

## PARTNERS IN THE GOSPEL PARISH FAMILY

**ST. THERESE**

[www.st-therese.cc](http://www.st-therese.cc)

**ST. JOSEPH**

[www.stjosephparish.org](http://www.stjosephparish.org)

Sunday, February 23, 2025 \* 7th Sunday in Ordinary Time



## 7<sup>th</sup> SUNDAY IN ORDINARY TIME

"Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you."

- Lk 6:38



**Pastoral Coordinator** - Deacon Steve Wodzanowski - [stevew@stjosephparish.org](mailto:stevew@stjosephparish.org) - 206-531-2261

**Parish Priest** - Rev. Mike Bayard, S.J. - [frmike@stjosephparish.org](mailto:frmike@stjosephparish.org) - 206.324-2522

**Parish Priest** - Rev. Phil Boroughs, S.J. - [frphil@stjosephparish.org](mailto:frphil@stjosephparish.org) - 206.324-2522

**Parish Deacon** - Deacon Greg McNabb - [deaconmcnabb@gmail.com](mailto:deaconmcnabb@gmail.com) - 206-636-3493

**Director of Operations** - Erin Smith - [paa@st-therese.cc](mailto:paa@st-therese.cc), [esmith@stjosephparish.org](mailto:esmith@stjosephparish.org) - 206-274-7630

**Parish Family Facilities Manager** - Chris Rose - [crose@stjosephparish.org](mailto:crose@stjosephparish.org)



### St. Therese

3416 East Marion Street, Seattle, WA 98122

[www.st-therese.cc](http://www.st-therese.cc) (206) 325-2711

Office Hours: M-Th 9am to 4pm

#### Pastoral Staff:

**Office Administrator** - Catherine Pagès -  
[office@st-therese.cc](mailto:office@st-therese.cc) ext 210

**Faith Formation, Liturgy & Parish Life**  
Nicole St. Hilaire - [nicoles@st-therese.cc](mailto:nicoles@st-therese.cc) ext 215

**Bookkeeper** - Lauren Schulz -  
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**Shades of Praise Choir Director** - Kent Stevenson -  
[kentstevensoncasablanca@gmail.com](mailto:kentstevensoncasablanca@gmail.com)

**St. Mary's Facilities Manager** - David Mead -  
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**Calendar** - Deborah Tinsley - [calendar@st-therese.cc](mailto:calendar@st-therese.cc)  
*text only* 206-909-1727

**Bulletin** - Caprice Sauter - [bulletin@st-therese.cc](mailto:bulletin@st-therese.cc)

#### Consultative Leadership:

**Pastoral Council Chair** - Rose Hesselbrock  
[rose.hesselbrock@gmail.com](mailto:rose.hesselbrock@gmail.com)

**Pastoral Council Vice Chair** - Marty Koenigs  
[mka@seanet.com](mailto:mka@seanet.com)

**Finance Council Chair** - John Steedman  
[mylessteedman@yahoo.com](mailto:mylessteedman@yahoo.com)

#### St. Therese Catholic Academy

900 35th Ave., Seattle, WA 98122

[www.stcaseattle.org](http://www.stcaseattle.org) 206-324-0460

**Principal** - Malcolm Nelson - [mnelson@stcaseattle.org](mailto:mnelson@stcaseattle.org)

**Vice Principal** - Madeleine Tomich -  
[mtomich@stcaseattle.org](mailto:mtomich@stcaseattle.org)



### St. Joseph

732 18th Ave E, Seattle, WA 98112

[www.stjosephparish.org](http://www.stjosephparish.org) (206) 324-2522

Office Hours: M-F 8:30am to 4:30pm

#### Pastoral Staff:

**Faith Formation** - Theresa Shepherd-Lukasik -  
[theresal@stjosephparish.org](mailto:theresal@stjosephparish.org) 206.508.3079

**Children's Faith Formation** - Meredith Wright -  
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**Stewardship** - [stewardship@stjosephparish.org](mailto:stewardship@stjosephparish.org)

