

## 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\*

\* Livestreaming is available for  
those who are sick or homebound  
(or have other extenuating  
circumstances)

# Our Lady of Guadalupe

*"A parish with open arms and caring hearts"*

## Our Mission Statement

*"Our Lady of Guadalupe parish is a diverse, welcoming Catholic community rooted in West Seattle. Led by the Holy Spirit, we gather in prayer and live as disciples of Jesus Christ. United in our core value, we serve our community and care for all God's creation."*

February 19, 2023

## OLG Parish

7000 35th Avenue SW, Seattle, WA 98126  
206-935-0358, [parishoffice@olgseattle.org](mailto:parishoffice@olgseattle.org)  
[www.olgseattle.org](http://www.olgseattle.org)

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### Ann Sager - Music

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206-935-0651, [info@guadalupe-school.org](mailto:info@guadalupe-school.org)  
[www.guadalupe-school.org](http://www.guadalupe-school.org)

### Anton Kramer - Principal

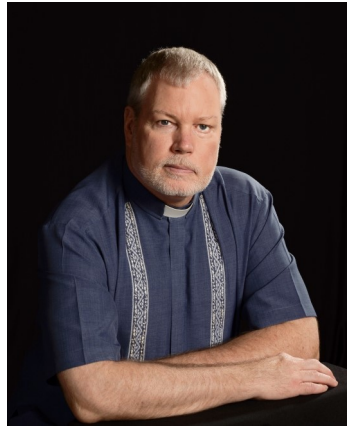
[akramer@guadalupe-school.org](mailto:akramer@guadalupe-school.org) X102

Do not seek revenge or  
hold a grudge against any  
of your people. Instead,  
love your neighbor as you  
love yourself, for I am  
the Eternal One.

Lev 19:18

Oh Lord, our Father, in a world torn apart by fear and suspicion, teach us your children that Love is the only means to conquer fear: the Love we encounter as we search you out, the Love we encounter as we accept your embrace. Oh Lord, the Son, in a world full of anger and frustration, teach us, your servants, your friends, your sisters and your brothers, to overturn the tables and tear down the fences which turn away the hungry and homeless: to feed and house the disciple that knocks on our door in the guise of the stranger, and to find the love we seek in loving others. Oh Lord, the Holy Spirit, Mother of Wisdom, teach us, your children, to be caring of one another, to protect one another, as you gather the nations under the feathers of your wings. Help us to know peace that steals gently in through quiet acts of kindness. -Love Your Neighbor Prayer

## A Letter From Fr. Kevin



Brothers and sisters in Christ,

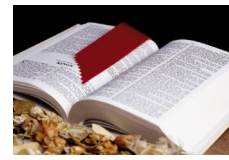
Two weeks ago—February 5<sup>th</sup>—the edition of my weekly bulletin column, “From the Pastor’s Desk,” had a tiny but important bit of inaccurate information that I wanted to be sure to correct here. The mistake was due to an error on my part and involved an incorrect listing of the starting time for the Ash Wednesday early morning Liturgy of the Word with Distribution of Ashes. The time listed in my bulletin column should have been **7:00 a.m.**, NOT 12:00 p.m. (Noon). This Ash Wednesday service will be in addition to our two Masses that day, a morning Mass at 9:00am, and an evening Mass at 7:00 p.m. The correct times for all three of these Ash Wednesday Liturgies were correctly listed on our Lenten Bulletin Flyer that came out last weekend. Sorry for any uncertainty or confusion that resulted from my oversight.

As we draw near to Lent and its annual call to renew and deepen our commitment to the practices of prayer, fasting (self-denial) and almsgiving (practical charity), I ask us all to be mindful of the two collection requests that came to us as Catholics this past weekend. First, there is the assistance we are being asked to give to the people of Turkey and Syria where the devastating earthquakes occurred on Monday, February 6<sup>th</sup>. As I write this installment of my pastor’s bulletin column, the death toll has already risen to over 25,000, with many thousands more who are injured, homeless and exposed to the elements and urgently in need of food, warm clothing, shelter, and relief. Let us all be as generous as we can, and show by our prayer, our fasting and our almsgiving, that we take to heart the call of Jesus. Indeed, let us show that it is Jesus whom we recognize in those who reach out and call to us for help. You can find links to **Catholic Relief Services (CRS)** on our parish website and Facebook page. CRS has joined together with Caritas International to help, and are already present in these devastated areas. Thank you for any help you can provide.

There is also the help we have been asked to give to the **Prepares Ministry** that offers support and assistance to parents facing the needs and challenges that come with pregnancy and early childhood care. Prepares is an initiative of the Washington State Conference of Catholic Bishops (the Arch/Dioceses of Seattle, Spokane, and Yakima), and offers life-affirming help through parish-based programs throughout our state. You can find Prepares donation envelopes at the ends of the pews. You can drop your donation in our collection basket as it comes around at Mass this weekend, or take the envelopes home and mail your donation in directly. God bless you for your generosity.

