

Our Lady of Guadalupe

7000 35th Avenue SW , Seattle, Washington, 98126

February 26, 2017



Join our faith community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey of encounter with CRS Rice Bowl. Pick up your family's CRS Rice Bowl on Ash Wednesday after Mass. May these 40 days better prepare us to encounter ourselves, our neighbors and our God.

Mass Times

Saturday Vigil - 5:30 PM

Sunday Mornings - 8:30 AM and 11:00 AM

Weekday Mass - Wednesday, Thursday, and Friday - 9:00 AM

Holy Day Masses - 9:00 AM and 7:00 PM

Sacrament of Reconciliation - Saturdays - 4:15 PM to 5:00 PM (or by appointment through the Parish Office)

OLG Parish - www.olgseattle.org - parishoffice@olg.seattle.org - Phone: 206-935-0358

OLG Parish School - 3401 SW Myrtle, Seattle, WA 98126 www.guadalupe-school.org

Phone: 206-935-0651



From the Pastor's Desk

The Invitation

Lent is a pilgrimage which Christ personally invites us to make. This journey is not just for a few hours of carrying ashes on our foreheads, but rather an invitation to follow Jesus more closely. This invitation is to a journey of discovery, a journey that Christ has already made. To seriously enter Lent is to face two significant realities. First, we will encounter the ministry, sacrifice and resurrection Jesus undertook for us. Second, we are invited to face ourselves. This journey is no place for falsehood. During Lent, we are guided by the Spirit of God to look at things that ultimately matter and to leave in the ashes those things blocking our full participation in the life God is giving us. I invite you to explore the opportunities our parish is offering during Lent. In particular, I encourage you to consider participating in weekday Mass and confession.

The Tide Is Coming In!

A few weeks ago, I invited us to use the image of the incoming tide as a way of seeing our debt elimination campaign. We know how the tide keeps rolling in and nothing will stop it. I encourage us to see our campaign the same way. With all of us committing our best efforts, the debt can go away by December. When the tide rolls in, it does so with big waves and little waves. The same is true of our debt elimination tide - it takes large waves and small waves.

Since the Sunday I first used the image of the tide, we have had both big waves and smaller waves. One of our senior parishioners sent in 5 dollars with a note stating that she was a little wave but she was happy to participate and will do so again when she has 5 dollars she can spare. A non-parishioner heard me mention the debt elimination campaign during the Special Persons Mass with the school, and they went on-line and made a sizable wave.

Next week, every parishioner will receive a letter inviting you to be a wave in our debt elimination tide. We are close to being under 500,000 dollars now. In May, we were just under one million dollars in debt. We have come so far on the generosity of OLG parishioners. Let the tide roll in.

Fr. Jack

Prayer & Liturgy



Let Us Pray For...

We will hold our brothers and sisters, listed below, in prayer for a month. If you would like to have us pray beyond this month for anyone, please notify our parish office and we will keep their name on the list for the time that you have requested.

Pat Bago	Judie Kolloen	Rose Moran
Lucy Budde	Hudson Langhams	Sally Santucci
Janice Harvey	Mason Langhams	Jim Suttle
Sharon Lyons-Huber	Celeste Lewis	Lois Yanzzie

Word And Communion Services For March

Wednesday, March 22nd
Thursday, March 23rd
Friday, March 24th

Adoration Of The Blessed Sacrament

Fridays of Lent
After the 9:00 a.m. Mass until 10:30 a.m.

"Who Is My Neighbor?" A Lenten Reflection

If you are not able to join one of our RSVP Lenten Small Groups, you can still participate. Check out our parish website and the weekly bulletin inserts starting next week. You will be able to read the Washington State Catholic Bishops' letter on poverty and, using the Lenten Gospels, how you can respond.



Scripture Readings

This Week

Eighth Sunday In Ordinary Time

Reading 1: Isaiah 49:14-15

Reading 2: 1 Corinthians 4:1-5

Gospel: Matthew 6:24-34

Ash Wednesday

Reading 1: Joel 2:12-18

Reading 2: 2 Corinthians 5:20-6:2

Gospel: Matthew 6:1-6, 16-18

Next Week

First Sunday of Lent

Reading 1: Genesis 2:7-9; 3:1-7

Reading 2: Romans 5:12-19

Gospel: Matthew 4:1-11

Help needed With First Communion Banner Templates & Fabric Squares

Volunteers are needed to help with two projects: cut out templates for the children's First Communion banner and prepare fabric squares to be used for their altar cloth (this involves cutting fabric squares and ironing fusing to the back of the square). If you can help with either of these projects, please contact Helen at 206-935-0358 or heleno@olgseattle.org.

