

# Our Lady of Guadalupe

*A parish with open arms and caring hearts*

March 29, 2020



*God invites us, during Lent, to repent of our sins and to renew our lives by producing fruits of love, compassion, forgiveness, and faithful service.* Fr. Anthony Kadavil

## 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** - Listed inside bulletin and on parish website

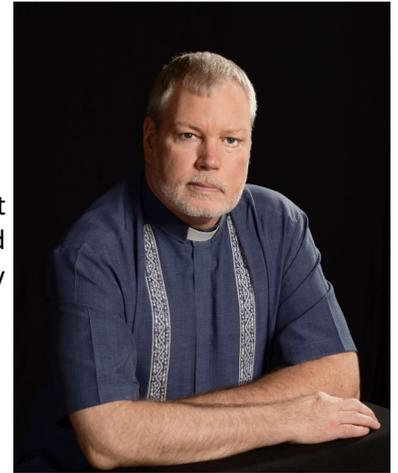
**Sacrament of Reconciliation** - Saturdays - 4:15 PM to 5:00 PM  
(or by appointment through the Parish Office)

**OLG Parish** - 7000 35th Avenue SW, Seattle, WA 98126

[www.olgseattle.org](http://www.olgseattle.org) - [parishoffice@olgseattle.org](mailto:parishoffice@olgseattle.org) - Phone: 206-935-0358

**OLG Parish School** - 3401 SW Myrtle, Seattle, WA 98126 - [www.guadalupe-school.org](http://www.guadalupe-school.org)  
Phone: 206-935-0651

# From the Pastor's Desk



Dear Brothers and Sisters in Christ,

I mentioned in the live-stream Mass that we celebrated on the 4th Sunday of Lent that I would publish the prayer I offered at the end of my homily, so that people could have it to read and use in their own prayer. The prayer was originally written by Cameron Bellm. It is entitled, "Prayer During a Pandemic".

May we who are merely inconvenienced

Remember those whose lives are at stake.

May we who have no risk factors

Remember those most vulnerable.

May we who have the luxury of working from home

Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close

Remember those who have no option.

May we who have to cancel our trips

Remember those who have no safe place to go.

May we who are losing our margin money in the tumult of the economic market

Remember those who have no margin at all.

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country, let us choose love.

During this time when we cannot physically wrap our arms around each other,

Let us find ways to be the loving embrace of God to our neighbors.

Amen.

Another form of prayer that is both timely and traditional is seeking the intercessions of the saints. There is, believe it or not, a Saint Corona. She was martyred in the year 170 A.D., most historians agree, in Syria during the reign of the Emperor Marcus Aurelius. She was put to death, along with another saint named Victor, a Roman soldier, for being a Christian. Their shared feast day is May 14th. While the corona virus is NOT named after Saint Corona—the name means "crown"—she is a saint who is invoked for protection in times of plague or pandemic. This aspect of devotion to Saint Corona is most common in Austria and Bavaria, and is verified in several ancient Germanic sources. So let us seek her intercession and help as we plead, Saint Corona, pray for us!

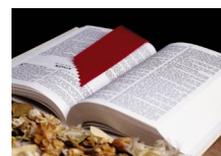
Health, grace and peace to all,

*Fr. Kevin*

**Special Note:** If you are not receiving our weekly email communications, contact the Parish Office.



# Prayer & Liturgy



## Scripture Readings

### March 29th - Fifth Sunday Of Lent

Reading 1: [Ezekiel 37:12-14](#)

Reading 2: [Romans 8:8-11](#)

Gospel: [John 11:1-45](#)

### April 5th - Palm Sunday Of Lent

Reading 1: [Isaiah 50:4-7](#)

Reading 2: [Philippians 2:6-11](#)

Gospel: [Matthew 26:14-27:66](#)

