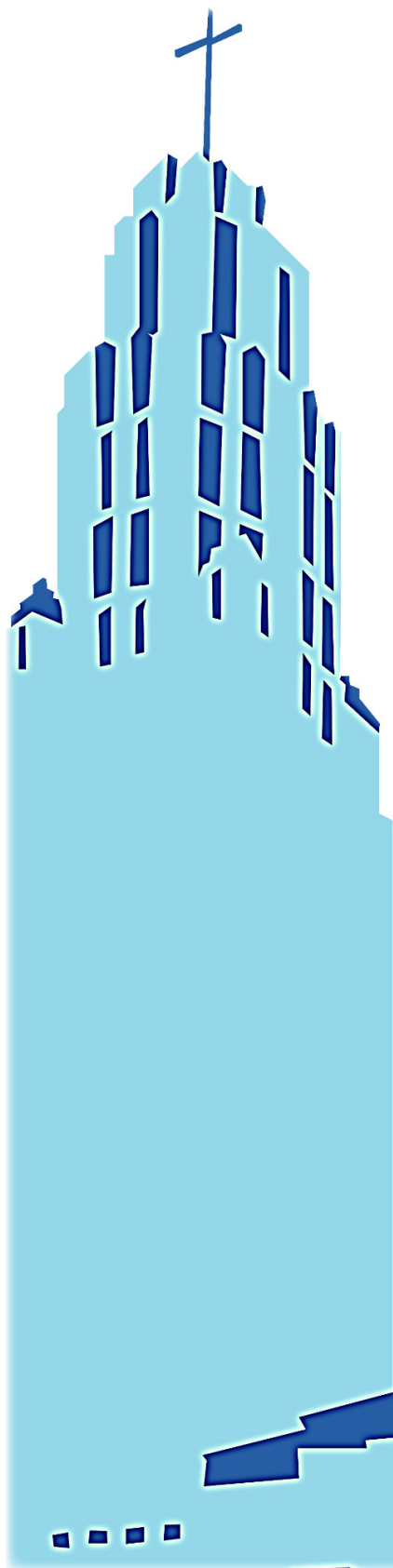




ST. JOSEPH PARISH

THE JESUIT PARISH IN SEATTLE

Sunday, March 12, 2023 * Third Sunday of Lent * www.stjosephparish.org



Third Sunday of

LENT

**"GOD'S LIFE,
INTO MINE"**

3rd Sunday of Lent
MARCH 12, 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 19, 2023

FIRST READING: 1 SAMUEL 16:1B, 6-7, 10-13A

SECOND READING: EPHESIANS 5:8-14

GOSPEL: JOHN 9:1, 6-9, 13-17, 34-38

PRESIDING & PREACHING: MATTHEW PYRC, S.J.

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

www.stjosephparish.org

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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



After Communion

The words of Jesus echo in our minds and hearts: "Take and eat... take and drink." "Do this in memory of me."

The altar is a table and our gathering a meal. It is a family meal so there is greeting and singing. Stories are told followed by reflection on our lives: how we should live, how we should love, to Whom we belong. All this comes to a climax – the Communion.

Do you give much thought to the idea that when you have come forward and received Communion that you have just then received Jesus Christ into your own body?

It is easy to be distracted; one has to navigate the turns and the walk back to one's pew. There is singing to be done with the rest of the congregation. Soon one's mind may have lost the moment, 'I just received Jesus Christ.'

A suggestion: when the song is finished, sit or kneel and go back to the thought: 'I just received God's life into mine.'

Think that thought and then think this: Jesus Christ is in all the people sitting before and beside and behind me! Jesus is not in the tabernacle or on the altar now – Jesus is body and blood in the people all around me, just as in me!

Sit and enjoy the thought that God loves you so much that God wants to be inside you, to dwell in you, in all of us! This is a holy moment and it would be great if one could hold on to this thought for hours or even days afterward.

It's okay to sit after the song ends. While the choir receives and the utensils of Mass and remaining Hosts are gathered and put away, sit back if you like and give your heart and mind to the holy thought: God dwells in me, in us, all of us.