BUSINESS OF THE WEEK

John L. Scott
REAL ESTATE

Scott Henry
Designated Broker
Owner/President
scotthentry@scotthentry.biz

206-250-7324

For more information about "Prayer and Liturgy"
go to www.olgseattle.org and click on the
"Grow In Faith" tab.

Faith Formation



Mark Your Calendars

Family Faith Formation Schedule

Faith Formation Programs for the Month of February & March

February 26th

- Sacramental Prep Year One and Two, 3rd-8th grade; RCIA for older children - 9:30 a.m. to 10:45 a.m. - located in parish school
- Children's Liturgy of the Word - 11:00 a.m. Mass - Dismissal from the church
- Little Lambs, Lord Lions, and Good News Bears 10:45 a.m. to 12:00 p.m. - located in the school. Little Lambs located in the preschool classroom in the parish hall (basement of the school. Please come to the front entrance of the school to get to the classroom).

March 5th - Family Faith Sunday - Praying The Stations Of The Cross As A Family!

From the beginnings of the Church, the followers of Jesus spread out to surrounding nations and told others about Him. Many people from other lands became Christians in this way and, sometimes, they would travel to Jerusalem to see the places where Jesus' Passion, Death and Resurrection took place. As they would walk the path that Jesus took to Golgotha, they felt a special connection with Him. Following in these footsteps of the Lord, along this Way of the Cross, became a popular pilgrimage. CCC 1674, 2669, 2691.

The Stations of the Cross, as we know them today, developed for people who could not make the journey to Jerusalem to visit these holy places. We invite families to come and walk in the footsteps of Jesus and experience the Passion, Death, and Resurrection of our Lord during Lent. Families will take home symbols for each station and a Stations of the Cross and a prayer booklet with prayers to continue this wonderful form of prayer during Lent. We hope you can come to this special Family Faith Sunday and encourage you to bring someone with you who would also like to participate in praying the Stations of the Cross as a community.

March 12th

- Sacramental Prep Year One and Two, 3rd—8th grade, & RCIA for Older Children - 9:30 a.m. to 10:45 a.m.
- Children's Liturgy of the Word - 11:00 a.m. Mass
- Little Lambs, Lord Lions, and Good News Bears - 10:45 a.m. to 12:00 noon

NOTE: Daylight Savings begins

March 19th - Regular Schedule

March 26th

- Sacramental Prep Year One and Two, 3rd—8th grade, & RCIA for Older Children - 9:30 a.m. to 10:45 a.m.
- Children's Liturgy of the Word - 11:00 a.m. Mass
- Little Lambs, Lord Lions, and Good News Bears - 10:45 a.m. to 12:00 noon

NOTE: Day of Service March 25th



Outreach Ministry

St. Vincent de Paul

Life just seems to beat her down. She was voted as “queen” for her high school prom and had ambitions to go to college. But she fell in love and married shortly after graduation. She bore two beautiful sons. Then her husband openly had an affair with another woman and abandoned her. She was hurt and frightened and she “ran away.” She did find employment as a nurse’s aide and eventually obtained her certification. Then, on the night shift when she was “in charge” of the entire nursing unit, a deranged patient attacked and beat her so badly that she was herself in the hospital for several weeks. She returned to work as a clerk but again tragedy struck. She was a passenger in a car when an uninsured driver error caused a serious accident. Again she was in the hospital for an extended period of time. Meanwhile, she was evicted and in spite of qualifying for subsidized housing, has not yet obtained an apartment. Her family is scattered, her valuables were confiscated when the sheriff came and cleared out her house. Now she is sick because she is living on the street. Help! Help her! Help us!

Day Of Service

Each year, OLG heads out into the community for a Day of Service. Last year, over 150 volunteers visited 9 sites in the greater Seattle area. This year’s Day of Service will take place on Saturday, March 25th. It will include some new sites as well as some of the most popular ones from past years. To register, stop by the table in the narthex after Mass or go to www.olgseattle.org/day-of-service.

