



# 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](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  
Frjoseph.vu@ollpsea.org  
206-735-7598 ext. 1

#### 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

#### Safe Environment & Facility Coordinator

Tang Nguyen  
tangnguyen16@gmail.com , 206-355-9378

### 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.



**PARTNERS  
IN THE GOSPEL**

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

### FINANCIAL STEWARDSHIP (JULY 1ST - JULY 2ND )

Donation	\$5,464.00
Donation Online	\$1,055.00
Maintenance Fund	\$30.00
Debt Reduction	\$0
Total Donation	\$6,549.00

Annual Catholic Appeal 2023 GOAL \$36,577

As of 7.06.23, Gifts Received \$12,851

[www.archseattle.org/GiveACA](http://www.archseattle.org/GiveACA)



### Annual Catholic Appeal

Funds  
ministries  
and services  
for your local  
Catholic  
community



Share your gift today!

### Sunday's Readings

#### First Reading:

See, your king shall come to you;  
a just savior is he,  
meek, and riding on an ass,  
on a colt, the foal of an ass. (Zec 9:9)

#### Psalm:

I will praise your name for ever, my king and my God.  
(Ps 145)  
Or Alleluia.

#### Second Reading:

For if you live according to the flesh, you will die,  
but if by the Spirit you put to death the deeds of  
the body,  
you will live. (Rom 8:13)

#### Gospel:

Take my yoke upon you and learn from me,  
for I am meek and humble of heart;  
and you will find rest for yourselves. (Mt 11:29)

Excerpts from the Lectionary for Mass (2001, 1998, 1970) CCD-The English translation of  
Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on  
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### Live The Liturgy Inspiration of the Week

The Christian life does not require wisdom,  
charisma, or strength — no, quite the opposite.  
To be Christian, we must embrace our faults, our  
littleness, our shortcomings — gather them up,  
and lay them all at the feet of Jesus. There, they  
will be transformed.





## Fourteenth Sunday in Ordinary Time

### Homily by Father Joseph Vu

#### Christ Brings Peace

There are two kinds of leaders in the world, those who use other people to get what they want, and those who sacrifice themselves to bring prosperity to others.

Jesus is the second kind of leader.

Today's First Reading expresses this beautifully.

- It is a prophecy describing the Messiah, God's promised Savior, Israel's great king, who will come and rescue Israel from idolatry and foreign oppression.
- The description presents a vivid, poetic comparison between the leadership style of this promised Messiah and that of the pagan kings who have conquered and ruled Israel for so long.
- The Messiah enters Jerusalem on a donkey, an animal considered noble in ancient Palestine, but an animal ridden by judges and rabbis, by those who brought order and justice to society.
- This Messiah, the prophet goes on to describe, will banish chariots and horses - instruments of war used by the pagan conquerors and symbolizing oppression, injustice, and violence.

Jesus himself, in today's Gospel passage, explains his leadership style in the same way.

He invites the crowds to come to him, to follow and obey him, so that he can "give them rest."

- He will never force us to labor and carry heavy burdens just for his own gratification, as selfish, power-hungry leaders do.
- Instead, Jesus invites us to walk by his side, uniting our crosses to his cross, as if we and he were harnessed to the same yoke.
- Yes, we will have to work and suffer in this life, but when we do so united to Christ, it all has a purpose; it is all leading us somewhere.
- And so, instead of oppressing, depressing, and frustrating our souls, bearing crosses with Christ brings us deep satisfaction and peace of mind even in the midst of life's trials.

#### Putting on the Yoke of Humility

Christ brings peace to our souls.

We have all experienced Christ's peace, at least a little bit. We have tasted

- the joy of his forgiveness in the sacrament of confession,
- the assurance that he is taking care of loved ones who have died,
- the consolation of knowing that he is near.
- And yet, for most of us, that interior peace is not so deep and steady as we would like.
- The storms of life still seem to upset the ship of faith on which our hearts sail.

Is there anything we can do to experience Christ's peace more steadily, securely, and deeply?

- "Take my yoke upon you," Jesus says, "and I will give you rest."
- What is that yoke? Jesus tells us, "Learn from me, for I am meek and humble of heart."
- Humility is the secret to experiencing Christ's peace.
- The more we grow in humility, the more Christ's peace, strength, and wisdom takes over our hearts.
- Like all the virtues, humility grows gradually, like a muscle, if we exercise it.

Lucky for us, there are three very easy ways to exercise humility.

- First, prayer. Every time we pray sincerely, we acknowledge our dependence on God - an act of humility.
- This is why St John Vianney used to say, "God commands you to pray, but he forbids you to worry." It was his variation of the old saying, "Courage is fear that has said its prayers."
- Second, speaking well of other people. Every time we observe and praise the good points of others, we loosen the shackles of arrogance and envy that bind humility.
- Third, obedience to God's will. Whenever we conscientiously fulfill our responsibilities in life, follow our conscience, and obey Church teaching, we are humbly reversing the arrogant rebellion of original sin.

Today, Jesus will once again prove his own humility and love by coming to us in Holy Communion.

When he does, let's tell him how much we long for his peace, and ask him to lay his restful yoke of humility upon us.

# Worship & Meditation



## Gospel Meditation

### Encourage Deeper Understanding of Scripture

Do you ever feel restless? I certainly do. Daily tasks and challenges, but also the more basic demand of simply existing — sooner or later, this can all feel crushing and tire us out.

Which is why Jesus' words are such stunningly good news: "Come to me all you who labor and are burdened and I will give you rest" (Matthew 11:28). How vastly weird that this man speaks as though he is capable of giving us the deep repose we desire. Is his claim the height of absurd grandiosity? No, because next he immediately proclaims that he is "meek and humble of heart." We here touch a mystery: Jesus is capable of giving us rest because he is the one who forever reposes in the heart of God the Father. He is "yoked" to the Father in his divinity. But he is humbly "yoked" to us, sharing in our humanity.

The good news, my fellow tired-out friends: we don't have to despair in our burdens and exhaustion, no matter how heavy they feel. This week, join me in opening our hearts to hear him say to us, "Come! I will give you rest." We come to him in the Church, Eucharist, the Scriptures, prayer, in the poor. There he will give us rest.

— Father John Muir



## Why do we do that? Catholic Life Explained

### Question:

I have been away from the Church for a few years and really want to get active again, not so much for me, but for my children. Is this a bad reason to come back to Church?

### Answer:

If you are on your way to the supermarket, and you are forced to detour from your usual route because of road work, does the food you buy taste different? Is the meal less filling? Are the vegetables less tasty? Of course not. In our faith journey, there are many detours called sin. Some are greater than others, some are even a bit longer. But God's grace comes to us in ways we understand and recognize and need. Your children leading you back to the Church is not as important as the fact that you are back. This is an opportunity for you to renew, strengthen, and deepen your faith. Regardless of how we get to Church, or what draws us closer to God, the fact is we are there. Do what you need to do to get right with God and the Church. Go to confession, begin good family religious practices, and be involved in the ministries your parish offers. Be more than a lukewarm parishioner. Be the kind of Catholic you want your children to be.