**Music** - Laura Ash -  
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**Communications & Scheduling** - Caprice Sauter -  
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**Office Admin** - Ryan Graham -  
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#### Consultative Leadership:

**Pastoral Council Chair** - Denise Muyco  
[pmc@stjosephparish.org](mailto:pmc@stjosephparish.org)

**Pastoral Council Co-Chair** - Wendy Nystrom  
[pmc@stjosephparish.org](mailto:pmc@stjosephparish.org)

**Finance Council Chair** - Mike Rebagliati

#### St. Joseph School

700 18th Ave E., Seattle, WA 98112

[www.stjosephsea.org](http://www.stjosephsea.org) 206.329.3260

**Head of School** - Patrick Fennessy -  
[pfennessy@stjosephsea.org](mailto:pfennessy@stjosephsea.org)

**Middle School Director** - Vince McGovern -  
[vmcgovern@stjosephsea.org](mailto:vmcgovern@stjosephsea.org)

**Primary School Director** - Robby Hayes -  
[rhayes@stjosephsea.org](mailto:rhayes@stjosephsea.org)

## Mass Times

### St. Therese

#### Sunday 9 am and 11 am

Livestream 9 am 2nd and 4th Sundays,

11 am 1st and 3rd Sundays

Reconciliation: Tuesdays at St. Joseph

### St. Joseph

#### Sunday 9 am, 11 am, 5:30 pm

Livestream w/ASL 11 am

Reconciliation: Tuesdays, 4:30 to 5:30 pm

Weekday Mass Schedule: Tues-Fri, 7 am



# WELCOME TO ST. JOSEPH

March 2, 2025

FIRST READING: SIRACH 27:4-7

SECOND READING: 1 CORINTHIANS 15:54-58

GOSPEL: LUKE 6:39-45

ST. JOSEPH

PRESIDING: MIKE BAYARD, SJ

PREACHING: DEACON STEVE WODZANOWSKI

ST. THERESE

PRESIDING & PREACHING: PHIL BOROUGHS, SJ

## Mass Intentions:

February 23 9am - Paul Zuhorski †

February 23 11am - The People of St. Joseph

February 25 - Pat Noonan †

February 28 - Pat Noonan †

Prelude

*God Be in My Head*

*Brown*

Procession

*City of God*

*Schutte*

1. A - wake from your slum-ber! A-rise from your sleep!

A new day is dawn-ing for all those who weep.

The peo-ple in dark-ness have seen a great light.

The Lord of our long-ing has con-quired the night.

## Refrain

Let us build the cit-y of God. May our tears be

turned in - to danc - ing! For the Lord, our light and our

love, has turned the night in - to day!

## Verse 2

2. God is light; in him there is no dark-ness. Let us

walk in his light, his chil-dren, one and all.

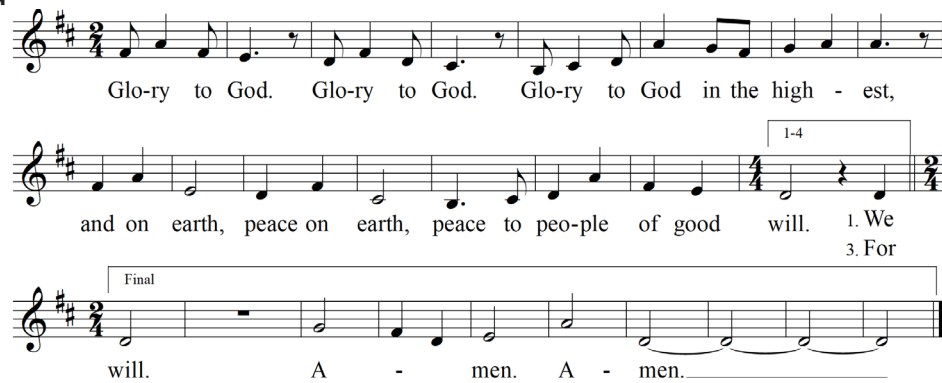
O com-fort my peo-ple; make gen-tle your words.

Pro-claim to my cit-y the day of her birth.

