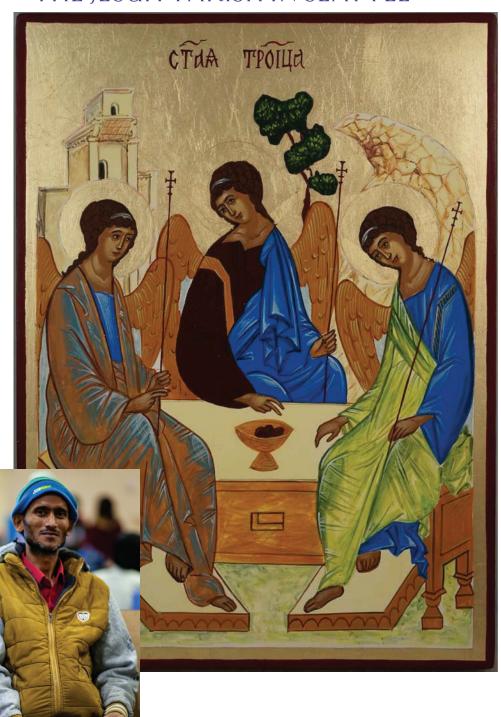
Sunday, July 21, 2019 \* Sixteenth Sunday in Ordinary Time\* www.stjosephparish.org





Now that you have come this close to your servant, let me bring you a little food, that you may refresh yourselves...

# SIXTEENTH SUNDAY IN ORDINARY TIME JULY 21, 2019

Reflection This Week: Nicky Smith Homily Next Week: Deacon Steve Wodzanowski

#### Weekend Mass Schedule Saturday - 5 pm Sunday - 9:30 am & 5:30 pm

### Readings for July 28, 2019

First Reading: Genesis 18:20-32 Second Reading: Colossians 2:12-14 Gospel: Luke 11:1-13

Weekday Mass Schedule
Monday - Friday, 7 am, Parish Center
Reconciliation
Saturday - 3:30-4:15 pm in the Church
or by appointment
Parish Center
732 18th Ave E, Seattle, WA 98112

Monday-Thursday - 8 am - 4:30 pm Friday - 8 am - Noon Saturday - 9 am - 1 pm www.stjosephparish.org

Parish Receptionist (206) 324-2522

#### **Pastor** Rev. John D. Whitney, S.J. x107 jwhitney@stjosephparish.org **Parochial Vicar** Rev. Glen Butterworth, S.I. x103 gbutterworth@stjosephparish.org **Deacon** x106 Steve Wodzanowski stevew@stjosephparish.org **Pastoral Staff:** Marti McGaughey, Business Mgr x108 marti@stjosephparish.org Tina O'Brien, Stewardship x114 tinao@stjosephparish.org Renée Leet, Admin Assistant x100 rleet@stjosephparish.org Theresa Lukasik, Adult Faith Formation x111 theresal@stjosephparish.org Bob McCaffery-Lent, Liturgy & Music x109 rmclent@stjosephparish.org Caprice Sauter, Comm. & Scheduling x102 caprices@stjosephparish.org Lianne Nelson, Bookkeeper x113 liannen@stjosephparish.org Yuri Kondratyuk, Facilities x110 St. Joseph School - Main Office x210 Patrick Fennessy, Head of School x218 Mary Helen Bever, Primary School Dir x215

Vince McGovern, Middle School Dir

x219

## We Are All Refugees

My thoughts go out to those "least ones" who daily cry out to the Lord, asking to be freed from the evils that afflict them. These least ones are abandoned and cheated into dying in the desert; these least ones are tortured, abused and violated in detention camps; these least ones face the waves of an unforgiving sea; these least ones are left in reception camps too long for them to be called temporary. . . In the spirit of the Beatitudes we are called to comfort them in their affliction and offer them mercy; to sate their hunger and thirst for justice; to let them experience God's caring fatherliness; to show them the way to the Kingdom of Heaven. They are persons; these are not mere social or migrant issues!

