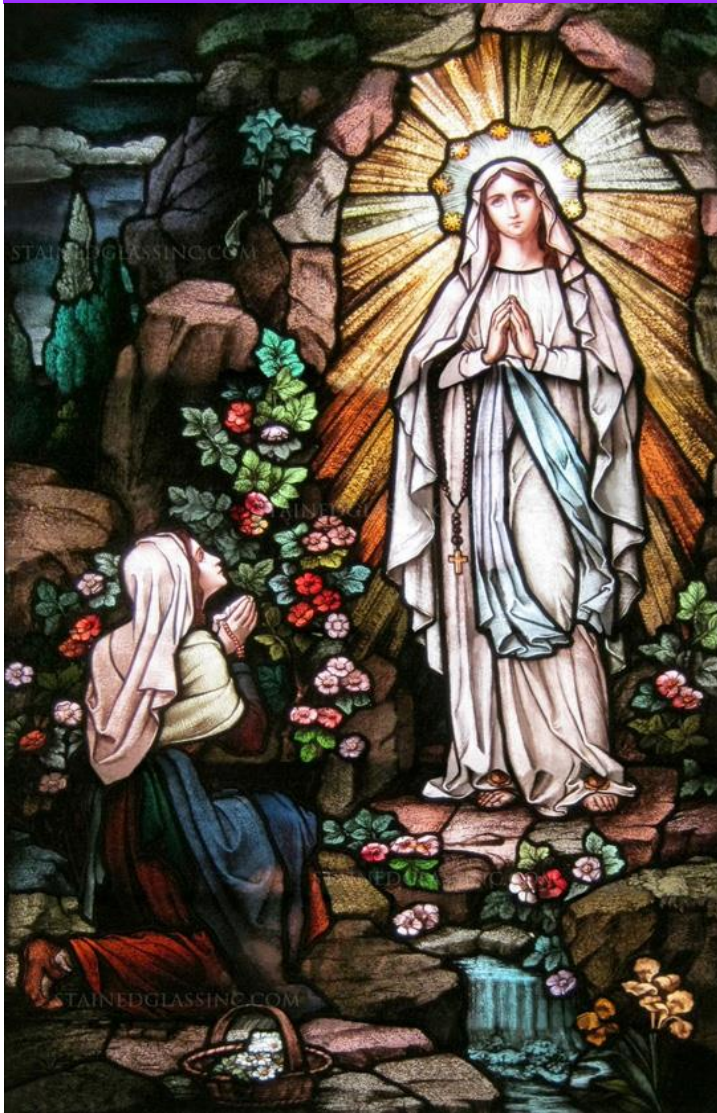


1 ST SUNDAY OF LENT

FEBRUARY 18, 2024



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
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Monica Schwarz
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Ministry Coordinator

Tang Nguyen (Volunteer Staff)
Tang.nguyen@ollpsea.org

PARISH OFFICE HOURS

Saturday, Sunday, Monday: Closed
Tuesday - Friday: 9:00am - 3:00pm

Please Call for Appointment

PARISH OFFICE 206-735-7598

Sacrament of Anointing the Sick: Ext. 1
Parish Staff: Ext. 2
Administrative Support: Ext. 3

Please leave a message if no one answers and your call will be returned.

FINANCIAL STEWARDSHIP - FEBRUARY 10 & 11, 2024

Donation	\$6,621.00
Donation Online	\$1,885.00
Maintenance Fund	\$35.00
Debt Reduction	\$0
Total Donation	\$8,541.00



Lenten Fasting & Abstinence for Catholics

WHEN:

Ash Wednesday & Good Friday =
Fasting & Abstinence
Every Friday = Abstinence

WHO:

Catholics 14+ practice abstinence
Catholics 18-59 practice fasting

WHAT IS FASTING?

One full meal & two smaller meals ≠ full meal

WHAT IS ABSTINENCE?

No meat

ARCHDIOCESE OF SEATTLE



PANCAKE BREAKFAST!

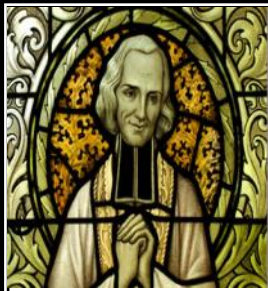
St. Thomas Social Hall
4415 S 140th St, Tukwila, WA 98168

Sunday, March 3rd at 9:00 AM

Children 5 and under \$2.00,
All Others \$8.00



St. Thomas Council 11253
Tukwila, Washington



VIRTUE
HOPE

*"For You O Lord are my
Hope...my trust is in You"*
Psalms 146:5

1ST SUNDAY OF LENT HOMILY BY FATHER JOSEPH VU Sin and Salvation Are the Two Focal Points of Lent

Two images from nature dominate this First Sunday of Lent. In these images we find the key for living the next six weeks deeply and fruitfully, as God is hoping we will live them.

The first image is that of the desert.

After Jesus was baptized, but before he began his years of public ministry, St Mark tells us in today's Gospel that the Spirit "drove Jesus out into the desert," where he experienced temptation.