## 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	Ave Groth	Carolyn Longshore
Geri Mazzoni Barnett	Jordan Groth	Estella Mangaliman
Knox Burnett	Shelley Helland	Dr. Kenneth McKim
Carlos & Claudia Caballero	Adrienne Hoesley	Mary Olson
Jean Campbell	Sharon Lyons-Huber	Judy Puckett
Mel Dennis	Estevan Israel	Dan Reandeau
Sophie Briore Denommee	Mayola Jackson	Fred Robinson
Francis Xavier Duggan	Vernon Jackson	Rita Sexton
Oscar Emmanuel	Tessa Gray LaBellarte	John Sullivan
Albert Encarnacion-Gonzales	Kristin Lacey	Gene Underwood
Kim Fulton	Hudson Langhams	Carol Young
	Mason Langhams	

### Mass Requests

Mass for Special Intention - Marjorie Carmody - Wednesday, April 1, 2020  
 Memorial Mass for Sara Ann Davis - Thursday, April 2, 2020  
 Mass for Special Intention - Morgan Hegge - Friday, April 3, 2020

## Please Keep Our Elect And Candidates In Prayer At This Time

They have been preparing to celebrate their baptism, confirmation and first communion at the Easter Vigil. Now their reception into the Church could be delayed until late spring at the earliest. Please adopt them as prayer partners, lifting them up in your daily prayers as they wait during these uncertain times. You can learn more about our Elect and candidates by going to our parish website.

## Stations Of The Cross With Helen and Marion

This **Thursday** at 3:00 p.m., they will be live-streamed which can be accessed by Facebook or website.

For more information about "Prayer and Liturgy" go to [www.olgseattle.org](http://www.olgseattle.org) and click on the "Grow In Faith" tab.

### BUSINESS OF THE WEEK

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## Live Stream Sunday And Daily Masses With Fr. Kevin

Since our church does not have access to WiFi, the staff has created a worship space in the Pastoral Center where we can live-stream masses and other liturgical events. **Beginning this Sunday, at 10:00 a.m.**, you will be able to access a link on our website and in our emails, which will make it possible to participate (albeit remotely) with our parish community in mass and making a spiritual communion. In addition, you will be able to join Fr. Kevin in celebrating daily mass on Tuesdays, Wednesdays, Thursdays and Fridays at 9:00 a.m. Please watch for our parish emails in the coming weeks for updated information.

We encourage you to set up a Facebook log in account (you do not need to create a detailed profile) so that you can participate in the community conversation that takes place during and after our live streaming. This will also ensure that you get our most recent updates.

## Lenten Communal Reconciliation Celebration Is Back On - Albeit Remotely!

**Wednesday, April 1st** at 7:00 p.m. Join us through Facebook or find the link on our parish website.

**NOTE:** Fr. Kevin is no longer able to hear individual confessions at this time. You will find information in today's bulletin about how to make a perfect confession. **Remember, God's forgiveness is the SAME in all situations** - whether you are celebrating the Sacrament of Reconciliation, participating the Penitential Rite at mass, or making a personal confession in prayer! How we celebrate God's forgiveness depends on our awareness and need of God's mercy, and this Sacrament is a powerful way to experience that mercy in the context of Scripture, examination of conscience, confession and sacramental absolution. And, if needed, you are encouraged to celebrate individual confession when it becomes available again.

## Pastoral Care



## Family Faith Formation

### Home Ministries

Have you ever wanted to serve the Homebound in our community? If you feel called by the Holy Spirit, we have a place for you as a Eucharistic Minister! For more information, please call Marion Kari at 206-935-0358, Ext. 113 or email [marionk@olgseattle.org](mailto:marionk@olgseattle.org).



### Vacation Bible Camp For 2020 Is Cancelled!!!

We are sad to announce that we will not be able to host our Rocky Railway - Jesus' Power Pulls Us Through this summer due to the corona virus. We are basing this decision on the new CDC regulations not to host large groups. We share in your disappointment that we can't host our VBC this year but, when we have all supported each other in this crisis, we will have the most amazing Vacation Bible Camp in 2021!!!!



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“You shall know that I am the Lord when I open your graves and have you rise from them.”

#### Sheepish Question:

In what ways do I need to strengthen my belief in God's power, particularly in the truth of resurrection?

