



Our Lady of Lourdes Parish

10243 12TH AVENUE SOUTH
SEATTLE, WA 98168

MAILING ADDRESS:
P.O. BOX 69206
SEATAC, WA 98168 - 9206

206-735-7598

WWW.DUCMELODUCSEATTLE.ORG

WELCOME!

Thank you for celebrating with us today. We invite you to come and worship with us again. If you would like to be a member of our faith community, please take a moment to register. We would love to have you as our spiritual companion.

MASS SCHEDULE

SATURDAY

5:00 pm Vigil Mass (Vietnamese)

TUESDAY - FRIDAY

6:00 pm (Vietnamese)

SUNDAY

8:30 am Mass (English)

10:30 am Mass (Vietnamese)

Livestream (Facebook and Youtube)

12:30 pm (Vietnamese for Youth)

ANOINTING OF THE SICK MASS

1st Friday of the Month - 5:30 pm Adoration
6:00 pm Mass

CONFESSIONS

Saturday 4:30 pm - 4:50 pm
Sunday 8:00 am - 8:20 am
Tuesday - Friday 5:30 pm - 5:50 pm

Our Lady of Lourdes Parish



PARISH STAFF

PASTOR:

Father Joseph Vu, S.D.D., STL
Frjoseph.vu@ollpsea.org
206-735-7598 ext. 1

Parochial Vicar

Fr. Peter Doan, S.D.D.
Frpeter.Doan@ollpsea.org
206-735-7598 ext. 2

Parish Secretary

Thu Thai Duong
thu.duong@ollpsea.org

PA Administration/Bookkeeper

Jadelyn Manuel
jadelyn.stoll@gmail.com

Administration/Data Entry

Michelle Miller
Michelle.Miller@ollpsea.org

Administration/Data Entry

Monica Schwarz
Monica.schwarz@ollpsea.org

Liturgy Coordinator

Barb Ridge

PARISH OFFICE HOURS

Monday: Closed
Tuesday & Friday: Please Call for Appointment
Wednesday: 9:30am - 3:00pm
Thursday: 9:30am - 3:00pm
Please leave a message if no one answers and your call will be returned.

FINANCIAL STEWARDSHIP (OCTOBER 1ST – 2ND)

Donation	\$5,435.00
Donation Online	\$1,152.00
Maintenance Fund	\$60.00
Debt Reduction	\$0
Total Donation	\$6,647.00

2022 ANNUAL CATHOLIC APPEAL GOAL \$24,876

GIFTS RECEIVED \$39,695.00

SPECIAL COLLECTION: World Mission Sunday OCTOBER 15TH & 16TH.

Next weekend, we will celebrate World Mission Sunday. Pope Francis is inviting the entire church to support priests, religious and lay leaders around the world as they bring the Gospel to those most in need.

<https://archseattle.org/give-serve/giving-opportunities/national-mission-collections/hurricane-ian-donation-form/>

The Power of Gratitude

Homily by Father Joseph Vu

At the end of the fourth Gospel, St John's Gospel, we are told that if everything Christ did during his brief earthly life were written down, the entire world would not contain the books.

We can infer, therefore, that many - maybe even the majority - of Christ's miracles and encounters were not recorded in the New Testament.

So why did St Luke include this one? Clearly because of the lesson that Christ teaches us by it: the beauty of gratitude.

- The one leper who came back to thank Jesus is praised for this gratitude.
- We can almost hear the sadness in Christ's heart at the lack of gratitude in the other nine who were healed.

Why does Christ value gratitude so much? Is he vain? Is his self-esteem so weak that he gets depressed if we don't praise and thank him?

No. He values gratitude because gratitude is valuable - it's valuable for us, for the health of our souls.

In the first place, gratitude keeps us grounded in the truth, which is key for our ongoing relationship with God.

- To be ungrateful to God is not only unjust, but it's also living an illusion.
- The simple fact is that everything we have is a gift from God: creation, life, talents, opportunities, hope in heaven, the grace that helps us persevere in doing what is right - these are all God's gifts.
- We don't create ourselves!

In the second place, gratitude is the perfect antidote to sin. Sin turns us in on our selves, like an ingrown toenail; gratitude opens us up to God and neighbor.