To Refrain

# Glory to God

Schutte



- |                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1. We praise you,<br/>we bless you,<br/>we adore you,<br/>we glorify you,<br/>we give you thanks for your great glory,<br/>Lord God, heavenly King,<br/>O God, almighty Father.</p> <p>2. Lord Jesus Christ, Only Begotten Son,<br/>Lord God, Lamb of God, Son of the Father,<br/>you take away the sins of the world,<br/>have mercy on us;</p> | <p>you take away the sins of the world,<br/>receive our prayer;<br/>you are seated at the right hand of the Father,<br/>have mercy on us.</p> <p>3. For you alone are the Holy One,<br/>you alone are the Lord,<br/>you alone are the Most High,<br/>Jesus Christ,<br/>with the Holy Spirit,<br/>in the glory of God the Father.<br/>Amen.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## First Reading

1 Samuel 26:2, 7–9, 12–13, 22–23

In those days, Saul went down to the desert of Ziph with three thousand picked men of Israel, to search for David in the desert of Ziph. So David and Abishai went among Saul's soldiers by night and found Saul lying asleep with in the barricade, with his spear thrust into the ground at his head and Abner and his men sleeping around him.

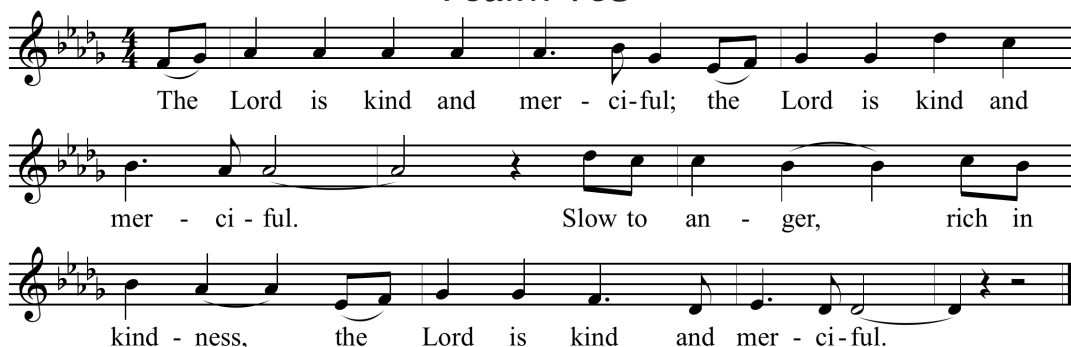
Abishai whispered to David: "God has delivered your enemy into your grasp this day. Let me nail him to the ground with one thrust of the spear; I will not need a second thrust!" But David said to Abishai, "Do not harm him, for who can lay hands on the LORD's anointed and remain unpunished?" So David took the spear and the water jug from their place at Saul's head, and they got away without anyone's seeing or knowing or awakening. All remained asleep, because the LORD had put them into a deep slumber.

Going across to an opposite slope, David stood on a remote hilltop at a great distance from Abner, son of Ner, and the troops. He said: "Here is the king's spear. Let an attendant come over to get it. The LORD will reward each man for his justice and faithfulness. Today, though the LORD delivered you into my grasp, I would not harm the LORD's anointed."

## Psalm

### Psalm 103

Cotter



Bless the Lord, O my soul; all my being bless God's name.  
Bless the Lord, O my soul; forget not all God's blessings. Ref.

The Lord is gracious and merciful, slow to anger, full of kindness.  
God is good to all creation, full of compassion. Ref.

The goodness of God is from age to age,  
blessing those who choose to love.  
And justice toward God's children; on all  
who keep the covenant. Ref.

## Second Reading

1 Corinthians 15:45-49

Brothers and sisters: It is written, The first man, Adam, became a living being, the last Adam a life-giving spirit. But the spiritual was not first; rather the natural and then the spiritual. The first man was from the earth, earthly; the second man, from heaven. As was the earthly one, so also are the earthly, and as is the heavenly one, so also are the heavenly. Just as we have borne the image of the earthly one, we shall also bear the image of the heavenly one.