Grace and peace,

*Fr. Kevin*



**We will hold these individuals in prayer for the month.**

Richard Aspiras	Richie Gillespie &	Sharon Lyons-Huber
Rod Benedict	Family	Evonne Martinez
Steve Bucco	Lisa Havens	Xahil McDonald
Mary Johnson Carlson	Carla Heck	Dennis Moran
Maggie Cordasco	Morgan Hegge	George Niznansky
Mel Dennis	Tom Hutyler	Jaxson Rivera
Henry Eiring	Ben Ibach	Daniel Ocasio Gonzales Salinas
Debi Erckman	Dolores Immel	Haley Shelland
Don Faulhaber	Christine Iwanyk	Keith Soyka
Neil Flores	Cally Johnson	John Sullivan
Mary Grubb	Chris Johnson	Al Tokarse

Memorial Mass for Bob Sheridan - **Wednesday, February 22nd**  
 Memorial Mass for Valeriano Gabisan - **Thursday, February 23rd**  
 Memorial Mass for Jeanette Denfeld - **Friday, February 24th**



### **Sacraments**

#### **ANointing OF THE SICK**

Please call the parish office.

#### **COMMUNION IN THE HOME**

Please call the parish office.

#### **SACRAMENT OF RECONCILIATION**

Saturdays - 4:15 PM to 5:00 PM

(or by appointment through the Parish Office)

### **Welcome Visitors**

We welcome you to Our Lady of Guadalupe Parish! Wherever you may be in your spiritual journey, we hope you will feel at home as part of our parish family. You are invited to contact the parish office if you would like to register, or if you have any questions.

### **Please Welcome Our New Parishioners**

Paolo Sy and Family  
 Anne Warner  
 Cait and Tom Eckart

### **February 19th - Seventh Sunday In Ordinary Time**

Reading 1: **Leviticus** 19:1-2, 17-18

Reading 2: **1 Corinthians** 3:16-23

Gospel: **Matthew** 5:38-48

### **February 22nd- Ash Wednesday**

Reading 1: **Joel** 2:12-18

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

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

**7:00 a.m. Liturgy of the Word with distribution of ashes**  
**Masses at 9:00 a.m. and 7:00 p.m.**

### **February 26th - First Sunday of Lent**

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

Reading 2: **Romans** 5:12-19

Gospel: **Matthew** 4:1-11

### **Planning On Getting Married?**

Congratulations! Our Lady of Guadalupe wants to support you in the best way possible as you embark on this very important commitment in your lives, including assistance in planning your wedding ceremony, providing quality marriage preparation, and a wonderful wedding coordinator. We even have great venues for receptions. You can find more information on our parish website, including frequently asked questions, which is intended to answer a few of the questions which are most likely on your mind at this time. It may also help you to raise some questions which haven't yet occurred to you, but which will be important for you to consider as you make plans for your wedding. For more information, contact Helen at 206-935-0358, [hele-no@olgseattle.org](mailto:hele-no@olgseattle.org)

### **Congratulations & God's Blessings**

To Finn James, son of Heidi and James Harbach, and Calista Del Fierro, daughter of Catherine and Nathan Curtis who were baptized this past weekend. We welcome them and celebrate with their families on this joyous occasion.

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



# Tough Teachings

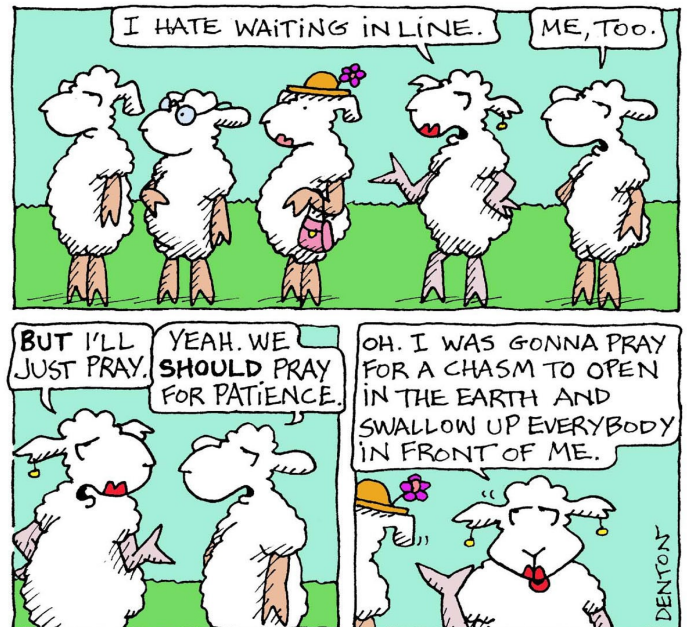
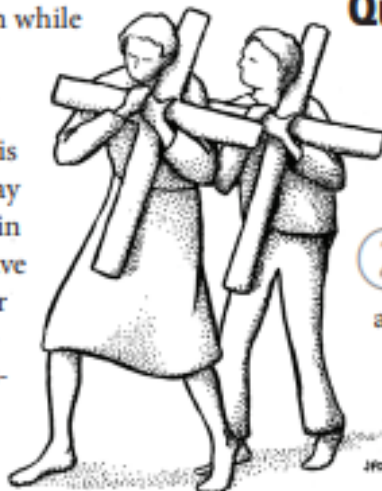
## This Week's Readings at Mass

- Leviticus 19:1-2, 17-18 • Various rules of conduct
- 1 Corinthians 3:16-23 • The work of God's ministers
- Matthew 5:38-48 • New law of retaliation; love of enemies

It might seem like Jesus is telling his followers they should be "push-overs" with his instructions in the first half of this gospel passage. Turn the other cheek, hand over your cloak as well as your tunic, go the extra mile—they all seem passive in the face of injustice. In reality, Jesus' listeners would have heard the radical call to show strength and courage with these particular responses. Each response would have publicly called out the offender.

