



St. Louise Parish

141 - 156th AVENUE SE, BELLEVUE, WA 98007 / (425) 747-4450

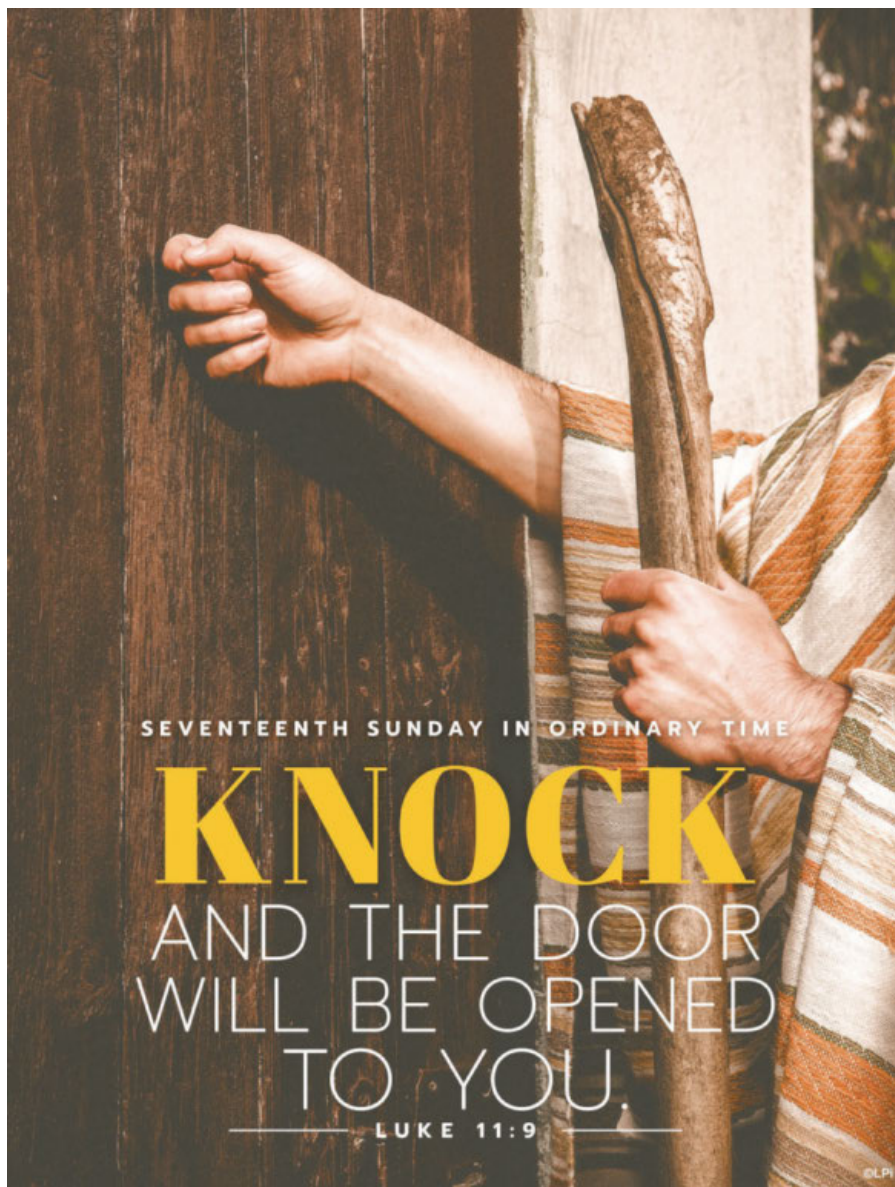
IGNITE FAITH AND WITNESS GOD'S LOVE • ENCENDIENDO LA FE Y DANDO TESTIMONIO DEL AMOR DE DIOS

Seventeenth Sunday in Ordinary Time

July 27, 2025

XVII Domingo Ordinario

27 de julio de 2025



Liturgy Schedule

Weekend Masses

Saturday:	5PM	English
Sunday:	9AM	English
	11AM	Bilingual
	1PM	Spanish
	5PM	English (Lifeteen)

Masses are being livestreamed on

<https://www.stlouis.org/livestream-mass>

Weekday Masses

Monday, Wednesday - Friday: 9AM English

Tuesday: 6:30PM Bilingual

1st Fri. of the month: 7PM Spanish

1st Sat. of the month: 9AM English

All weekday Masses are also livestreamed.

