



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:

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

FINANCIAL STEWARDSHIP - AUGUST 10 & 11, 2024

Donation	\$3,847.00
Donation Online	\$1,127.00
Maintenance Fund	\$35.00
Debt Reduction	\$0
Total Donation	\$5,009.00

Annual Catholic Appeal 2024 GOAL \$43,706
As of 8.15.24, Gifts Received \$31,333
www.archseattle.org/GiveACA



Saint of the week

St. Charbel Makhlouf (1828-1898) was a Maronite monk and priest who lived much of his life as a hermit. He was renowned for healing, casting out demons, and levitating during prayer. Millions have visited his tomb and sought and received his intercession, even those of other faiths.

Prayer of Eucharist

Dear Lord,
May our congregation be more deeply assured of Your love each time we receive Communion.
May our "Eucharist" make our lives a song of worship and thanks, sung to You.
May this sacred food nourish us to be bold and brave disciples of You.
Amen.

Live The Liturgy Inspiration of the Week

Jesus warns us that unless we eat the flesh of the Son of Man and drink his blood, we do not have life within us. The Eucharist is the wellspring of our Christian life, in every place and in every moment. Let us always remember that where there is no Eucharist, there is no life.

Worship & Meditation

Readings for the week of August 18, 2024

Sunday:

Prv 9:1-6/Ps 34:2-3, 10-11, 12-13, 14-15 (9a)/Eph 5:15-20/Jn 6:51-58

Monday:

Ez 24:15-23/Dt 32:18-19, 20, 21/
Mt 19:16-22

Tuesday:

Ez 28:1-10/Dt 32:26-27ab, 27cd-28, 30,
35cd-36ab/Mt 19:23-30

Wednesday:

Ez 34:1-11/Ps 23:1-3a, 3b-4, 5, 6/
Mt 20:1-16

Thursday:

Ez 36:23-28/Ps 40:5, 7-8a, 8b-9, 10/
Mt 22:1-14

Friday:

Ez 37:1-14/Ps 107:2-3, 4-5, 6-7, 8-9/
Mt 22:34-40

Saturday:

Rv 21:9b-14/Ps 145:10-11, 12-13, 17-18/
Jn 1:45-51

Next Sunday:

Jos 24:1-2a, 15-17, 18b/Ps 34:2-3, 16-17, 18-19, 20-21, 22-23 (9a)/Eph 5:21-32 or 5:2a, 25-32/Jn 6:60-69



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 English in the Liturgy Corporation. All rights reserved.



Gospel Meditation

Encourage Deeper Understanding of Scripture

A priest I know was asked by a door-to-door evangelist, “Do you believe in Jesus?” He answered, “Yes, I do. But if I may ask you,” he continued, “Where do you experience Jesus’ body and blood?” His interlocutor responded somewhat confusedly, “I don’t. I just believe in him. That’s all that is needed.” Later my priest friend would relate to me, “The more I thought about it, that response struck me as totally inadequate. As human beings, we need to encounter Jesus’ body and blood, not just hear about him and mentally believe. Otherwise, Jesus is just a ghost.”

This week we see this central point as we arrive at the climactic moment of Jesus’ teaching on the Eucharist. Jesus has established the importance of believing in him as the **“bread of life come down from heaven.”** Belief deeply matters because it leads to a real, bodily encounter with Jesus through eating and drinking. That’s why Jesus emphasizes to an almost outrageous degree the non-metaphorical necessity to **“eat my flesh and drink my blood”** (John 6:54). The real presence of Jesus’ body and blood — he himself, truly, really, substantially — has been the Church’s treasure since Holy Thursday. Internal belief in the heart *and* the ritual act of eating and drinking the Eucharist, the Church has stubbornly insisted on *both*, not just one or the other.

This is not meant to criticize non-Catholic Christians who deeply trust and love Jesus, nor is it a triumphal elitist claim about the Catholic Mass. Rather it is a humble, trusting acknowledgement that God in Jesus comes to us in a way most proper to human beings: in our hearts and our bodies, faith *and* the Eucharist.

— *Father John Muir*

(PRACTICING) CATHOLIC

The Fullness of Life

Like any other child of the '90s raised by budget-conscious parents, I've spent my fair share of Sunday mornings in line at an Old Country Buffet, hot plate in hand. Kids ate for chump change on Sundays, and I never left that fine establishment without getting our money's worth. I always came away stuffed to the gills.

But I never, ever remember feeling satisfied.

In fact, if I recall correctly, most of the time I felt rather empty. I was always thinking about the food I didn't get to eat — whatever I couldn't fit on my plate, or whatever they were bringing out from the kitchen just as we were about to leave.

As I've gotten older, it's a feeling I've encountered again and again, and not just at buffets. Haven't we all? The people you think are perfect reveal themselves to be deeply flawed. The things you want the most are never as satisfying to possess as they are to long for. The experiences you anticipate the most end up being letdowns, when instead it's the ordinary moments — maybe even the hard moments, the painful moments — that stand out, that become cherished memories.

Today's scripture readings equate wisdom and fullness with an acceptance of something that makes no sense, that defies scientific explanation, cultural norms, and even common sense: the Real Presence of our God in the Eucharist.

Is it strange to believe that we are consuming the Body and Blood of Christ in our worship, and that only by doing so will we ever achieve everlasting life?

Perhaps. But we are asked to do many strange things as Christians. We are asked to love when we do not feel like loving, when the object of that love has not earned it. We are asked to forgive even when the recipient of that forgiveness does not seek it or merit it. We are asked to believe, in moments when belief feels impossible.

Socrates says that the only wisdom is in knowing that you know nothing. Perhaps the only spiritual fullness is in knowing that there is only emptiness to be had here in this world, that there is no physical experience or indulgence that can really make you feel satisfied and strong. That the only food that really nourishes you in a way that lasts is a small white Host you can barely taste on your tongue.

"My flesh is true food, and my blood is true drink." — John 6:55

- Colleen Jurkiewicz Dorman

Why do we do that? Catholic Life Explained

Question:

I've heard that gratitude is a fruit of the Holy Spirit. What does that mean?

Answer:

In St. Paul's letter to the Galatians, he talks about the "fruits of the Holy Spirit." He is referencing an idea that Jesus talks about frequently in the Gospels. "By their fruits you will know them" (Matthew 7:16). He uses the example of a plant. If the plant is healthy, it will bear good fruit. If the plant is unhealthy, it will bear rotten fruit or none at all. Jesus echoes this idea at the Last Supper, when he says that if we remain close to him we will "bear much fruit" (John 15:8). If we allow the Holy Spirit to work in our lives, we will bear the fruits of the Spirit!

Technically, gratitude is not one of the fruits St. Paul lists. "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control" (Galatians 5:22-23). But doesn't that sound like the response of a grateful heart? When we're grateful, we experience a sense of joy and peace that makes it easier to love. We can be kind, patient, generous, and gentle with others rather than possessive or competitive. When we're grateful, we don't need to grasp at what we don't have. We practice self-control. Gratitude helps us to be faithful, knowing God will always be with us. Sounds like good fruit to me!