



First Sunday of Lent February 18, 2024

Weekend Masses: Saturday (Vigil) 5:00 PM Sunday
8:30, 11:00 AM and 5:30 PM
Reconciliation: Friday: 9:15 AM & Saturday: 3:00-4:00 PM
or by Appointment (Call Main Office)
Perpetual Eucharistic Adoration - See pg 2

Parish Office (253) 631-1940
Faith Formation (253) 631-6175
13055 SE 192nd Street Renton, WA 98058
www.ststephenslife.com
Listing of Parish Staff on the back inside page



The Spirit drove Jesus out into the desert...

- Mk 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

*After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:
"This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."*

As part of the Great Remedy, Jesus had to suffer in various ways, including facing temptations. Evil exists. Sin exists. We can forget this in our naivete or innocence, but Jesus and the Holy Scriptures show us the full reality of life. Jesus inherited the fullness of our humanity and all of our experience, except sin. "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin." (Hebrews 4:15)

I write this from the desert, the high desert of central Idaho, from Marymount Hermitage on Monday, February 12th. (You can see great pictures here: <http://www.marymount-hermitage.org/>) We have to upload bulletin articles by noon on Mondays for the following weekend. I'll be back by Ash Wednesday with a full slate of Masses and Confessions. This Lenten Season gives a new chance to grow in the spirit of prayer that I've been encouraging, especially with the Partners process moving forward.

As you probably have heard, we are being united with St. Anthony's in downtown Renton as a canonical parish. This begins officially on July 1st. Pastors and priest vicars will be announced by mid-April. People ask about my own status, and I have to confess the truth, "I don't know." I await in the cloud of unknowing, which is again, a call to prayer. I pray for both me and the parish.

Jesus' temptation on the mount is another example of how every challenge is an opportunity. Every anxiety met with prayer strengthens our faith, our hope, and our love. We will be ministered to by angels, especially our own guardian angel, whom we too easily forget. As a reminder, I include the prayer here:

*Angel of God, my guardian dear, to whom God's love commits me here,
ever this day be at my side, to light, to guard, to rule, and to guide.*

Our beloved angels are ready to help.

As I have encouraged us all to turn to prayer as our first response to the Partners in the Gospel changes, I used 1 Thess. 5:16-18 as a focus. This is where St. Paul tells us to "rejoice always, pray constantly, and to give thanks in all circumstances." While entering into my retreat here at Marymount (Feb. 3rd -13th), I thought about how to apply this scripture to my own prayers. Conveniently, or rather, providentially, there were 3 areas that I wanted to focus on anyway: the Rosary, the Jesus Prayer, and the Psalmody.

The Rosary has always been a source of peace for me. Peace is necessary for real joy, so it helps us to "rejoice always." The Jesus Prayer is a method of "praying constantly," so I've consciously tried to use it more often here in the desert. The Psalmody is a natural way of giving thanks, as in:

I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High. - Psalm 7:17

Or

*The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.
- Psalm 28:7*

Praising God puts our souls in the right place, the right attitude, an attitude of gratitude. May Jesus guide us and our whole Church, here in Seattle and around the world.

(To read our Holy Father's message for Lent see: <https://www.vatican.va/content/francesco/en/messages/len/documents/20231203-messaggio-quaresima2024.html>. He has also called for a Year of Prayer during 2024 in preparation for the Jubilee Year of 2025.)