Anointing of the Sick

First Saturday of the month, or by appointment.
For emergency anointing, call Eastside Pastoral
Care Ministry at 425-655-3200.

Confessions

Saturdays 3-4:30PM, Tuesdays 5-6PM,
or by appointment.

Parish Office Hours

Monday-Friday: 9AM-5PM
(closed for lunch 12-1PM)
Closed: Saturday and Sunday

Parish Information

141 156th Avenue SE
Bellevue, WA 98007
425-747-4450
www.stlouis.org

See page 10 for a full listing of Parish Staff.

Consulte la página 10 para obtener una lista
completa de Personal de la Parroquia.

From Loretta Sursely, Pastoral Coordinator • De Loretta Sursely, Coordinadora Pastoral

Seventeenth Sunday in Ordinary Time

In today's Gospel we are given three teachings on prayer. First, Jesus teaches his disciples what we know as "The Lord's Prayer." Second, he teaches about the importance of persistence in prayer. Third, he teaches about the fruit that comes from persistent prayer.



"Lord, teach us to pray!" These words are simple yet very powerful. Many of us learned to pray when we were young children. We learned the Hail Mary, the Our Father, and other prayers by heart. As we matured, the prayer forms that were meaningful to us as children gradually may have become rote prayers.

As adults, we may need to explore other prayer forms that might be meaningful to us at this stage in our lives. The Hail Mary, the Our Father, etc., most likely will still be meaningful prayers for us. However, our lives may be enhanced by periodically trying a different way of praying. It may open us to experiencing new facets of God!

Today may we also say to Jesus: "Lord, teach us to pray!" Then may we have open, listening minds and hearts!

Happy Parish Family Festival Day!

The day has finally arrived! Our first Parish Family Festival is this Sunday, July 27, 3-6PM at St. Madeleine Sophie. Thank you so very much to all those who helped make this important day in the life of our parish family happen! Special thanks to Jonathan Taasan, the two parish staffs, the Knights of Columbus, the Filipino Catholic Ministry at St. Madeleine Sophie, the Fil-Am community at St. Louise, Youth Ministry, Hispanic community, our priests and deacons, and many, many volunteers! It's going to be a beautiful day of gathering together to celebrate our parish family.

Partners in the Gospel

In the coming weeks we will be discussing, in small groups and in a parish-wide session, two questions. The first is, *What are the special gifts and charisms of my parish?* and the second is, *What are the challenges and opportunities as we form one parish?* The first parish-wide session will be **August 20 at 6:30PM** in the St. Louise Parish Hall. We will use the synodal method of listening to our responses to the questions. The information we gather from the parish-wide sessions and from small ministry group sessions will help us understand who we are as a parish, which will help inform who we want to become as a new parish with St. Madeleine Sophie. Please be sure to attend and participate in these sessions!

The Parish Family Advisory Council will help facilitate these sessions. The PFAC members are also creating a flyer that will highlight some of our milestones over the last year, and give an overview of the upcoming listening sessions and their dates. Thank you to them for their hard work putting these sessions together!

See you at the Parish Festival! Loretta

Decimoséptimo Domingo del Tiempo Ordinario

En el Evangelio de hoy recibimos tres enseñanzas sobre la oración. Primero, Jesús enseña a sus discípulos lo que conocemos como el Padre Nuestro. Segundo, enseña sobre la importancia de la perseverancia en la oración. Tercero, enseña sobre el fruto de la oración persistente.

