



# ST. JOSEPH PARISH

THE JESUIT PARISH IN SEATTLE

Sunday, February 26, 2023 \* First Sunday of Lent \* [www.stjosephparish.org](http://www.stjosephparish.org)

*First Sunday of*

LEN



**"MAKING ROOM  
FOR GOD"**



**1st Sunday of Lent**  
**FEBRUARY 26, 2023**

Mass Times: **5pm Saturday**  
**9:00 AM Sunday**

**11:00 AM Sunday - Livestream w/ASL**  
on our YouTube channel (Available for viewing all week)

**5:30 PM Sunday**

Reconciliation: **Saturdays 3:30 to 4:30pm**  
Weekday Mass Schedule: **Tuesday-Friday, 7am**  
**YouTube & Parish Center (except First Fridays -**  
**Mass at 11:30am)**

**Readings for March 5, 2023**

FIRST READING: GENESIS 12:1-4A

SECOND READING: 2 TIMOTHY 1:8B-10

GOSPEL: MATTHEW 17:1-9

PREACHING: DEACON STEVE WODZANOWSKI

**Parish Center - 732 18th Ave E, Seattle, WA 98112**

**www.stjosephparish.org**

**Parish Receptionist (206) 324-2522**

**Pastor**

Rev. Chris Cartwright, S.J. x115  
frchris@stjosephparish.org

**Pastoral Associate**

Deacon Steve Wodzanowski x106  
stevew@stjosephparish.org

**Parochial Vicar**

Rev. Matthew Pyrc, S.J. x107  
mpyrc@stjosephparish.org

**Pastoral Staff:**

Erin Smith, Business Mgr x108  
esmith@stjosephparish.org

Renee Leet, Admin Assistant x100  
rleet@stjosephparish.org

Mark Petterson, Comm. & Justice x103  
markp@stjosephparish.org

Theresa Lukasik, Faith Formation x111  
theresal@stjosephparish.org

Samantha Barger, Campus Minister x112  
sa-manthab@stjosephparish.org

Elisa Cooper, Children's Faith Formation x122  
elisac@stjosephparish.org

Mary Wiseman, Stewardship x114  
maryw@stjosephparish.org

Laura Ash, Music x109  
lash@stjosephparish.org

Caprice Sauter, Comm. & Scheduling x102  
caprices@stjosephparish.org

Yuri Kondratyuk, Facilities x110

**Pastoral & Mission Council**

pmc@stjosephparish.org

**St. Joseph School - Main Office** x208

Patrick Fennessy, Head of School x218

Vince McGovern, Middle School Dir x219

Robby Hayes, Primary School Dir x215

## A Note From Fr. Chris



*GIVE SOMETHING UP FOR LENT*  
*† MAKE ROOM FOR GOD †*

Dear Friends,

For many of us early in life we are schooled in the practice of "giving-up" something for Lent. It is such a pervasive notion in our culture that even non-Catholics will speak of it and might even ask: "What are you giving up for Lent?"

*Fasting, abstaining and almsgiving* as Lenten practices are about *giving something up* (or away). They are fundamental practices of Lent that come to us from long-time observances of Jewish law. Jesus speaks of them and urges them as meaningful when done with the right attitude. (Mt 6:1-6, 16-18)

Why give something up? Why sacrifice and deny oneself eating or drinking or doing something one likes doing?

In terms of a spiritual practice, doing such things is making space. In fasting, for instance, one eats less and allows oneself to become hungry; allows oneself to learn from the emptiness of the stomach. Not always feeling full and satisfied one leans into the idea that the body is more than food, hunger is more than want, room is needed in one's soul for God. It is good to be hungry for the Holy One.

The same principles apply to abstaining. One stops eating or drinking a favorite food or liquid so one can experience want, i.e. the want of something else besides my usual pleasures and fulfillments. Want for God has a chance to assert itself in my heart when I'm not always fulfilling my taste for certain foods and drink.

Almsgiving is the most simple. Give away some treasure and make room in your wallet, the wallet/treasure chest of your heart, in order to make room for God. When I always live with the security of a full wallet I can forget there are others not so kindly blessed. I am even in danger of thinking I have to protect my treasure from others; I am in danger of making of my treasure a 'god' I must keep and hoard.

Jewish practice and Jesus' teaching set a different standard for us to try: fast, abstain, give. In our short-hand way of talking about this we say: "What are you giving up for Lent?" Don't be fooled; we are not giving something up. We are, rather, making room for God.