### This Week's Readings at Mass Unedited Emotions

- Ezekiel 37:12-14 - Promise of resurrection
- Romans 8:8-11 - The flesh and the Spirit
- John 11:1-45 - The raising of Lazarus

### Questions of the Week

1. Do you find it helpful to think of Jesus in human terms experiencing the full range of human emotions? Why or why not
2. What emotions or feelings might these readings and reflections be inviting you to admit and express more fully in this coming week: to yourself, a trusted friend or to God?

# Perfect Contrition & Spiritual Communion

With the restriction of public gatherings to slow the spread of COVID-19, the public celebration of the Mass has been suspended and many Lenten penance services have been canceled. Social distancing and quarantines also make it difficult to receive the sacraments normally. And so, the question arises:

## **“What do I do if I cannot go to confession or receive holy Communion because of the coronavirus?”**

In these circumstances, there are devotions that enable you to receive forgiveness of your sins (under certain conditions) and the consolation of the grace of the Eucharist. These devotions have been encouraged by the church in times of great distress and have been practiced by the saints.

### **How to make an act of perfect contrition**

The catechism describes contrition as “sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.” Perfect contrition goes beyond this and “arises from a love by which God is loved above all else.” Perfect contrition “obtains the forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible” (CCC 1452-1452). While the ordinary way to receive absolution is through sacramental confession, through an act of perfect contrition you can receive the forgiveness of your sins — even mortal sins — outside of the sacrament, provided you are firmly resolved to reform your life and intend to go to confession as soon as possible.

Perfect contrition is a grace from God, so you must sincerely ask that this gift be granted to you. In your prayer, approach God asking, “My God, please grant me perfect contrition for my sins.” Then follow these steps:

1. In reality or in your mind, kneel at the foot of a crucifix and mentally repeat: “Jesus, my God and my Savior, in the midst of your passion on the cross, you suffered for me and gave your life to purify me from my sins.”
2. Keeping in mind the great love that the Lord Jesus demonstrated on the cross for you, call to mind your sins. Out of love for God, express your sorrow and regret to the Lord. Promise that, with his help, you firmly resolve no longer to sin.
3. Recite, slowly and sincerely, an act of contrition focusing on the goodness of God and your love for Jesus:  
**O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to sin no more and to avoid the near occasion of sin. Amen.**
4. Make a firm resolution to go to sacramental confession as soon as possible.

### **How to make a spiritual communion**

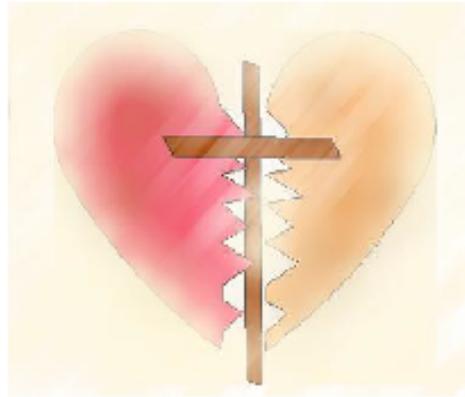
St. Teresa of Ávila wrote: “When you do not receive Communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you” (The Way of Perfection, Ch. 35).

St. Thomas Aquinas defined spiritual communion as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” To make an act of spiritual communion, follow these steps:

1. If you are aware that you have committed mortal sins, make an act of perfect contrition.
2. Imagine the sacred words and actions of the Mass, or watch them online or on TV.
3. Sincerely express in your heart to God your desire to receive Our Lord truly present in the Eucharist.
4. Recite this prayer of St. Alphonsus Liguori:

**My Jesus, I believe that you are present in the most holy Eucharist. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.**

5. Express in your heart your gratitude to God for the gift the Lord gave us in his body and blood offered for our salvation.



# **LENTEN RECONCILIATION SERVICE**

**Wednesday, April 1  
7:00 PM**

**You can live stream the service through our  
website or through our Facebook page.**

*“Do not forget that God forgives all, and God forgives always.”*

*—Pope Francis*



# Outreach Ministry

## LEARN

### Safe Parking Update

We are up and running and hoping to have a second guest by the time you read this. If you are interested in volunteering with this program, contact Jennifer at [jibach@olgseattle.org](mailto:jibach@olgseattle.org).