## Gospel Acclamation

*Taize*



*I give you a new commandment; love one another as I have loved you.*

## Gospel

Luke 6:27-38

Jesus said to his disciples: "To you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. To the person who strikes you on one cheek, offer the other one as well, and from the person who takes your cloak, do not withhold even your tunic. Give to everyone who asks of you, and from the one who takes what is yours do not demand it back. Do to others as you would have them do to you. For if you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? Even sinners do the same. If you lend money to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, and get back the same amount. But rather, love your enemies and do good to them, and lend expecting nothing back; then your reward will be great and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you."

## Homily

Phil Boroughs, S.J.

## Baptismal Acclamation

(9) *Baptismal Alleluia*

*McWalter-Huff*



## 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

# Offertory Song

## Hold Onto Love

Manibusan

1a. There is a place for the sad - ness. Hold on to Love. We  
 1b. When pain and con - fu - sion seem end - less, hold on to Love. We  
 2a. When ter - ror and fear o - ver - whelm us, hold on to Love. We  
 2b. When vi - o - lence seek to de - stroy us, hold on to Love. We  
 3a. When ha - tred is used to di - vide us, hold on to Love. We  
 3b. When pre - ju - dice pos - es as free - dom, hold on to Love. We

5 1.  
 1a. There is a sea - son of glad - ness. Hold on to Love. We  
 1b. cul - ti - vate heal - ing through kind - ness. Hold on to Love. We  
 2a. Cour - age and faith will sus - tain us. Hold on to Love. We  
 2b. Acts of com - pas - sion re - store us. Hold on to Love. We  
 3a. Wis - dom and truth re - u - nite us. Hold on to Love. We  
 3b. Dig - ni - ty means "all are wel - come." Hold on to Love. We

2.  
 Hold on to Love, where hope is found. Hold on to Love,

where joy a - bounds. Hold on to Love, where grace and mer -

2  
 cy's o - ver - flow - ing. Hold on to Love.

Online Giving

Scan the QR code to make a gift.



# Holy, Holy

## Mass of Christ the Savior

Schutte

Ho - ly, Ho - ly, Ho - ly Lord God of hosts. Heav-en and earth are  
 full, are full of your glo - ry. Ho - san - na! Ho-san - na! Ho-  
 san-na in the high-est. Bless-ed is he who comes, who comes in the name of the  
 Lord. Ho - san - na! Ho-san - na! Ho-san-na in the high - est.

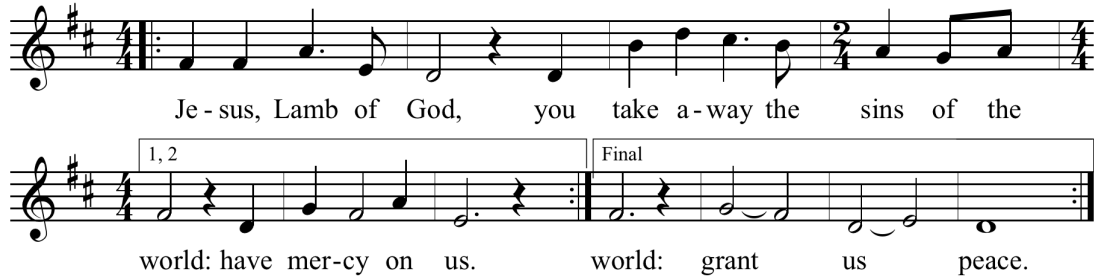
# Mystery of Faith

When we eat this bread, and drink this cup, we pro-  
 claim your death O Lord, un - til you come a gain.

