



Our Lady of Lourdes Parish

10243 12TH AVENUE SOUTH
SEATTLE, WA 98168

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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
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Parochial Vicar

Rev. Dwight P. Lewis
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Residence at Parish

Father John J. Ludvik

Parish Secretary

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Bookkeeper

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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 - JULY 13 & 14, 2024

| | |
|-----------------------|-------------------|
| Donation | \$5,086.00 |
| Donation Online | \$892.00 |
| Maintenance Fund | \$40.00 |
| Debt Reduction | \$0 |
| Total Donation | \$6,018.00 |



Weekly Prayer

Sunday's Readings

First Reading:

I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD. (Jer 23:4)

Psalm:

The Lord is my shepherd; there is nothing I shall want. (Ps 23)

Second Reading:

In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity. (Eph 2:13-14)

Gospel:

When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things. (Mk 10:34)

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Live The Liturgy Inspiration of the Week

The crowds continue to follow Jesus, and when he sees them, he cannot help but be filled with love for them. Let us take our cue from these devoted disciples of Mark's Gospel, and never, ever stop seeking our Lord.

Observances for the week of July 21, 2024

Sunday: 16th Sunday in Ordinary Time

Monday: St. Mary Magdalene

Tuesday: St. Bridget, Religious

Wednesday: St. Sharbel Makhlof, Priest

Thursday: St. James, Apostle

Friday: Sts. Joachim and Anne, Parents of the Blessed Virgin Mary

Next Sunday: 17th Sunday in Ordinary Time

Worship & Meditation

Readings for the week of July 21, 2024

Sunday:

Jer 23:1-6/Ps 23:1-3, 3-4, 5, 6 (1)/
Eph 2:13-18/Mk 6:30-34

Monday:

Sg 3:1-4b or 2 Cor 5:14-17/Ps 63:2, 3-4,
5-6, 8-9/Jn 20:1-2, 11-18

Tuesday:

Mi 7:14-15, 18-20/Ps 85:2-4, 5-6, 7-8/
Mt 12:46-50

Wednesday:

Jer 1:1, 4-10/Ps 71:1-2, 3-4a, 5-6ab, 15 and
17/Mt 13:1-9

Thursday:

2 Cor 4:7-15/Ps 126:1bc-2ab, 2cd-3, 4-5,
6/Mt 20:20-28

Friday:

Jer 3:14-17/Ps 19:8, 9, 10, 11/Mt 13:18-23

Saturday:

Jer 7:1-11/Ps 84:3, 4, 5-6a, and 8a, 11/
Mt 13:24-30

Next Sunday:

2 Kgs 4:42-44/Ps 145:10-11, 15-16, 17-18
(see 16)/Eph 4:1-6/Jn 6:1-15



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Gospel Meditation

Encourage Deeper Understanding of Scripture

Burnout. Recent studies suggest that roughly two-thirds of doctors and nurses have signs of it. You probably know what burnout is: long-term stress leading to emotional exhaustion and a lack of a sense of personal accomplishment. Burnout can threaten anyone who tries to seriously serve and love others. How does our faith inform this challenging experience, and how do we find refreshment?

The apostles face something like burnout this week in Mark 6. They are run down from their missionary work, and Jesus says, **“Come away by yourselves to a lonely place, and rest a while.”** For them, and for us, it takes humility to intentionally rest. It means the world can go on without us. It stings our pride to admit God is necessary and we are not. Choosing to leave our good work to be with him — whatever the cost — is an act of humble faith. And that trust in God begins to revive us.

But there’s more to it. Hilariously, Mark tells us that throngs of needy people find out where the apostles are going and arrive ahead of them. Imagine the exasperation of the burnt-out apostles. “Can we *please* get a minute to ourselves? This is not healthy!” And Jesus seems to *encourage* the boundary violation by telling his frayed followers to feed the crowd. Look: once we move into humble rest, he calls us to *more* work, because we are made for love, not for rest. But Jesus does the vast bulk of the labor. He himself is the one who multiplies the small offering until everyone is satisfied.

What finally gives our heart rest isn’t more vacation time. It’s experiencing the super abundant generosity of God for us and those whom we serve.

— *Father John Muir*

(PRACTICING) CATHOLIC

A Deserted Place

In one of my favorite shows, “Parks and Recreation,” there is a scene where one of the characters, Jerry, is tasked with stuffing hundreds of envelopes with flyers as part of his volunteer work for a local city council campaign.

Jerry’s efficient, almost mechanical completion of the job amazes his coworkers, who gather to watch in awe while he folds, inserts, seals, and stamps — over and over again. After several hours, the huge pile of envelopes is finally ready for mailing ... and Jerry realizes that he has stuffed them all with the wrong piece of paper.

“I always say, it ain’t government work unless you do it twice,” he quips as he restarts the task.

In any work, no matter how worthy or fulfilling it is, there is a point where the task transforms into mere routine. It can happen with anything: ministry, marriage, parenthood, even prayer. There is no shame in this. It doesn’t mean that we don’t enjoy these pursuits or feel passion for the mission inherent in them.

It only means that we are human, and we get tired.