#### -Pope Francis-

When Israel and his sons went down to Egypt, they were poor and desperate—refugees fleeing a famine that had gripped much of the known world, and crossing into the one country that had prepared itself with sufficient stores to survive for seven years. Their flight from Canaan to Egypt was not the first time this family had been migrants; indeed, the whole of their history had been shaped by the unexpected migration of Abram (later Abraham) from the land of his ancestors in Ur into the land of the Canaanites. And since that first migration, which brought Abram to the land of the Hittites—where he would eventually bury Sarah, his wife, on a piece of land they had allowed him to buy, even though he was a foreigner—the descendants of Abraham had rarely kept still. Israel himself, who as a young man known as Jacob was forced to migrate in fear for his life when he stole the blessing of his father from his elder brother, Esau, was welcomed into the land of the Kedemites, where he found work and was later married. But the entry into Egypt was different, for in what may well have been the first example of "chain migration," the sons of Israel entered Egypt and were given a home because of the successful experience of their brother, Joseph, who had risen from slavery and imprisonment to become the advisor to Pharaoh. Through Joseph, the People of Israel grew and prospered, helping the Egyptians to prosper, as well, until fear overtook the leaders of Egypt and they oppressed the Israelites in such a way that God intervened through Moses to rescue these asylum seekers and destroy Pharaoh and his army, who cried out, "Let us flee from Israel, because the Lord is fighting for them against Egypt" (Ex. 14:25). For the next 40 years, the People of Israel would be migrants again—often regretting their departure from the stability of Egypt, but knowing that freedom required this risk. And when, at last, they found a home in Canaan, they would make hospitality and respect for the stranger one of the cornerstones of their Law, referring to it over 50 times in the legal portion of the Torah, e.g.: "You shall not cheat a sojourner and you shall not oppress him, for you were sojourners in the land of Egypt" (Ex. 22: 20). Indeed, so characteristic was the image of a refugee to the the identity of Israel, that St. Matthew makes Jesus himself a refugee, who fled his homeland in the arms of his mother, to find welcome among the Gentiles of Egypt.

Given the strong biblical roots of asylum and care of the refugee, it is hard to imagine that anyone professing to be aligned with the

Judeo-Christian tradition could consent to policies that restrict the ability of men, women, and children to seek refuge; or, even more disturbing, could punish refugees as a means to dissuade other. Yet, this is what is happening today. Whether in the slow-walking of asylum claims or in the denial of whole categories for which one can claim refuge (e.g., sexual violence), national leaders abandon the very precepts of moral responsibility rooted in our history as a Judeo-Christian nation, and in our shame from the failures of previous generations. And for those not pushed back into Mexico, we have provided interment camps along the border—where temperatures are kept low to suppress the smell of children and adults who have not been given facilities to bathe or brush their teeth, where blankets are often lacking and food is often insufficient and of poor quality, where older children are given the care of infants whose parents are kept elsewhere, where access to legal help is the exception and toddlers are asked to represent their asylum claims before adult judges. Like the Egyptians, we fear these people in their poverty and in their "otherness," and so we treat them in a manner that cannot result in anything but the creation of enemies and our own ultimate destruction. For what shall the children of those camps become, when the abuse settles in their soul and they are at last set free? Have we not learned from our history of slavery, at least, that our failure to live out the principles we profess—to succumb to fear over love and viciousness over compassion—breeds only greater suffering and wounds that centuries may not heal?

This last week, a new proclamation by the President declared that no person will be accepted as a refugee if he or she has traveled through another country before reaching the border of the United States. Thus, all those coming from El Salvador or Honduras or Guatemala (or from other nations around the world) through Mexico will be ineligible for refugee status—regardless of the dangers they face or the reasonable fear of persecution from which they have escaped. Whether or not this declaration passes legal muster—and there is a serious question that it will-its very introduction by presidential fiat strikes anew at the moral imperative of caring for the stranger and welcoming those most in need. Here we set aside the question of other kinds of migration, set aside those who seek to enter our nation for its laws or the opportunities created by generations of earlier immigrants. Rather, in this rule we are considering only those who come in fear of gangs and violence, of the very narco-terrorism used to scare us away from our heritage. These women and men—often with children—come not to destroy our border, but because they long for the protection our border provides. They do not wish to sneak into the country, but to do what both our civil law and the international agreements into which we have entered permit—and what the moral law demands. They come, like Abraham to Hebron, like Jacob to the Kedemites, like Jesus to the land of Egypt, seeking a place where they can live in justice and peace. To create false barriers to such migration—to force refugees to stay in the struggling nations of Mexico and Central America, when we have the means, if not the will, to welcome them—is to abandon our Christian tradition in favor of a nationalism that reduces our principles to our fears, and our policy to our most disordered self-interest.