### Open Wide our Hearts: The Enduring Call to Love

Many face barriers to breaking the cycle of poverty due to discrimination or racism. Read and reflect on the U.S. bishops' new pastoral letter against racism, *Open Wide Our Hearts: The Enduring Call to Love*. We are called to confront the evil of racism and journey together towards the conversion of hearts, minds, and institutions. How is this letter calling you to conversion? What stereotypes do you have that distort your vision of members of your local and global community? This Lent, reflect and learn more about how you can address injustice with the accompanying educational and prayer materials. Visit <http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/index.cfm> for more information.

### Faithful Citizenship

At their November General Assembly, the full body of bishops approved scripts for videos to inspire prayer and action in political life and to help Catholics apply the teachings of Pope Francis to our day. The videos complement *Forming Consciences for Faithful Citizenship*, the bishops' teaching document on the political responsibility of Catholics, and they seek to help Catholics participate in public life, prioritize faith over partisan politics, engage with civility, and respond to pressing issues of our day. Each video ends with a prayer. The videos are available on the USCCB's YouTube channel and at [FaithfulCitizenship.org](http://FaithfulCitizenship.org) in four languages (English, Spanish, Tagalog, and Vietnamese).

### Civilize It: Dignity Beyond the Debate

Catholics around the country are engaging in *Civilize It: Dignity Beyond the Debate* by pledging to witness to civility, clarity, and compassion during election season and beyond. A pledge to civility, a short reflection, an examination of conscience on civility, a prayer for civility, and more are available at [CivilizeIt.org](http://CivilizeIt.org). Join Catholics around the country by participating in *Civilize It* and share this initiative with others!

## SERVE

### Volunteer at St. James "Cathedral Kitchen"

If you have availability during the weekday, please consider helping with the Cathedral Kitchen dinner program. Many of their volunteers are seniors and have asked to step away for the time being due to the coronavirus. If you can volunteer once a week to prepare dinner and serve, starting at 1:00 p.m., please contact Patrick Barredo at: 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

## GIVE

### Catholic Relief Services: Footsteps in Faith

As little as 90¢ a day can make a difference. Join CRS's Footsteps in Faith recurring giving program and become a part of sustainable, long-term solutions around the world! Last year, Footsteps in Faith members donated \$13.3 million, which provided prenatal care for more than 443,333 women, provided high school tuition and lunch for 38,000 youth, and provided emergency shelters for more than 180,000 families. Please visit [www.crs.org](http://www.crs.org) for more information! To give by phone, please call 877-435-7277 from 8:00 a.m. to 11:00 p.m. Eastern Time.

### Catholic Relief Services Rice Bowl: Opportunity to Dream

Young people must be provided good nutrition to be able to pursue their dreams. Did you have the opportunity to dream? What can you do to give young people the opportunity to dream? As the coronavirus spreads around the world, many of the countries where CRS serves will struggle. Infrastructures, resources, and conditions are already stretched thin. Our Rice Bowl and Fish Fry Suppers were cancelled due to the coronavirus locally and there were no physical Masses during the usual CRS Collection weekend. ***Please consider contributing more to your Rice Bowl this year to make up for the difference and to address the growing need.*** Visit [crsricebowl.org](http://crsricebowl.org) for more.

## ACT

### Support Refugee Resettlement

Urge your members of Congress to support and cosponsor the GRACE Act ([S. 1088/H.R. 2146](https://www.congress.gov/bills/116/1088)). The GRACE Act will restore refugee resettlement to its historic average of 95,000 individuals per year. Currently, the Administration has set refugee resettlement at 18,000 individuals annually, the smallest number of refugees yet. Given that there are more than 25 million refugees worldwide — more than half of whom are children — the dismantling of the resettlement program will keep thousands of vulnerable people from receiving the necessary aid, care, and protection that they deserve. Take action at [www.ipjc.org/legislative-action-center/](http://www.ipjc.org/legislative-action-center/).