"¡Señor, enséñanos a orar!" Estas palabras son sencillas, pero muy poderosas. Muchos aprendimos a orar de pequeños. Aprendimos de memoria el Ave María, el Padrenuestro y otras oraciones. Al crecer, las oraciones que nos resultaban significativas de niños se convirtieron gradualmente en oraciones de memoria.

Como adultos, quizá necesitemos explorar otras formas de oración que puedan ser significativas para nosotros en esta etapa de nuestras vidas. El Ave María, el Padrenuestro, etc., probablemente seguirán siendo oraciones significativas para nosotros. Sin embargo, nuestras vidas pueden enriquecerse al probar periódicamente una forma diferente de orar. ¡Puede abrirnos a experimentar nuevas facetas de Dios!

Digamos también hoy a Jesús: "Señor, enséñanos a orar". ¡Que podamos tener una mente y un corazón abiertos y atentos!

¡Feliz Día del Festival para Nuestra Familia Parroquial!

¡Por fin llegó el día! Nuestro primer Festival como familia parroquial es este domingo 27 de julio, de 3PM a 6PM, en Santa Magdalena Sofía. ¡Muchísimas gracias a todos los que hicieron posible este día tan importante en la vida de nuestra familia parroquial! Un agradecimiento especial a Jonathan Taasan, a los dos grupos de personal de la parroquia, a los Caballeros de Colón, al Ministerio Católico Filipino de Santa Magdalena Sofía, a la comunidad filipino-americana de Santa Luisa, al Ministerio de jóvenes, a la comunidad hispana, a nuestros sacerdotes y diáconos, y a muchísimos voluntarios. Será un hermoso día de encuentro para celebrar a nuestra familia parroquial.

Compañeros en el Evangelio

En las próximas semanas, en grupos pequeños y en una sesión parroquial, conversaremos dos preguntas. La primera es: *¿Cuáles son los dones y carismas especiales de mi parroquia?* Y la segunda, *¿Cuáles son los desafíos y las oportunidades al formar una sola parroquia?* La primera sesión parroquial será **el 20 de agosto a las 6:30pm** en el Salón Parroquial de Santa Luisa. Utilizaremos el método sinodal: escucharemos nuestras respuestas. La información que recopilamos en las sesiones parroquiales y en los pequeños grupos de ministerio nos ayudará a comprender quiénes somos como parroquia, lo que nos ayudará a definir en qué queremos convertirnos como nueva parroquia con Santa Magdalena Sofía. ¡Por favor asistan y participen en estas sesiones!

El Consejo Asesor de la Familia Parroquial (CAFP) facilitará estas sesiones. Los miembros del CAFP también están creando un folleto que destacará algunos de nuestros logros del último año y ofrecerá un resumen de las próximas sesiones de escucha y sus fechas. ¡Gracias por su arduo trabajo organizando estas sesiones!

¡Nos vemos en el Festival Parroquial!

Loretta

ESM SUMMER INTENSIVE

EXPERIENCE THE FIRST 4 QUARTERS IN 2 DAYS

AUGUST
1-2

ESM - SEATTLE CAMPUS
HOLY FAMILY CATHOLIC CHURCH



Drawing from the richness of our Catholic heritage, we seek to teach, equip and activate disciples to demonstrate the love of God through the power of the Holy Spirit in their sphere of influence.

PRESENTERS

Danielle Curl • Sylvia Miller • Reagan Perry
Fr. Jason Lewis • Gabby Maak

**1 IDENTITY
TRANSFORMATION**

**2 HEARING GOD'S
VOICE & THE
PROPHETIC GIFTS
OF THE HOLY
SPIRIT**

**3 POWER
HEALING**

**4 INNER
HEALING**

encounterschool.org/seattle

WELCOME to St. Louise Parish

If you are new here, a returning Catholic, or have been a member and don't feel connected, contact our Parish Office at 425-747-4450 to find out more information about the parish. If you are interested in registering, fill out an information card, found at the welcome desk in the main vestibule of the church, and drop it in the collection basket, or register online at www.stlouise.org.