Encounter Lent

Join our faith community and nearly 14,000 Catholic communities across the United States in a life-changing Lenten journey of encounter with Catholic Relief Services Rice Bowl. Pick up your CRS Rice Bowl in the church on Ash Wednesday or any weekend. If you are a student in the school, you can also get one there. Remember to download the CRS Rice bowl app! May these 40 days better prepare us to encounter ourselves, our neighbors and our God.

Join Us For Catholic Advocacy Day

Every year, hundreds of Catholics from across the state participate in Catholic Advocacy Day, coordinated by Catholic Community Services, the Intercommunity Peace & Justice Center and the Washington State Catholic Conference. This year’s theme is “Be a Neighbor and an Advocate for All”, which spans a variety of legislative issues including economic justice, housing and life issues. Other priority issues that may be addressed include education, health care, the environment, and immigration. Join us on Thursday, March 16th from 9:00 a.m. to 3:00 p.m. in Olympia for Mass, briefings of legislative issues, stories of how your advocacy makes a difference, and appointments with your legislators. This is a well-organized event where first-time advocates can learn the ropes and transportation is provided! Be sure to register by February 24th at: <http://ipjc1.wufoo.com/forms/s1ciqibl0sp8h8a/>. For registration questions, call 206-223-1138 or email catholicadvocacyday@ipjc.org.

Community Meal:

Help Spread A Little Love This Month

Help us spread a little love in the community this month by putting on a fabulous Community Meal! The Community Meal is served at OLG each month and offers a free meal for anyone in the area who wishes to attend. We are looking for people who can help on Sunday, February 26th in the Walmsley Center with set up (9:45 a.m.), serving and visiting with guests (12:30 p.m.), and cleanup (1:30 p.m.). You don’t need to stay for the whole day; only for your shift. *This month, we are in need of a cook, so if you have that talent, please consider sharing it with us!* If you are not able to help that day, you can participate by dropping off a homemade or store-bought dessert for our guests (any time after 9:45 a.m.). If you’re able to serve, please contact Colleen at collduff@gmail.com.



Pastoral Care

Home Ministries

If you or anyone you know is in need of the **Sacrament of the Eucharist**, the **Sacrament of Anointing**, or other Home Ministries, let us know by calling Marion Kari at 935-0358, ext. 113.

Prayers And Squares Quilt Ministry Continues To Serve Our Community With Love

Prayers and Squares officially became a Chapter Member #1158 on October, 20, 2014. As a ministry, over 60 quilts have been made and presented, each a special gift of love and hope.

The beautiful quilts that you see in the back of our church are quilts made by our Prayers and Squares ministry team which meets on the first Tuesday of each month from 1:00 p.m. to 3:00 p.m. in the Parish Pastoral Center. If you want to join our ministry, please call the parish office at 206-935-0358. It does not matter if you have been a quilter for years or have no experience and just want to learn, please come and fellowship with some wonderful ladies who serve our community so faithfully.

Quilts become prayer quilts as a result of the prayers that are tied into them. When a request for a prayer quilt is made from a family, we ask for any special prayer intentions that we can make available for our community to pray for when tying the prayer knots. When the prayer quilt is presented, they can feel each prayer by all of the prayer knots that are tied just for them. Here is what you do:

- Pick up untied thread and make a square knot (right over left, then left over right). Pull the knot firmly against the surface of the quilt.
- Offer a prayer for the person who will receive the quilt. Please remember that person in your regular prayers throughout the week.

Catholic Hospital Ministry At Harborview Medical Center

Volunteers are needed to bring Holy Communion and provide a presence to patients and their families at Harborview Hospital. Volunteers must complete all necessary paperwork, background checks, personal interviews and Orientation/Training sessions. Time expectation is once a week - 3-4 hour shift, plus bimonthly check-in gatherings. There is lots of flexibility in regards to specific day/time. If you would like to participate, call 206-965-1646 or email Deacon Steve Wodzanowski at stevew@stjosephparish.org.



John Baumann, M. Div. LMHC
Counseling & Psychotherapy Services
206-527-2266, ext. 385
425- 830-9614 (cell)

What Is A Senior Care Consultant And When Would You Consider Using One?

