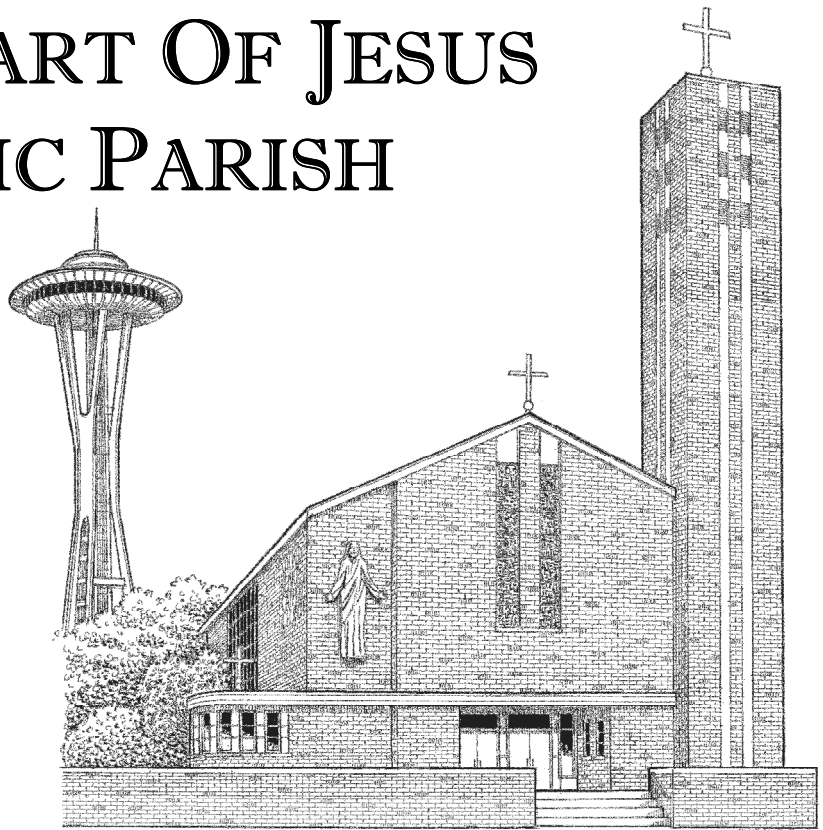
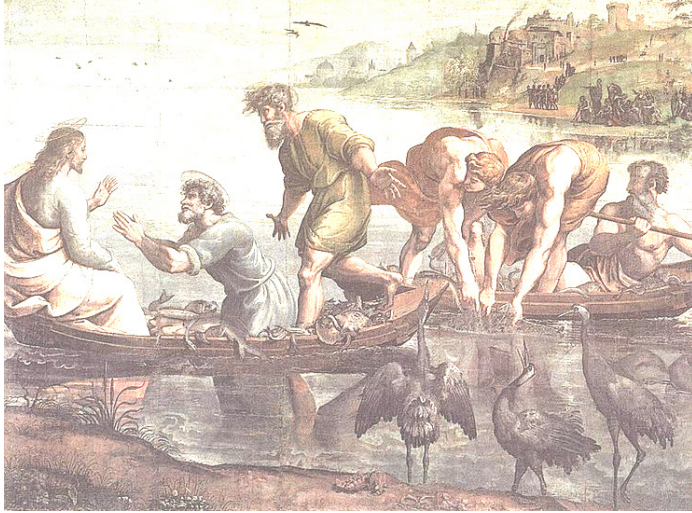


SACRED HEART OF JESUS CATHOLIC PARISH

February 10, 2013
Fifth Sunday in Ordinary Time



205 Second Ave. N. Seattle, WA 98109-4817
Office Phone: (206) 284-4680 Fax: (206) 284-3161
Office Hours: 9am-noon, 1pm-4:30pm, Monday
9am-noon, 1pm-5pm, Tuesday - Friday
www.SacredHeartSeattle.com

MASS SCHEDULE

Monday—Saturday	8:00am
Monday—Friday	12:10pm
Tuesday	5:30pm
Saturday Vigil	5:30pm
Sunday	9am, 11am, and 5:30pm

Reconciliation: 30 min. before Daily Masses
Saturday 4pm-5pm

MISSION STATEMENT

We are a Catholic community dedicated to the Sacred Heart of Jesus, ministered by the Redemptorists in the Archdiocese of Seattle.

We are a welcoming community of baptized disciples. Through our Liturgy, Sacraments, Faith Formation, and Pastoral Care, we dedicate ourselves to being:

- *a Sacramental Community united in God's love*
- *a Community of Faith which shares in the teaching mission of Christ*
- *a Community of Stewardship of time, talent, and treasure serving people most in need*
- *a Community called to witness and proclaim the Good News through the power of the Holy Spirit*

With the grace of God, the guidance of the Holy Spirit, and the maternal protection of Our Mother of Perpetual Help, we devote ourselves to living this mission.

Pastor: Fr. Binh Ta, C.Ss.R.

Parochial Vicar: Fr. Mark Scheffler, C.Ss.R.

