

# 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:

Rev. Khanh D. Nguyen  
Fr.Khanh@ollpsea.org

#### Parochial Vicar

Rev. Paul Thanh D. Vu  
Thanh.Vu@ollpsea.org

#### Residence at Parish

Father John J. Ludvik

#### Parish Secretary

Thu Thai Duong  
thu.duong@ollpsea.org

#### Bookkeeper

Monica Schwarz  
Monica.schwarz@ollpsea.org

#### Administration/Data Entry

Michelle Miller  
Michelle.Miller@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

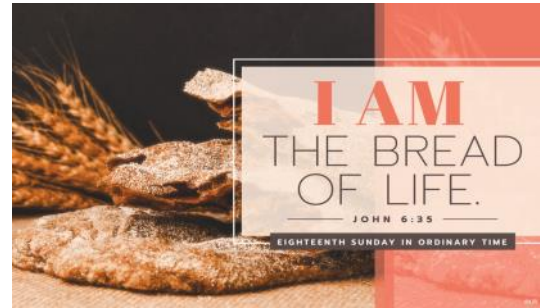
Please leave a message if no one answers and your call will be returned.



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

### FINANCIAL STEWARDSHIP - JULY 27 & 28, 2024

<b>Donation</b>	\$7,378.00
<b>Donation Online</b>	\$872.00
<b>Maintenance Fund</b>	\$30.00
<b>Debt Reduction</b>	\$0
<b>Total Donation</b>	<b>\$8,280.00</b>



### Sunday's Readings

#### First Reading:

"I will now rain down bread from heaven for you. Each day the people are to go out and gather their daily portion." (Ex 16:4)

#### Psalm:

The Lord gave them bread from heaven. (Ps 78)

#### Second Reading:

Be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth. (Eph 4:23-24)

#### Gospel:

"I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (Jn 6:35)

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### Live The Liturgy Inspiration of the Week

Jesus reminds his followers: "Do not work for food that perishes, but for the food that endures for eternal life." We are so often distracted by the world before us, by the here and now. Let us not forget what is eternal. We were made for what is eternal.

### Observances for the week of August 4, 2024

- Sunday:** 18th Sunday in Ordinary Time
- Monday:** The Dedication of the Basilica of St. Mary Major
- Tuesday:** The Transfiguration of the Lord
- Wednesday:** St. Sharbel Makhlut, Priest
- Thursday:** St. James, Apostle
- Friday:** St. Teresa Benedicta of the Cross, Virgin & Martyr
- Saturday:** St. Lawrence, Deacon and Martyr
- Next Sunday:** 19th Sunday in Ordinary Time

# Worship & Meditation

## Readings for the week of August 4, 2024

### Sunday:

Ex 16:2-4, 12-15/Ps 78:3-4, 23-24, 25, 54 (24b)/Eph 4:17, 20-24/Jn 6:24-35

### Monday:

Jer 28:1-17/Ps 119:29, 43, 79, 80, 95, 102/Mt 14:13-21

### Tuesday:

Dn 7:9-10, 13-14/Ps 97:1-2, 5-6, 9/2 Pt 1:16-19/Mk 9:2-10

### Wednesday:

Jer 31:1-7/Jer 31:10, 11-12ab, 13/Mt 15:21-28

### Thursday:

Jer 31:31-34/Ps 51:12-13, 14-15, 18-19/Mt 16:13-23

### Friday:

Na 2:1, 3; 3:1-3, 6-7/Dt 32:35cd-36ab, 39abcd, 41/Mt 16:24-28

### Saturday:

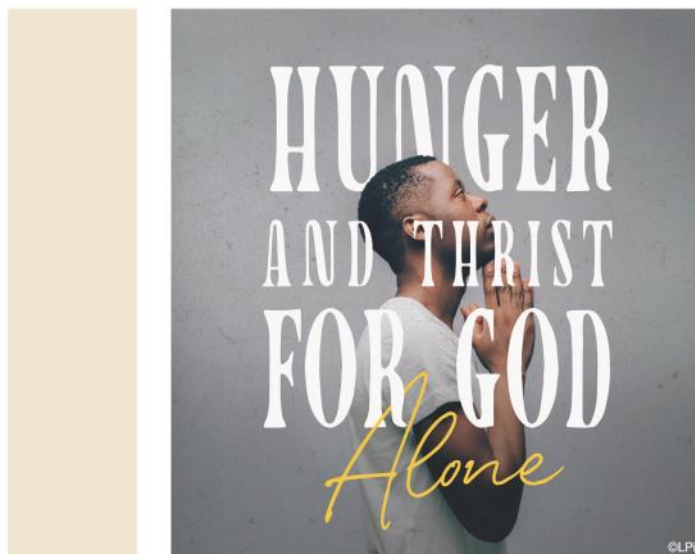
2 Cor 9:6-10/Ps 112:1-2, 5-6, 7-8, 9/Jn 12:24-26