When the Apostles return from their travels, Jesus recognizes their exhaustion. He encourages them to “come away to a deserted place.” He inhabits a human body, so he knows the weariness to which it is subject. He knows what it is to be tired, to be hungry. He knows that it’s hard to do the work when your body is failing you.

It’s important for us to recognize those times when Jesus is calling us to a deserted place — and it’s important for us to follow him there, even if we are pursued by feelings of doubt and guilt, just as the Apostles were followed by crowds hungry for their ministry.

Solitude is not selfishness. Contemplation is not idleness. To withdraw does not mean to run away.

The work we do — whatever it is — deserves our whole strength. If we have lost that, there is only one place we are sure to find it again.

“He said to them, ‘Come away by yourselves to a deserted place and rest a while.’” — Mark 6:31

- Colleen Jurkiewicz Dorman

Why do we do that?

Catholic Life Explained

Question:

What can I do to help our family practice our faith each day?

Answer:

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are—God’s people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God’s presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God’s people.

LADY OF LA VANG MARIAN DAYS PROGRAM – No. 9th

COLLABORATING MOTHER MARY IN THE GOSPEL

Friday, 26 July 2024

- 3:00 PM Veneration of Divine Mercy (Vietnamese, Church)
4:30 PM Opening Ceremony (Stage)
5:00 PM Opening Mass Celebration (Stage)
- **President:** Most Reverend Bishop Vincent Long Van Nguyen
- **Homily:** Reverend Khánh Đình Nguyễn, Pastor
6:00 PM Dinner Break
6:30 PM Friday Night Concert (Vietnamese, Stage)
10:00 PM Break
10:30 PM Eucharist Adoration (Vietnamese, Church)

Saturday, 27 July 2024

- 9:00 AM Healing Mass (Vietnamese, Outdoor Stage)
- **President:** Most Reverend Bishop Vincent Long Van Nguyen
10:00 AM Breakfast
10:30 AM Lecture and Discussion (Vietnamese, Outdoor Stage)
- **Reverend** **Thắng Tất Nguyễn, OP**
11:30 AM Veneration of Vietnamese Martyr Relics (Vietnamese, Outdoor Stage)
12:00 PM Lunch Break
2:00 PM Lecture and Discussion (Vietnamese, Outdoor Stage)
- **Reverend** **Thắng Tất Nguyễn, OP**
3:30 PM Break
4:00 PM Praise & Worship Songs (English and Vietnamese)
5:00 PM Vietnamese Martyrs Mass Celebration ((Vietnamese, Outdoor Stage))
- **President:** Most Reverend Bishop Vincent Long Van Nguyen
6:00 PM Dinner Break
6:30 PM Saturday Night Concert (Vietnamese, Outdoor Stage)
10:00 PM Candle Lighting and Prayers for World Peace

Sunday, 28 July 2024

- 8:30 AM Sunday Mass (English, Church)
9:00 AM Morning Prayers (Stage)
- **Reverend** **Thắng Tất Nguyễn, OP**
9:30 AM Lecture and Discussion (Stage)
- **President:** Most Reverend Bishop Vincent Long Van Nguyen
10:30 AM Break
11:00 AM Our Lady of La Vang Procession
12:00 PM Grand Mass Celebration in Honor of Our Lady of La Vang
1:30 PM Lunch Break
4:00 PM Marian Days Closing

Sixteenth Sunday in Ordinary Time

Reading 1 Jer 23:1-6

Woe to the shepherds who mislead and scatter the flock of my pasture, says the LORD. Therefore, thus says the LORD, the God of Israel, against the shepherds who shepherd my people: You have scattered my sheep and driven them away. You have not cared for them, but I will take care to punish your evil deeds. I myself will gather the remnant of my flock from all the lands to which I have driven them and bring them back to their meadow; there they shall increase and multiply. I will appoint shepherds for them who will shepherd them so that they need no longer fear and tremble; and none shall be missing, says the LORD.

Behold, the days are coming, says the LORD, when I will raise up a righteous shoot to David; as king he shall reign and govern wisely, he shall do what is just and right in the land. In his days Judah shall be saved, Israel shall dwell in security. This is the name they give him: "The LORD our justice."

Responsorial Psalm Ps 23:1-3, 3-4, 5, 6

R. (1) The Lord is my shepherd; there is nothing I shall want.

Reading 2 Eph 2:13-18

Brothers and sisters: In Christ Jesus you who once were far off have become near by the blood of Christ. For he is our peace, he who made both one and broke down the dividing wall of enmity, through his flesh, abolishing the law with its commandments and legal claims, that he might create in himself one new person in place of the two, thus establishing peace, and might reconcile both with God, in one body, through the cross, putting that enmity to death by it. He came and preached peace to you who were far off and peace to those who were near, for through him we both have access in one Spirit to the Father.

Alleluia Jn 10:27

R. Alleluia, alleluia. My sheep hear my voice, says the Lord; I know them, and they follow me.
R. Alleluia, alleluia.

Gospel Mk 6:30-34

The apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." People were coming and going in great numbers, and they had no opportunity even to eat. So they went off in the boat by themselves to a deserted place. People saw them leaving and many came to know about it. They hastened there on foot from all the towns and arrived at the place before them. When he disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.