REDEMPTORIST COMMUNITY



Fr. Lyle Konen, C.Ss.R.
Fr. Bill Cleary, C.Ss.R.
Fr. Ray Maiser, C.Ss.R.
Fr. Bill Peterson, C.Ss.R.
Fr. Timothy Watson, C.Ss.R.

PARISH STAFF

Parish Office: Info@SacredHeartSeattle.com

Pastoral Asst. for Administration:

Val Valmonte, Val@SacredHeartSeattle.com

Administrative Assistant:

Noemi Reyes, NoemiR@SacredHeartSeattle.com

Maintenance:

Eddie Toups and Nazario Murrillo

PARISH MINISTRIES

Pastoral Council Chair: Roberta de Vera
Roberta@SacredHeartSeattle.com

Finance Council Chair: Ben Bauman

Food Program Director: Elise Hale-Case
program.director@qafb.org

Cantor/Choir Director: Pam Nim

Books & Gifts Director: Lorie Pantig

Young Adult Ministry: Yams@SacredHeartSeattle.com

Dear Parishioners and Friends of Sacred Heart,

Today's sacred readings, according to the late Jesuit Fr. Frank Doyle, guide us towards "three interlocking essentials for our Christian living — faith, experience, and apostleship." A meaningful FAITH not only accepts the content of Christ's teachings but involves a total surrender of our authentic self and all we have into God's hands.

Complete surrendering necessitates intimate and abiding EXPERIENCE of the living (i.e., not mummified) and life-giving God. This implies to be in relationship with Christ, to seek his love and guidance in all circumstances of our life, to make our entire selves available for Christ to love and heal and save the world ... through us (i.e., incarnated love). Making ourselves available for Christ is to live our "APOSTOLIC" vocation. We may feel unworthy or incapable for such a vocation, just like Isaiah, Paul and Peter. Yet as they, in various forms, came to know, "BUT, by the grace of God ..." May we then humbly spread Christ's love in his name, under his guidance, for his glory. What will happen? Uh, who knows ... Just trust God! All will be well!

This Wednesday, Lent begins. What a great timing/opportunity to deepen our relationship with Christ, thus with ourselves and with one another. Do so with the Word of God. To assist us on this adventure, please see the "Lectio Divina" guide in this bulletin. Ash Wednesday schedule is also in today's bulletin.

Our RCIA team, on your behalf, has been preparing 10 adults for the Sacrament of Confirmation and First Eucharist. Next Sunday (Feb.17) they will celebrate the Rite of Sending during the 11 a.m. Mass. Please join us at this Mass to send them to Archbishop Sartain for their Rite of Election the following Sunday. These two Rites ready them to be fully incorporated into the Catholic Church at the Easter Vigil.

To deepen our sense of communal unity during liturgical celebrations and to better live responsible stewardship to God-entrusted resources, **our daily 8 a.m. Mass (Monday – Saturday) will be moved to the John Paul II Adoration Chapel downstairs, starting this Thursday, February 14. The Sacrament of Reconciliation prior to each Mass will be offered in the newly remodeled room next to the chapel.**

A million of thanks to all who helped with and participated in the parish Annual Volunteers Dinner last Friday! It was (again) such a wonderful gathering – warm smiles and friendship, plenty of food and drinks, etc. God's abundant blessings upon you for your pure kindness!

This weekend is your last opportunity to submit names for the newly remodeled room downstairs. Email your entries to fr.binh@sacredheartseattle.com or drop them in the collection basket, by this Sunday.

With love of Christ, the Redeemer,
Fr. Binh T. Ta, C.Ss.R.



The Stewardship Of Treasure

Annual Goal	\$ 271,100
Year to Date Goal	166,400
Weekly Goal	5,200

Collections for the Week Ending Feb.3

Feb.3 Weekend Offering	\$ 3,862
Year to Date Collections	166,094
Parish Improvement	9,424
Food Program	54,204
EFT as of Jan.2013	27,552

"Do what is right and good in the sight of the Lord, that it may go well with you, and you may enter in and possess the good land which the Lord promised on oath to your ancestors..."
Deuteronomy 6:18

Fasting and Abstinence

Days of Fasting and Abstinence from meat:

Ash Wednesday and Good Friday

Days of Abstinence from meat: all Fridays during Lent

Fasting: allows (a person between 18 and 60 years old) one full meal a day. Two smaller meals, which should not equal to one full meal, are allowed. Liquids are allowed at any time. Fasting is a form of penance which helps us turn away from sin and toward Christ

Abstinence from meat: a penitential practice (of persons 14 years and older) of not eating meat. Fish and shellfish are permitted. To abstain is to remember and unite ourselves with Christ's sacrifice for us

Exemptions: persons suffering from chronic illnesses such as diabetes and pregnant and nursing women

Source: www.usccb.org/prayer-and-worship/liturgical-resources/lent/catholic-information-on-lenten-fast-and-abstinence.cfm

