

# *Our Lady of Lourdes Parish*

10243 12TH AVENUE SOUTH  
SEATTLE, WA 98168

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[WWW.DUCMELODUCSEATTLE.ORG](http://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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#### Parochial Vicar

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#### Parish Secretary

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#### PA Administration/Bookkeeper

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#### Administration/Data Entry

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#### Administration/Data Entry

Monica Schwarz  
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#### Safe Environment & Facility Coordinator

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### 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.



[archseattle.org/Partners](http://archseattle.org/Partners)

### FINANCIAL STEWARDSHIP (APRIL 22ND - APRIL 23RD)

Donation	\$4,230.00
Donation Online	\$1,200.00
Maintenance Fund	\$40.00
Debt Reduction	\$0
Total Donation	\$5,470.00



## Annual Catholic Appeal

We can do so much more because of **YOU!**  
**Annual Catholic Appeal** coming soon!

[Click here or scan the QR code](#)

to view our Annual Report on how  
your gifts helped make a difference.



# Annual Catholic Appeal

## GOAL FOR 2023

### \$36,577



**ALL PARISH**  
**FRENCH TOAST BREAKFAST!**  
**St. Thomas Social Hall**  
**Sunday, April 30th 9:00 AM**

Net proceeds will go towards the Trench Project

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

**First Friday**  
**Healing Mass**

with Fr. James Northrop

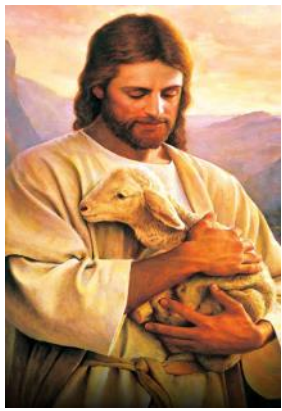
First Friday Healing Mass

**May 5, 2023**

8 AM Adoration, 8:30 AM Rosary, 8:50 AM Litany of  
the Sacred Heart, 9 AM Anointing of the Sick Mass

**ALL ARE WELCOME!**

St. Thomas Parish - 4415 S 140th ST, Tukwila, WA 98168



## Christ Is the Perfect Shepherd

### Homily for 4th Sunday of Easter by Father Joseph Vu

The Fourth Sunday of Easter is traditionally called the Sunday of the Good Shepherd, and it is also the World Day of Prayer for Vocations. Our Lord, the shepherd who wants to lead us to green pastures if we respond to his call.

Jesus wants us to know who he is: the Good Shepherd who protects and cares for the people of God just as a shepherd does his sheep.

- Shepherds always want their sheep to be healthy and happy.
- They want them to have the best grass, fresh water, and safety, so that they can grow and multiply as much as possible.
- A sheep has no greater friend than a good shepherd, and we have no greater friend than Christ.

He invented life, he gave us life, and he came so that, in him, we might learn to live it "more abundantly".

He does not claim to be one good shepherd among many good shepherds, but the only one: "All others who have come are thieves and robbers."

• Some religious leaders and philosophers throughout history - and even in our own day - have claimed to be saviors, to have all the answers, but they were really consumed by pride, greed, or lust.

• Others have sincerely sought to better this world, but simply have insufficient wisdom or power to provide the human family with the kind of hope we long for and need.

• Jesus Christ, on the other hand, not only wants to lead us to a more abundant life, but he can.

Omniscient, omnipotent, and eternal, he combines utter goodness with infinite wisdom and unlimited power.

And so, with his flock, the problem is not the shepherd's limitations or ignorance, but the sheep's lack of docility: we stray from the flock and trap ourselves in thistles and swamps of self-centeredness, self-indulgence, and stubborn disobedience. As Christians, we actually don't have just a good shepherd, but the perfect shepherd.

All we need is to be sensible sheep and listen to the voice of the One we know.

### Making Time to Eat Good Spiritual Food

How foolish a sheep would be if its shepherd led it to rich, green pastures, but it refused to eat the grass!

Unfortunately, that is often exactly the way we behave, and so we miss out on the "more abundant life" he wants to give us.

• Life in today's society has become so busy that we can let ourselves be satisfied with just a superficial knowledge of the treasures of our faith.

The wisdom of the Catholic faith is much more nourishing to our minds and hearts than the top-ten lists at [yahoo.com](http://yahoo.com) or the headline news on CNN.

• And yet, sometimes we spend a whole week filling ourselves with news, gossip, and entertainment, and squeezing our faith-meals into one short hour on Sunday.

That is not a healthy diet.

Sometimes we can be intimidated by the Catechism, the writings of the saints, and other great spiritual works of our Catholic heritage.

• But discovering these treasures is really not as hard as you think.

• It's just a question of trying, of finding the sources that speak most to our heart, and then making regular use of them.