## PRAY

The word "Lent" is derived from the word "Spring." How fitting is that? For us in the Northern Hemisphere, winter has ended and new life will bud forth. In our spiritual journey, the Lenten season is our opportunity to remember where we are in the paschal mystery of birth, life, death and resurrection; and to ponder the question: How and where is God inviting me to new life in the mission of love? To join you on the journey, Maryknoll has developed Lenten Reflection Guides based on the Sunday readings in both English and Spanish. These free downloads are great for Small Christian Communities, as well as personal reflection. They also have their Maryknoll Stations of the Cross online that bring the present world to light in a time-honored tradition. It's not just a magazine anymore! Visit <https://www.maryknoll.us/> to access all resources.



### ***Our Website Continues To Be Updated With New Information***

Please check it regularly. In particular, check out our **Catholic Liturgy & Prayer Resources** webpage. This week you will find:

- Recordings of our daily and Sunday Masses with Fr. Kevin's homily.
- Recordings of The Starry Crowns liturgical music for Sunday Masses.
- Pope Francis grants Plenary Indulgences.
- How to make a "Perfect Confession".
- A variety of resources to enrich your own Catholic faith and prayer life. [www.olgseattle.org](http://www.olgseattle.org).

### ***Looking For Volunteers To Help Launder Altar Linens***

We have a great group of volunteers already, but could always use more. The time commitment would be one or two months out of the year. If interested, or if you have any questions, call Lucy at 206-291-8502.



### ***Just a thought.....***

In moments like this, we must also remember we have a common home. You are a part of a larger tapestry that will rise and fall together. We need each color and thread of life to rebuild the whole. Hear the cry of your neighbor and pray for hearts you don't know. May the lining of this illness heal divisions we have sown. If we listen through it all we will sense where new gardens could grow.

-Knox Burnett

**For more "Community Events",  
please visit our website at [www.olgseattle.org](http://www.olgseattle.org)**

#### **Pastoral Council Members**

- Matt Procriv: Chair - Princess Ayers, Anne-Marie Herron, Tim Hunt, David Meza, Jason Pankow, Liz Santos

#### **Finance Council Members**

- Maryann Crissey: Chair - Brenda Croft, Colleen Hardy, Dan Merlino, Rachelle Snyder, Benjamin Reilly



## From The Pastoral Center

**THERE CAN BE NO  
STEWARDSHIP  
WITHOUT STEWARDS**

As many around the world struggle with the Coronavirus, Our Lady of Guadalupe has not been immune to the effects caused by these recent events. The directive from Archbishop Etienne to suspend all Masses was an important step in helping slow the spread of the virus. This decision was not taken lightly. It was made out of concern for the common good and care of the vulnerable in our community. **The suspension of Masses translates to less financial support for the parish. This reduction in donations will affect parish operations budget.** Like most parishes, 90% of our revenue comes from the generous support of our faith community. This generosity supports the basic operations and ministries of our church.

This is a good time to remind you that we have several options available for giving.

### **Online Giving**

- Visit our website at <https://olgseattle.org/stewardship-2> and select Make a Donation.
- Give-By-Text - Enter **206-745-4559**, put \$\$ amount in message line. Response will provide link to finalize gift, and give option for it to be recurring.
- Mail or drop off your weekly envelope.

**Pastoral Center**

**Phone: 206-935-0358 - Fax: 206-935-1230**

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***Our Lady Of Guadalupe School - Anton Kramer, Principal***

***akramer@guadalupe-school.org 206-935-0651 - X102***

### ***"OLG: Many Parts, One Body"***

**School Continues with Remote Learning** - Remote Learning has been enacted at OLG School until **April 26th**. Athletic practices, and co-curricular activities are cancelled during this time. Parish and school public events are continually being reviewed...please check the [online calendar \(https://www.guadalupe-school.org/calendar/\)](https://www.guadalupe-school.org/calendar/) for update to school events as we follow the recommendations from Seattle/King County Public Health.

[Cancelled] The March 29th **Over 65 Spring Luncheon** has been **cancelled**.

[Cancelled] The April 25th **Cultural Night** has been cancelled. We are looking to reschedule this event for a later date.

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