## Great Amen



## Lamb of God



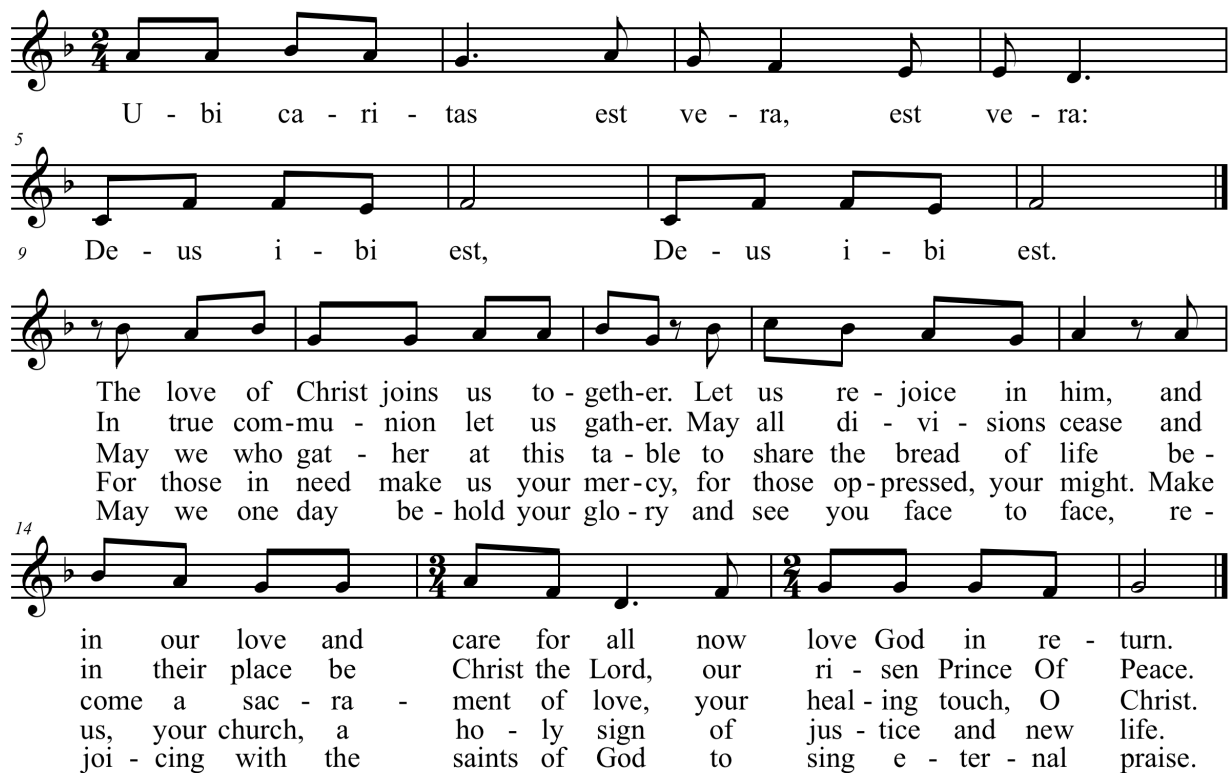
### ALL ARE INVITED TO COME FORWARD

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 Songs

### *Ubi Caritas*

*Hurd*



## Seek Ye First

Lafferty

1. Seek ye first the king-<sup>dom</sup> of God and his right-eous - ness,  
2. Ask, and it shall be giv-en un-to you, seek, and ye shall find,  
and all these things shall be add-ed un-to you; Al-le - lu, al-le - lu - ia.  
knock, and the door shall be o-pened un-to you;  
Al - le - lu - ia, al - le - lu - ia,  
al - le - lu - ia, al - le - lu, al - le - lu - ia.

## Recessional

## Bring Forth the Kingdom

Haugen

1. You are salt for the earth, O peo-ple: Salt for the King-dom of God!  
2. You are a light on the hill, O peo-ple: Light for the Cit - y of God!  
3. You are a seed of the Word, O peo-ple: Bring forth the King-dom of God!  
4. We are a blest and a pil - grim peo-ple: Bound for the King-dom of God!  
Share the fla-vor of life, O peo - ple: Life in the King-dom of God!  
Shine so ho - ly and bright, O peo - ple: Shine for the King-dom of God!  
Seeds of mer-cy and seeds of jus - tice, Grow in the King-dom of God!  
Love our journey and love our home-land: Love is the King-dom of God!  
Bring forth the King-dom of mer - cy, Bring forth the King-dom of peace;  
Bring forth the King-dom of jus-tice, Bring forth the Cit-y of God!