Fr. Ed

Weekly Readings

February 18 First Sunday of Lent

Gn 9:8-15; Ps 25:4-9; 1 Pt 3:18-22; Mk 1:12-15

February 19 Monday of the First Week of Lent

Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46

February 20 Tuesday of the First Week of Lent

Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15

February 21 Wednesday of the First Week in Lent

Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32

February 22 Feast of the Chair of Saint Peter, Apostle

1 Pt 5:1-4; Ps 23:1-3a, 4-6; Mt 16:13-19

February 23 Friday of the First Week of Lent

Ez 18:21-28; Ps 130:1-8; Mt 5:20-26

February 24 Saturday of the First Week of Lent

Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48

February 25 Second Sunday of Lent

Gn 22:1-2, 9a, 10-13, 15-18; Ps 116:10, 15-19; Rom 8:31b-34; Mk 9:2-10

Parish Calendar

Sunday February 18

8:30 am - 9:30 am
11:00 am - 12:00 pm
1:00 pm - 3:00 pm
5:30 pm - 6:30 pm
6:00 pm - 8:00 pm

Mass (live-streamed)
Mass
Grief Support Group Meeting
Mass
Apologetics Meeting

Monday February 19

9:00 am - 10:30 am
3:00 pm - 3:30 pm
5:30 pm - 6:00 pm
6:30 pm - 7:15 pm

Church Campus Closed Except for Mass
Darling Dusters
Divine Mercy Chaplet
Evening Prayer
Mass (live-streamed)

Tuesday February 20

9:00 am - 11:30 am
3:00 pm - 3:30 pm
5:30 pm - 6:00 pm
6:30 pm - 7:15 pm
6:30 pm - 8:30 pm
7:00 pm - 9:00 pm

Scripture Study
Divine Mercy Chaplet
Evening Prayer
Mass (live-streamed)
Scripture Study
RCIA

Wednesday February 21

8:00 am - 12:00 pm
10:00 am - 10:45 am
3:00 pm - 3:30 pm
4:00 pm - 5:45 pm
6:30 pm - 7:15 pm
7:15 pm - 7:45 pm
7:30 pm - 8:30 pm
7:30 pm - 9:00 pm
7:30 pm - 9:00 pm

Campus Crew
Rosary Group
Divine Mercy Chaplet
Food Pantry (drive by only)
Mass (live-streamed)
Our Lady of Perpetual Help Novena
Sacred Story
Young Adult Group
Adoration & Reconciliation

Thursday February 22

8:30 am - 9:30 am
3:00 pm - 3:30 pm
5:30 pm - 6:00 pm
6:00 pm - 9:00 pm
7:00 pm - 7:30 pm

Mass (live-streamed)
Divine Mercy Chaplet
Evening Prayer
Encounter School of Ministry
Precious Blood of Jesus Devotion

Friday February 23

6:30 am - 7:30 am
8:30 am - 9:30 am
9:00 am - 10:00 am
10:00 am - 11:00 am
10:00 am - 11:45 am
3:00 pm - 3:30 pm
5:30 pm - 6:00 pm

Men's Prayer/Ref. (Doors open 6:15)
Mass (live-streamed)
Sacrament of Reconciliation
Sacred Story
Food Pantry (Drive by only)
Divine Mercy Chaplet
Evening Prayer

Saturday February 24

7:30 am - 8:30 am
8:30 am - 9:15 am
3:00 pm - 4:00 pm
5:00 pm - 6:00 pm
6:00 pm - 8:00 pm

Exodus 90
Mass (live-streamed)
Sacrament of Reconciliation
Vigil Mass
Eucharistic Miracles Exhibit



St. Stephen's Food Pantry Needs Your Donations!

Please prayerfully consider providing the pantry with the following: Peanut butter, Canned fruit, Canned vegetables, Pasta sauce, Pasta or spaghetti, Chili, Dry rice (1lb. Bags), Dry beans (1lb. bags), Soups, Ramen noodles, Tuna or canned meat, Mac and cheese, Dry cereal, Oatmeal packets.



**Lent Begins on Ash Wednesday, February 14
with Masses at 9:00am, 5:00pm and 7:00pm**

For excellent Lenten resources visit

<https://archseattle.org/lent/>



Adoration Invitation

At St. Stephens we enjoy Perpetual Adoration of Jesus in the chapel/church. That means Jesus is exposed in the Monstrance 24 hours 7 days (except during scheduled Masses).