Though we have reached a point, in our nation, of reducing virtually all ethics to the simplistic dichotomies of partisan politics—i.e., of reducing each other to mere issues or ideologies—there remains an irreducible truth in the person of Jesus Christ. He proclaims not a policy nor an ideology, promotes not a party nor a law: rather, he is the Way, and the Truth, and the Life, and he gives to each woman and man the grace of the Holy Spirit, laying down his life so that we might live. If we are to follow this Christ, we, likewise, cannot reduce one another neither refugee nor border agent, President nor detained infant—into "mere social or migrant issues." Rather, we must encounter even those with whom we disagree as brothers and sisters—as ends in themselves, and not just means to something else. And we must call them (as we are called) to the dignity and respect of Christ. We must love all women and men, laying our lives down so that all may be raised up. We must see in the faces of those who come to our border for help, the face of Abraham and Jacob, of Israel and Jesus, and we must aid and protect them in their time of danger not because they give us a political advantage, but because to do anything else is to abandon our history, as well as our humanity. To do anything less is to cease living in communion with the body of Christ, who calls to us now for refuge,

Prayer St. Joseph Community extends its prayers Tree and hopes for the following intentions: For those who are burdened by stress and anxiety, we pray for the gift of peace for them in their mind, body and soul.

"Peace I leave with you; my peace I give you . . . Do not let your hearts be troubled . . . . "

~John 14:27

# SIXTEENTH SUNDAY IN ORDINARY TIME

Welcome to St. Joseph. Please take a moment to silence your cell phones.

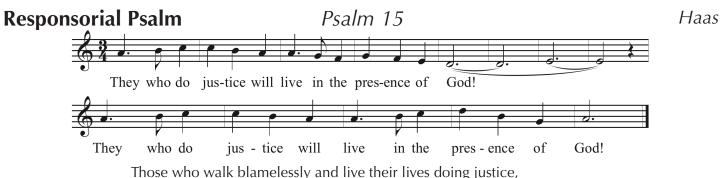


First Reading Genesis 18:1-10a

The LORD appeared to Abraham by the terebinth of Mamre, as he sat in the entrance of his tent, while the day was growing hot. Looking up, Abraham saw three men standing nearby. When he saw them, he ran from the entrance of the tent to greet them; and bowing to the ground, he said: "Sir, if I may ask you this favor, please do not go on past your servant. Let some water be brought, that you may bathe your feet, and then rest yourselves under the tree. Now that you have come this close to your servant, let me bring you a little food, that you may refresh yourselves; and afterward you may go on your way." The men replied, "Very well, do as you have said."

Abraham hastened into the tent and told Sarah, "Quick, three measures of fine flour! Knead it and make rolls." He ran to the herd, picked out a tender, choice steer, and gave it to a servant, who quickly prepared it. Then Abraham got some curds and milk, as well as the steer that had been prepared, and set these before the three men; and he waited on them under the tree while they ate.

They asked Abraham, "Where is your wife Sarah?" He replied, "There in the tent." One of them said, "I will surely return to you about this time next year, and Sarah will then have a son."



Those who walk blamelessly and live their lives doing justice, Will keep the truth in their heart, and slander not with their tongue! *Ref.* 

Who harm not another, nor take up reproach to their neighbor, Who hate the sight of the wicked, but honor the people of God! *Ref.* 

Who show no condition in sharing the gifts of their treasure, Who live not off the poor: they will stand firm forever! *Ref.* 

## Second Reading

Colossians 1:24-28

Brothers and sisters: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church, of which I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God, the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory. It is he whom we proclaim, admonishing everyone and teaching everyone with all wisdom, that we may present everyone perfect in Christ.