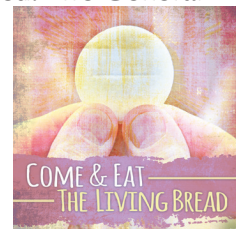
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## Communion Questions

We have recently had a rise in parishioners who want to dip their host into the wine, the practice of “Intinction”.

Here is the official response from the Archdiocese on the practice: **EU 16. The practice of intinction by the dipping of the consecrated host into the precious blood by the communicant himself is not allowed. The General Instruction of the Roman Missal (GIRM) makes no allowance for either extraordinary ministers of Holy Eucharist, nor members of the worshipping assembly to intinct.**

Additionally, requesting intinction could make our Eucharistice Ministers uncomfortable, so please refrain from doing so. All our Priests and Deacon Steve would be happy to talk to you about this one on one if you have further questions, please feel free to reach out. We want to ensure that everyone feels welcome at the Lord’s table!



# PARISH HAPPENINGS

**Volunteer Corner-** Check out this spot in the bulletin each week to learn how you can get involved in the ministries here at St. Joe's.



**Parish Fish Fry** - The date for our Fish Fry is Friday, March 28th!

**We need help to put on this wonderful event!** If you would like to join us and help plan, cook, and/or serve we would love to have you! Please email Caprice Sauter at [caprices@stjosephparish.org](mailto:caprices@stjosephparish.org) to join in!

**11:00am Sunday Mass Coffee Hour Crew** - "Love coffee? Love people? Join the Sunday Coffee Crew and help make our parish feel like home!" "Jesus turned water into wine—can you help us turn hot water into coffee?" This ministry is more than just serving coffee and donuts . . . It's about creating a welcoming environment where relationships can grow. Shifts are short and flexible. Contact John Hale for information and schedule a "Try It Out" Sunday: [john@callofcompassion.org](mailto:john@callofcompassion.org); C: 425-765-7923

**Collection Counters** - We're in need of assistance counting the Sunday collection on Monday mornings. We work in rotating teams, so the commitment is just one or two Monday's per month for an hour or so. If you're interested, please email Erin Smith, Director of Operations, [esmith@stjosephparish.org](mailto:esmith@stjosephparish.org)



Join us on Wednesday, March 5th  
All services are in the church!

## St. Therese

9am School Mass

6:30pm Liturgy of the Word with Ash Distribution

*(Bring your old blessed palms to burn before Mass)*

## St. Joseph

7am Mass

12:15pm Liturgy of the Word with Ash Distribution

7pm Mass



# Parish Family Lenten Opportunity

Let's use this small group prayer activity to get to know each other. Sign up now! Use the below QR code or sign up in the Vestibule after Mass!

*Who are we? Who, then are we?  
But who am I and who are my people? Who do people say that I am?  
But who do you say that I am?  
Who am I? Who are we?*



Scan for digital sign-up form or look for paper sign-ups after Masses.

Deepen your Lenten experience by joining neighborhood **Whole Parish Family Small Faith-Sharing Groups.** Groups will meet throughout Lent in parishioner homes.

## Seniors Ministry

Anointing Mass - **Please join us Friday, March 7th at 11:30am for Mass followed by our annual Lenten Grilled Cheese lunch.** We're looking forward to a wonderful celebration! If you have any questions please call the parish office at 206.324.2522. All are welcome!

## Prayer Shawl Group

We welcome prospective to experienced knitters and crocheters who wish to create prayer shawls for those in need of comfort and healing. Our monthly gatherings are a time to share, pray, reflect, rejoice, and learn from one another. Anyone interested in joining is welcome! For more information, use the email address below. We meet on the first Tuesday of the month at 7:00pm, in the Mother Teresa room in Parish Center. **Our next meeting is March 4th!** Shawl request: If you or someone you know is in need of the comfort and prayers that a shawl can provide, please email us at [prayershawlgroup@stjosephparish.org](mailto:prayershawlgroup@stjosephparish.org) to request a shawl.