Have a blessed Lent!

*Fr. Chris*

# FIRST SUNDAY OF LENT

## Tolling of the Bell

### Procession

### *Hold Us In Your Mercy*

Cooney

Cantor All Cantor

Hold us in your mer - cy. Hold us in your mer - cy.

Cantor All

Hold us in your mer - cy. Hold us in your mer - cy.

Cantor: Maker's love poured out from heaven. All: Hold us in your mercy.  
Cantor: Mercy's word-made-flesh among us. All: Hold us in your mercy.  
Cantor: Born as one of homeless pilgrims. All: Hold us in your mercy.  
Cantor: Sent to bring the poor good news. All: Hold us in your mercy.  
Cantor: You who shared the sinner's table. All: Hold us in your mercy.  
Cantor: You who cleansed the leper's flesh. All: Hold us in your mercy.  
Cantor: You who shared our life and labor. All: Hold us in your mercy.  
Cantor: You who chose to walk our roads. All: Hold us in your mercy.  
Cantor: You who silence raging demons. All: Hold us in your mercy.  
Cantor: You who bid the storm be silent. All: Hold us in your mercy.

## Penitential Rite

Cantor: Kyrie eleison! All: Hold us in your mercy  
Cantor: Christe eleison! All: Hold us in your mercy.  
Cantor: Kyrie eleison! All: Hold us in your mercy.  
Cantor: Kyrie eleison! All: Hold us in your mercy.

## First Reading

Genesis 2:7-9, 3:1-7

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

## Psalm

## Psalm 51

Haugen



Have mercy on me, God, in your kindness, in your compassion blot out my offense.

O wash me more and more from my guilt and my sorrow, and cleanse me from all of my sin. *Ref.*

My offenses, truly I know them, and my sins are always before me;  
against you alone have I sinned, O Lord, what is evil in your sight I have done. *Ref.*

Create in me a clean heart, O God, put your steadfast spirit in my soul.  
Cast me not away from your presence, O Lord, and take not your spirit from me. *Ref.*

Give back to me the joy of your salvation, let your willing spirit bear me up,  
and I shall teach your way to the ones who have wandered, and bring them all home to your side. *Ref.*

## Second Reading

Roman 5:12, 17-19

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned.

For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

## Gospel Acclamation

*Glory to You, O Word of God*

Proulx



*One does not live on bread alone, but on every word that comes forth from the mouth of God.*

## Gospel

Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written:

*One does not live on bread alone,  
but on every word that comes forth  
from the mouth of God."*

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written:

*He will command his angels concerning you  
and with their hands they will support you,  
lest you dash your foot against a stone."*

Jesus answered him, "Again it is written,

*You shall not put the Lord, your God, to the test."*

Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written:

*The Lord, your God, shall you worship  
and him alone shall you serve."*

Then the devil left him and, behold, angels came and ministered to him.

## Homily

Joe Kraemer, S.J.

### Profession of Faith

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,

*All bow.*

who was conceived by the Holy Spirit,  
born of the Virgin Mary,

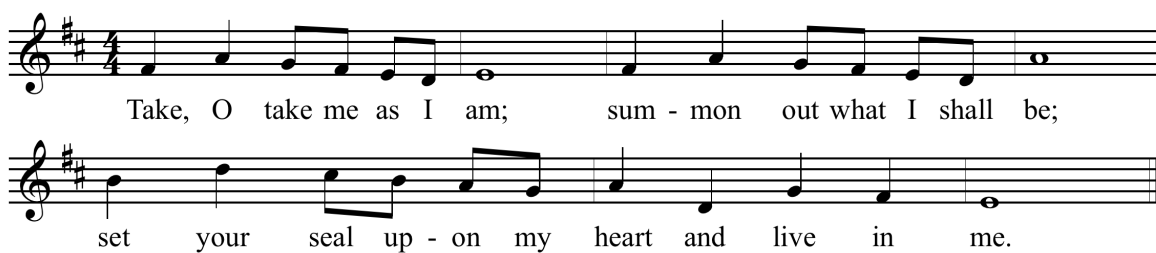
*All stand upright.*

suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen

## 5:30pm Mass Dismissal *Take, O Take Me As I Am*

Bell



## Offertory Song *Take Us By the Hand*

Lynch



### Refrain



## Online Giving

Scan this QR code to make  
a one-time gift to St. Joe's



### ALL ARE INVITED TO COME FORWARD

During communion, we invite all to come forward.