At this time we find ourselves with **several open hours needing to be filled** by committed adorers. Is Jesus calling you to Come and Adore Him? Here are the hours in need of filling:



Sunday at 4:00pm
Wednesdays at 4:00am
Wednesdays at 5:00pm
Thursday at 12:00am
Thursdays at 10:00am
Fridays at 2:00am
Saturday at 4:00am

To sign up visit

<https://ststephenslife.com/eucharistic-adoration> or contact coordinator Bernie 206-427-6085 or Tina 206-715-8462.

Weekly Collections						
		Jan 30- Feb 5 2024		Jan 23- Jan 29 2024		FY To date July 1 2023-Jan 31 2024
Collections-actual		26,065		15,175		655,986
Collections-Budget		17,356		26,172		577,790
Variance		8,709		(10,997)		78,196
*EFT-Actual		12,211		8,502		283,997
*EFT-Budget		10,091		9,202		277,735
Variance		2,120		(700)		6,262
Total Collections Variance		10,829		(11,697)		84,458
Outreach Collections-Not Included above						
Outreach Assistance		1,187		470		21,647
Food Pantry		750		109		23,078

*EFT= Electronic Funds Transfer (Online Collections)

New Fiscal Year began 7/01/2023

Faith Formation Programs

Children and Families (K-5th Grade) This year, we provide onsite classes, family learning & activities, family Mass, and at-home learning. On-site classes are once/month on Wednesdays, 6:00-7:30 pm. We're also adding community nights for families (all parish) on Friday nights!

If you're interested in **First Sacraments (Baptism, First Reconciliation, First Eucharist)**, follow the link to our web-page. The program will be the same as above, plus more! There are prerequisites for First Sacraments and you will use a different registration form. (Our website will guide you.) To learn more and register, visit: <https://ststephenslife.com/elementary-programs>

Teens (6th-8th Grade) Teens sign up for **EDGE** (6th-8th) or **LIFE TEEN** (9th-12th). **Both programs** will be on alternating Sundays.

Eucharistic miracles Presentation: All teens and their parents are welcome to join us for our next All Teen/All Parent dinner night this Sunday January 28 immediately following the 5:30pm mass. This evening will include a special lecture by Dr. Loni Nguyen on Eucharistic Miracles. (Please note that Dr. Nguyen will also be giving the same presentation to the whole parish on Monday, Jan. 29 after the 6:30 mass).



Early-bird registration for the Steubenville NW Conference in Spokane are open now through Feb 28. The theme of this 3-day event (July 12-14) is "Illuminate" and will feature exciting Catholic speakers, Adoration, Mass, and Confession. The discounted rate for the conference and lodging is \$375, and is only available if you register by Feb. 28. Contact Michael Joseph at mjoseph@ststephenslife.com for information or visit the Conference's website at <https://steubenvilleconferences.com/events/nw/>. Register at <https://archseattle.ccbchurch.com/goto/forms/1842/responses/new>.



Summer Service Project - SSTM will be taking a group of 8 high school students on the Agape Service Project this summer (June 30-July 4). This week long service trip will engage our youth in elements of Catholic Social Teaching and allow them to help serve the marginalized people of Whatcom County. Since there is limited space, please contact Michael Joseph directly if interested at mjoseph@ststephenslife.com.



Baptism Classes In-person classes to prepare for Infant Baptism are now available. Pre-registration is required to attend. Class size will be limited, and you must have proof of pre-registration to be admitted. Please, only 2 parents, baby, 2 godparents (5 total) per family. Pre-register by calling (253) 480-7106 or emailing Ellen Golden at egolden@ststephenslife.com.

Attention Youth: The Living Stations are Coming!