Blessed Lent,

Fr. Chris

Donation Update: Did you know? The "DipJar" - the easiest way to donate to St. Joe's, is now in the vestibule, easily accessible as you walk in and out. Just run a card through one time to make a one-time \$20 donation.

THIRD SUNDAY OF LENT

Tolling of the Bell

Procession

Hold Us In Your Mercy

Cooney

The musical notation is written on two staves, each with a treble clef and a key signature of one sharp (F#). The time signature is common time (C). The first staff begins with a 'Cantor' label above the first measure and an 'All' label above the second measure. The second staff also begins with a 'Cantor' label above the first measure and an 'All' label above the second measure. The lyrics 'Hold us in your mer - cy.' are written below each staff, aligned with the notes. The first staff ends with a double bar line, and the second staff ends with a double bar line.

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.

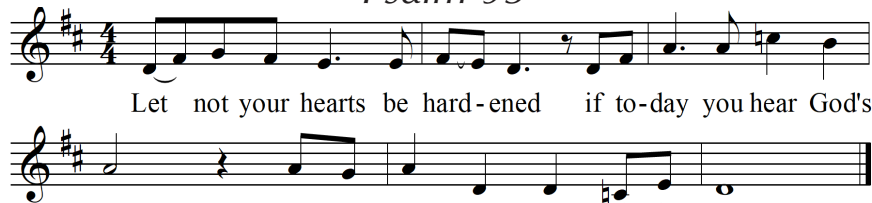
Penitential Rite

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

Exodus 17:3-7

In those days, in their thirst for water, the people grumbled against Moses, saying, "Why did you ever make us leave Egypt? Was it just to have us die here of thirst with our children and our livestock?" So Moses cried out to the LORD, "What shall I do with this people? A little more and they will stone me!" The LORD answered Moses, "Go over there in front of the people, along with some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the river. I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink." This Moses did, in the presence of the elders of Israel. The place was called Massah and Meribah, because the Israelites quarreled there and tested the LORD, saying, "Is the LORD in our midst or not?"



voice. If to - day you hear God's voice.
Come, ring out your joy to the Lord; hail the rock who saves us.
Let us come before him giving thanks, with songs let us hail the Lord. *Ref.*

Come, let us bow and bend low; kneeling before our Creator.
For the Lord is our God, we his people, the flock that is led by his hand. *Ref.*

Oh, that today you would hearken! Harden not your hearts as at Meribah,
as on that day at Massah in the desert, when your ancestors tested me. *Ref.*

Second Reading

Romans 5:1-2, 5-8

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God.

has been poured out into our hearts through the Holy Spirit who has been given to us. For Christ, while we were still helpless, died at the appointed time for the ungodly. Indeed, only with difficulty does one die for a just person, though perhaps for a good person one might even find courage to die. But God proves his love for us in that while we were still sinners Christ died for us.

And hope does not disappoint, because the love of God

Proulx

Gospel Acclamation



Glo - ry to you, O Word of God, Lord Je - sus Christ!
Lord, you are truly the Savior of the world; give me living water, that I may never thirst again.

Gospel

John 4:5-15, 19b-26, 39f, 40-42

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon.

"I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth." The woman said to him, "I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything." Jesus said to her, "I am he, the one who is speaking with you."

A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" —For Jews use nothing in common with Samaritans.— Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water."

Many of the Samaritans of that town began to believe in him. When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