If you do not ordinarily receive Eucharist,  
or choose not to, come for a blessing, indicating your desire  
by putting your hand on your heart.

If you have need of a gluten free host,  
please come to the Presider and make that known.



## Holy, Holy, Holy

## St. Patrick's Mass

Ash

Ho - ly, ho - ly, ho - ly, Lord-God of Hosts,  
Hea-ven and earth are full of your glo-ry, Ho - san - na in the  
high - est! Bless-ed is he who comes in the name of the  
Lord! Ho - san - na in the high - est!

## Mystery of Faith

Save us, sav-ior of the world, for by your cross and res-ur-  
rec - tion you have set us free.

## Great Amen

A - men, a - men, a - - - men.  
A - men, a - men, a - - - men.

## Lamb of God

*Cantor:* Lamb of God, you *All:* take a-way the sins of the  
*Repeat as needed* *Final*  
world; have mer-cy on us. world; grant us peace.

## Communion

### *On Eagle's Wings*

*Joncas*

You who dwell in the shelter of the Lord, who abide in God's shadow for life.  
Say to the Lord: "My refuge, my rock, in whom I trust."

And he will raise you up on ea - gle's wings, bear you on the  
breath of dawn, make you to shine - like the sun, and  
hold you in - the - palm of his hand.

The image shows three staves of musical notation in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below the notes.

The snare of the fowler will never capture you and famine will bring you no fear.  
Under God's wings, your refuge, God's faithfulness, your shield. *Ref.*

You need not fear the terror of the night nor the arrow that flies by day.  
Though thousands fall about you, near you it shall not come. *Ref.*

For to the angels God's given a command to guard you in all of your ways.  
Upon their hands, they will bear you up, lest you dash your foot against a stone. *Ref.*

## Recessional

### *From Ashes to the Living Font*

*Hommerding/ST FLAVIAN*

1. From ash - es to the liv - ing font Your  
2. Through fast - ing, prayer, and char - i - ty Your  
3. From des - ert to the moun-tain - top in  
4. From ash - es to the liv - ing font, Your  
Church must jour - ney, Lord, Bap - tized in grace, in  
voice speaks deep with - in, Re - turn - ing us to  
Christ our way we see. So, tem - pered by temp -  
Church must jour - ney still, Through cross and tomb to  
grace re - newed By your most ho - ly word.  
ways of truth And turn - ing us from sin.  
ta - tions might, we might trans - fi - gured be.  
Eas - ter joy, In Spir - it - fire ful - filled.

The image shows three staves of musical notation in G major (one sharp) and common time. The melody is simple and hymn-like, with lyrics written below the notes. The lyrics are arranged in four parts, numbered 1 through 4.





### Join Us for “Reflect and Renew” Lenten Small Groups

Looking for new ways to engage with Scripture and your community this Lent? St. Joe’s is hosting a small group reflection series during the first five weeks of Lent as we journey towards Easter. Join us for this brand-new program that will encourage us to reflect on Scripture, dialogue about our faith with others in a safe, structured, small-group setting, and prepare us for encountering Christ.

Each group will consist of 6-8 people, including a trained facilitator, and will meet five times, beginning the week of February 26th. You don’t have to worry about forming a small group – just show up and organizers will help put together diverse groups that will stay consistent for the full five weeks.

Faith Justice Committees will also provide supplemental prayers to focus your Lent on Immigration, Climate Justice, or Anti-Racism if you decide.

**Groups will meet on Sundays, 12:30pm – 2pm, and on Tuesdays, 7pm – 8:30pm at the Parish Center.**

Sundays at 12:30pm: Feb. 26, March 5, 12, 19, & 26 / Tuesdays at 7pm: Feb 28, March 7, 14, 21, & 28

**Please RSVP to [smallgroups@stjosephparish.org](mailto:smallgroups@stjosephparish.org) or (206) 324-2522 and include which day you plan to attend (Sunday or Tuesday). If you haven’t had a chance to RSVP, please come anyway!**

**\*If you would like to start a neighborhood or friends group, please do! Let us know if you do and if you would like resources. It’s OK to start late!**

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## Youth Mass & Service Project Sunday, February 26th

Join us for a Youth Mass at 5:30pm on February 26th, then stay for a service project, creating hygiene kits for our unhoused neighbors, with the St. Joe’s Youth Group. Email Samantha at [samanthab@stjosephparish.org](mailto:samanthab@stjosephparish.org) for more info or to get the link to the Youth Group Signal chat group to stay up-to-date!