BIENVENIDO a Santa Luisa

Si es nuevo aquí, está regresando a la iglesia católica, o ha sido miembro y no se siente conectado, póngase en contacto con nuestra Oficina Parroquial al 425-747-4450 para obtener más información acerca de la parroquia. Si usted está interesado en registrarse, llene una tarjeta de información que se encuentra en la recepción de bienvenida en el vestíbulo principal de la iglesia, y colóquela en la canasta de la colecta, o regístrese en línea en www.stlouise.org.

Congregations for Kids



GOOD START BACK TO SCHOOL DRIVE

As if you generous parishioners have not been generous enough, the **30th Annual Back to School** project helping Bellevue School district students most in need will run from August 11–15. Over the prior 29 years, over 39,350 re-

quests have been filled. St. Louise parishioners have been so supportive throughout all of these years! Are you able to help again this year??

We are requesting backpacks for Grades K thru 12 as well as monetary donations again this year.

You may donate online through the St. Louise website, and there will also be a volunteer outside church before and after the weekend Masses on July 26-27 as well as August 2-3 to accept your donations. **Please make checks out to:**

Congregations for Kids/EISCC.

Questions? Email or call Jeanne Duncan:

jeanne.duncan130@yahoo.com or 206-552-4202

Thank you for your support!

This Week In Our Parish Esta Semana en Nuestra Parroquia

Sunday, July 27

9AM Mass (English) (also livestream)
11AM Mass (Bilingual) (also livestream)
1PM Mass (Spanish) (also livestream)

Monday, July 28

9AM Mass (English) (also livestream)

Tuesday, July 29

5-6PM Adoration in Church
5-6PM Confessions in Church
6:30PM Mass (Bilingual) (also livestream)

Wednesday, July 30

9AM Mass (English) (also livestream)

Thursday, July 31

9AM Mass (English) (also livestream)

Friday, August 1

8AM-8:45AM Adoration in Church
9AM Mass (English) (also livestream)
7PM 1st Friday Mass (Spanish) (also livestream)

Saturday, August 2

9AM Anointing of the Sick Mass (English)
3-4:30PM Confessions in Church
5PM Mass (English) (also livestream)

Sunday, August 3

9AM Mass (English) (also livestream)
11AM Mass (Bilingual) (also livestream)
1PM Mass (Spanish) (also livestream)

Grief Support Gathering:

Our next St. Louise Grief Support Gathering will be **Tuesday, August 12 from 2:30-3:30PM** in the Parish Office. By sharing our pain we lighten our burden, support others and find hope and healing in our grief. Contact Dave Gehrig (425-747-4450 x5466) or bereavement@stlouise.org.

Liturgy, Spirituality and Worship

This Week's Mass Intentions

Sunday, July 27

9AM Parish Community Intentions
 11AM † Everado Rivera Calderon
 1PM Ignacio Rodriguez Munoz (Special Intention)

Monday, July 28

9AM † Carlos Trini Gutierrez Murga

Tuesday, July 29

6:30PM † James Cam

Wednesday, July 30

9AM † Leo and Magdalene Young

Thursday, July 31

9AM Ignatius Victor (Special Intention)

Friday, August 1

9AM † Paul & Mary Lou Coppernoll

Saturday, August 2

5PM † Jon Bosland



Let Us Pray: PLEASE REMEMBER, IN YOUR PRAYERS THIS WEEK, ALL THOSE WHO HAVE ASKED FOR OUR PRAYERS: (To add or remove names please contact David Gehrig at david@stlouis.org or 425-214-5466.)