Lent is just around the corner, and our annual tradition is set to return! Watch for details in the bulletin or weekly Update. Our first meeting will be Sunday, Feb 25 at 1:00 pm in the main church. For questions or to sign-up, contact Michael Joseph at mjoseph@ststephenslife.com



The Living Stations of the Cross



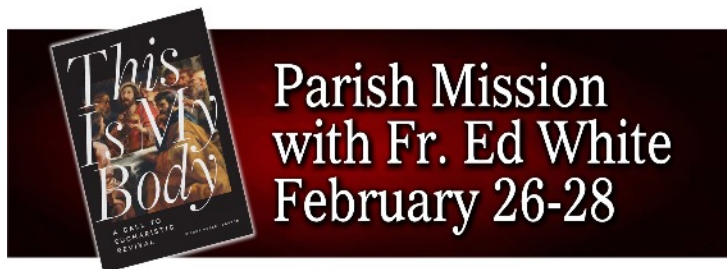
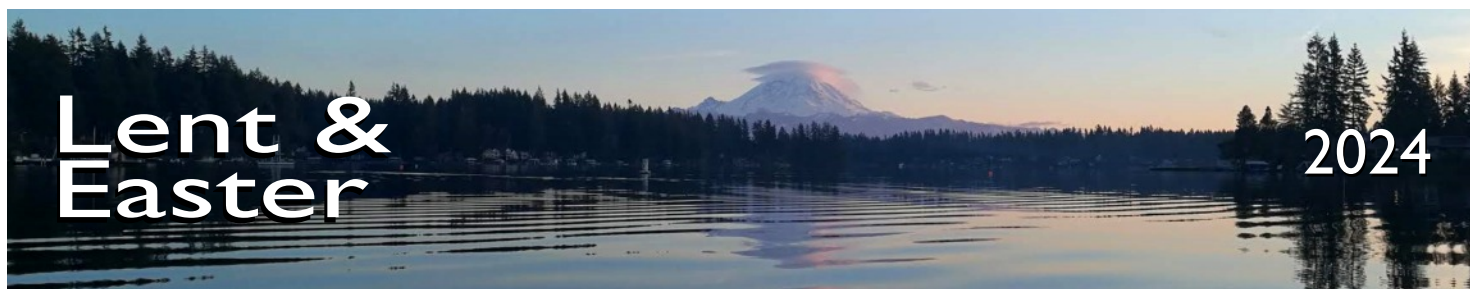
St Anthony School Now Enrolling: St. Anthony School - Are you interested in your child receiving a mission-based, community-focused Catholic education? For nearly 100 years, St. Anthony School has educated the whole child to better the world and serve others. We have spots available in all grades for this upcoming school year, 2024-2025. Please visit our website at www.sasr.org or email Jean Dang at dang@sasr.org to set up a school tour or to learn more info.



Grief Ministry - If you are grieving the death of a loved one, come find strength and compassion with the St. Stephen's Grief Support Group on Sunday, February 18th from 1:00-2:30 pm. Our topic will be "Family and Friends Grieve, Too." For more information and to register, please contact Sharon Rasmussen at srasmussen910@yahoo.com. *I am the Lord your God. I am holding your hand so don't be afraid. I am here to help you.* - Isaiah 41:13



Job Opening: Custodian Lead Position Custodian Lead Position at St. Stephen the Martyr 5 days a week, 36 hours, afternoons to evening work hours. Position responsibilities include coordination of custodial schedules, managing and ordering supplies for Facilities, and Coordinating Set-ups & takedowns of tables and chairs for events and ministry needs. Also is responsible for monitoring other custodians, training new custodians, and coaching when processes change. The Lead Custodian works closely with the Facilities Manager. Flexibility regarding work hours is necessary for church holidays and events. Guest service is an essential part of this job. The lead custodian will work with fellow staff members and volunteers in a variety of ways and be responsible for maintaining safety policies to keep the staff and volunteers safe. Occasionally will be required to work on special projects such as floor stripping & waxing, basic repairs, and other projects as directed by the Facilities Manager. Basic computer skills are required. The starting wage based on experience is \$17.50 - \$18.00 per hour plus Benefits. For an application or questions, please



Parish Mission - February 26-28

Join Fr Ed in this Parish Mission based on Bishop Robert Barron's book, *This is My Body*. Mass begins each evening at 6:00 PM, followed by Fr Ed's teaching and reflection. Confessions will be available on Wednesday, Feb 28 along with the adoration.