- It directly contradicts self-centeredness, self-indulgence, and self-absorption.
- It builds bridges, unites communities, and softens hearts.
- It counteracts depression and releases anxiety.

Gratitude is one of the most beautiful flowers in the garden of virtue - what a pity that it's so rare!

Simply Saying Thank You

God wants us to develop the virtue of gratitude because he wants us to experience the joy that comes from knowing we are loved by him without limits or conditions.

But, like every virtue, gratitude can only grow if we exercise it.

How can we exercise gratitude? There is nothing easier. All we have to do is say thank you - and mean it.

And it is never too late to say thank you.

In fact, the sweetness of gratitude, like the taste of wine, only improves over time.

- We have all received a note of thanks at some time in our life, long after we had performed the favor.
- When that thank you note arrives, it warms our heart, because it shows that our action lasted, that someone was thinking of us long after the favor was done.

This week, let's warm someone else's heart by saying thank you.

We owe a debt of gratitude to so many people:

- our parents, first of all;
- our teachers and coaches, and all those people who dedicated themselves to us in our years of education;
- our first boss, who was patient with us and gave us a second chance;
- the relative or neighbor who inspired us with their good example;
- the soldiers who have fought to protect our freedom;
- the police, firefighters, and statesmen who dedicate themselves to keeping our communities safe and prosperous;
- the authors of those books that have given us joy and inspiration...

Jesus has reminded us today that gratitude is a Christian virtue, that his followers should spread the aroma of gratitude in this thankless world, for our own good, and for the good of those around us.

Today, when he comes to us in Holy Communion, let's promise him that this week we'll follow his directions.

WORSHIP & MEDITATION



FIRST READING

Naaman returned with his whole retinue
to the man of God.
On his arrival he stood before Elisha and
said,
"Now I know that there is no God in all
the earth,
except in Israel. (2 Kgs 5:15)



PSALM

The Lord has revealed to the nations his
saving power. (Ps 98)



SECOND READING

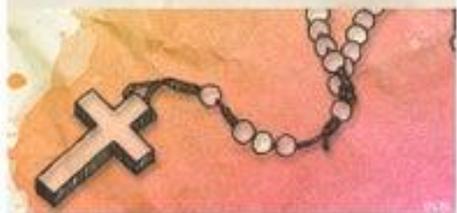
If we have died with him
we shall also live with him;
if we persevere
we shall also reign with him.
(2 Tm 2:11-12)



GOSPEL

"Ten were cleansed, were they not?
Where are the other nine?
Has none but this foreigner returned to
give thanks to God?" (Lk 17:17-18)

*Excerpts from the Lectionary for Mass ©2001,
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GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

Ten lepers were cured. Only one returned to give thanks. When we fall victim to entitlement, we diminish our capacity to love. Never satisfied, we walk around with outstretched arms, eagerly searching for the next thing we want so that we can acquire it ourselves. Very rarely do entitled hands hold anything to freely give away to others. Entitled hands also find it challenging to reach toward heaven in a gesture of gratitude and praise. We are often more obsessed with celebrating our victories, securing our assets, safeguarding our futures, and stacking the deck of life in our favor rather than relishing and absorbing the gift of the moment and blessings received.

Entitled people find it difficult to pray properly. When the subject of our prayer is mostly about our needs and wants, we are falling into the trap of deception. We foolishly try to convince God that our tiny worlds are of greater importance than His. In ancient times, people would offer sacrifices to "the gods" to secure protection and favors. Our God desires mercy, not sacrifice, because He is about love and justice, not simply meeting our agendas. Every breath is a gift. Prayer, which is a celebration of that gift, acknowledges the Giver. Prayer strengthens the bond between Giver and receiver, creating a deepening awareness that nothing I am or anything I have can exist apart from His Divine Will. It also reminds us that we have done nothing to merit the unconditional love and mercy God showers upon us. Prayer is not just about getting what I need but celebrating who I am.

For St. Therese of Lisieux prayer is "a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy." When our hearts "surge" toward God, we rush to the Source of our restoration and wholeness, knowing our longing for God's Divine embrace. Prayer is a response to God's graciousness with an act of gratitude returned by us. In prayer, we gaze upon each other in that sacred space where I give myself to God as He is, and God gives Himself to me as I am. We cannot take another step without saying thank you.