

# SACRED HEART OF JESUS CATHOLIC PARISH

*March 10, 2013*  
*Fourth Sunday of Lent*



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](http://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](mailto:Info@SacredHeartSeattle.com)

Pastoral Asst. for Administration:

Val Valmonte, [Val@SacredHeartSeattle.com](mailto:Val@SacredHeartSeattle.com)

Administrative Assistant:

Noemi Reyes, [NoemiR@SacredHeartSeattle.com](mailto:NoemiR@SacredHeartSeattle.com)

Maintenance:

Eddie Toups and Nazario Murrillo

## PARISH MINISTRIES

Pastoral Council Chair: Roberta de Vera  
[Roberta@SacredHeartSeattle.com](mailto:Roberta@SacredHeartSeattle.com)

Finance Council Chair: Ben Bauman

Food Program Director: Elise Hale-Case  
[program.director@qafb.org](mailto:program.director@qafb.org)

Cantor/Choir Director: Pam Nim

Books & Gifts Director: Lorie Pantig

Young Adult Ministry: [Yams@SacredHeartSeattle.com](mailto:Yams@SacredHeartSeattle.com)

God bless you!

It is our fourth week of Lent. How are you doing? Someone came up to me the other day and said: "Father, I am not having that good a Lent. I started with good intentions but it's ending up pretty much like I felt several weeks after New Year's – good resolutions but I haven't been that faithful." Sound familiar?

I think being faithful, yes, means actually living out what we believe or have promised. And it also means not giving up on ourselves and persevering in our efforts. Now that is resolve! And is not that the intent we leave the confessional with: "Lord, I just feel grand – on top of the world, lighthearted, free – and I won't stop trying!" But then several weeks later we take advantage of the Sacrament once again and leave with the same intention. In God's mind it is that resolution that counts and will in the long run get us through!

So come on – there is time enough! Have you made a resolution to attend the Lenten Parish Mission being offered here at Sacred Heart? It starts Saturday/Sunday, March 16/17 during the weekend Masses. Read the notice information in this bulletin and plan to attend – it's a New Year's, Year of Faith, Lenten resolution you can accomplish!

As a Church, we are about to elect a new Pope. "Oh, Father, the Cardinals will do that." But that is not totally true. Where do you think they will get their inspiration, the support they will need, the feeling and embrace of accompaniment they will deserve from us? The Cardinals may write the name on a piece of paper which might eventually be turned into white smoke, but you and I should be a part of that moment by our prayers and sacrifices; they need us – another Year of Faith and Lenten resolution we can accomplish!

For several days now there have been envelopes in your pew – a collection opportunity for you to contribute to Catholic Relief Services. So many are waiting for you to respond. Read the flyer, the poster on the bulletin board and.....?

We are planning a "Journey of Faith Pilgrimage" to St. James Cathedral on Palm Sunday. There are posters on the bulletin boards and notices in today's bulletin and some brochures available. And did you know that you can gain a plenary indulgence for participating in this event? What's that? Read about it! Another Year of Faith, New Year's and Lenten resolution for you to finally say "YES" to with an upraised thumb and downward/inward gesture of a closed hand!

The long and short of it? Lenten opportunities are all around you: a kind action, a word or gesture to turn a frown into a smile; finally putting the hurt aside with a forgiving hug – goodness the opportunities are endless! Don't give up on yourself. God doesn't! Happy Lent!

Father Mark



### The Stewardship Of Treasure

Annual Goal	\$ 271,100
Year to Date Goal	187,200
Weekly Goal	5,200

### Collections for the Week Ending March 3

March 3 Weekend Offering	\$ 4,137
Year to Date Collections	176,344

Parish Improvement	10,935
Food Program	88,588
YTD EFT	30,415

### Lenten Parish Mission

**Theme: Grow in FAITH, JOY, and LOVE:  
A Meaningful Life**

Want to grow in Christ and enjoy a meaningful life of faith? Come to a three day Lenten Parish Mission, starting at each weekend Mass (5:30pm on Saturday, 3/16 or Sunday, 3/17 at 9:00am, 11:00am, or 5:30pm), and at 6:30pm on Monday (3/18), and Tuesday (3/19). It is guided by Fr. Gary Lauenstein, a seasoned Redemptorist.

Please share this opportunity with your family, friends, and neighbors.