For the sick. We remember especially: Eric Anderson, Phil Andersen, Manuel Angelito, Genevieve Anthony, Venezuela Audrey DC, Louise Betzler, Cynthia Blanes, John Brossard (son of Jim Brossard), Noemi Castillo, Rob Chandler, Brid Condon, Carol Coombs, Mary Curtis, Zenaida Dalton, Paul Desimone, Maria (Crum) Droz, David Embry, Aria Faler, Morgan Feeley, Joe Fitzgerald, Sandi Flemming, Angelina Folino, Rod Garcia, Robert Gladney, Vivian Gaylor, Marianne Geck, Alan Gigerich, Cathy Grainger, Virginia Hamrick, Rachel Jones, Ralph Kotrha, Kayne Kimeli Kuewa, Kay Landau, Anne Lemon, Stephen Learned, Tita Lee, Merlita Manalo, Janet McBeth Navarre, Jami McBeth Peterson, DJ McPherson, Anne Nilon, Carolyn Panozo, Binto Paul, Roberto Peñate, Marcus Readnour, Manuel Redencion, Analiese Rial, Mike Rynas, Archbishop Peter Sartain, Jeff Sinkinson, Fely Soriano, JW Sullivan, Meghan Tierney-Knight, Thomas Treece, Ellison Ting, Thornton family, Helen Vasek, Noemi Vasquez, Gilma Velasco, Des Zamora, Paula Zarate Fernandez.

Please pray for our beloved deceased May the Lord receive them unto Himself giving comfort, strength and peace to their families and our faith community. Amen.

Upcoming Funerals: Please see parish website for the most up-to-date funeral information.

Stewardship • La Corresponsabilidad

Our Financial Gifts

JULY 13, 2025

Total Offertory: \$22,131.94

Other collections and donations:

Standing with Haiti.....	\$642.53
St. Vincent.....	\$801.00
Social Concerns	\$411.32
Holy Day.....	\$20.00
Building Fund.....	\$153.10

Thank you for your generosity!

You can MAXIMIZE the impact of your donation with a MATCHING GIFT.

MATCHING GIFTS FOR OUTREACH

Did you know many companies like Alaska Airlines, Boeing, Google, Microsoft, Starbucks, T-Mobile and many others offer a matching gift program to encourage philanthropy among their employees? Double or triple your gift to our Outreach Ministries, Social Concerns, Standing with Haiti and St. Vincent de Paul, by checking with your company's HR to see whether a matching gift program is offered. If available, kindly sign up and make a bigger difference. Thank you for your generous support.

Activities and Events

Parish Family INQUIRY FOR CHRISTIAN INITIATION

Are you someone who...

- would like to be baptized?
- is interested in becoming Catholic?
- has been baptized in another faith tradition and is interested in finding out more about the Catholic faith?
- was baptized Catholic as a child, but has not celebrated the Sacraments of Confirmation and Eucharist?

• • •

"Come and See..."

The richness of the Catholic Church, and meet faithful Catholics who love the Lord and would consider it a privilege to get to know you. Through the initiation process (OCIA), we invite you to join us in learning about the Catholic faith. We encourage you to participate in the process with your questions, your insights, and your faith story.

Where? StL Campus Parish Office

When? Thursday evenings 7:00 pm

June / July / Aug schedule Varies

Contact: For more info please call/text

Amy Baumgardner at 425-770-7764 or
email amy@stlouis.org

Eileen Conces Forever Young Book Club

Our meetings are on the fourth Friday of the month (with some exceptions), beginning at 10AM in the Mother Theresa Room in the Parish Center at St. Louise. **September 26, 2025 (3rd Week), *Three Weeks with My Brother* by Nicholas Sparks – 368 Pages, 4.6 Rating.** This Book Club inspires all of us who gather to have fully engaged discussions. In addition, I have a list of books that we will read for 2025 and if you are interested in a copy of the list, please contact me at alexchristine.boldizsar@comcast.net. **We welcome new members.** Chris Boldizsar