Revival Night - Wednesday: March 13

Come for a prayerful time of reflection, worship and adoration before the Blessed Sacrament.



Formation Night - Monday, March 18 Explore the treasure of the presence of Jesus in the Eucharist. Program includes quality video content, reflection and discussion.

Operation Rice Bowl - Care for those in need by bringing your Rice Bowl donations to the Palm Sunday Masses.

Holy Land Collection - Good Friday Holy Land collection goes toward maintaining Holy Places and preserving the Christian presence in the Holy Land.



Give Up a Saturday for Lent

March 16 8:30 AM-2:30 PM (Includes 8:30 AM Mass)

Join us in sprucing up our campus in preparation for Easter! Let our transformed campus reflect the transformation of our souls this Lent! Come for a few hours or all day. Meet in the Social Hall. Questions? Email Mike Pitardi at mikepitardi@gmail.com or call Kim at 253-480-7120. Important details include: Optional Mass at 8:30 AM! *Pray together, then work together!* We have both indoor and outdoor projects. Please bring your labeled yard tools (especially wheelbarrows). Free lunch provided! Sign-ups via Weekly Flocknote Update or cards in pews.

Friday Fish Fry & Stations of the Cross

Come for a delicious meal served by our Knights of Columbus followed by the Stations of the Cross. Meal begins at 5:15 PM. Stations of the Cross at 7:00 PM in the Church (with live music at 6:45 PM).



Mid-day Stations of the Cross Come at 12:00 noon on Tuesdays throughout Lent (main Church) for this wonderful time of prayer.



Lent Online: For excellent lenten resources visit <https://archseattle.org/lent/> as well as <https://formed.org/>.



The Living Stations of the Cross, March 29, 8:00 PM

This dramatic portrayal of the Lord's passion is presented by our parish teens. Combining theatrical arts, music, prayer and reflection, the Living Stations are an important part of our parish Triduum. All are welcome! You might consider inviting a friend! Teens wishing to participate should contact Michael Joseph at mjoseph@ststephenslife.com



Easter - Triduum Schedule

Holy Thursday Mass 7:00 PM
Good Friday Service 3:00 PM
Good Friday Living Stations of the Cross 8:00 PM
Holy Saturday Decorating for Easter 9:00 AM
Easter Vigil Mass 8:30 PM
Easter Day Masses 8:30 and 11:00 AM

Returning Catholics



YOUNG CATHOLIC PROFESSIONALS



Are You or Someone You Know Thinking of Returning to the Catholic Church?

While people become separated from active Catholic life for all kinds of reasons, Christ extends His invitation of love for all to return home. Our parish community welcomes anyone looking to rediscover their Catholic Faith. It is our hope and prayer that you'll feel welcome to join us for a time of rediscovery. To get started contact Bill Swedberg at 253-480-7107 (121) bswedberg@ststephenslife.com.

Adult Confirmation Classes Now in Session!

Have You Completed ALL Your Sacraments? Receive the GIFT that Keeps on Giving – CONFIRMATION! The Sacrament of Confirmation, once received, will GIFT you with many Blessings the Rest of Your Life! Adult Confirmation Sessions are Tuesdays, 7:00-9:00 pm in Room 124. To learn more about Adult Confirmation (adults 19+ yrs.) contact Anne Merklin at 253-480-7108 (ext. 126) AMerklin@ststephenslife.com.

Financial Peace University

If you've ever felt like you just can't get in control of your money, you're not alone. You'd be surprised how many people you know are struggling just like you. But it's time for your struggle to end—starting today. Join my Financial Peace University class at St. Stephen the Martyr starting on Sunday, March 13, 2024, and learn how you can pay off debt, save more money, and build wealth. Visit <https://www.fpu.com/AFD728> to sign up!