## Inspiration From an Environmental Justice Champion

**Dr. Wangari Maathai** was an environmentalist and human rights activist who **founded the Green Belt Movement (GBM)** in 1977. She mobilized Kenyans to plant **more than 30 million trees** throughout Kenya. Dr. Maathai's approach was practical, holistic, and deeply ecological. By planting trees, she addressed soil erosion as the roots helped bind the soil. These trees also helped retain groundwater during rains, replenishing streams and providing essential resources such as food and fuel, thereby **sustaining the communities' livelihoods**.

Despite facing harassment, threats, and imprisonment for her work, Dr. Maathai and the GBM persevered, ultimately achieving national and global recognition for their transformative environmental work. In 2004, she was recognized as the **first African woman and first environmentalist to receive the Nobel Peace Prize**.



*"It's the little things citizens do. That's what will make the difference.  
My little thing is planting trees."*

Dr. Wangari Maathai's legacy is exemplary of how **one person can be a force for change**. For more information, visit the Wangari Maathai Foundation at [wangarimaathai.org](http://wangarimaathai.org) which is dedicated to keeping her legacy alive.



All are welcome to join us!  
The CJC meets on the **First Thursday of the month**  
Email contact: [climatejustice@stjosephparish.org](mailto:climatejustice@stjosephparish.org)



Our **youth** will inherit the state of the world and the environment. **STAND WITH THEM!**

We need **ADULT PARTICIPANTS** for the **NW Ignatian Advocacy Summit**.

← Registration required... or visit [bit.ly/2025SacredSalmonTownHall](https://bit.ly/2025SacredSalmonTownHall)

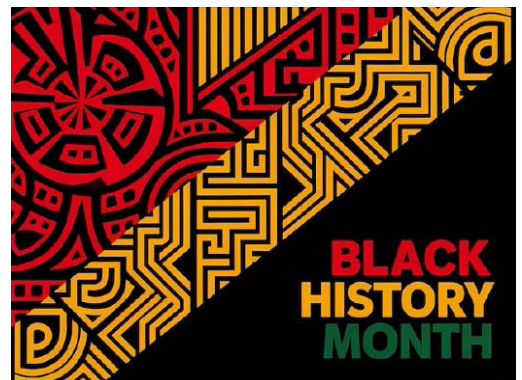
(Sponsors: Jesuits West / Seattle University Campus Ministry / Intercommunity Peace and Justice Center)

## Black History Month

### Prayer to End Racism by Reaching Across Divides, Offering New Ways to See & Act

Lord, Jesus Christ  
who reached across the ethnic boundaries  
between Samaritan, Roman and Jew  
who offered fresh sight to the blind and freedom to captives,  
help us to break down the barriers in our community,  
enable us to see the reality of racism and bigotry,  
and free us to challenge and uproot it  
from ourselves, our society and our world.

—John Buck, SJ



Truth is powerful and it prevails.

— Sojourner Truth

## St. Vincent de Paul

All he had for food was a loaf of bread. But his call to St. Vincent de Paul was not for help with food. No, this elderly veteran needed some help with his rent. An ankle injury that had him hobbling around on crutches had required some extra money for medicine.

We gave him the \$75 to cover some of his rent for the month and he was most thankful. As our volunteers were about to leave, they wondered how he was doing for food. Well, he said, he did have a loaf of bread. A quick check discovered that was it, no other food. And it would be ten more days until his monthly Social Security check arrived. He didn't want to ask for anything more.

We gave him additional gift cards for food to cover that interval. Your donations go for just these types of situations, this gentleman and we are most grateful for your on-going support for our neighbors.

Next week, March 2nd is our monthly collection for St. Vincent de Paul, remember your gifts go directly to help neighbors in need.