To turn your cheek after being struck on the right cheek (which would be the slap given by a superior to someone inferior to him) would be to insist to the person hitting that you were their equal in dignity. If someone took your tunic, the only thing hiding your nakedness would be your cloak. To be naked in public was more shameful for the observer than the naked person in Jesus' culture. Jesus knows that if you started to take off your cloak, the one who took your tunic would be quick to let you keep it. Roman soldiers were permitted to press people into service to carry their gear for a mile, but it was illegal for them to ask for more. Someone who cheerfully offered to go farther could then bring punishment on the soldier. In all these examples, Jesus finds a "third way" to respond to injustice. He doesn't ask his disciples to accept it passively. He doesn't permit violence in return. Instead, he calls for a response that upholds the dignity of the victim while giving pause to the offender.

The second half of the passage, with its teaching on loving your enemies, is challenging in itself. Some people may be fortunate enough to be in a place in life where they don't feel that they have enemies. Jesus' teaching to "love your enemies and pray for those who persecute you" might seem like a non-issue. Perhaps these lucky ones can bring greater love into the world by



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"Be holy, for I, the Lord your God, am holy. Take no revenge and cherish no grudge against any of your people."

## Sheepish Question:

Who are the people hardest for me to love, and what is my prayer for them today?

spending energy on loving and and praying for their family's, churches, or nations "enemies."

Jesus knows that many of us *aren't* in a place of feeling able to love our enemies. But he doesn't let us off the hook here. Just because it's hard doesn't mean we shouldn't aspire to it. If we want to be more God-like, we can work toward that, trusting that Jesus doesn't judge us for having normal human emotions and reactions. It may take a long time, but there are plenty of examples of people who have arrived at a place of being able to love others who have hurt them terribly. In the meantime, perhaps the rest of us can at least pray to have the desire to pray for our enemies.

## Questions of the Week

- 1 When have you seen or heard about a victim responding to violence or injustice in keeping with Jesus' teaching as above? How did that affect you?
- 2 Have you ever had an experience of genuinely being able to love and pray for an enemy? What was that like? Please share.

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# LENT 2023

*"One does not live on bread alone,  
but on every word that come forth from the mouth of God."  
(Matthew 4:10)*

## *The Invitation*

Lent is a 40-day pilgrimage which Christ personally invites us to make. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture, attending Mass, and praying daily; we serve by giving alms, especially through Rice Bowl; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. This invitation is to a journey of discovery, a journey that Christ has already made and will continue to walk with us. 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 falsehoods. 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. You are invited to explore the opportunities our parish is offering during Lent.

*Our Lady of Guadalupe, pray for us.*

## Official Lenten Regulations

**F**or this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

**Abstinence:** On days of abstinence eating of meat is not allowed. Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

**Fasting:** On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. The obligation of fasting binds Catholics who are 18 - 59 years old. The obligation of abstinence applies to those 14 years and older. The law does not apply when health or ability to work would be seriously affected.



## PARTICIPATE IN CRS RICE BOWL!

Each Lent our parish participates in Catholic Relief Services' Rice Bowl, a formational Lenten program that helps us encounter Jesus through others, especially through the most vulnerable in our world. Rice Bowls are available through the school, in the church, and at the Parish Office. Be sure to take one home, learn about this year's featured countries (Philippines, Honduras, and Kenya) and use the many resources to deepen your Lenten experience. Your prayers, fasting and almsgiving this Lenten season will help CRS continue to provide life-saving assistance in over 100 countries and will also benefit local hunger-reduction programs. CRS works on our behalf to care for those most in need in our world and to end global poverty.

Visit [www.csricebowl.org](http://www.csricebowl.org) to access additional resources for individuals, families and small groups.

**Note: Rice Bowls will be collected at Mass on Holy Thursday**



## Prayer during Lent



**ASH WEDNESDAY** is on **Wednesday, February 22**. Masses are at 9:00am (with school) and 7:00pm. There will also be a Scripture service and distribution of ashes at 7:00 am.

**MASS** The Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings for the Sunday and weekday celebrations are particularly rich in their ability to inspire and challenge us. Weekday Masses are at 9:00am on Wednesday, Thursday and Friday.

### **ADORATION OF THE BLESSED SACRAMENT**

This traditional form of prayer provides an opportunity for quiet prayer & reflection. Access to the church for prayer is available during the day. Check in at the Parish Office.

**PRAYING THE STATIONS** Booklets will be available near the stations in the church for personal prayer. *Stations of the Cross will also take place on Good Friday, April 7, 11:00 am (Living Stations by the OLG School) & 3:00 pm.*

**SACRAMENT OF RECONCILIATION** This Lent, there are many opportunities to celebrate this sacrament of God's mercy. Confessions are heard each *Saturday from 4:00-5:00 pm*. Friday evenings during Lent, and upon appointment.