In Washington State, eldercare consultants may be called by many names: Eldercare Consultant, Senior Advisor, Referral Agent, and Placement Agent are just a few. Reputable agents understand their responsibilities under Washington State's Elder and Vulnerable Adult Referral Agency Act RCW 18.330. Here are some things with which a qualified eldercare consultant can assist you:

- What's the difference between an assisted living and an adult family home?
- What types of rehabilitation services are available?
- What does short-term rehabilitation mean?
- What is "respite" care?
- What types of care and how much care can be provided at home?
- What is the difference between Medicare and Medicaid?
- What options will your long-term care insurance policy cover?
- What happens at the end of a hospitalization or rehab stay when discharge is imminent?
- What resources are available to pay for services?
- Who is going to pay for what?

The above was taken from an article by Graham and Graham Eldercare Consultants.

Evening Caregiver Needed

If you are a big hearted, gracious person with medical training who delights in helping the disabled, you are a good match for this wonderful family located in West Seattle (that's us). The client is a warm-hearted, fun 60 year old man with developmental disabilities, resulting from cerebral palsy. He is high functioning and likes many activities. This is respite care, so the activities are encouraged. Daily activities include assistance with applicable ADLs, walking, bowling, basketball, swimming, exercise and Mariner games! If you find yourself in need of extra income, this is a fun way to meet that goal.

Hours are Monday, Thursday, Friday and Saturday evenings from about 7:30 p.m. to 10:30 p.m. Mondays actually start at 7:00 p.m. with a pick up at Husky Deli where George works. The other nights involve a pickup at Providence Mt. St. Vincent Cafeteria, where he volunteers. Care for Mariner Game nights in the summer may start earlier and run a bit later, dependence on the Mariners playing time.

If you are not interested, but have an idea that a friend or acquaintance may be interested, please pass the information along. And, if you are interested, please do call. We are waiting for you. Joan Bate-man, 206-938-0851

OLG Community

Order Your OLG Parish T-Shirt And Pay Down Our Parish Debt!

New orders are being taken for our parish t-shirts to help promote our parish while also raising money to pay down our debt! The t-shirt is a light blue and has our parish motto: *Our Lady of Guadalupe - A Parish with Open Hands and Caring Hearts!* \$15 each with proceeds going to our Debt Reduction Campaign. Order forms are available in the back of church, at the parish office, or on our parish website. Deadline for this order is February 28th! Order now in time for our OLG Service Day on March 25th!

Lenten Fish Fry Friday

March 19th - 6:00 p.m. to 8:00 p.m.
In The Walmesley Center

All are invited to enjoy a delicious meal of baked cod fish, fries, and coleslaw, sponsored by our Knights of Columbus.

\$6/child, \$8/seniors, \$10/adult.

A portion of the proceeds will go to Rice Bowl. Invite your neighbors and friends for a traditional Lenten meal!

OLG Parent Luncheon

Saturday, March 11, 2017 from 12:00 p.m. to 2:00 p.m.

Gather with other OLG parents and guardians to enjoy lunch and conversation in the Guadalupe Room, located in the Pastoral Center.

We are here to listen to you. What needs do you have as a family? How can our parish support you?

Bring the Kids! On the lower level of the Pastoral Center, we will have babysitting with lunch and activities, just for them!

RSVP to Vicki - 206-935-0358, Ext. 115 or vickiq@olgseattle.org.

Get In The Loop!



Ready to climb over walls, crawl through mud, and test your mettle on a host of exciting challenges? Our Lady of Guadalupe Parish is inviting YOU to LOOP THE 'LUPE, a FUN new event featuring an obstacle course, a fun run/walk 5K, plus special events for seniors and young kids. Loop the 'Lupe will be held **June 4, 2017** at Walt Hundley Playfield in West Seattle (just across the street from OLG). Loop the 'Lupe is a fundraiser for debt elimination



and ongoing maintenance of OLG's gym facility, the Walmesley Center. The Center is a very important part of the West Seattle community, serving more than 8,000 kids and families per year with free community meals, athletic events, social outreach functions, blood drives, and more! Please register NOW at the link below to get an early registration discount, and/or donate to our GoFund/Me site!