Homily

Samantha Barger, Campus Minister

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 First Scrutiny & Dismissal

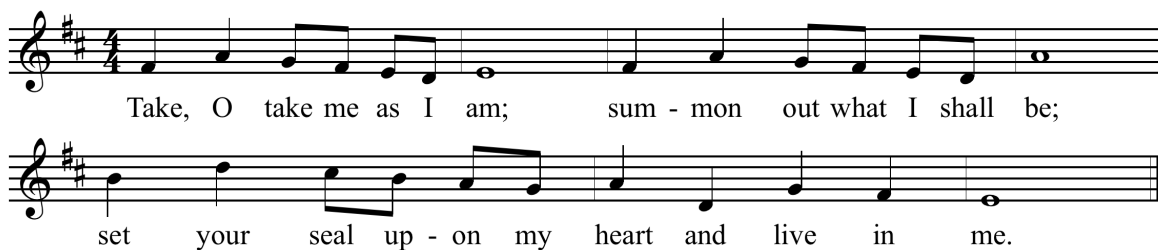
We Thirst For Living Water

Browning



Take, O Take Me As I Am

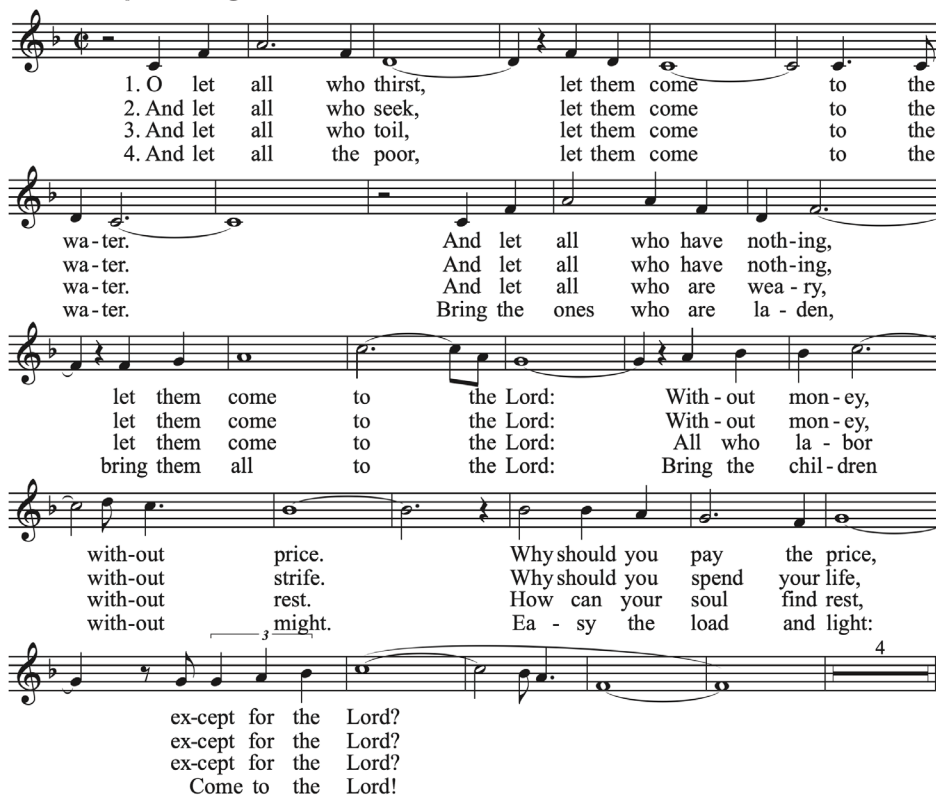
Bell



Offertory Song

Come to the Water

Foley



Online Giving

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



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.

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.

Communion

O Beauty Ever Ancient

O'Connor



O Beau - ty, ev - er an - cient, O Beau - ty, ev - er new: you, the
mir - ror of my life re - newed, let me find my life in you!

Oh, late have I loved you, oh, late have I turned;
turned from seeking you in creatures, fleeing grief and pain within. *Ref.*

My unloveliness I ran from, turned to seek you in all things,
things you fashioned as a pathway; yet I lost myself in them. *Ref.*

This created world is glorious, yet I could not see within,
see your loveliness behind all, find the Giver in the gift. *Ref.*