**COMMUNAL RECONCILIATION SERVICES will be on Saturday, March 18 at 10:00 am and Wednesday, March 22 at 7:00 pm.**

**BECOME A PRAYER PARTNER** "Adopt "one of our Elect or Candidates who are preparing for Baptism, and/or Eucharist and Confirmation at the Easter Vigil. Prayer cards available in the church. Learn more about their faith journey by going to our parish website or place of prayer in the church.

**"LITTLE BLACK BOOKLETS"** are a wonderful resource for your daily prayer. Pick one up in the church vestibule, as long as supplies last.

## Faith & Spiritual Enrichment

### **REFLECT & RENEW:**

#### **ENCOUNTERING CHRIST DURING LENT**

During the season of Lent, you are invited to participate in a five-week Bible Study series reflecting upon the Sunday readings. Small groups meet at a variety of times in person or by Zoom.

Information: [heleno@olgseattle.org](mailto:heleno@olgseattle.org)

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### **LENTEN FISH DINNERS**

**Fridays, March 17 & March 31**

**6:00-8:00 PM, Walmesley Center**

ALL are invited to enjoy a delicious meal of baked cod fish, french fries, mac & cheese, and coleslaw. Part of the proceeds will go to CRS Rice Bowl.

Sponsored by OLG Knights of Columbus.

*Invite your neighbors and friends!*

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### **CRS LENTEN SOUP DINNER**

**Friday, March 10, 6:00-8:00 PM**

Youth Ministry will host a simple Lenten soup dinner in the Walmesley Center. 7-8th graders and high school students will help prepare and serve our meal. ALL parishioners are invited to attend.

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### **FAMILY FAITH SUNDAY**

**Sunday, March 5, 9:30-10:45 AM**

**Lent: We Stand Together with Christ**

Learn how we can build our faith, our family, and our community through our Lenten journey with Christ through a variety of family activities.

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### **LENTEN ALMSGIVING TREE**

Throughout Lent, we invite you to take a tag from the barren tree in the vestibule as we collect items for our St. Vincent de Paul ministries & Homeless Care Kits. Each tag will have suggested items to donate.

## HOLY WEEK SCHEDULE

### **PALM SUNDAY OF THE LORD'S PASSION, April 1-2**

5:30 pm Vigil mass (Saturday evening), 8:30 am and 11:00 am

NOTE: This year the procession will begin in the Walmesley Center

### **HOLY THURSDAY, April 6**

**Lenten Soup Supper**, 5:30 pm in the Walmesley Center—Sponsored by the Parish School

**Evening Mass of the Lord's Supper**, 7:00 pm followed by Adoration of the Blessed Sacrament in the church until 10:00 PM. (Remember your Rice Bowls!)

### **GOOD FRIDAY, April 7**

**Living Stations of the Cross (with school)**, 11:00 am

**Quiet Meditation**, 12:00-3:00 pm (Church open for prayer during this time)

**Stations of the Cross**, 3:00 pm

**Liturgy of the Passion of the Lord**, 7:00 pm

**THE EASTER VIGIL Saturday, April 8, 8:30pm:** On this holiest of nights, we celebrate the resurrection of our Lord. It is the "Vigil of all vigils" in our liturgical year.

**EASTER SUNDAY, Sunday, April 9.** Masses at 8:30 and 11:00 am.





Thanks to your generosity, we were able to help **38 families** in our community catch up on rent/mortgage or pay off their utility bills last month. We are so grateful for your incredible generosity over the holidays!

We continue to receive a high volume of calls from our neighbors requesting rent support at higher amounts than we have ever seen. Additionally, many of our neighbors have received 14 or 30-day pay or vacate notices. While the winter eviction moratorium (which runs until March 1) is helpful in ensuring folks can remain housed through the remainder of this month, we expect many of our neighbors will be facing eviction as we enter spring unless they can catch up on their rent. We are doing our best to quickly but thoughtfully distribute funds, as well as connect our neighbors with other resources.

Additionally, we are beginning to accept donations of non-perishable foods as well as hygiene items as part of the offering during Mass. You may recall this tradition which was in place prior to the pandemic. It was wonderful to see many kids and parishioners bring their items up to the altar during the offering/preparation of the gifts – what a great way to involve the whole family! Your support makes a big difference.

Curious about other ways you can support St. Vincent de Paul?

**Become a volunteer!** While we always welcome more home visit volunteers, we are also in need of help with marketing, communications and grant research/writing. Learn more by contacting Bob Bucci at [bbooch@comcast.net](mailto:bbooch@comcast.net) or (412) 303-1795.

**Make a donation!** You can make a gift online by visiting <https://olgseattle.org/ways-to-give> and selecting St. Vincent de Paul as your designation.