St Vincent de Paul - February 18 - First Sunday of Lent: In today's Gospel, Jesus overcomes the temptations to wealth, power and esteem. As we begin Lent, may we open our hearts to the grace of prayer, fasting and almsgiving. Prayerfully consider a donation to St. Vincent DePaul. All proceeds will go to helping a family in need with rent or utility assistance. God Bless You!

40 Days for Life February 14 - March 24 - Renton 40 Days for Life For more information go to St. Stephen Respect Life web-page: <https://ststephenslife.com/respect-life> for more information to sign in and up to stand vigil in the 40 Days for Life/Renton campaign. Scroll down to the Renton 40 Days for Life campaign flyer to find the URL or QR code for the campaign. Questions? contact Mary K at: 19jmj54@comcast.net

Join the National Eucharistic Revival The United States' Conference of Catholic bishops has laid down a three year National Eucharistic Revival that began last year 2022 and will go through 2024. We are all invited to participate in this effort to renew the whole church beginning with YOU! How to join: Begin by prayer. To start the 9 day Novena go to <https://www.eucharisticrevival.org/get-involved>. For resources visit <https://www.eucharisticrevival.org/learn-resources> Spread the word about the Revival to all your family and friends! If you would like to help with the Eucharistic Revival in our parish, please contact Niña de Jesus at ndejesus@ststephenslife.com.

Young Catholic Professionals YCP Seattle will host a Networking Happy Hour at Murphy's Pub, Seattle on Wednesday, February 21st at 7 pm. Members will receive one free drink ticket. Dress is business casual. Not a Member? Join today and receive all the Membership perks that YCP offers and more! Register at ycpseattle.org.

Cruise with Fr. John! Fr. John Madigan is traveling again. You may join him for a 7 day Inside Passage Alaska Cruise beginning 1 MAY or the 4 Day Pacific Northwest Explorer. Just take the bus or train to Vancouver to board Holland America's ms Zaandam. Catholic Women and friends are invited to Celebrate a "Century+ of HERstory" while at sea between Astoria & Seattle from 27APR to 1MAY. A special half day "Mary & Martha" tour is planned for Seattle. Contact Kathleen Tansey at 253-653-6074 or Kathleen@travelcenter4u.com for details.

Thank You from Pregnancy Aid

January 23rd, 2024

Dear Parishioners of St Stephen the Martyr Church

Big hugs and thank you from all the volunteers and staff of Pregnancy Aid in Kent for the beautiful baby things diapers and some wonderful car seats. Your generosity to the families we serve, 476 last year, was overwhelming but very much appreciated. It will help us meet the huge demand for diapers and wipes for several months. Thanks also to all the volunteers of St Stephen's who devote so many hours to The giving Tree program and help make it so successful. Blessings to all of you for a happy new year.

- Sincerely, Jay Hyatt and all the Pregnancy Aid staff

Parish Information

New to St. Stephen's? Welcome! Learn more about our vibrant community by visiting our web site at www.ststephenslife.com. Registration forms are online or may be obtained from the ushers and put in the collection basket or mailed in. **Bulletin Notices:** The **content deadline is 12:00 PM on the Friday** a week before the weekend you wish it to appear (8 days in advance). Notices about parish events or items of interest to the parish are welcome, however posting cannot be guaranteed. Email notices to: ourbulletin@gmail.com.

Main Office Phone: TEL 253-631-1940 / FAX 425-255-2943 Ten digit phone numbers listed below are direct lines.