• St Therese of Lisieux used to keep two books close to her at all times: the Gospels and The Imitation of Christ.

St Francis de Sales, one of history's busiest men, always had a copy of The Spiritual Combat in his saddlebags.

Each one of us needs to give Jesus a chance to feed us with the rich food of Catholic doctrine and literature.

A daily quiet time of 15-minutes spent with the Lord, in prayer, reading, and reflection is one way to do that, to actively let him be our Good Shepherd.

If we do, as today's Psalm promised us, "there is nothing we shall want."

### Pray for vocations

• Today is the World Sunday of Prayer for Vocations.

• Everyone is called to holiness, and Our Lord has put people in our lives who want to help us live up to that calling and fulfill it.

• He also teaches us to pray for workers to be sent to an abundant harvest. There is more work than there are workers.

• When we pray "for vocations" we pray especially for those discerning a vocation to the priesthood or the consecrated life.

• When we pray "for vocations" we also pray for the perseverance and holiness of those who have already undertaken the path to priesthood or consecrated life. The need for prayers doesn't end at ordination or solemn consecration. Let's pray for those who have responded to Our Lord's call to work in his harvest.

Lastly, let's pray for everyone to simply seek and do the will of God in their lives. We all have a vocation to holiness, and holiness grows to the degree that we follow God's will.



# Worship & Meditation



## Gospel Meditation

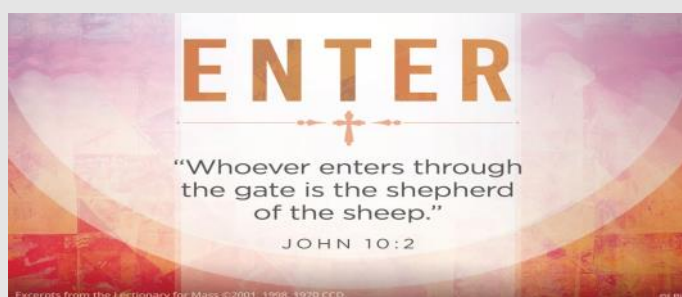
### Encourage Deeper Understanding of Scripture

I recently rescued a dog. She's a terrier and rather adorable. And she's crazy about me. She could spend all day with me. But I'm a pastor at a parish and sometimes I leave her at the front desk of the church office. She constantly amazes me by her ability to distinguish between my voice and that of everyone else. If I say one word, even if I'm hidden around a corner, she'll sprint toward me and jump up into my arms.

This week the readings focus our attention to the voice of the risen Jesus Christ. Comparing his disciples to sheep and himself to a shepherd, he says, **"They recognize his voice."** He speaks to us and wants us to respond. When we hear his voice, we follow. Throughout this coming week, we will experience many interior promptings to receive God's love, and to love Him in return. That's his voice. Follow it into the safe and tender arms of Christ.

By contrast, some voices we will hear do not convey God's concern and love for us, but rather produce fear, despair, and other harmful mischief. Jesus calls these voices those of robbers. Does an idea or thought make it harder for you to love God? If so, run away. Let it go. It is most likely not the voice of the Risen Lord. Keep waiting for him to speak. You will recognize his voice. Then run to him as fast as you can.

— Father John Muir



THE LORD  
IS MY  
SHEPHERD;

*I shall not want.*

PSALM 23

## Why do we do that? Catholic Life Explained

### Question:

Does it matter what leg you kneel on when genuflecting?

### Answer:

Genuflection is an act of devotion that literally means "to bend the knee." For many Catholics, it's an almost automatic gesture that we perform before entering our pew or row of seats at Mass. But, like many of the symbols and gestures of our faith tradition, genuflecting can also be an invitation for deeper reflection.

The practice of "bending the knee" is an ancient way of recognizing the presence of someone greater than we are. It has been said that the practice dates back to the time of Alexander the Great, but it became a common part of etiquette in the royal courts of the Middle Ages. From throne rooms and palaces, it was a small step to genuflecting, becoming part of the devotional lives of Christians who used this secular gesture as a way of recognizing the presence of the One who is King of Kings, especially in the Eucharist. In our tradition, although many have been taught or prefer to genuflect by placing their right knee on the ground, there is no prescribed way to genuflect. This is especially important to keep in mind if physical limitations or age make certain movements difficult for us.

Today, Catholics are asked to genuflect in the presence of the Blessed Sacrament (whether in the tabernacle or exposed on the altar during eucharistic adoration). So, while it has become second nature to genuflect before entering your seat in church, we should pay attention to where the Blessed Sacrament is kept in each church or chapel we visit, and genuflect in the direction of the tabernacle where the Blessed Sacrament is kept. In churches or chapels in which the tabernacle is in a separate space, we are invited to simply bow toward the altar.