**Pray for neighbors in need!** Please also pray for our Vincentians who strive to serve as the hands and feet of Jesus.

## **OLG/HOLY FAMILY ST. VINCENT DE PAUL**

**January, 2023**

### INCOME

Parish donations.....	\$20,870.00
Other.....	<u>\$718.00</u>

**TOTAL INCOME.....\$21,588.00**

### ASSISTANCE GIVEN

Housing (Mortgage/Rent).....	\$17,447.25
Utilities.....	\$1,782.93
Clothes.....	\$1,285.55
Household.....	\$475.44
Beds.....	\$253.23
Vehicle.....	\$179.48
Furniture.....	\$79.61
Operating Expense.....	<u>\$30.35</u>

**TOTAL EXPENDITURE.....\$21,533.84**

### IN-KIND ASSISTANCE

Food.....	\$2,655.00
Furniture.....	\$850.00
Clothing.....	\$80.00
Other.....	<u>\$1,460.00</u>

**TOTAL IN-KIND ASSISTANCE.....\$5,045.00**

### TOTAL IMPACT

**Total Households Contacted.....90**

**Total Adults & Kids Provided with Assistance...142**

## Support Our Ministries

### 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 email [srmary@olgseattle.org](mailto:srmary@olgseattle.org)

### Communion For The Sick



If you have not been able to return to Mass due to illness, concerns about COVID, aging issues or mobility concerns, please call us at the parish office 206 935-0358 or email Sr Mary at [srmary@olgseattle.org](mailto:srmary@olgseattle.org). We are here to support you.

### Do You Like Projects?

Looking for individuals who consider themselves "handy" and would be interested in helping out with various campus projects throughout the year.

Please contact Dave Fitton at [davef@olgseattle.org](mailto:davef@olgseattle.org) for more information.

### Refugee Support Team

The OLG Refugee Support team could use a few more drivers, to take our sponsored family to English lessons, visits to the doctor and other appointments. This is a wonderful way to help and get to know this lovely family. Drivers are needed mostly on weekdays during business hours. Interested or have some questions? Contact Refugee Support coordinator Kathleen Sullivan [malusdomestica19@gmail.com](mailto:malusdomestica19@gmail.com).

### Bring Your St. Vincent de Paul Food Donations When You Come To Mass

We have returned the St Vincent de Paul Donation basket to the front of the altar steps. You are invited to bring your donations forward during the offertory which will be included in the blessing of the gifts. This is a great way for children to be more involved in Mass while also helping those in need.

**CLICK HERE** for list of needed items.

"Item of the Week" is JARRED PASTA SAUCE

## Family Faith Formation



All of today's readings are excellent for family sharing time. We are to love not just those we like but everyone, even those who have harmed us. For children, understanding how to work through hurt feelings to do this is an important conversation. Today's "Reflecting on the Word as a Family" includes an activity that can help open this conversation. Download it from our Family Faith Formation page on our OLG website. <https://olgseattle.org/children-family-faith-formation->

**No Children's Faith Formation** small groups this Sunday, February 19, due to the President's Day holiday weekend. We will see you next week!



**Lent begins this week** with Ash Wednesday. Our February issue of **Family Times** includes ideas and activities to help children understand Lent and grow in faith during these 40 days. Download it from the Family Faith page listed above.

Also, check out and add to our Families Sharing Ideas page. <https://bit.ly/OLGFamilies> Also, our Family Faith Sunday on March 5 will focus on Lent.

OLG's Day of Service on March 25 includes many opportunities for families. Be sure to check it out!

*Lord, help me  
to be a blessing  
to someone today.*





## Upcoming Events

### Free Books For Lenten Spiritual Reading

Interested in having a book or two for some extra Spiritual Reading for the Lenten Season? On the week-end of **February 18-19** there will be free books in the vestibule of the church for you to take (spirituality, liturgy, scripture, theology, social teachings of the church, saints, etc.). Or you might want to check out the Parish Library for additional reading! Come and peruse after the Masses.

**Pastoral Office Closed** - February 20th -  
Observance of President's Day

**Ash Wednesday** - February 22nd

7:00 a.m. Liturgy of the Word with distribution of ashes  
Masses at 9:00 a.m. and 7:00 p.m.

**School Auction** - March 4th

**Day of Service** - March 25th

On March 25th, OLG will be holding the 10th Day of Service. This is an opportunity to spend a part of the day with other parishioners from OLG, St. George, St. Paul, St. Peter, and St. Edward to support our community. We have over 20 projects to choose from including projects you can do at home. Sign up now at <https://bit.ly/2023DayofService>. Questions? contact Karen - [fittonkaren@gmail.com](mailto:fittonkaren@gmail.com)

**Retrouvaille**  
- April 14-16, 2023  
**Considering Separation  
or Divorce?**



Wait! There is an alternative. Retrouvaille pro-(pronounced retro-vi) has brought healing to tens of thousands of troubled marriages worldwide. Your situation may seem hopeless, but there is always hope, and you are not alone in your struggle. For confidential information about Retrouvaille, or to register for our upcoming program on April 14-16, 2023, call 206-706-2608 or go to [www.helpourmarriage.org](http://www.helpourmarriage.org).



We're BACK with **Loop The 'Lupe**, Seattle's best 5K obstacle course fun run! This event will take place at Walt Hundley Playfield in West Seattle on Saturday, June 3rd. Here's what's in store for 2023:

**NEW!!! ELITE WAVE:** We've heard from racers that they're looking for an extra challenge, and we've got it for you! We're starting the Loop the 'Lupe this year with an "Elite Wave" for racers 16 years old and up to increase the level of competition. We're also ADDING TWO OBSTACLES just for this wave, creating a total of nine obstacles per lap!

**NEW!!! FAMILY WAVE:** So, you're ready for the ninja challenges (wall-climbing, mud-crawling, all your favorites), but not ready to run with the elites? The 7-obstacle Family Wave is all you! **NEW OBSTACLE:** We've replaced our balance beams with a NEW balancing obstacle and we're ready to go!