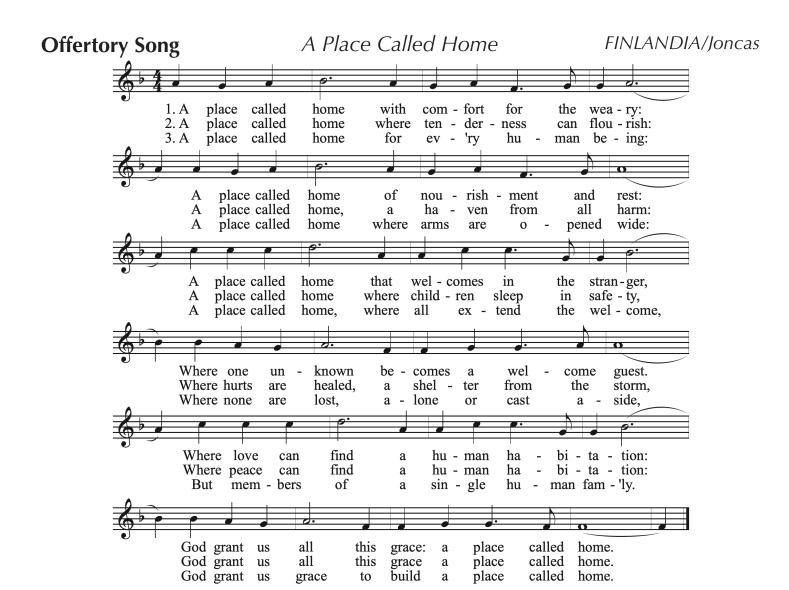
Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance.

Gospel Luke 10:38-42

Jesus entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

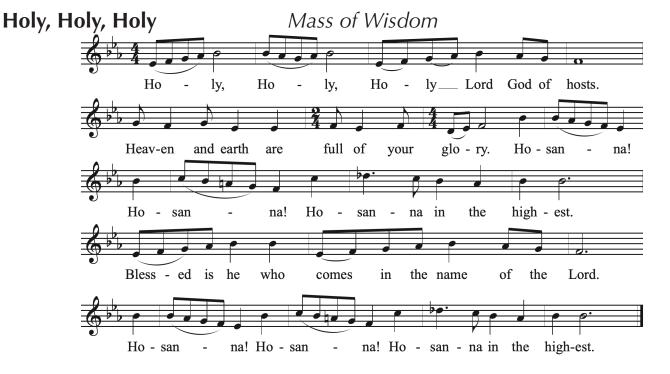


## **Reflection** Nicky Smith, Executive Director, IRC Seattle



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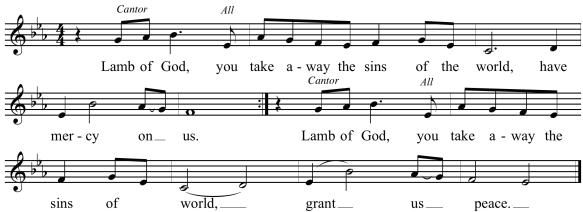
## **Mystery of Faith**



### **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 A GLUTEN ALLERGY, & NEED A GLUTEN FREE HOST, PLEASE COME TO THE PRESIDER & INDICATE THIS.

In com - mun - ion's

in

Live their days

love have

grat - i -

Taste and see that God is good.

stood.

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from this

and scat-tered

ta - ble

Taste and see the grace e - ter-nal.





# St. Joseph Financial Update

By Marti McGuaghey, Pastoral Assistant for Administration

We are still busy working on getting the last receipts in for the FY 18/19 to complete our financials. However, our income is complete for last FY. We are going to have a shortfall of \$113,000 in ordinary income for our 2018/2019 budget. As you can see below, in the last 4 years we have not meaningfully increased our ordinary income. In fact we are down from FY 2017/2018. (As a reminder, ordinary income is the income that comes directly from parishioners on Sundays, through online giving, and in our annual Fall Stewardship Campaign). Our programs, registered parishioners and mass attendance have all grown but our ordinary income is not rising.

The good news is with cuts to almost every expense, along with deferring most maintenance projects, we should not need to dip into savings this year.

The bad news is next year's budget is very tight to cover rising expenses such as benefits, school subsidy, and our archdiocesan assessment, etc. To balance our budget, we need to maintain the same income budget for next year, \$1,740,600.00. If we fall short in income next year, we will not be able to recoup that shortage in expenses as we have already trimmed them.

In addition we are still working on reaching our Annual Catholic Appeal goal. Remember this is our support of the larger church. May God help us in this good work, and so help us to make the Church what it can be, a place of healing and hope, especially for those most in danger of being forgotten. If you have not given yet, please help us reach our goal as we are currently about \$47,000 away.

As always, please do not hesitate to reach out with any questions, comments or ideas. Email or call me at martim@ stjosephparish.org or 206.965.1648.