**MARCH 2ND - 9AM MASS**

# St. Joseph Youth Mass

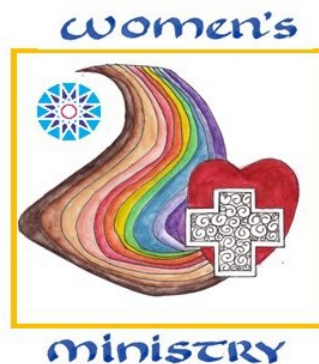
**JOIN US! LED BY OUR SCHOOL WORSHIP BAND.  
CHILDREN'S LITURGY OF THE WORD FOR KIDS AGED 6-12**



PASSION & RESURRECTION  
through Mary's Eyes...



...we see Jesus  
as our companion  
in suffering  
and our hope  
for healing



Lent 2025

Women's Ministry  
Morning of  
Reflection

- Saturday, March 15
- Parish Center, Arrupe Room
- Gathering at 8:30 a.m.  
with light refreshments.
- We will finish at 11:30.

**BRING A FRIEND!**

**ALL ARE WELCOME!** Even if  
you have never attended a  
Women's Ministry Event, all  
who identify as women, all ages  
and ethnic backgrounds are  
encouraged to join us for  
prayer and song in community.

- There is no cost to attend,  
but free will offerings are  
always accepted.
- Please RSVP so we know  
how many to plan for...

**To RSVP or for Questions,  
email**

[women@stjosephparish.org](mailto:women@stjosephparish.org)

# Archdiocese of Seattle - Immigrant and Refugee Ministry

## How Can I Help?

Our archdiocese has a robust Immigrant and Refugee Ministry already in operation. It is a ministry rooted in the example of Jesus Christ that welcomes the stranger and fulfills the commitment of the U.S. Catholic bishops to protect the life and dignity of the human person. They serve and advocate for immigrants, refugees, asylees, migrants, unaccompanied children and victims of human trafficking. <https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry/>

Right now they are incredibly busy serving and responding to the immigrant community! But that doesn't mean that there aren't ways you can get involved and help this critical ministry.

1. Speak out every chance you get. Call elected representatives, write letters to the editor, share on social media, ask groups to which they belong to issue solidarity letters, follow up on Washington State Catholic Conference alerts (there are at least 2 bills affecting immigrants in the state legislature this term).
2. Stay informed! Sign up for the following advocacy alerts: <https://justiceforimmigrants.org/join-us/> and at <https://www.wacatholics.org/be-an-advocate/join-our-network>
3. Donate - just search for organizations helping immigrants. Or any of these places: The Encuentro Project, Annunciation House of El Paso, Hope Border Institute, and Kino Border Initiative.



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## Humanitarian Aid Issues

### What Can I Do?

There is so much information swirling out there, what do we actually know, and what, if anything can we actually do?

Catholic Relief Services and the United States Conference of Catholic Bishops are urging people of faith to join them in advocating Congress to protect the most vulnerable and resume foreign assistance programs while under review.

By advocating today, your voice can help:

- Soon-to-be mothers access nutrition services.
- Farmers feed their families.
- Children receive critical medications to fight disease.

U.S. foreign aid is not a handout. It has real impact on human life and dignity and advances U.S national interests. It provides lifesaving assistance in emergencies and supports long-term development programs that help families and communities build resilience, reducing the need for humanitarian aid in the future.

To learn more about how to advocate visit [www.crs.org](http://www.crs.org)

Thank you for taking action today!  
Together, let us continue to work for a world where all people can reach their God-given potential.



## Season of Service

Be sure to check out the Archdiocese website for the Season of Service. It is chock full of ways to participate. It has many service opportunities for families plus ideas for you to log your own families service hours. This is really a wonderful way to celebrate the 175 years of the Archdiocese of Seattle. Check it out and join in!



## Join the Season of Service

March 1 – May 31

In celebration of  
the Archdiocese of Seattle's  
175th Anniversary



Join other Catholics across Western Washington and volunteer 175,000 hours. Season of Service culminates in the Archdiocese of Seattle's 175th Anniversary Celebration on May 31, 2025 at St. James Cathedral.

Learn more: [archseattle.org/seasonofservice](https://archseattle.org/seasonofservice)