### Next Sunday:

1 Kgs 19:4-8/Ps 34:2-3, 4-5, 6-7, 8-9(9a)/Eph 4:30—5:2/Jn 6:41-51



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## Gospel Meditation

### Encourage Deeper Understanding of Scripture

Since my college days I've loved a song called "Dance with You" by the rock band Live. It touches on the deep mystical hunger of our heart: "I've tasted all the wines/ a half a billion times/ came sickened to your shore/ you showed me what this life is for." These lines resonate with anyone who has feasted on the good things of this world only to be left spiritually hungover and unsatisfied.

We see a similar dynamic evoked by Jesus' words after he feeds the crowd with bread and fish. To teach them to hunger for God, he recalls God's gift of manna-bread for the hungry ancient Israelites. Those folks had grown spiritually sick from the idolatrous food of Egypt yet still longed for more worthless pagan food. So, God sent heavenly bread to nourish their bodies, but also to heal their distrustful hearts. His people — like us — must learn to hunger and thirst for God alone. Before we can receive that which will not disappoint, we first must cease expecting that earthly goods will satisfy us.

We will get to the Lord's teaching on the Eucharist in the next two weeks. But first, he asks us: do you trust me to take care of you? Do you trust me to give you what you need for each day, and to not worry about the next day? Do you see that when you hungrily stuff yourself with the things of this world you become sick and lose your taste for the bread of life? So, our hungry hearts cry out: Lord, help us to trust that you'll provide for our every need. Help us to use only what we truly need. Help us hunger for the goodness of your Son, who is the true bread from heaven. That is what this life is for.

— *Father John Muir*

# Liturgical Life

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## ( PRACTICING ) CATHOLIC

### Food That Perishes

It's so easy to do the right thing because we want to tick all the right boxes. We want to live by the law. We want to accomplish the work of God.

Or, at least, we say that we do.

But Jesus tells us that in order to accomplish the work of God, we have to believe in the one he sent. And to believe in Christ is to be filled with the spirit of truth — to do what is right because it is right, not because we want to be filled with good feelings.

What is the difference between doing what is right because you want to be a good Christian, and doing what is right because you believe in Christ?

It's the difference between eating manna and the Eucharist. One fills your stomach and keeps you alive, and nothing more. The other satisfies a hunger you might not have even known you had, or if you did know, you called it by another name — sadness, unfulfillment, fear. One achieves a corporeal goal, and that's the end of it. The other accomplishes something invisibly, secretly, silently, and though there is physical evidence of its work all around us, you have to be shrewd to recognize it.

It's the difference between making a social media post condemning sin and enveloping a sinner (the one at our dinner table, the one on the street, the one staring back at us in the mirror) with love and concern. It's the difference between simply going to Mass and living the Gospel. It's the difference between speaking to God and saying a prayer. It's the difference between telling someone they're wrong and telling them about the truth.

There's nothing wrong doing what is right because we long for heaven, and there's nothing wrong with eating manna if you're starving. But that alone isn't enough. We must also long for the bread of heaven, the bread that gives life to the world.

*"Jesus said to them, 'I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.'" — John 6:35*

- Colleen Jurkiewicz Dorman

### Why do we do that?

#### Catholic Life Explained

##### Question:

If God knows everything we do, why do we need to go to Confession?

##### Answer:

Another term for the Sacrament of Confession is the Sacrament of Reconciliation. We go to this sacrament not only to confess our sins, but to be reconciled with God. Of course, this begs the question, "If I can pray to God on my own, why can't I be reconciled to God on my own?" In the seven sacraments, we recognize the importance of community. Sacraments like baptism or matrimony happen in the context of the wider church to remind us of the communal impact of our lives. We are not alone in our walk of faith!

We don't need to confess our sins in front of the whole community – thank God! But going to the Sacrament of Reconciliation is a tangible reminder that our sins affect not only ourselves and our relationship with God, but others as well. Jesus gave his Apostles authority to forgive sins in his name. Through this sacrament, we are really, truly forgiven by God Himself. We receive an outpouring of grace and strength to sin no more and our relationship with Christ and his Body, the Church, are restored.