**YOUR FAVORITES ARE BACK:** We'll have the 5K run/walk, the Senior Saunter walk (100% flat, no obstacles), and the Youth Dash (a 1K loop with 7 obstacles & adult supervision).

**YOU CAN SUPPORT A GOOD CAUSE:** This event is one of the major fundraisers for Our Lady of Guadalupe Church each year. Your registration, sponsorships and donations support our ministries and social outreach efforts.

**VIRTUAL RACING:** Not feeling up to a trip to the park? No problem! Register to get a race t-shirt, contact us at [loopthelupe@gmail.com](mailto:loopthelupe@gmail.com), and record a video of yourself on your own crazy home obstacle course, then post it to our on our Facebook page! Prizes for the top entrants!

**ALL PARTICIPANTS:** The Loop's live music, food, and beer garden are back, too, this summer, with a new layout for post-race relaxation at the park!

There's an advantage to signing up early – prices go up in a few weeks. Registration [starts here](#).

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

## Other News To Share

Caring for God's Creation



***“Though you may have to reprove your fellow citizen, do not incur sin because of [them]”***

### ***1<sup>st</sup> Reading from Leviticus***

It is not fashionable to “reprove your fellow citizens” and tell them what they should or shouldn’t be doing to care for creation. Besides, approaching someone in the grocery store who is using plastic bags instead of cloth bags will probably have the opposite effect. **This week, commit to one concrete action you can take to make it easier for someone you know to choose a more environmental alternative.** Buy cloth grocery bags for someone you know who doesn’t use them. Help a friend or co-worker dust off their bike, inflate their tires and go on a bike ride with you. Ask an aging neighbor or relative if you can replace their incandescent light bulbs with LEDs. Turn any judgment you have for another into action to help them!



### ***Principal Search Committee Selected***

As we begin the process to recruit and select a new school Principal, Fr. Kevin has invited the following individuals to be part of the Principal Search Committee. We thank them for their leadership, wisdom, expertise and commitment to OLG. Please pray for them and the OLG community as we embark on this journey. The first meeting of the committee will be on February 21.

Janet McClelland – OLG Vice Principal  
Dan Merlino – Parish Finance Council Member, President of the Archdiocesan School Board  
Jason Howell – School Commission Chair  
Cayley Crotty – School Commission Member  
Matt Prociw – School Parent, Pastoral Council Member  
Clare Moffat – School Parent  
Molly Berger – PA for Children and Family Faith Formation



### ***NEW WAY TO GIVE - “Dip” To Donate***

Try out our new convenient way to give. The **Dip Jar**, located in the vestibule, is preset with a specific amount. Just “dip” your card, wait for the arrow, once you see the lights....**BAM** you’ve donated. To maximize your donation, you will be charged the cost of acceptance of your transaction, which is 3.5% and \$0.30. For example, a \$25 donation would be charged \$26.18. This allows OLG to receive 100% of the donation made.

Currently, all Dip Jar donations will go towards the “Show Your Love For OLG” campaign. And yes, you can “dip” more than once if you want to donate a larger amount.



### ***Celebrating the Season Of Lent***

This season is a time of preparation that directs our hearts and minds to celebrating Jesus Christ’s Resurrection at Easter. There are many opportunities for you to participate in this 40 day journey of prayer, fasting and almsgiving. Here are some ways to celebrate this season:

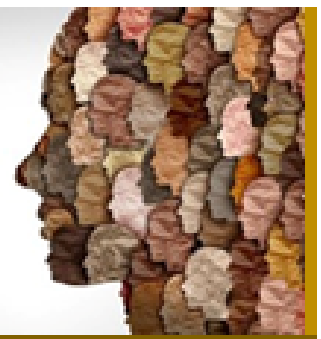
- Our [website](#) has a variety of resources, including fasting and abstinence guidelines, a variety of prayer resources, and schedule of upcoming events. [See insert in today’s bulletin]
- Join us for our Lenten Communal Reconciliation services on **Saturday, March 18**, 10:00 a.m. or Wednesday, **March 22**, 7:00 p.m.
- Pick up one of the “Little Black Booklets” that provides daily reflections during this holy season based on the Scriptures. It is a great resource to enrich your prayer life during this holy season. If possible, a small donation of \$5 to help offset the cost would be greatly appreciated. Available in the church vestibule or parish office.

### ***COVID Safety Update In The Church***

In response to the COVID guidelines being relaxed in our state and county, **and** with the return of more people to Mass, we will be reducing the number of pews in the “Masks Required” section of the church. The **back four pews** will be opened up to general seating while the rest of the pews will continue to require masks. This will ensure that the front pews reserved for seniors and/or persons with disabilities will continue to remain safe. Thank you for helping keep our church safe for everyone!

# OLG HEART

(Healing, Equity, Anti-Racism Team)  
An Our Lady of Guadalupe Outreach Ministry



## One Parish One Prisoner

### *Starting this program in our parish*

#### *Introducing the OLG Core Team...*

The One Parish One Prisoner model works with congregations by providing resources to a Core Team of individuals who commit to a two-year journey of training and relationship-building with our new friend. Join me in welcoming our OLG OPOP Core Team members: Mike Bunney, Kathy Campbell, Beth Colehour, Sally Crone, Dave Fitton, Sr. Sharon Fitzpatrick, Ray Frenchmore, Kelley MacKenzie, Martin & Terre Martinez. Our Core Team will loop in the OLG community increasingly as we meet our new friend and learn more about the OPOP program.