Ordinary Income	2018/2019	2017/2018	2016/2017	2015/2016	2014/2015
An overview of					
the last 5 years	\$1,623,212.80	\$1,651,400.43	\$1,562,506.46	\$1,636,977.29	\$1,501,350.93

# FAITH JUSTICE



Our longtime Winter Shelter Coordinator, Taffy McCormick has retired. We will have a gathering in the fall to thank and appreciate Taffy for her years of dedicated service to the men of St. Martin de Porres Shelter. I can say without a doubt, there would not have been a Winter Shelter without Taffy and her willingness to organize and operate it year after year. I would love help in planning the proper way to thank Taffy. I also know many of you have been committed to helping either as an overnight host, meal provider or shopper year in and year out. Thank you!

Knowing this I am confident together we can come up with a new plan to operate the Winter Shelter. My initial thought is to have a small team of 3-5 people who can help me run the Winter Shelter. What if one person took on the coordination/scheduling of the overnight hosts and another person took on the coordination/scheduling of the meal providers? What if 1-2 people shared the responsibility of shopping and keeping the shelter space stocked and tidied. We do have a significant hurdle we need to get over: finances. In the past, Taffy recruited friends to cover the cost of running the shelter which is approximately \$900 - 1200 per month. Unfortunately the Winter Shelter cannot be funded out of the parish budget, so we need to do some fundraising. A possibility to consider is promoting the Winter Shelter to anyone who has Matching Funds available through their workplace. While matching funds cannot support the Parish, we can use them for social service outreach programs. For example: Microsoft employees can donate through the Benevity Causes Portal to the St. Joseph Homeless Support Program. I'm also open to other suggestions for funding to keep our Shelter Ministry going.

My goal is to schedule a meeting during the summer with anyone interested in helping with the continued running of the Winter Shelter. If you are interested, please contact me at 206-965-1646 or stevew@stjosephparish.org. We will have a meeting of interested folks on July 30th, Tuesday, at 7 pm in the Parish Center.

Blessings - Deacon Steve Wodzanowski



# St. Joseph Immigration Ministry

As we continue our parish work on behalf of immigrant, refugee and asylum seeking families, we need to put together an Immigration Education, Advocacy and Action Team under our Faith Justice Commission. The purpose of this team would be to plan, promote and present programs that support immigrant communities through education, advocacy and action including collaborative action through ISN Jesuit Parish Network in the US.

Please consider joining this team as we begin planning for future activities and events. The first meeting is Wednesday, July 24th, at 7:00 pm in the Parish Center. For details, contact Vince Herberholt at vherberholt3@comcast.net or Deacon Steve at stevew@stjosephparish. org or 206-965-1646. RSVP's appreciated. This is an open meeting, so all are welcome.

### **Lazarus Center**

Lazarus Center celebrates its first anniversary at our new location this month! We've made some home improvements over the year. On **Saturday**, **August 3**, **2019**, we're hosting an open house at the Lazarus Center and invite you to come for a visit to check out the updates. We'll be serving lunch and giving tours from 11:00 am to 2:00 pm. Come see firsthand how we help homeless seniors in our community. RSVP to LazarusCenter@ccsww.org

## Jubilee Women's Center

Community meals help extend our resident's food budget through the months and provide protein, fresh vegetables, and fruit in their diet that normally they would not be able to afford. We need help.

Volunteer groups of up to 6 people to serve community meals on Tuesday, Wednesday and Thursday evenings at 5:30 pm. Typically, volunteers arrive around 4:30 to prepare/cook the food. Both male and female volunteers are welcome and volunteers are encouraged to sit and enjoy the meal with the community. Dinners should be able to feed all 24 women.

For more information, contact Aura Payne at aura@jw-center.org



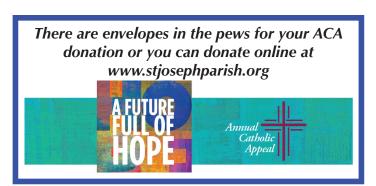
# 30 YEARS AS A SISTER PARISH

#### A Reflection by Daniel Stoner, Sister Parish Committee Lead

Late into the evening of November 14th, 2004, under the clear moonless sky I departed SeaTac for my first trip to our sister parish in El Salvador. A mixture of nerves and excitement, I was about to learn firsthand about this remarkable relationship I heard so much about. After a long plane ride and then a nearly-five hour ride in the back of a pickup truck, I wearily arrived in Arcatao to a welcome I will never forget. I was lovingly greeted by dozens of parishioners, as if I was a long-lost relative returning from a long absence. During that weeklong visit, residents openly shared with me stories of their lives during civil war in the 1980's; of survival, fear, and resilience. I received a taste of a relationship (already fifteen years in the making) that had deep roots of companionship and social justice. The entire trip was a transformative experience, truly seeing the face of Christ in people who were full of hope in spite of living through terrible tragedies. That is why I have helped lead the relationship for the last 15 years: a desire to keep that transformative trip alive and honor those in Arcatao who work every day to make their community stronger.