## Senior Ministry

**Come join our St. Joseph OWLS: Older, Wiser, Livelier, Souls.** Join us for some fun upcoming events!

**Fridays in Lent** – Come pray the Stations of the Cross with us, every Friday at 11am in the church. Beginning 2/24!

**Thursdays in March** – Beginning on Thursday, March 2nd, join us every Thursday morning in March at 10:30am for a Lenten small group faith sharing session. Especially for folks who do not want to drive at night to our evening small group program. No need to RSVP, just show up at 10:30am on all 5 Thursdays in March!

**Friday, March 3rd** – 11:30am, Anointing Mass followed by a delicious Lenten luncheon. After lunch the parish is hosting a rousing game of BINGO!

**Tuesday, March 14th** – 10am, Lenten Retreat with Fr. Chris. Join us for a wonderful and prayer-filled morning followed by a delicious luncheon. Our Advent retreat was such a success, we want to host another retreat for Lent. Please email [caprices@stjosephparish.org](mailto:caprices@stjosephparish.org) or call 206-324-2522 to reserve your spot.



# LENT AT ST. JOE'S

Every Friday During Lent: 11:00 am **Stations of the Cross**

Beginning Sunday, Feb 26: 12:30pm **"Reflect and Renew" Lenten Small Groups**  
*A Five Week Small Group Reflection*

Beginning Tuesday, Feb 28: 7pm **"Reflect and Renew" Lenten Small Groups**  
*A Five Week Small Group Reflection*

Beginning Thursday, Mar 2: 10:30am **"Reflect and Renew" Lenten Small Groups**  
*A Five Week Senior Ministry Small Group Reflection*

Saturday, March 4: 9am **AWAKEN TO THE DIVINE Retreat with Paul Coutinho**

Saturday, March 11: 9am **Women at the Foot of the Cross Retreat**

Tuesday, March 14: 10am **Senior Lenten Retreat with Fr. Chris**

Wednesday, March 22: 7pm **Parish Lenten Reconciliation Service**

Friday, March 31: 6pm **Stations of the Cross followed by our first-ever Fish Fry**

## HOLY WEEK

Sunday, April 2: 9, 11 and 5:30pm **Palm/Passion Masses**

Thursday, April 6: 7pm **Mass of the Lord's Supper**

Friday, April 7: 2:15pm **Stations of the Cross / 7pm Good Friday Liturgy**

Saturday, April 8: 8pm **Easter Vigil**

Sunday, April 9: 9am, 11am **Easter Sunday Masses**



[www.stjosephparish.org/lent-2023](http://www.stjosephparish.org/lent-2023)



If you have any questions or want more information to attend any of these events, please call 206.324.2522 or email [admin@stjosephparish.org](mailto:admin@stjosephparish.org)



# SYRIA needs YOU



[www.jrsusa.org/earthquake-in-syria](http://www.jrsusa.org/earthquake-in-syria)

## Upcoming Events and Action Alerts

THE IGNATIAN SPIRITUALITY CENTER INVITES YOU TO

### LENTEN PRAYER ENCOUNTER *Embodying the Lenten Journey through Imaginative Prayer*

WEDNESDAYS, MARCH 1 - APRIL 5, 2023  
6:30 PM - 8:00 PM PT | IN-PERSON AT  
ST. JOSEPH PARISH, SEATTLE  
MEGAN KUSH & MARIA OCHOA VAZQUEZ,  
PRESENTERS



The Lenten season is a time for prayer, listening and closeness with God. Ignatian spirituality engages our embodied selves in a way that helps to unite our imaginations, senses, memories, and desires towards spiritual wholeness. Come and cultivate your prayer experience by joining the ISC for Lenten Prayer Encounter, a series of weekly imaginative prayer experiences over the six weeks of Lent.

There is no requirement that you do all six encounters, although you may find that to be a helpful rhythm for Lent - join us for any, join us for all. Make this Lent meaningful, the Ignatian way.

No prior experience with Ignatian spirituality is required! All are welcome.