Throughout the Bible, the desert is often referred to a place of testing, where we experience our weakness and dependence on God.

Water and food are hard to come by there, and the temperatures and emptiness are oppressive to both the body and the mind.

The desert is a place where our illusions of self-sufficiency and comfort fade away.

When we are in the desert, either literally or figuratively, we quickly realize that we need God.

In other words, the desert is the opposite of the Garden of Eden.

It is the place of suffering and hardship that sin has led us to.

Both original sin and also our own personal sins have interfered with God's plan for our lives and for our world; they have put us in need of salvation.

The second image in today's Readings is the flood, the abundance of water that cleansed the world of sin at the time of Noah.

That ancient flood of water foreshadowed Christian baptism, the flood of grace that purifies our souls from sin, bringing new spiritual life into the desert of our sin-damaged hearts.

Sin and salvation: our sins, and Christ's loving sacrifice that leads to salvation.

These are the most fundamental aspects of our Catholic faith, and these are the themes that should fill our hearts and minds throughout the season of Lent.

Practicing the Virtue of Hope

Besides the desert and the flood, there is another, third, image from nature in today's Readings: the rainbow.

Noah probably didn't know the scientific explanation behind rainbows, but he did understand their spiritual meaning.

All of creation has a physical nature that science explores and explains.

But creation also has a spiritual meaning - it is a gift from our God, a gift full of messages, lessons, and inspiration.

Science can explain the prismatic refraction of light in a rainbow, but it cannot explain the thrill of wonder that fills our hearts we behold that same rainbow.

A rainbow appears when sunlight and storm clouds come together.

And God chose this as a symbol of his covenant, of his promise that salvation would conquer sin.

That covenant and that promise still stand; we have to put our hope in them.

Jesus, as today's Second Reading reminds us so beautifully, has suffered, died, risen from the dead, and ascended into heaven, conquering sin and evil once and for all.

The crucifix is our rainbow; the cross of Christ is our Ark.

No storm can cancel out Christ's victory over evil; no clouds can reverse it; no flood can extinguish it.

And so, while we suffer in the storms of hardship and sin that make our lives and world so painful and difficult,

we still continue to follow Christ, because the light of his love shines brightly even in the midst of the storm.

Today we have the privilege to renew our hope once again through this Mass and Holy Communion, to be freshly inspired by a glimpse of our rainbow.

When we see a rainbow in the sky, the first thing we do is tell those around us, so they will see it too.

This Lent, let's do the same with the rainbow that shines in our Christian hearts.

Weekly Prayer

Sunday's Readings

First Reading:

God said to Noah and to his sons with him:
"See, I am now establishing my covenant with you
and your descendants after you
and with every living creature that was with you."
(Gn 9:8-10)

Psalm:

Your ways, O Lord, are love and truth to those who
keep your covenant. (Ps 25)

Second Reading:

It is not a removal of dirt from the body
but an appeal to God for a clear conscience,
through the resurrection of Jesus Christ. (1 Pt 3:21)

Gospel:

He was among wild beasts,
and the angels ministered to him. (Mk 1:13)

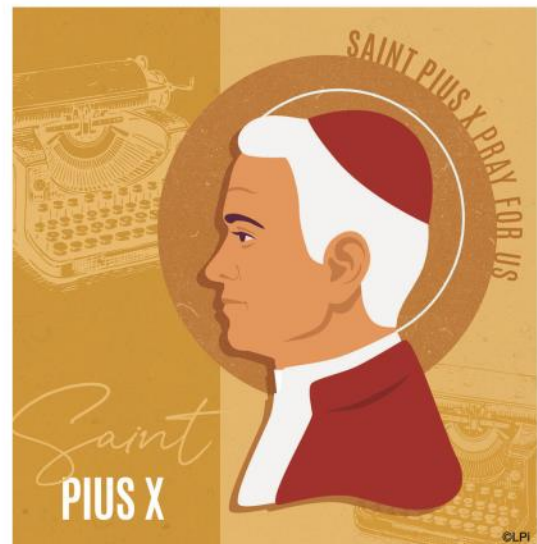
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Live The Liturgy Inspiration of the Week

In the desert, Jesus endured forty days of hardship and temptation. But he did not endure it alone: "the angels ministered to him," the Gospel tells us. Remember that you do not face Lent alone. God is beside you in your journey to the desert.

Observances for the week of February 18, 2024

- Sunday:** 1st Sunday of Lent
Monday: Presidents' Day
Wednesday: St. Peter Damian, Bishop and Doctor of the Church
Thursday: The Chair of St. Peter the Apostle
Friday: St. Polycarp, Bishop and Martyr
Next Sunday: 2nd Sunday of Lent



Saint of the week

St. Pius X's devotion to the Eucharist was truly inspiring! He lowered the age of First Communion to seven years old, encouraging young hearts to encounter Christ early-on. He also advocated that everyone, regardless of their social class, should have access to the Eucharist.

Prayer for Lent

Dear Jesus,
This is the first Sunday of Lent, and I want to commit myself more deeply to you this season. Inspire me with the Lenten penances you most desire, the ones that help me to grow ever nearer to you. Amen.