



Our Lady of Lourdes Parish

10243 12TH AVENUE SOUTH
SEATTLE, WA 98168

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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
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Parochial Vicar

Father Paul Thanh Vu, S.D.D.
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Parish Secretary

Thu Thai Duong
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Bookkeeper

Monica Schwarz
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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 - MAY 25 & 26, 2024

Donation	\$4,334.00
Donation Online	\$927.00
Maintenance Fund	\$30.00
Debt Reduction	\$0
Total Donation	\$5,291.00



**One Mission,
One Family,
Together
in Christ**

**2024 Annual Catholic Appeal Goal
\$43,706**

One mission, one family – together in Christ is the theme of this year's Annual Catholic Appeal, and this weekend kicks off the 2024 campaign! The Annual Catholic Appeal funds ministries and services for your local Catholic community across Western Washington. This combined effort of parishes and the Archdiocese of Seattle ensures the availability of outreach ministries, education, faith formation, administrative services for parishes and much more!
Please prayerfully consider how you can participate in helping our parish be a light to others.



**Congratulations
to 22 First Holy
Communion
Recipients on
Saturday June 1st
at Our Lady of
Lourdes**



**THE MOST HOLY BODY
AND BLOOD OF CHRIST**

Then he took a cup, gave thanks, and gave it to them, and they all drank from it. He said to them, "This is my blood of the covenant, which will be shed for many. Amen. I say to you, I shall not drink again the fruit of the vine until the day when I drink it new in the kingdom of God." - Mk 14:23-25

**Last Healing Mass with
Fr. Jim at St. Thomas
before he leaves for his
next assignment in July**

JUNE 7, 2024

8 AM Adoration, 8:30 AM
Rosary, 8:50 AM Litany of the
Sacred Heart, 9 AM Anointing
of the Sick Mass

ALL ARE WELCOME!

St. Thomas Parish - 4415 S 140th ST,



JUNE
MONTH OF THE SACRED HEART OF JESUS



THE HOLY EUCHARIST
The source and summit of our faith!

THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)
HOMILY BY FATHER JOSEPH VU

The Eucharist Is a Double Miracle

We are so used to the Eucharist that we can sometimes forget how amazing this sacrament really is.

That's one of the reasons the Church gives us today's beautiful feast of Corpus Christi. Today, every Catholic throughout the world is turning their attention to this divine gift by which Jesus Christ, under the appearances of bread and wine, continues to dwell among us and to nourish our souls through the most Blessed Sacrament of the Eucharist.

There are two miracles involved in this sacrament, two miracles that occur at every Mass.

During the words of consecration, the humble, normal substances of bread and wine are changed into Christ's living body and blood.

- The substance of the bread is changed into his body, and the substance of the wine is changed into his blood; this process is called "transubstantiation."
- They are truly changed; Christ becomes truly present in them.

This is the first miracle.

The second miracle is that although the substance of the bread and wine has changed, their appearance remains the same.

- After the sacred words of consecration, they still look like bread and wine, but under those appearances, Jesus is truly present.
- This is why we treat the Eucharist with such reverence: it is not just a symbol; it is a sacrament, a mystery of Christ's real presence.

These two miracles are performed at every Mass, through the ministry of the priest, by the power of the Holy Spirit.

And right after the words of consecration, we all express our wonder, awe, and belief in these two miracles when we give our response to the priest's invitation: "Let us proclaim the mystery of faith."

This double-miracle is, admittedly, a quiet miracle - at least most of the time.

But every once in awhile, God allows it to become more dramatic, just so we don't fall into routine.

Using Better the Gift of the Eucharist

If Jesus has chosen to stay close to us in the Eucharist, it is because we need him to be close to us.

He knows this, and so he instituted the Eucharist. But do we know it?

- We all believe that following Christ is the only way to true, lasting happiness, but do we stay as close to him as we can?
- Is the Eucharist at the center of our individual lives, the way it is at the center of the Church's life as a whole?

If someone were to videotape us living our normal life for a whole week, how often would the Eucharist appear?

The Eucharist, most of the time, is so quiet, so subtle, so gentle.

And we have to be honest; our culture much prefers things that are flashy, explosive, and spectacular.

- Is it possible that we have been too much affected by our culture?
- Is it possible that we sometimes let doubts and hesitations hold back our friendship with Christ?
- Is it possible that we really could come to receive Holy Communion more often?

Is it possible that we keep trying to solve all our problems all by ourselves, leaving him alone in the Tabernacle, not coming to visit him briefly during the week, just to talk things over, not come to adore him and to let him be our strength?

Yes, it is possible.

But today we can turn over a new leaf.

Jesus has stayed among us in the Eucharist, Body, Blood, Soul, and Divinity.

Today let's thank him for this great gift, from the bottom of our hearts, and when he comes to us again in Holy Communion, let's promise him that from now on we will make better use of it, even just a little bit better.

Weekly Prayer

Sunday's Readings

First Reading:

"This is the blood of the covenant that the LORD has made with you in accordance with all these words of his." (Ex 24:8)

Psalm:

I will take the cup of salvation, and call on the name of the Lord. (Ps 116)

Or: Alleluia.

Second Reading:

How much more will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from dead works to worship the living God. (Heb 9:14)

Gospel:

"Take it; this is my body."

Then he took a cup, gave thanks, and gave it to them, and they all drank from it.

He said to them,

"This is my blood of the covenant, which will be shed for many." (Mk 14:22-24)

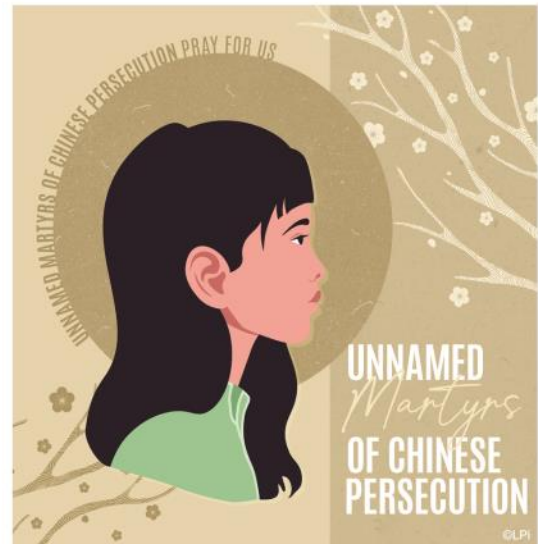
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Live The Liturgy Inspiration of the Week

Jesus is the Passover Lamb come to fulfillment, and his sacrifice washes our hearts in the blood of the new covenant. He is passing us the cup of salvation. Let us take it and call on the name of the Lord.

Observances for the week of June 2, 2024

- Sunday:** The Most Holy Body and Blood of Christ
Monday: St. Charles Lwanga and Companions, Martyrs
Wednesday: St. Boniface, Bishop and Martyr
Thursday: St. Norbert, Bishop
Friday: The Most Sacred Heart of Jesus
Saturday: The Immaculate Heart of the Blessed Virgin Mary
Next Sunday: 10th Sunday in Ordinary Time



Saint of the week

Throughout the late 20th century and into recent times, there have been many stories of Chinese Catholic heroism — priests, bishops, and laypeople who have been martyred by anti-Catholic government officials. We remember and honor those who have died for their faith in China.

Prayer of the True Presence

My Lord and my Love —
Bread of Life, nourish me.
Pascal Lamb, restore me.
Jesus in the Blessed
Sacrament, consume me as I
consume you.
Amen.