THE YEAR

#### WHY ARE SACRAMENTS NECESSARY?

In the Gospel according to John, Jesus teaches at length about the greatest of the sacraments, the Eucharist (6:22-59). He lays out what we might call the “sacramental principle” that lies at the heart of the Christian faith: “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world” (2Jn 6:51). In Jesus Christ, God — who is Spirit — came down from heaven and entered into his own creation, this physical universe. He joined to his own divine nature a human nature of soul and body, and took up into himself the matter and energy of this world.

In this “incarnation” (literally, “becoming flesh”), God made it possible for the everyday elements of our lives to convey the transforming power of his grace. This is the sacramental principle: God, in his remarkable humility, doesn’t hesitate to make use of our ordinary ‘elements’ of bread and wine, oil and water, human hands and human words, even the nuptial act. The Creator doesn’t despise anything he has made (Wis 11:24) — he calls it all good (Gn 1:31). So, it’s not beneath him to come to us in Eucharist, as well as the other sacraments.

The seven sacraments are unique signs instituted by Christ, that give to us the grace they each signify. In these sacraments — Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders, and Anointing of the Sick — Christ, himself, meets us and ministers to us through the ministry of his body, the Church (1 Cor 12:12-13:27).

So why are the sacraments necessary? Because we desperately need God’s grace, and he’s chosen to give us these certain kinds of grace through the sacramental ministry of the Church.

**RECOMMENDED READING:** Excerpt taken from The NEW Catholic Answer Bible

Mt 5:31-32; 26:26-28; 28:19 · Jn 20:23 · Acts 6:6; 8:14-19 · Acts 6:6; 8:14-19 · Jas 5:14-15

& Catechism of the Catholic Church (CCC) Nos. 6 · 698 · 738-740 · 774 · 798 · 815 · 947 · 950 · 1076 · 1084 · 1088 · 1114—1115 · 1118 · 1121—1134 · 1150 · 1210 · 1420 · 1533-1535 · 2003 · 2030 ·