#### *Covering the Costs of the Program...*

We have exciting news! The Sisters of Providence awarded our OLG OPOP team \$1,000 from The Emily Gamelin Fund. With this donation and the \$4,000 donated previously, we now have all the funds to pay for our Core Team's one-time tuition costs. YAY!

#### *What's coming up...*

The OPOP staff is currently coordinating calendars with the OLG Core Team to schedule our orientation session. In this session, the Core Team will write their first pen pal letter to our new friend.

#### *How can I get involved...*

Start now by praying for our new friend and our Core Team. Your prayers are vitally important!

**Watch this 6 min YouTube video:**

**[One Parish One Prisoner: Join Us](https://youtu.be/kvarmiRygK8)** (or **<https://youtu.be/kvarmiRygK8>**)

**Contact Terre and Martin on**  
**[mandt.mart87@gmail.com](mailto:mandt.mart87@gmail.com)**



## What is One Parish One Prisoner?

It is a re-entry model that matches parishes with an incarcerated person for their mutual transformation. A relationship of trust is built through writing and prison visits. And when the time comes, the person will find the embrace of an entire parish community who already knows them and can assist with the many obstacles to re-entry.

One Parish One Prisoner equips parishes with orientations, online learning modules, ongoing consultation, meeting structures, resources, and materials.

*Read more about it:*

<https://undergroundministries.org/opop>

<https://archseattle.org/ministries/outreach-ministries/criminal-justice-ministry/>



I love this One Parish One Prisoner Idea! Compassion is not a relationship between 'healer' and 'wounded,' but a covenant between equals."

Father Greg Boyle,  
Founder of Homeboy Industries



# Protect Yourself from Covid

OUR LADY OF GUADALUPE PARISH

**Sunday  
February  
26th**

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**9 am  
To  
2 pm**

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## Free Covid Vaccine Pop-Up Clinic

Are you in need of 1st or  
2nd doses, or boosters?

The clinic is administered by the Washington Department  
of Health, all vaccines will be offered.

Pfizer Series

Moderna Series

Johnson & Johnson

Bivalent Boosters

Adults & Children Age 3+

No Appts. Needed –Everyone is Welcome

## **DAY OF SERVICE MARCH 25, 2023 PROJECT LINEUP**



Sign up by scanning the QR  
code or go to  
<https://bit.ly/2023DayofService>

Questions? Email  
[dayofservice23@gmail.com](mailto:dayofservice23@gmail.com)

### **Seattle Seafarers Center - Port of Seattle 9am -2pm. 18 and older**

Tour the Seafarers Center and then board one of the cargo ships to meet the crew and hear their stories. Back to the Center for lunch and an assembly party, making Easter "ditty" bags for the seafarers.

### **PrePS at St. Edward**

**10 am - noon 14 and up**

Pregnancy & Parenting Support (PrePS) is an outreach program for pregnant women or caregivers with children 0 - 5 years old. Volunteers will help sort, organize, and clean the storage area and playroom.

### **Books to Prisoners - Greenwood**

**11:00am - 2:00 pm Ages 15 and up**

Volunteers will answer request letters for books from incarcerated individuals, locating the books and preparing them to be mailed. Masks and Covid Vaccination required

### **Cheasty Forest Restoration - Beacon Hill**

**9 am - noon YOUTH PROJECT**

**7th - 12 grade**

[bit.ly/2023DoSYouth](https://bit.ly/2023DoSYouth)

Cheasty Greenspace is a 43-acre urban forest on Beacon Hill. Volunteers will help restore Cheasty by removing invasive ivy & blackberry, and planting native plants.

### **Providence Regina House - South Park**

**8:00 am - 12:00 pm All Ages**

Volunteers will help the staff at Providence Regina House with their weekly food bank.

### **VA Fischer House - Beacon Hill**

**10 am - 1 pm All ages**

A home for Military and Veteran families supporting their loved ones during illness and injury. Volunteer tasks TBD but may include garden work, kitchen cleaning, or making meals

### **Nature Consortium - West Seattle**

**10am - 2pm All Ages**

Volunteers will be with join the Nature Consortium's restoration staff, who will help lead invasive plant removal, mulching, and planting in a West Seattle park.

### **Volunteer Services - SeaTac/South Seattle**

**10 am - 3 pm All ages**

Volunteer Services supports elderly and disabled folks in the area to help them stay in their homes. Volunteers will do yard work for a local resident in the SeaTac/South Seattle area.

### **Little Bit Therapeutic Riding Center—Redmond**

**9:00am - 12:00pm Ages 14 and up**

Volunteers will tour the facilities and then help with general stable and facilities maintenance.

### **Campus Projects at OLG and St. George**

**Drop-In Projects**

**9am - 2pm All Ages**

Come anytime. Stay as long as you can! Choose from a variety of activities including making Care Kits for the homebound and those on the streets, rosaries, no-sew hats, games for Birthday Dreams, and cards for the parish staffs to use and distribute.

#### Angeline's Day Center

10:30 am - 1:30 pm 12 and older

The center provides safety and support to more than 200 women every day. Volunteers will help prepare and serve lunch and visit with the women.