For more information and to register, visit  
<https://www.ignatiancenter.org/lenten-prayer-encounter>  
Please register by February 27, 2023



Questions?  
[maria@ignatiancenter.org](mailto:maria@ignatiancenter.org)  
(206) 329-4824

VENERABLE  
AUGUSTUS  
TOLTON



Praying for Spiritual Welfare

# NOVENA



VIA ZOOM @ <http://bit.ly/3RbpEkv>

23-31 March 2023

Office of Multicultural  
Communities and the Black  
Catholic Advisory Circle

6:00 PM - 7:00 PM

THE STORY OF VENERABLE FR. AUGUSTUS TOLTON INSPIRES, MOTIVATES, AND IS A REMINDER, GOD HAS A PLAN FOR ALL OF US - NO MATTER THE CIRCUMSTANCES. PLEASE JOIN US VIA ZOOM AS WE PRAY FOR THE SPIRITUAL WELFARE OF OUR DIVERSE COMMUNITIES.

## CALLING ALL ST. JOSEPH ALUMNI



We want to hear  
from you!

Then & Now!  
Tell us what you have  
been up to.

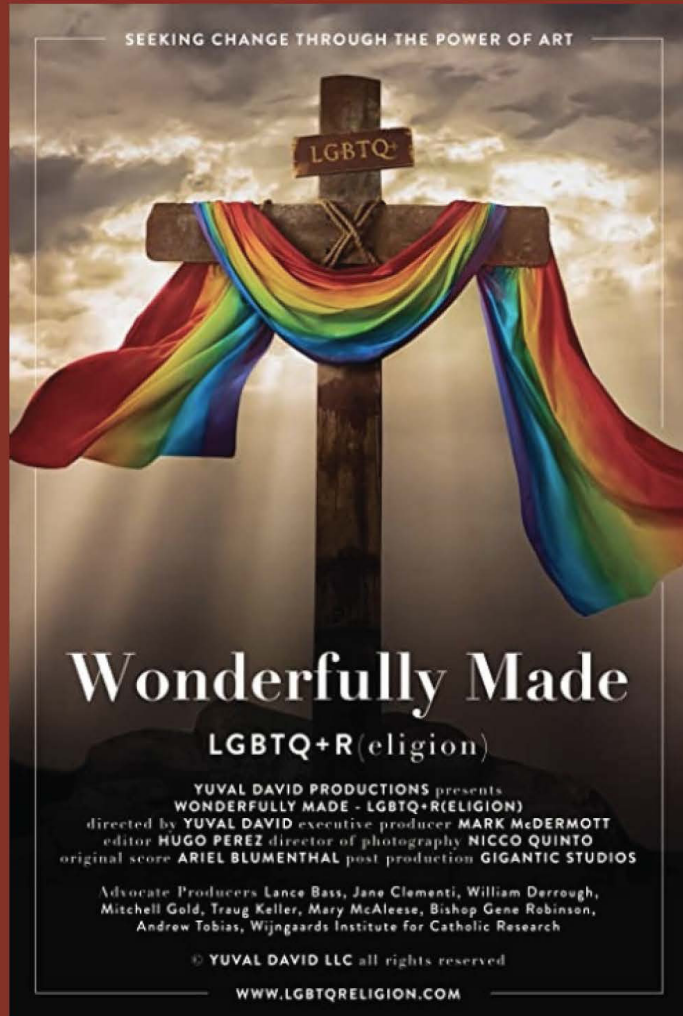
Update your  
information today.



SCAN ME

THIS WEEK!

Free Film Screening



Free Film Screening

**Thursday, March 2**  
**Seattle University Pigott Auditorium**

5pm - Reception with light hors d'oeuvres

6pm - Film Screening and Q&A with director Yuval David and executive producer Mark McDermott

FREE! RSVP HERE



**SEATTLEU**

[www.wonderfullymadefilm.com](http://www.wonderfullymadefilm.com)

@WonderfullyMadeMovie

@wonderful\_made\_

@WonderfullyMadeLGBTQReligion



## Youth – Do You Need Service Hours? We Need Your help!

Thanks to the kind hearts of the parish and school communities, we got a LOT of donations for the Agape Service Project. Now that Samantha's office is full, she can barely walk through it! (thank you again for the generous donations!). Samantha is looking for a few high schoolers or middle to help her sort out the donations that came in for the Agape. If you are in 7th-12th grade and need some service hours, please reach out to Samantha - she could really use the help! [SamanthaB@stjosephparish.org](mailto:SamanthaB@stjosephparish.org)





## Senior Ministry Lenten Retreat with Fr. Chris

Tuesday, March 14, 2023 - 10am to 1pm - Lunch included

Join us for a wonderful Lent retreat led by our  
Pastor, Chris Cartwright, S.J.