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

### Daily Mass Intentions

Sun	Mar.10	9:00am	Special Intentions
		11:00am	Faye Bonicillio Thanksgiving
		5:30pm	Special Intentions
Mon	Mar.11	8:00am	†All Souls in Purgatory
		12:10pm	†Roger DeFratis
Tue	Mar.12	8:00am	Louise George's Birthday
		12:10pm	†Purificacion Almacen
		5:30pm	†Dolores Tierney
Wed	Mar.13	8:00am	Fr. Lyle Konen, C.Ss.R.
		12:10pm	Rowena Pantig's Birthday
Thu	Mar.14	8:00am	Keith Viney
		12:10pm	Tina Heutel
Fri	Mar.15	8:00am	Redemptorist Community
		12:10pm	†Jim & Maureen Utley
Sat	Mar.16	8:00am	†Robert Zappone, Sr.
		5:30pm	Sacred Heart Parish

### Daily Readings

3/11	Isaiah 65:17-21	Psalms 30:2,4-6,11-13	John 4:43-54
3/12	Ezekiel 47:1-9,12	Psalms 46:2,3,5,6,8,9	John 5:1-16
3/13	Isaiah 49:8-15	Psalms 145:8,9,13,14 17-18	John 5:17-30
3/14	Exodus 32:7-14	Psalms 106:19-23	John 5:31-47
3/15	Wisdom 2:1,12-22	Psalms 81:6-11,14,17	John 7:1,2,10 25-30
3/16	Jeremiah 11:18-20	Psalms 7:2-3,9-12	John 7:40-53

### Journey of Faith Pilgrimage to St. James Cathedral March 24, Sunday

Sacred Heart Parish is organizing a Journey of Faith Pilgrimage to St. James Cathedral this coming Palm Sunday, March 24th. Plan to join us and enjoy all the spiritual benefits of this special event! Check the bulletin boards and brochures unfolding this "Year of Faith" and "Lenten" event!

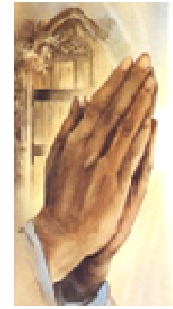
### Young Adult Midnight Pilgrimage March 28, 6:00pm - 12:00am

Begin the Holy Triduum with a Eucharistic centered pilgrimage led by Archbishop Sartain. Join fellow young adults to visit a few of Seattle's Catholic churches and spend time in prayer. This is a walking pilgrimage of 5 to 6 miles, so comfortable walking shoes are recommended.

For more information and for a detailed itinerary for the evening, please contact Bridget Harris at 206-274-3175 or e-mail [bridget.harris@seattlearch.org](mailto:bridget.harris@seattlearch.org)

### 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  
Elizabeth Rugaber



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

**HIPAA Laws require permission to publish names**

### This Week at Sacred Heart

#### March 10, Sunday

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

#### March 12, Tuesday

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

#### March 13, Wednesday

- Stations of the Cross after the 12:10pm Mass
- Followed by Soup Lunch, Fellowship Room
- RCIA session, Fellowship Room, 7:00pm

#### March 15, Friday: Day of Abstinence from Meat

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

#### March 16, Saturday

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

### Plenary Indulgence

As mentioned in Fr. Mark's letter on the previous page, you can gain plenary indulgence for participating in the Pilgrimage to St. James Cathedral.

*"... Plenary Indulgence for the temporal punishment of sins, imparted by the mercy of God and applicable also to the souls of deceased faithful, may be obtained by all faithful who, truly penitent, take Sacramental Confession and the Eucharist and pray in accordance with the intentions of the Supreme Pontiff."*<sup>1</sup>

One of the means of gaining an indulgence is...

*"...by making a pilgrimage to a basilica, catacomb, cathedral, or location designated by the local bishop for the Year of Faith, and either participating there in a sacred celebration, praying or meditating. The act of prayer should finish with an Our Father, a recitation of the Creed and a prayer to the Blessed Virgin Mary."*<sup>2</sup>

1. United States Conference of Catholic Bishops, *Plenary Indulgence for the Year of Faith* <<http://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/year-of-faith/plenary-indulgence-for-the-year-of-faith.cfm>>

2. Catholic News Agency, *Plenary Indulgence Announced for the Year of Faith* <<http://www.catholicnewsagency.com/news/plenary-indulgence-announced-for-the-year-of-faith>>