Although I travel to El Salvador three or four times a year, I can't wait to return this November. Not only is it the 30th anniversary of our sister parish relationship, it is also the 30th anniversary of the assassination of the Jesuit Martyrs on the grounds of the University of Central America, in San Salvador. Every year, students (who weren't even alive when this tragedy occurred) take over the campus with a joyous celebration of the lives of the Jesuits who were killed in 1989. We will celebrate those martyrs, as well as this enduring relationship and will plan for the next 30 years! For more information, email sisterparish@stjosephparish.org

# Annual Catholic Appeal



Thank you to those who have already made their gift to this year's Annual Catholic Appeal! As of July 18th, 270 parishioners have committed \$119,555 to our goal of \$162,011. We are at 74% of our goal. Thank you!

A million thanks to: Mike Buckley, Patrick Gemperline & Jan Dwight, Edgar Haimerl & Annette Rembold, Peter and Claire Hansen, Mary Hartrich, Anne Jenkins, John & Jeanne O'Brien, Patricia O'Brien, Joseph & Tiffany Rodriguez, Doug & Kathleen Sanford, Kyle & Maria Stinson, Donna Teevan, Ray Wheeler & Barbara Clinton and Michael & Jennifer Wood.



# Parish Life

# **Young Adult Ministry**

Third Sunday Socials: Canterbury Ale House Sunday, July 21st - 6:30-8 p.m.

Looking to continue your fellowship outside of Mass? Join us for Third Sunday Socials at Canterbury Ale House (534 15th Ave E) on each third Sunday of the month. This is a casual, no-obligation, social way to connect. Open to all ages. Meet at the back of church after the 5:30pm Sunday Mass or meet us there. Questions? Reach out to Deacon Steve at 206.965.1646 or Stevew@stjosephparish.org

## Men's Ministry

Wednesday, July 31st, 5-7 pm - Jamjuree on Capitol Hill

Join us for a discussion with Deacon Steve Wodzanowski and others at Jamjuree, a superb Thai restaurant at 509 15th Avenue, walking distance from St. Joseph. The food is good, the dialogues are interesting, and the beer is cold. Space is limited so reserve your spot today. (We have a table for ten). Please RSVP to Robert Rogowski, rjrogowski@gmail.com.

### **Seniors On The Go**

**Friday, August 2nd** - Anointing Mass at 11:30 am. Please join us for Mass. (*There will be NO luncheon after*).

# WELCOME BACK FR. GLEN

## **Decisions and Discernments**

The summer of my sixteenth year I missed an important meeting for complicated reasons. All of our lives are full of complicated reasons and mine has been no exception. If you read my introduction from last week you know that growing up my family moved around quite a bit and although I was amazingly privileged in the schools I was able to attend, I never had an easy time with classes. Never completely being on the same page with the rest of the class, teachers said I had an uncanny ability to comprehend the entirety of their lesson plan within a few minutes; this 'gift' left me feeling bored and prone to mischief.

So in the summer of 1986, I had an important meeting that school counselors believed would help me get me out of the classroom and into the world. The meeting was for an internship with Senate Majority Leader, Bob Dole of Kansas. As politics were really all we ever talked about at home, I had a sense of who the senator was and what taking this step could mean for my future. At the time, and for years before, I had thought about attending a military academy and this step would certainly move me in that direction. Besides, anything that could get me out of class would be a good thing!

But I didn't make that meeting; I missed it because I was unsure about leaving my friends and I couldn't ask my father's guidance because he was off in Central America, fulfilling his duties as a loyal career officer in the CIA. Dad was often in Central America during the Reagan years. He'd bring back colorful tourist souvenirs as if he had been on vacation, even though he had been in the middle of a war zone.

That summer, rather than prepare for a precocious entree into the problematic world of adult politics, I goofed off with my friends and made many more friends who just wanted to be teenagers and rock out to the Smiths, the Cure, U2, Concrete Blonde, and the Clash. It was the right path for me at the time but it was more of an accident than an adult decision or some deep discernment. Funny thing is, a similar opportunity happened again when I was in university. And so I got a do-over - something that doesn't always happen in life.

