



Family Times at OLG



Our Lady of Guadalupe Parish, West Seattle

"A Parish with open arms and caring hearts!"

January 2023

- Important Parish Meeting January 21-22!
- Martin Luther King Day- Reflecting on Catholic Social Justice
- January Family Activities
- Family Faith Sundays
- What's Happening at OLG (a lot!)
- Saints of January

Important for all OLG Parishioners

A meeting about Partners in the Gospel January 21 and 22

If you recall in April 2022, Archbishop Etienne talked about the immediate and long-term challenges facing our parishes and the archdiocese, including the shortage of priests. He writes, "This sobering reality means we must engage the "great flexibility" envisioned by the Holy Father, and the life of our parishes must take on "different contours". This led to the need for a new strategic plan and direction called "Partners in the Gospel". This will have significant implications for our own parish. We now have more information regarding the process. Please join us after each Mass the weekend of January 21st and 22nd in the gym where an introductory video will be shared. We anticipate the presentation to be about 30 minutes. **We strongly encourage parishioners to attend and learn more.** Please share and invite others to join.



Martin Luther King Day: Reflecting on Social Justice

As we celebrate Martin Luther King Day this weekend, it is an ideal time to talk about civil rights with our children and to reflect on Catholic social justice teaching. Click on this link for a handout for children on the 7 themes of Catholic Social Teaching. [catholic-social-teaching-poster-for-children-digital.pdf](https://www.ourladyofguadalupe.org/catholic-social-teaching-poster-for-children-digital.pdf)

For more information for teenagers and adults, check out these sites:

- [Catholic Relief Services: Catholic Social Teachings 101](https://www.catholicrelief.org/catholic-social-teachings-101)
- [Seven Themes of Catholic Social Teaching](https://www.catholicrelief.org/seven-themes-of-catholic-social-teaching)
- [Network: Catholic Social Justice](https://www.catholicrelief.org/network-catholic-social-justice)

Seven Themes of Catholic Social Teaching

1. Life and dignity of the human person
2. Rights and Responsibilities
3. Call to Family, Community, and Participation
4. Option for the Poor and Vulnerable
5. The Dignity of Work and the Rights of Workers
6. Solidarity
7. Care for God's Creation



Inspiration from Martin Luther King, Jr.

When we think of Martin Luther King, his “I Have a Dream” speech often comes to mind. This is wonderful, but his faith and wisdom also show through many of his other quotes.

“Faith is taking the first step even when you don't see the whole staircase.”

“So I say to you, seek God, and discover Him and make Him a power in your life. Without Him all of our efforts turn to ashes and our sunrises into darkest nights. Without Him, life is a meaningless drama with the decisive scenes missing. But with him we are able to rise from the fatigue of despair to the buoyancy of hope. With Him we are able to rise from the midnight of desperation to the daybreak of Joy. St. Augustine was right--we were made for God and we will be restless until we find rest in Him.”

“Love is the only force capable of transforming an enemy into a friend.”

“I have decided to stick with love. Hate is too great a burden to bear.”

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

“Everybody can be great.. because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace.. a soul generated by love.”

“Hatred paralyzes life; love releases it. Hatred confuses life; love harmonizes it. Hatred darkens life; love illuminates it.”

“In the midst of outer dangers, I have felt an inner calm and known resources of strength that only God could give. In many instances I have felt the power of God transforming the fatigue of despair into the buoyancy of hope.”



January Family Activities

Family activities provide opportunities to build your relationship with your children and to share your values of faith through the fun you have.

Read Movie Scripts with Your Kids: We often read with our children but reading part of a movie script is fun and it provides an opportunity to show how movies are created, that they are produced by writers, actors and directors with their own point of view and their own values. This article gives ideas for reading scripts.

[Reading Movie Scripts with Kids](https://lifehacker.com/read-movie-scripts-with-your-kid-1834542679) <https://lifehacker.com/read-movie-scripts-with-your-kid-1834542679>

Beyond this, take time to talk about

- Different choices the character could make and what would happen
- How we would make the film different...camera angles, actor actions, etc.

Winter Olympic: Although it is not a year for the Winter Olympics, having Olympic games family style can be lots of fun. Rather than competing against each other, compete as a team. For some activities you may work together, for others work independently but add the results together as a team. When you have compiled 100 points as a team, have a celebration. The events can take place in an afternoon or evening or over several days and can be physical, mental, or creative.

Activity ideas:

- Relay: Set up a course in your yard or a nearby park.
- Puzzle solving: Set out puzzles to solve as a family
- Indoor scavenger hunt
- Creative Construction: Supply materials such as paper cups, straws, popsicle sticks, tape, newspapers, etc. and as a team build the strongest, tallest structure possible.
- Lego challenge: draw a card with an object to build in 2 minutes (spaceship, boat, bridge, skyscraper, etc.)
- Learn dance steps to part of a favorite song

Create your own gold medals and have an awards ceremony followed by your favorite treats!

Find and share more family activities at our OLG Family Sharing Page.