Please remember Sacred Heart of Jesus Parish in your Will and Estate Planning

Daily Mass Intentions

Sun Feb.10	9:00am	†Stella Richards
	11:00am	†Walter J. Reynolds
	5:30pm	Sacred Heart Parish
Mon Feb.11	8:00am	Keith Viney
	12:10pm	Julia & Michael Fallon
Tue Feb.12	8:00am	Alexa O'Brien
	12:10pm	Carla & Eddy
	5:30pm	†David Alvarado
Wed Feb.13	8:00am	Special Intentions
	12:10pm	Special Intentions
	7:00pm	Special Intentions
Thu Feb.14	8:00am	†Adele D'Ambrosio
	12:10pm	†Grace Fatima Navarro
Fri Feb.15	8:00am	†All Souls in Purgatory
	12:10pm	†Mr. & Mrs. Frank Helwig
Sat Feb.16	8:00am	Redemptorist Community
	5:30pm	Sacred Heart Parish

Daily Readings

2/11	Genesis 1:1-19	Psalm 104:1-2,5-6 10,24,35	Mark 6:53-56
2/12	Genesis 1:20--2:4	Psalm 8:4-9	Mark 7:1-13
2/13	Joel 2:12-18	Psalm 51:3-6 12-14,17	Matthew 6:1-6,16-18
	2 Corinthians 5:20--6:2		
2/14	Deuteronomy 30:15-20	Psalm 1:1-4,6	Luke 9:22-25
2/15	Isaiah 58:1-9	Psalm 27:1,3,5,8-9	Matthew 9:14-15
2/16	Isaiah 58:9-14	Psalm 86:1-6	Luke 5:27-32

8am Weekday Masses in the Adoration Chapel

Starting Feb.14, Thursday, the 8am daily Masses (Mondays - Saturdays) will be held in the Adoration Chapel. Confessions will be in the room next to the Chapel.

Join us for Lenten Soup!

The season of Lent is almost here! Soup Lunch will be served after the 12:10pm Mass on February 13, Ash Wednesday and after Stations of the Cross following the Wednesday 12:10pm Mass during Lent. Soup Suppers follow the Stations of the Cross every Lenten Friday at 6:30pm starting February 15.

If you are interested in making soup or contributing to the upcoming Wednesday or Friday soup meals, please sign up in the vestibule.

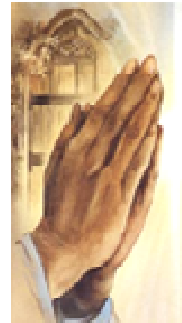
"Bernadette"

A Film Showing in Honor of the Feast Day of Our Lady of Lourdes

All are invited to a showing of the film, "Bernadette" at the Fellowship Room on February 11, Monday after the 12:10pm Mass. The film is in honor of the Feast of our Lady of Lourdes. Light refreshments will be served.

Please Pray for the Following People

Christina Buckley
Diedre Evans
Rose Ann Haas
Paul Sweeney
Paul Dargan
Joseph Usher
Margaret Hernandez
Barbara Felzer
Louise Steuart & Family
Leticia Manzano



Dorothy Usher
Bernadette Berry
Jerry & Mary Pat
Dan Rosenberg
Jerry Usher
Ellen Donohoe
Kayla Preston
Vito Grieco
Anne Carroll
George Sammut

HIPAA Laws require permission to publish names

This Week at Sacred Heart

February 10, Sunday

- Latte Coffee Hour after the 9:00am & 11:00am Masses
- Legion of Mary, Adoration Chapel, 12:30pm

February 12, Tuesday

- MPH Novena after 8:00am, 12:10pm, & 5:30pm Masses

February 13, Ash Wednesday: Fasting & Abstinence

- Masses: **8:00am, 12:10pm, 7:00pm** (with Confessions)
- Soup Lunch after the 12:10pm Mass

February 15, Friday

- Stations of the Cross, 6:30pm
- Followed by Soup Supper, Fellowship Room

February 16, Saturday

- La Luz de Cristo, Adoration Chapel, 10:00am - noon

A "Lectio Divina" Guide by Fr. Jude Siciliano, O.P.

- **Lectio** – reading. The Bible is a living word. Read a few verses slowly, even aloud. Be aware of divine guidance and let yourself be drawn to a particular word or phrase. Dwell with it for a while.
- **Meditatio** – meditation. Engage your faculties by placing yourself in the scene. What do you see? Here? Feel? Think? Etc.
- **Oratio** – prayer. Respond to what you experience with your deepest feelings: joy, praise, sorrow, gratitude etc.
- **Contemplatio** – contemplation. This is what the spiritual writers call "resting in God." Here we suspend all mental and emotional labor and rest in God's arms. Some describe this moment as a "womb" in which the Scripture is reborn and takes flesh and us.

The Queen Anne Food Bank At Sacred Heart

Celebrates Its First Anniversary!

The Queen Anne Food Bank at Sacred Heart is celebrating our one year anniversary on February 27, Wednesday at 8:00am in the school gym. We will have a pancake breakfast and celebrate with community members who have helped make this ministry possible for our hungry neighbors. Please RSVP at 206-216-4102 or info@qafb.org.