College was a wild ride for me and it took me back and forth many times between Rome, Italy and the mountains of Western Maryland - between a privileged life with a cosmopolitan group of classmates and a down to earth life with a ruckus band of fraternity brothers. It'll have to suffice for now that I found my university classes boring no matter where I was - but I excelled at *la dolce vita*! During my senior year, after my father's death, a professor secured me a political internship just as Clinton was taking office. I was given a huge executive office on the top floor of what is now the FAA building but at the time housed the Office of the Secretary of Transportation. It was the perfect job for me - dynamic, multifaceted, and requiring a steep learning curve. In the course of a normal day I tracked moods and intentions on Capitol Hill (the other one!), nurtured contacts among the nation's governors and mayors, released major grants in a way that was politically helpful to the Dems - all the while responding to my pager when my stocks hit their target price (remember pagers?). I made a lot from Swift Transportation and a savvy bet on Japan Airlines really paid off. All legal, if not entirely ethical. Welcome to the swamp!

But it didn't take me too long to figure out that the trajectory I was on wouldn't ultimately bring me happiness. And so one steamy day in D.C. I sold my little sports car, bought a Jeep, and headed West. Truth is, I've been blessed with a marvelous, almost impossible life since then - and I could easily recount dozens of other episodes along the way that would read more like fiction than biography. Next week I'll share a little of my calling into religious life







# **Volunteer Opportunities**

"IRC Volunteers are the most generous and compassionate folks I have ever had the pleasure of working with. With their continued support, we drastically increase our ability to better serve our clients and community."
- Raksha Thapa, Administrative Specialist

### Volunteer Process

- 1. Review our current available volunteer positions, they change often.
- 2. RSVP to our next orientation session.
- 3. Complete a volunteer application and a phone interview with our Volunteer Coordinator.
- 4. Complete a background check.
- 5. You're ready to get started!

### **Youth Program**

The IRC's Youth Program provides tutoring, mentoring, and parent support programming for students and their families. Tutors assist students with ESL and homework help in various academic subjects.

## **Housing and Donations**

The Housing and Donations Volunteer will work with the Housing Specialist to locate and distribute furniture and household items to newly resettled families. The volunteer will assist in setting up apartments, securing new donation partners, and lifting and moving furniture. This position involves direct interaction with IRC clients.

### Group and on-call volunteering

Short-term service projects are a highimpact and flexible way to welcome refugees and immigrants new to our community! On-call volunteer projects include things like donation drives, field trips, mock interview sessions, community garden work parties, special event support, and more.

### **Cultural Orientation Facilitator**

Help newly-arrived refugees learn essential information about their new home and community in the U.S. Facilitators lead small-group classes, activities, and discussions around cultural adjustment and community resources and services

### Administrative Assistant

Administrative Assistants play a key role providing a welcoming environment for refugee clients and other visitors to our office. Volunteers direct incoming phone and email inquiries, and assist with a wide variety of office tasks, such as case file management, scheduling, and data entry.

### Yoga Volunteer Volunteer yoga instructors lead weekly

friends and other community members.

sessions focused on gentle stretching, breathing, and mindfulness for elder refugee community members, though participants of all ages are welcome! The classes provide an opportunity for older refugees to get out of their homes, exercise, and spend time with

### Contact: VolunteerSEA@Rescue.org

Most long-term volunteer positions require a 3-month commitment of 4 hours/week during IRC office hours (M-F, 9am-5pm). These volunteer opportunities take place in South King County, where the majority of IRC's program participants live.

### ABOUT THE IRC IN SEATTLE

The International Rescue Committee (IRC) helps people in 40+ countries whose lives and livelihoods are shattered by conflict and disaster to survive, recover, and gain control of their future. Since 1976, the IRC in Seattle has helped thousands of refugees, immigrants, and survivors of all forms of human trafficking in Washington State. Through our person-centered programs, the IRC improves the health, safety, education, economic wellbeing, and power of the individuals and communities we serve.

IRC case managers help newcomers immediately upon arrival by securing housing, helping people learn to navigate their new home and community, helping people find jobs, enrolling kids in school, and more. In addition to welcoming hundreds of newcomers to Washington each year, we serve 2,500 other community members through a wide range of services that help people achieve their goals. Whether that's advancing their careers, building new skills, managing health concerns, reuniting with family, or working toward U.S. citizenship, the IRC is here to help.