<https://bit.ly/OLGFamilies>

Family Faith Sundays

Family Faith Sundays take place on the first Sunday of the month from 9:30-10:45 in the Walmsley Center. Activities are geared for kindergarten through fourth grade children but are easily adaptable to older and younger kids. All are welcome!



Epiphany Processional



Families Working and Learning Together

Next Family Faith Sunday: February 5.

Here's What's Happening at OLG

Just like your family, the OLG family is busy in November and December. Here is a list to help you choose those that will be best for you! The [events page](#) on the parish website is also a good resource for these.

Saturday, January 21: **Sacrament Prep 2 Stations**, Anytime from 9:00-Noon in the Walmsley Center

Partners in the Gospel Information Session: 6:30-7:00p.m. in the Walmsley Center

Sunday, January 22: **Sunday Morning Children's Small Faith Groups**, 9:30-10:45 in the school

Children's Liturgy of the Word at the 11:00 Mass.

Sunday, January 29: **OLG School Open House**; no Sunday morning Children's groups.

Sunday, February 5: **Family Faith Sunday** from 9:30-10:15 in the Walmesley Center

The Lord's Lions Sunday Morning Pre School begins: 10:50-Noon. Lower level of the school. Enter off of 34th.

Young Families Social Gathering (children 5 and under) following 11:00 Mass.

Saturday, January 28: **OLG Youth Night**, 6:30 PM - 8:30 P following the 5:30 Mass

Young Families Social Gathering

Sunday, February 5, 2023, 12:00 PM - 2:00 PM

Location: Walmesley Center-Gym

If you have children 5 years of age or younger, please come and join us for a Young Families Social after the 11am Mass in the Walmseley Center. We will serve a light lunch and kid-friendly finger foods. The gym will be set up with activities. Running or toddling is encouraged. Questions can be directed to sarahr@olgseattle.org



Preschool Faith Formation Group

Starting in February 5

During the 11:00 Mass

We are excited to bring back our pre-school faith formation group, the Lord's Lions, during the 11:00 Mass. This is for children 3 through 5 (Kindergarteners attend at the 9:30 session.) If you have a two-year-old who is close to 3 and you feel able to handle a preschool setting, contact us.

Let us know of your interest at <https://bit.ly/olgsundaypreschool> or contact Molly Berger mollyb@olgseattle.org. Registration will be available on site.

OLG Youth Night!

Calling all 7th -12th grade students!! Are you up for a new year's challenge? Come after the 5:30pm Mass and attempt an escape room. Invite your friends or make new ones. Food will be provided. Questions or to RSVP: sarahr@olgseattle.org



Our Lady of Guadalupe School Open House

January 29 10:00-1:00

All parishioners as well as interested families are welcome!

Lenten Small Group Bible Study

Believe it or not, Lent is a little over a month away. This holy season provides a wonderful opportunity to grow in our relationship with Jesus and with each other (especially coming out of the pandemic). You are invited to participate in a six-week, parish-wide series entitled, "Let's Keep OLG Strong Through Scripture, Prayer and Community". Small groups will gather in parishioners' homes, at the parish, or by Zoom to pray and reflect on the Gospel for the upcoming Sunday's Mass. If you are new to the program, please fill out the form in the back of church or on our parish website and return it to the office or place it in the collection basket. Groups will meet once a week at various times from February 19-April 5. For more information, Helen Oesterle, 206-935-0358, heleno@olgseattle.org You can also find more information [HERE](#).

The Future of Climate Change

The Holy Rosary/Our Lady of Guadalupe Care for Creation team invites you to view the film "2040," in which Australian director Damon Gameau imagines a future for his 4-year-old daughter, Velvet, where problems from climate change have been solved. The film is presented as a letter from Gameau to his daughter in which he travels the world investigating solutions that can help mitigate climate change and explores a future in which those solutions have been implemented. It covers five broad areas of action and features interviews with academics, ecological experts, entrepreneurs and children. The film will be shown via Zoom at 7 p.m. Monday, Jan. 16, Martin Luther King Jr. Day. It runs about 90 minutes and will be followed by 30+ minutes of viewer discussion. Here is the [ZOOM LINK](#). Those with questions or difficulty connecting on Zoom may contact Paul Sampson, pdsampson@comcast.net, 206-313-5847.

Saints of January

These are a few of the saints celebrated in January You may find their stories at a number of sources online such as <http://saintsresource.com/saints-of-the-month/saints-month-listing/>

January 4: St. Elizabeth Anne Seton

January 5: St. John Neuman

St. Genoveva Morales Torres

January 23: St. Marianne Cope

January 24: St. Francis de Sales

January 28; St Thomas Aquinas

Reflecting on the Word as a Family

Reflecting on the Word as a Family is available each week on the Family Faith Formation page of our website. A few hard copies are also available in the Family Center in the vestibule of the church. It includes a list of the readings, the Gospel reading and questions to discuss.

You can read and hear Sunday readings at any time!

Get them on your smart device!



*Read them at Pflaum.org [Here](#)
or listen to them at [daily readings](#)*