PREPARES Ministry at St. Louise

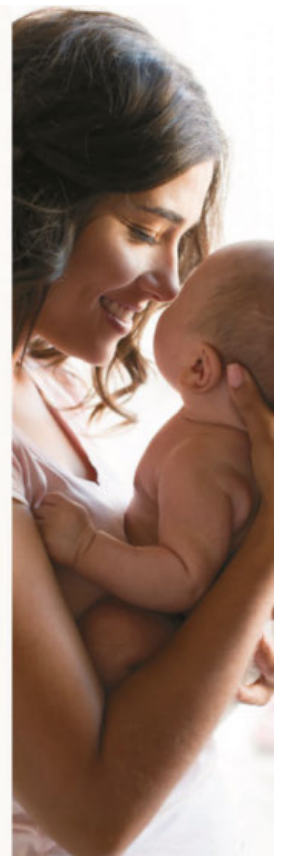
PREPARES accompanies pregnant and parenting mothers and fathers who make the choice for life, providing support from pregnancy to the child's 5th birthday

Interested in becoming involved in this ministry or need services?

Contact Colleen Lowell
prepares@stlouis.org

Donations for PREPARES can be made at stlouis.org/give


preparesforlife.org Pregnancy & Parenting Support



St. Mad Seniors!

Our new parish family has expanded Forever Young to include St. Mad Seniors! St. Louise is combining forces with St. Mad's to form one family, one seniors group. This process will take time, patience and openness. As a first step please see the listings for upcoming senior activities at St Mad! <https://stmadeleine.org/st-mad-seniors>



CHRISTIAN INITIATION -Kids (age 7-18)

...but Jesus said, "Let the Children
Come to me, and do not prevent
them; for the Kingdom of heaven belongs
to such as these." -Matthew 19:14



Does your Child.....want to be baptized?

Has your Child been baptized in another faith tradition.....and
interested in the Catholic faith?

Baptism or Profession of Faith in the Catholic Church is necessary
prior to Celebrating First Holy Communion.

The Christian Initiation Program 2025-2026 has begun – Come and See!
(OCIA – adapted for Children, ages 7-18)

Call/text Susie Goett (425) 931-0707 or email susie@stlouise.org for more
information.

- July, August, September meeting dates to be determined
- October – April meetings on Sundays 10:30am (2 x month)

Weekly Prayer

Sunday's Readings

First Reading:

Far be it from you to do such a thing,
to make the innocent die with the guilty
so that the innocent and the guilty would be treated alike!
Should not the judge of all the world act with justice?" (Gn 18:25)

Psalm:

Lord, on the day I called for help, you answered me. (Ps 138)

Second Reading:

You were buried with him in baptism,
in which you were also raised with him
through faith in the power of God. (Col 2:12)

Gospel:

"And I tell you, ask and you will receive;
seek and you will find;
knock and the door will be opened to you." (Lk 11:9)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997,
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Live The Liturgy Inspiration of the Week

"Lord, teach us to pray." The disciples are asking how to approach God, how to communicate with Him. Jesus' answer? Have no fear, and have no embarrassment. God waits at the door. Knock. The conversation is yours to start.

Observances for the week of July 27, 2025

- Sunday:** 17th Sunday in Ordinary Time
Tuesday: Sts. Martha, Mary and Lazarus
Wednesday: St. Peter Chrysologus,
Bishop and Doctor of the Church
Thursday: St. Ignatius of Loyola, Priest
Friday: St. Alphonsus Liguori,
Bishop and Doctor of the Church
Saturday: St. Eusebius of Vercelli, Bishop;
St. Peter Julian Eymard, Priest
Next Sunday: 18th Sunday in Ordinary Time



Devotions, *Explained!*

The daily examen is a spiritual practice whereby one places himself in the presence of God, prayerfully reflecting on the blessings of the day, the actions he took, and the invitation God has for his future decisions.

Prayer for Hope

Lord,
Restore my hope!
Where I fear the future, write a
new script in my heart.
Where I doubt Your goodness, fill
me anew.
Give me steadfast hope for a
beautiful tomorrow.
Amen.