Pastor	Fr. Edward G. White	For Fr. Ed contact his assistant, Betty Mencke 253-480-7103 (100)
Deacon	Dec. Carl Chilo	sstmdaoncarlchilo@gmail.com
Deacon	Dec. Sonny Ungco	sonny.ungco@gmail.com
Deacon	Dec. Ike Tarabi	ike.tarabi@outlook.com
Director of Parish Operations	Tom Jones	tjones@ststephenslife.com
Pastoral Associate	Anne Merklin	AMerklin@ststephenslife.com
Pastoral Assistant for Outreach	Darlene Simpson	DSimpson@ststephenslife.com
Outreach Ministry Assistant	Lisa Grigaliunas	lgrigaliunas@ststephenslife.com
Office Manager/Pastor's Assistant	Betty Mencke	bmencke@ststephenslife.com
Liturgy Coordinator	Janet Denby-Stewart	JStewart@ststephenslife.com
Pastoral Care	Marijean Heutmaker	Mheutmaker@ststephenslife.com
Bookkeeper	Debbie Blakely	DBlakely@ststephenslife.com
Facilities & Parish Life Coordinator	Kim Anderson	KAnderson@ststephenslife.com
Director of Faith Formation	Shannon Battles	SBattles@ststephenslife.com
Youth Ministry	Michael Joseph	mjoseph@ststephenslife.com
Young Adult Ministry/Talents Ministry	Beth Nieva	bnieva@ststephenslife.com
Evangelization & Communications	Bill Swedberg	bswedberg@ststephenslife.com
Marriage & Child Baptism Prep	Ellen Golden	egolden@ststephenslife.com
Faith Formation Support Coordinator	Maria Trejo	MTrejo@ststephenslife.com
Choir Director	Nina DeJesus	ndejesus@ststephenslife.com
St Stephen Housing Association		office@ststephenhousing.org
SVDP Help-Line		
Lead Custodian	Luke Sanchez	LSanchez@ststephenslife.com

Marriage: Couples seeking Marriage must contact the church 9 months before their wedding date. Some preparation and Parish Registration are required before a date can be set. Contact See contact information above to reach a Staff person for Marriage or Baptism.

Annulments: (for those who are civilly divorced). For compassionate and confidential answers to your questions, please contact our Pastoral Associate, Anne Merklin, 253-480-7108 (ext. 126), AMerklin@ststephenslife.com.

Baptism: Preparation and Parish Registration are required for both Parents and Godparents/Sponsors. Baptisms are held monthly. Contact the Faith Formation Office for details (253-631-6175).

RCIA (Rite of Christian Initiation of Adults) For adults desiring to become Catholic, including those needing baptism. Contact Anne Merklin 253-631-1940 ext 126. sstmassociate@gmail.com

Praying For Sick

Erlinda David, Canlas Ingraham, Angel M. Piol, Suzie Stonecipher

Please note we are revising the list of those who are ill and in need of prayers. Names will be posted for 3 weeks unless we receive further notification. If you or a loved one would like to be included in the bulletin listing please contact Betty Mencke at 253-631-1940.

Recent Deaths

Conrado Redila, Peter Olson

Names will be posted for 3 months.

Serving in the Military

Captain Philip Clay, LT Luke Carpenter (deployed), Jack Cullers US, Zenaida Roth, Joey Buslon Poland, Pv. 2 Anthony Vogeler, Fort Carson, Colorado Springs

To add names to the box, please email ourbulletin@gmail.com, or contact Betty Mencke, 253-631-1940.

To contact the Prayer Chain, please see Teresa Wright, at 425-255 0301 or teresa2pray@gmail.com



Rachel's Corner: Hope and Healing After Abortion The Lord sets prisoners free; the Lord gives sight to the blind. The Lord raises up those who are bowed down. - Psalm 146: 7-8. When thoughts come to your mind regarding the day you were involved in an abortion decision, do they make you feel blind to hope, entrapped in regret and burdened with shame? Call for a compassionate, confidential conversation, and be free again. **Registering now for our Virtual Healing Series.** English: (206) 920-6413 / Español: (206)-450-7814

Email projectrachel@ccsww.org Visit us at www.ccsww.org/projectrachel or www.facebook.com/projectrachelww Project Rachel is a program of Catholic Community Services. **You are loved with an everlasting love!**

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