#### Orion Center - West Seattle

11 am - 1 pm 18 and older

A safe and welcoming space for young people who are homeless or at risk of becoming homeless. Volunteers will prep, cook and serve a pre-planned meal. Covid Vaccination required

#### Mary's Place - Burien

10 am - 1 pm 16 and older

Mary's Place - Burien is a safe place for 185 family members to stay with medical support for families experiencing homelessness with medically-fragile children. Volunteers will help them by sorting and organizing their hygiene & market place supplies.

#### Tri-Parish Food Bank - Burlington

8:30am - 5:00pm All Ages

Volunteers will go to St. Charles in Burlington to help staff the Tri-Parish Food Bank used by migrant workers and others who are experiencing food insecurity.

#### Santa Teresita - West Seattle

10 am - 3 pm All ages

A Catholic Housing Services program for 26 families. Help clean up and prepare the garden area for planting.

#### Rainier Valley Food Bank

8:30am - 11:00am 5 and older

Volunteers will help with the food distribution to 300 - 500 guests by stocking shelves, preparing stations for distribution, and cleaning up at the end of the shift. Masks and Covid Vaccination required

#### Lutheran Immigration & Refugee Services

10 am - 3 pm All ages

LIRS stands with and advocates for migrants and refugees. They have a storage space in West Seattle that is need of organizing.

#### Westside Baby - White Center

10am - 2pm Ages 8 and older

WSB provides essential items to children in need. Volunteers will tour the facility and sort and bundle supplies.

#### Welcome Table Lunch—White Center

10am - 11:30am (cooking) Ages 12 and up

11:30am - 2pm (serving) All Ages

One group will prep the food at OLG while another group will hand out food and supplies to

#### At Home Projects

Projects you do at home and deliver to OLG or St. George on or before March 25th. You provide the materials. **More info at [bit.ly/DoSHomeProjects](https://bit.ly/DoSHomeProjects)**

##### Homebound Kits

Create a gift bag for a homebound parishioner.

##### Mary's Place Welcome Baskets

Create a Welcome Home basket for families moving out of Mary's Place shelter into housing.

##### Knitters and Crocheters

Make hats of all sizes for those in need.

##### Seattle Seafarer's Ditty Bags

Create a ditty bag of items for the seafarers who work on the cargo. We are also collecting gently-used board games for the crews.

##### Lunches of Love

Make lunch bags to be given out by our St. Vincent de Paul team to those living in RV's.

**Sign up at [www.olgseattle.org/day-of-service](http://www.olgseattle.org/day-of-service) or <https://bit.ly/2023DayofService>**





**On Valentine's Day we launched our  
"Show Your Love For OLG" campaign.**

Sunday giving is currently \$20,000 less than what is budgeted. A generous parishioner has donated \$5,000 to jump start efforts to bridge this gap. Won't you join them in helping to make up the difference?

You can donate now by:

- \* giving [online](#) and selecting the "Show Your Love" under Sunday Collections,
- \* writing "Show Your Love" on your check and placing it in the offertory basket
- \* mailing it to the parish office.

**We know that you love our OLG community and we are stronger together!**

## ***Our Lady Of Guadalupe School***

**NEW STUDENT applications are open for the 2023-24 school year: <https://www.guadalupe-school.org/admissions/>**



**Ticket sales for March 4th 'Snowballs & Highballs' Auction and Dinner close this week: <https://guadalupe-school.ejoinme.org/auctiontix2023>**

**Can you volunteer for this year's event? Sign up here: [https://www.signupgenius.com/go/30e0e44aaaa28a4f94-olgs#/?](https://www.signupgenius.com/go/30e0e44aaaa28a4f94-olgs#/)**

**Can't make the party of the year? Consider donating to our *Teacher Ticket Fund* or *Blue & White Club* of Auction underwriters. Every dollar helps us meet our goal! <https://guadalupe-school.ejoinme.org/bwclub2023>**

### **Upcoming Dates**

**See our calendar for details: <https://www.guadalupe-school.org/calendar/>**

- Feb 20-21 - Presidents Day Break
- Feb 22 - Ash Wednesday All-School Mass 9:00 a.m. - Join us!
- Mar 4 - School Auction
- Mar 25 - Day of Service

### **OLG Leadership**

**Parish Finance Council** - The Finance Council is a consultative body that provides advice concerning the stewardship of fiscal resources. Current members are: *Maryann Crissey—Chair, Colleen Hardy, Dan Merlino, Mario Santos and Clem Zipp*

**Parish Pastoral Council** - The Pastoral Council is a consultative body that provides advice concerning pastoral issues including long-term planning, mission effectiveness, and creating a more united church.

Current members are: *Andrew Chin—Chair, Solita Argana, Mike Galang, Velma Jones, Nicole Monroe, Matt Prociv and Cindy Tewes*

**School Commission** - The School Commission is a consultative body that assists leadership in the areas of long term planning, policy development, finances, facilities and resource development.

Current members are: *Jason Howell—Chair, Cayley Crotty, Seth Doyle, Mario Santos, and Justin Umagat*

***Our Lady of Guadalupe Parish & School acknowledges that we are on the traditional land of the first people of Seattle, the Duwamish People past and present, and honor with gratitude the land itself and the Duwamish Tribe.***

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