**Bring a crucifix from your home!**

A prayer filled morning as we prepare our hearts and minds for  
the death and resurrection of Christ. Followed by a festive lunch.

Please RSVP to [caprices@stjosephparish.org](mailto:caprices@stjosephparish.org)  
or call 206.324.2522 ext 100.  
All Welcome!

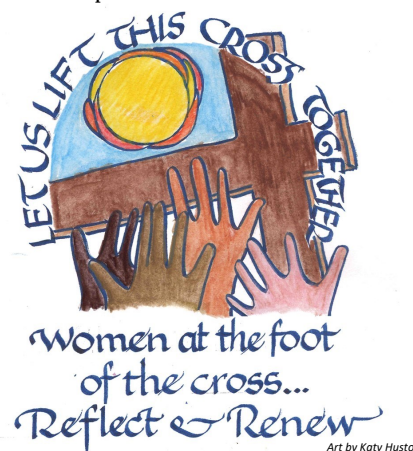


St. Joseph's Women's Ministry Lenten Morning of Reflection

**Women at the Foot of the Cross**

**Saturday | March 11 | 9:00 AM—12 PM**

Arrupe Room of the Parish Center



This is the Women's Ministry joyful restart; our first in person Lenten event since 2018. So if you've always come to these events or never come to one these events, You are So Very Welcome. Our program includes a Continental Breakfast, Scripture, Personal Reflection, Small Group Sharing and a fabulous speaker, Cameron Bellm. There is No Cost to Attend but an RSVP is required due to space constraints.

RSVP email/questions to: [women@stjosephparish.org](mailto:women@stjosephparish.org). Masks optional.

We aren't a community without YOU!



ST. JOSEPH PARISH  
THE JESUIT PARISH IN SEATTLE

## St. Joseph St. Patrick's Day Party Thursday, March 16th, 6pm Parish Social Hall

Live Irish Music with the Whiskey Mary Band &  
Live Dancers from Tara Academy Irish Dance

Beer, Wine, Coffee and Non-Alcoholic drinks provided

No need to buy a ticket, just come to our

**POTLUCK DINNER CELEBRATION**

Bring a food item or dessert to share

Family Friendly – open gym, movie, and games

To volunteer, email [stpatricksdays@stjosephparish.org](mailto:stpatricksdays@stjosephparish.org)  
or [sign up here](#).

Questions? [stpatricksdays@stjosephparish.org](mailto:stpatricksdays@stjosephparish.org)



ST. JOSEPH SCHOOL  
Seattle's Jesuit Parish Grade School



ST. JOSEPH PARISH  
THE JESUIT PARISH IN SEATTLE

## —SAVE THE DATE—

## FOR OUR FIRST-EVER PARISH FISH FRY

**Friday, March 31st  
6:30pm**

**Join us to pray the Stations of the Cross at  
6pm and then a Fish Fry in the Social Hall**

**Free - all donations will benefit St. Joe's Immigration  
Accompaniment Fund**



# FAITH JUSTICE

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## Tree of Hope for Sister Parish Scholarships

This Lent, join in the “Arbol de Esperanza” – Tree of Hope – to help raise funds for college scholarships at our Sister Parish in El Salvador, San Bartolome.

Deepen your Lenten experience and offer hope/joy to our siblings in San Bartolome (which includes the churches of Nueva Trinidad and Arcatao) by taking a tag from our “Tree of Hope” in the vestibule during Lent. We are hoping to raise \$13,000 for DHP – Desarrollo Humano Popular, or Popular Human Development, the fund started by St. Joe’s parishioners along with the San Bartolome community to help send students from the area to college in San Salvador. Two years ago, we helped raise enough money to purchase a house for the students!

It’s easy to help! You can take a tag from the tree (which will then be replaced with a picture of a student you helped sponsor!) and use the QR code to donate directly to the fund. Or, you can simply visit the giving website - [www.osvhub.com/stjosephparish/giving/funds/sister-parish](http://www.osvhub.com/stjosephparish/giving/funds/sister-parish). Email [sisterparish@stjosephparish.org](mailto:sisterparish@stjosephparish.org) if you have any questions!