www.loopthelupe.com

<https://www.gofundme.com/guadalupe-loop-the-lupe-fundraiser>

New On The Parish Website And Facebook Page

Check out the photos from our potluck with the High Point Mosque community. You will also find information about Lenten Liturgies, events and programs. You can also listen to the Sunday homily found on the home page. www.olgseattle.org

Holy Land Pilgrimage

Hosted by Pati and Paul Heath

With Fr. Ed Hislop

June 5 - 14, 2017

(10 days)

\$4,499 from Missoula

For information and reservations call 406-249-8149 or email heaths@bresnan.net

**For more "Community Events",
please visit our website.**

Our Lady of Guadalupe Parish and Providence Mount St. Vincent Present



Community Speaker Series: *Living Well, Dying Well*

Spring Cleaning

Organizing your life and belongings around your values

Saturday, March 4th

9:00 a.m.

Gathering, coffee and pastries
Vendor exhibits

9:30 a.m. – 12:00 p.m.

Program and interactive workshop
Special opening remarks by Fr. Jack Walmesley

12:00 – 12:30 p.m.

Vendor exhibits

Our Lady of Guadalupe Church
7000 35th Ave SW — Walmesley Hall

It's time for spring cleaning but before you jump headlong into organizing your belongings, financials and downsizing, this workshop will help you clarify your priorities, purpose, personal mission and values, and develop a thoughtful plan.

Rebecca and Fr. Jack Walmesley will engage and entertain you with their insight into creating space and time for what you really want in your life.

All are Welcome!

- Vendors onsite to connect you with resources
- Coffee and Refreshments
- \$5 donation suggested



Rebecca Crichton
E.D. NW Center for Creative Aging

"Rebecca facilitates groups and workshops related to Positive Psychology and Creative Aging at venues in the Seattle area. She shares what she has discovered that works to help adults sustain their vitality, and find purpose and pleasure in a life well-lived."



Fr. Jack Walmesley
Pastor at Our Lady of Guadalupe Church



OUR LADY OF
GUADALUPE
CATHOLIC PARISH

PROVIDENCE
Mount St. Vincent

RSVP and for Questions/Directions: Marion Kari at 206-935-0358

From The Pastoral Center



Stewardship Giving Made Easy Visit www.olgseattle.org

If you are looking for a more convenient way to make planned or additional financial contributions to support our parish ministries and programs, we encourage you to look at our electronic giving options. Visit our parish website to learn more. Go to www.olgseattle.org and click on the "Online Giving" button.

OLG School Happenings

Donna Ramos, Principal
dramos@guadalupe-school.org
206-935-0651 - X102



Congratulations to the 8th Grade Girls' OLG/HR Basketball Team who placed 2nd in the AA Varsity Division! OLG's Daren Monroe and Matt Byers from Holy Rosary coached the combined team together this season. We're proud of the great finish to an awesome season of learning and coming together to play as a team!

Box Tops And Labels For Education

Time to turn in Box Tops! Please drop off labels from Box Tops and Labels for Education products at the school office or by the church library this month. Thank you for your continued support!

Pastoral Center
Phone: 206-935-0358
Fax: 206-935-1230

Parish Staff
Fr. Jack Walmesley
fr.jack@olgseattle.org - X107

Helen Oesterle - Pastoral Associate
heleno@olgseattle.org - X108

Pete Shepherd - Parish Administrator
pshepherd@olgseattle.org

Peggy Behnken - Administrative Asst.
peggybe@olgseattle.org - X114

Sal Pagan - Facilities Supervisor
salp@olgseattle.org - X112

Marion Kari - Pastoral Care/Family Faith
marionk@olgseattle.org - X113

Jennifer Ibach - Pastoral Asst. for Outreach
jibach@olgseattle.org - X120

Vicki Quinn—Baptism Coordinator
vickiq@olgseattle.org - X115

Ann Sager - Music
sager206@msn.com

Gail Neudorfer - Bookkeeper
gailn@olgseattle.org - X118

Sandy Plummer
Safe Environment Coordinator
Bulletin Editor
sandyp@olgseattle.org - X111

Now Enrolling!

Do you have a child entering preschool through 8th grade this fall? Come see what OLG School has to offer! You will love our commitment to service, rigorous academics, mentorship program and close-knit community.

We would love to have you join our family! Call 206-935-0651 or email info@guadalupe-school.org to schedule a tour.