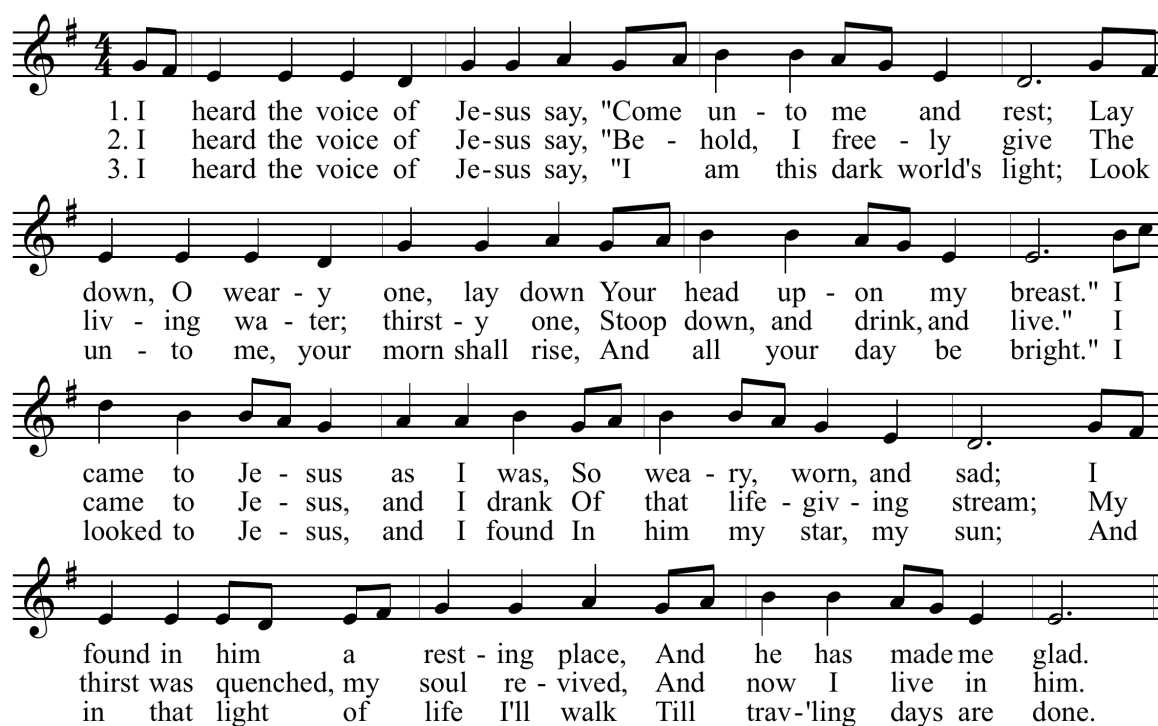
I had wandered far, perceiving that I walked my road alone.
Yet you called, you shone, you summoned, and you drew my spirit home. *Ref.*

In your loveliness you made me, in your godly image true;
by your grace you have renewed me; let me live my life in you! *Ref.*

Recessional

I Heard the Voice of Jesus Say

Bonar/KINGSFOLD



1. I heard the voice of Je - sus say, "Come un - to me and rest; Lay
2. I heard the voice of Je - sus say, "Be - hold, I free - ly give The
3. I heard the voice of Je - sus say, "I am this dark world's light; Look
down, O wear - y one, lay down Your head up - on my breast." I
liv - ing wa - ter; thirst - y one, Stoop down, and drink, and live." I
un - to me, your morn shall rise, And all your day be bright." I
came to Je - sus as I was, So wea - ry, worn, and sad; I
came to Je - sus, and I drank Of that life - giv - ing stream; My
looked to Je - sus, and I found In him my star, my sun; And
found in him a rest - ing place, And he has made me glad.
thirst was quenched, my soul re - vived, And now I live in him.
in that light of life I'll walk Till trav - ling days are done.

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
or [sign up here](#).**

Questions? stpatricksdays@stjosephparish.org



ST. JOSEPH SCHOOL
Seattle's Jesuit Parish Grade School



ST. JOSEPH PARISH
THE JESUIT PARISH IN SEATTLE



LENT AT ST. JOE'S

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

Ongoing: Sundays at 12:30pm **"Reflect and Renew" Lenten Small Groups**
A Five Week Small Group Reflection

Ongoing: Tuesdays at 7pm **"Reflect and Renew" Lenten Small Groups**
A Five Week Small Group Reflection

Ongoing: Thursdays at 10:30am **"Reflect and Renew" Lenten Small Groups**
A Five Week Senior Ministry Small Group Reflection

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: 8:30pm Easter Vigil

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



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



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
or call 206.324.2522 ext 100.
All Welcome!**