**About DHP:** For the past 21 years, St. Joseph’s has been working alongside San Bartolome parish to support the DHP scholarship program -- providing students from rural areas of El Salvador an often out-of-reach opportunity to deepen themselves through higher education at the universities in the capital of San Salvador.



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## St. Joe’s Community Fridge: Leave What You Can, Take What You Need!



Thanks to a group of parishioners and Seattle Community Fridge, St. Joe’s has a new Community Fridge at the corner of 19th & Aloha!

Similar to a Little Free Food Pantry, the Community Fridge is a “take what you need, leave what you can” model of mutual aid. **Anyone can leave fresh groceries, sandwiches, soups, dairy, bread, and anyone can take what they need! This is a concrete way of caring for our neighbors and strengthening community. You and your family are invited to check it out!**

The fridge will be cleaned at least once per week, and safe food handling instructions are posted at the site. Please label ingredients and what day you dropped them off!

If you have any questions or would like to help maintain the fridge or donate on a regular basis, email Mark [markp@stjosephparish.org](mailto:markp@stjosephparish.org) \*We are planning on painting the fridge and shelter soon!



# Liturgy Column: Bringing the Embodied Arts to Liturgy

By Betsey Beckmann



Betsey Beckman holds a Master's in Ministry from Seattle University and is nationally and internationally renowned for her gifts of dance and prayer, most recently through her ongoing work with the online global community, Abbey of the Arts. For nearly 30 years, Betsey worked with youth and adults as director of Liturgical Movement at St. Patrick Church. As a new parishioner of St. Joe's, Betsey brings a wealth of experience, and has already begun sharing her gifts of gesture, dance, and drama in the context of our Masses and retreats. Since a focus on Liturgical Movement is relatively new for our community, we asked Betsey to reflect on the gifts of Embodied Prayer as we are invited to open our minds and hearts to holistic ways of praying as the Body of Christ.

## Reflections from Betsey

As Catholics, we have such a rich tradition of embodied prayer! Going back to the Hebrew Scriptures, we read that King David danced before the Lord and Miriam raised her tambourine in ecstatic dancing praise; and in the Psalms, we hear that the Israelites bent low in humility and let their hands rise like incense in the evening offering. In the New Testament, we hear Jesus telling stories of how the family danced with exuberance at the Prodigal son's return, and we see the people waving palms in celebration at Jesus' entrance into Jerusalem. We also hear Christ's own words – and actions – of offering his very body to us as a gift of radical presence in Eucharist and in the ultimate offering of self on Calvary.

Even throughout the centuries of our church, there have been many cultural expressions of artistry, dance, and embodiment in the history of our Catholic liturgy. Our embodied prayers include the Sign of the Cross; the blessing of forehead, lips, and heart; sitting, standing, and kneeling in worship; our processions and beautiful sacramental actions with incense, oil, and water. In various cultures across the globe, we can witness the Catholic Mass including such expressions as Africans dancing with drums to express praise, Hawaiians lifting their gestures in hula at Mass, and Mexicans offering indigenous dances to honor Our Lady of Guadalupe (as they do at the Feast of Madre de las Americas each December at St. James Cathedral.)

In this series of three short articles, I'd like to reflect on the history of movement in our traditions here at St. Joe's and at St. Pat's over the past 30 years and consider how we might explore ways to pray vibrantly and creatively in the months and years to come.

I'm delighted to be here at St. Joe's, and I see my ministry as two-fold. On the one hand, for the past 20 years during Lent (and occasionally in Advent) I've been invited to St. Joe's as a guest artist to proclaim the Gospel through story-dance. As a soloist, with my own body-prayer I am honored to bring the scripture to life and offer this prayer on behalf of everyone (just as King David danced before the Lord, and all were stirred as they witnessed his offering). Secondly, I have a calling to work with children, youth, and adults, to engage them in creatively entering liturgy so that they too can come to know scripture and song text from the inside out. Children have an amazing enthusiasm for life that can be channeled with prayer and artistry in our liturgy. (You may have witnessed the group of kids I directed at the 4pm Mass on Christmas Eve. What a joy!)

I look forward to sharing more about this with you. Stay tuned for more reflections on our embodied journey together!

-Betsey