### **FAQS**

#### Who are refugees?

A refugee is forced to flee their home because of persecution, war, or violence. They have crossed an international border to find safety in another country. According to the 1951 Refugee Convention a refugee is "unable or unwilling to return to their country of origin owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion."

There are currently 68.5 forcibly displaced people worldwide, including 25.4 million refugees. Refugees come from dozens of countries, but more than 2/3 of refugees come from just five countries: Syria, Afghanistan, South Sudan, Myanmar, and Somalia.

#### How do refugees come to the United States?

Less than 1% of refugees have the opportunity to resettle in a third country, such as the United States. Refugees who are of special humanitarian concern - often having been displaced for very long periods of time - are referred to the U.S. refugee admissions program by the UN refugee agency, a U.S. embassy, or an approved NGO. Refugees applying for resettlement undergo a rigorous screening process, including interviews and security checks by multiple U.S. government agencies. Refugees are vetted more intensively than any other group seeking to enter the U.S. If approved, refugees also complete health screenings and cultural orientation classes before traveling to the U.S. Nonprofit organizations, like the IRC, welcome refugees upon their arrival and help them get settled in their new home and community.

Learn more about the U.S. refugee resettlement process at bit.ly/2IYZCQo

#### What is human trafficking?

Human trafficking is the use of force, fraud, or coercion to compel a person to work against their will. The IRC serves all survivors of human trafficking regardless of age, gender, country of origin, legal status in the U.S., or industry in which the trafficking occurred. The IRC has served survivors from 40+ countries, including the U.S.

Learn more about the IRC's anti-trafficking work at warn-trafficking.org

### WHY FOCUS ON HOUSING?

Stable housing is key to helping people heal from trauma and achieve their goals, yet housing is consistently reported by IRC clients and staff as one of the biggest challenges facing newcomers and survivors, especially during times of transition or unexpected crises.

It's no secret that housing affordability is a challenge facing our whole region. As of 2017, 43% of renters in King County were rent-burdened, spending more than 30% of their income on housing. Because so many residents are rent-burdened, public resources to meet emergency housing needs cannot keep up. This is why we need the Welcome Home Fund. This fund will allow IRC case managers to quickly respond to the needs of refugees and survivors of trafficking who may not qualify for other forms of housing assistance. Short-term support will allow families to keep their existing housing and prevent homelessness while they transition into new jobs, undergo medical treatment, find safety from abuse or exploitation, or perhaps just need a little more time to settle into their new community. When families don't need to worry about how they'll make their next rent payment, they can focus on taking the steps needed for long-term stability and wellness.

### **CASE STUDY: KAMAL'S STORY**

Kamal is a member of the Rohingya community – religious and ethnic minorities in Myanmar. He fled violence and persecution by the Burmese government to neighboring Malaysia in 2000. After 18 years in exile, Kamal, his wife, and two young children were invited to resettle in the United States and the IRC welcomed the family to Washington last year. Eager to begin a new chapter of their lives, Kamal worked hard and found a job within months of arrival.

But then, the unexpected happened. Kamal began experiencing severe pain, eventually landing him in the ER. Kamal enrolled in the IRC's Health Access Program, which connects people with special health needs to case management and other support on their paths to wellness. Kamal was eventually diagnosed with a serious medical condition and his symptoms prevented his return to work.

With help from the IRC, Kamal applied for long-term government assistance to meet his family's basic needs. But while his application was pending, Kamal struggled to make ends meet. Behind on rent, the family risked losing their housing and the stability they'd only just begun to build. Attempts to access emergency rental assistance through the county were denied; with so many people in need of support, often only those who are currently homeless or facing eviction qualify for help.

Housing is critical to the health and safety of families and communities. This is why the Welcome Home Fund is so important. Just a few hundred dollars in rental assistance can help people like Kamal keep their existing housing while they work with IRC toward their long-term goals.



Kamal with his children, Khairul (age 5) and Rehana (age 10). After fleeing persecution in Myanmar, Kamal and family resettled in Washington in 2018. Photo: IRC/Charles Bartlett

Helping families before loss of housing is better for everyone. It's makes economic sense – preventing homelessness is more cost effective than treating it – but more importantly, it keeps kids in school, reduces stress, and allows people to focus on healing from trauma and rebuilding their lives in the U.S.