Sección en español



Escanee para inscribirse al Campamento para Familias 2025



Campamento Para Familias

Todas las familias están invitadas a participar del 18° Campamento Hispano para Familias organizado por la Arquidiócesis de Seattle. Para más información, envíenos un mensaje privado o un email a Hispanic.ministry@seattlearch.org

Rosario por todos los Jóvenes



Le invitamos a rezar el rosario todos los miércoles de 7 30PM a 8 30PM en la capilla de la iglesia frente al Santísimo. Este Rosario se estará ofreciendo por todos los jóvenes de la comunidad y por los del mundo entero. Unámonos en oración por el bienestar de cada uno de ellos.

Rosario por las vocaciones



Te invitamos a rezar el Rosario Por las vocaciones Sacerdotales todos los jueves a las 11 am en la iglesia de Santa Luisa. Lo hacemos en la capilla que se encuentra adentro de la oficina, Si no puedes en persona, conéctate en Facebook a la página de Santa Luisa Ministerio Hispano, ahí se transmite en vivo.

Pastoral and Administrative Staff

Parish Priest / Párroco (habla español)

Fr. Tom Belleque.....425-747-4450 x5462, frtom@stlouis.org

Parish Priest

Fr. Anthony Bawyntonyb@seattlearch.org

Priest in Residence (habla español)

Fr. Gary Zenderfrgary@stlouis.org

Deacons

Dcn. Sam Basta.....425-214-5382, deaconsam@stlouis.org

Dcn. Cesar Galindo-Legaria
(habla español)425-214-5468, cesar@stlouis.org

Pastoral Assistants / Asistentes Pastorales

Community Life

Faith Formation & Sacraments (English)

Susie Goett425-747-4450 x5464, susie@stlouis.org

Initiation & Sacraments (Spanish)/Preparación Sacramental (español)

*Para Bautizos, Primera Reconciliación, Comunión, Confirmación para niños y adultos, contactar Berenice Brambila.

Hispanic Ministry / Ministerio Hispano (habla español)

Advocacy for Annulment Process/

Defensa del Proceso de Anulación para matrimonios

Ma. Berenice Brambila....425-747-4450 x5474, berenice@stlouis.org

Pastoral Care and Advocacy for Annulment Process /

Cuidado Pastoral y Defensa del Proceso de Anulación

David Gehrig425-747-4450 x5466, david@stlouis.org

Worship

Music Ministry / Ministerio de la Música

Luisa Orejana425-747-4450 x5467, luisa@stlouis.org

Evangelization & Liturgia

Liturgy/Liturgia

Fabiola Ward425-747-4450 x 5476, fabiola@stlouis.org

Initiation (OCIA) for the parish family

Amy Baumgardner.....425-747-4450 x 5465, amy@stlouis.org

Youth Ministry

Danny Bailey.....425-747-4450-5465, danny@stmadophie.org

Pastoral Coordinator / Coordinadora pastoral:

Loretta Wright Sursely... 425-747-4450 x5463, loretta@stlouis.org

Operations Director / Director de Operaciones

Jonathan Taasan425-747-4450 x5473, jonathan@stlouis.org

Bookkeeper—Capital Campaign / Contadora—Campaña de Capital

Barbara Abbott425-747-4450 x5471, barbara@stlouis.org

Parish Receptionist / Recepcionista Parroquial (habla español)