ST. JOSEPH PARISH
THE JESUIT PARISH IN SEATTLE

MAKE YOUR VOICE HEARD



The Global Synod summary document raises up the role of women in Church Leadership: "Despite great participation of women in various Church activities, they are often excluded from key decision-making processes...the Church needs to improve its awareness and institutional aspects of their activities." **Make our voices heard by joining the national conversation.**



St. Joe's and parishes around the world will be celebrating St. Phoebe Day in September, but there is much happening between now and then! Learn more about the Discerning Deacons organization and St. Phoebe at one of two national Zoom kick-off calls. Zoom dates are **March 14th (9am)** discerningdeacons.org/event/phoebekickoffmar14 or **March 23rd (5pm)** discerningdeacons.org/event/phoebekickoffmar23

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.

Thursdays in March – 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!

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 or call 206-324-2522 to reserve your spot.

St. Joe's Community Fridge: Sandwich-Making Fridays



A group of Young Adults (though everyone is welcome) is gathering on Fridays at the Social Hall, to make sandwiches for the Community Fridge. **Email Mark to RSVP - markp@stjosephparish.org. (The group doesn't meet every week. No preparation necessary - we will have all the ingredients. Snacks and drinks for the fridge are welcome!**



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!**

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



**JRS/USA invites you to
join us for our annual
Advocacy Day**

This event will provide you with the opportunity to learn about issues facing refugees and to encourage members of Congress to take action on their behalf.

**Scan the QR
code to learn
more or visit
the link below.**



2023 JRS/USA ADVOCACY DAY

→ **Tuesday, March 28, 2023**

JRS/USA will schedule meetings with your members of Congress starting at 10AM EST.

→ **Most meetings will
be virtual...**

but participants are welcome to note whether they would like to participate in person. JRS/USA will follow up with participants to determine whether meetings on Capitol Hill are feasible.

→ **Register by Friday,
March 10, 2023**

FOR DETAILS, VISIT:

jrsusa.org/advocacyday23



Giulia.mcpherson@jrsusa.org



www.jrsusa.org

FAITH JUSTICE

DHP Connection Event on Zoom: Monday, March 13th, 7pm



All are welcome to join the Sister Parish groups to meet Amadeo, a student in San Salvador from the DHP scholarship program. Join us to learn about how your donations help students thrive! Email Mark markp@stjosephparish.org for the Zoom link.

Tree of Hope for Sister Parish: Senior Food Program and Scholarships

This Lent, join in the “Arbol de Esperanza” – Tree of Hope – to help raise funds for the senior food program in 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. In addition, we’re raising \$5,000 for the senior citizen food security program in Nueva Trinidad that St. Pat’s has supported for years.

It’s easy to help! You can take a tag from the tree and use the QR codes to donate directly to a fund. Or, you can simply visit the giving website for scholarships - www.osvhub.com/stjosephparish/giving/funds/sister-parish and www.paypal.com/donate/?hosted_button_id=QZPM2X56T3FY Email sisterparish@stjosephparish.org if you have any questions!



Scholarship Donations



Food Program



A Celebration of Sr. Thea Bowman Thursday, March 30th, 7pm at the Parish Center



March 30th is Sr. Thea Bowman Day! – Join us For a Film Event

Thursday March 30th 7-8:30pm Parish Center



Join us in celebrating and learning from Sr. Thea Bowman, servant of God and prophet of change, and a model of prophetic Black Catholic women’s leadership. Join us for three short video clips on the life of this courageous, dynamic proclaimer of the Gospel in times of racial injustice. Videos will be followed by a discussion of how Sr. Thea’s legacy inspires and challenges us today and how to support her cause for sainthood. RSVP to antiracism@stjosephparish.org

Sponsored by the Anti-Racism Committee and the Women’s Ministry

Liturgy Column: Bringing the Embodied Arts to Liturgy (Part 3)

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: Ignatian Prayer

There are many ways to pray. One way to pray is to become still and quiet so that we can allow the flurry of activity to soften and we can hear the still small voice within, inviting us, surprising us, guiding us. This is a welcome centering in God.