Ofelia Sanchez Huante425-747-4450 x5460, ofelia@stlouis.org

Facilities & Maintenance Questions /

Preguntas de Instalaciones y Mantenimiento

Jonathan Taasan.....425-746-4450 x5473, jonathan@stlouis.org

Parish School / Escuela Parroquial

Principal/Director

John Black425-746-4220 x5406, johnb@stlouiseschool.org

Vice Principal / Sub Directora

Joellyn Jaster425-214-4220x5454, joellynj@stlouiseschool.org

Secretary / Secretaria

Mindy Morgan425-746-4220 x5400, mindym@stlouiseschool.org

Tracy Brown425-746-4220x5400, tracyb@stlouiseschool.org

Development Associate/ Asociada de Desarrollo

Silvia Macias.....425-746-4220 x5386, silviam@stlouiseschool.org

Pastoral Counseling

Cathy Callans, MA, LMHCA425-753-4537, cathy@stlouis.org

Eastside Pastoral Care Ministry/

Ministerio de Cuidado Pastoral Eastside425-655-3200

Anyone who has any concerns or allegations related to the safety and wellbeing of our children regarding clergy or lay leaders in the Archdiocese of Seattle should contact the special hotline at 1-800-446-7762.

Cualquiera que tenga alguna inquietud o alegatos relacionados con la seguridad y el bienestar de nuestros niños en relación al clero o líderes laicos en la Arquidiócesis de Seattle puede llamar a la línea especial 1-800-446-7762.

The Archdiocese of Seattle has established a confidential telephone hotline, **1-844-815-8236**, and website, seattlearchdiocese.ethicspoint.com, for parish staff and parishioners to anonymously raise concerns about suspected unethical behavior by church personnel. Learn more about this hotline by visiting the website or by getting a copy of the "We Never Sleep" brochure from the main vestibule of the church.

La Arquidiócesis de Seattle ha establecido una línea telefónica confidencial, **1-844-815-8236** y un sitio de web, seattlearchdiocese.ethicspoint.com, para que el personal de la parroquia y los feligreses expresen de forma anónima las preocupaciones sobre el comportamiento poco ético sospechado por el personal de la iglesia. Obtenga más información acerca de esta línea directa visitando el sitio web u obteniendo una copia del folleto "We Never Sleep" en el vestíbulo principal de la Iglesia.

If you are interested in having an announcement published in the bulletin, please visit the parish website to read the bulletin publishing guidelines.

Questions: email bulletin@stlouis.org.

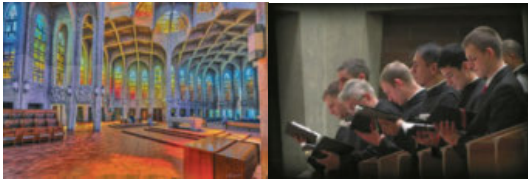
Si está interesado en tener un artículo publicado en el boletín, visite por favor el sitio web de la parroquia www.stlouis.org, para leer las pautas editoriales para el boletín. ¿Preguntas? Email bulletin@stlouis.org.

Around the Diocese

Seattle Men's Retreat Monastic Weekend



Join the **68th Annual Seattle Men's Retreat Monastic Weekend** with the Benedictines of Westminster Abbey, Mission, B.C. Hundreds of men who have attended from parishes from the Diocese of Seattle have been revitalized in their faith throughout the years. Participate in Benedictine chant of the daily office in the Cathedral, talks by the retreat master, and fellowship and prayer with other godly men overlooking the Fraser River in the British Columbia countryside.



When: August 15th (6pm) – 17th (1pm)

Where: Westminster Abbey, Mission, BC Canada

Cost: \$145

Contact: Dr. Greg Gosch @ 425.220.3019 or email GJGosch@gmail.com

SEEL Invites You to a Transformational Retreat in Everyday Life

The Spiritual Exercises in Everyday Life (SEEL) Puget Sound is a 9-month retreat format of the Spiritual Exercises of St. Ignatius that goes from September through May. It is a dynamic program of prayer, monthly communal retreat mornings and individual spiritual direction. SEEL will offer two options to experience the retreat in 2025-2026 – a mostly in-person retreat held at St. Joseph in Seattle, and an online retreat for those unable to meet in person. SEEL is accepting applications **now** for the program starting in late September and **offers the retreat at no set fee so that all who are accepted can participate**. SEEL offers a gentle structure to help you experience God's love and discern God's call in your life. Join us on this transforming pilgrim journey! For more information, please see our website at www.seelpugetsound.org.

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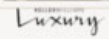
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