When we come together as community for Eucharist, we are invited not only to interior prayer, but also to actively celebrate our faith with one another in song, gesture, word, deed, color, and scents. We express our faith within a beautiful ancient tradition of procession, proclamation, incense, candles, genuflection, bows, Alleluias, greetings of peace, and receiving the Body of Christ to become our own flesh. We as Catholics have a rich history of sacramentality. But the forms themselves can be rote and dry unless they are embraced with our own intentional engagement. It is in this realm that I have experienced an invitation from Spirit to embrace and enliven the traditions we love so much – our liturgical rhythms, flow, and embodiment.

As we creatively engage liturgy, some of our choices are influenced by the culture around us. At St. Patrick, we have been greatly enriched by the culture of our Deaf community which lifts up the gift of sign language as dynamic expression. When the worshipping community at large learns some of the responsive prayers in American Sign Language, we pray twice - once with our words, and once with our bodies. We engage our whole beings in full, active, conscious participation. We also reach out to our deaf sisters and brothers to say – we are in solidarity with you.

Last week I wrote about embodying scripture as a way of praying in the Ignatian tradition. Here at St. Joe's, we have also begun sharing American Sign Language with some of the children and youth, and it is utterly delightful to see how enthusiastically the kids engage their whole selves in this embodied prayer. I have discovered that when children are invited to full expression while young, they often feel a growing permission through the years to continue to embody and express their faith in joyous (not just mandatory) ways.

There are different styles of liturgy, liturgical art, and liturgical music that are all welcome under our one umbrella of Catholic Church. St. Pat's brings a dynamic and playful style of gesture, movement, drums, streamers, processions, drama, and sign language as we arrive here at St. Joe's. We have discovered that these varied expressions engage folks with many different learning styles, such as kinesthetic learners and L'Arche community members. We are excited to share some of our gifts of movement with our new community, and we know that this expression may not be comfortable for all. We hope to offer thoughtful pieces that honor St. Joe's liturgical culture and also help us to continue to encounter God and one another in dynamic embodied ways.

Thanks for reflecting with me on bringing embodied arts to liturgy in this small series. Some events to look forward to include: Palm Sunday Passion Journey with our young folks, Easter Vigil gesture prayer and dramatic embodiment of Genesis, Easter Sunday American Sign Language by the children, and a 2-part workshop on embodied prayer with Mary Magdalene in the Easter season. I look forward to discovering how the Spirit is stirring us to live our call to become the Body of Christ together!

-Betsey

St. Joe's Asylum Accompaniment Team



Did you know? St. Joe's is sponsoring an asylum-seeker from Nicaragua! Alvaro Vargas arrived in El Paso, Texas, in December of 2022, with nothing but the clothes on his back, after walking from Nicaragua, through Mexico, to the border of the United States. Joe Cotton, Director of Pastoral Care and Outreach at the Archdiocese, has known Alvaro since he was 13 years old and a participant of NPH, and got him on a flight to Seattle and a place to stay.

Since then, a group of St. Joe's parishioners has formed a Welcome Circle for Alvaro, supporting him with basic necessities like clothing and transportation, as well as helping him find an attorney and healthcare. Leading this team are parishioners who have experience with the immigration system: Chris McNabb, Gretchen Brennan, and Dave Zablotny. **Anyone is welcome to join the team! Just email Mark at markp@stjosephparish.org if you'd like to help.**

Alvaro is fleeing violence in his home country and a complete lack of economic opportunities, but he is still trying to support his wife and four children in Nicaragua. He is unable to work right now due to his immigration status, so we are hoping to raise enough funds over the next few months to rent his own personal living space, as well as pay for his attorney fees, which can be upwards of \$10,000.

Can you help? Donate using the QR code or send a check to the parish directed toward Asylum Accompaniment Team.

We will have many more updates in the coming weeks – put May 21st on your calendar for a fundraising kick-off with parishioner Br. Chris McNabb preaching at Mass about welcoming the stranger. And come to the March 31st Parish Fish Fry – all proceeds will go towards the Assistance Fund that will help Alvaro get what he needs to survive.



Donate to the Fund

PARISH FISH FRY

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



Donate to the Fund

**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**

