

*First Sunday of Lent*

**21 First Sunday of Lent**

Mass: 8:30 & 10:30, coffee hour following  
 Faith Formation: 9:30 - Benincasa  
 Social Justice: 11:30 - Benincasa Basement  
 Marriage Prep: 11:30am - Benincasa  
 AA Meeting: 6pm - Church Basement

**22 Monday**

Communion Service: 9am  
 Finance Council: 7pm - Benincasa

**23 Tuesday**

Mass: 9am  
 Eucharistic Adoration: 9:30am-7pm  
 Lent Scripture Class: 7pm - Benincasa

**24 Wednesday**

Communion Service: 9am

**25 Thursday**

Mass: 9am  
 Multicultural Dinner: 6:30pm - Victoria Hall  
 Choir: 7pm - Church

**26 Friday**

Mass: 9am  
 Stations of the Cross: 2:15 - Church  
 FoodFast Retreat: 5pm to 5pm Sat

**27 Saturday**

Sacrament of Reconciliation: 3pm  
 Mass: 5pm  
 AA Meeting: 7pm - Benincasa Basement

**28 Second Sunday of Lent**

Mass: 8:30 & 10:30, Coffee hour following  
 Faith Formation: 9:30 - Benincasa  
 Marriage Prep: 11:30 - Benincasa  
 AA Meeting: 6pm - Church Basement

PRAYERS

Luis Batayola  
 Joe Byrne  
 Kay De Ambrosio  
 Evan Dubicki  
 Bob Flakus  
 Martha Harris  
 Frank Martin

James McNamara  
 Effie Rohner  
 Evelyn Stetz  
 Don Sullivan  
 Chris Young

PRAYERS

..... *A Word from Victoria* .....

I pruned my roses this week. They had become overgrown and top-heavy. There was also dead wood. I am never quite sure I know what I am doing, but I do the best I can. I prune them every year at this time, and they seem to survive my efforts and bloom beautifully. Lent, which means spring, is the season of pruning. It is an opportunity for us to take stock of our lives, to prune away the dead wood and even the healthy in order to live with greater faithfulness and fruitfulness.

Though I do prune and care for my roses, I surely do not give the growth. My efforts are important, but it is God who gives the growth and the beauty. And so it is with Lent. There is much we can and should do, but it is God who creates and invites and draws us into love. There are many ways to respond to God's invitation to return to the Lord with our whole hearts. We will each have to discover our particular way to give our heart. The church provides three traditional disciplines to return to the Lord: prayer, fasting and almsgiving.

We often lament that we do not pray as well or as often as we ought or would like. Lent is a time to make good on that desire. Given the busyness of our lives, we wonder how we can do one more thing. We can start very simply. Before bolting out of bed to begin our day, while we are showering, as we slip into our shoes, we can take a moment to ask for God's presence and help in the day ahead. That is all it takes to begin. There are other moments in the day that offer moments of prayer—waiting at a stoplight, while on hold on the phone, before eating. Start out with a short period of time and see if that could be extended over the season. At some point, we may feel the call to give up a TV show or some sleep in order to respond to this invitation to prayer.

Which brings us to fasting. Fasting is more than fasting from food, though it is also that. Fasting, from food or from TV or from certain behaviors, is a means of opening ourselves to God. Every fast is a means of stripping ourselves of all that is not God, of ridding ourselves of all that we use to fill our hunger for God, of opening ourselves to deeper intimacy with God. Fasting also connects us to the hunger of the world. When we fast from food or creature comforts, we share the experience of many people around the world.

Finally, there is the discipline of almsgiving. Our prayer and fasting opens our hearts to God and to all God's loves. We recognize our own abundance and are made aware of the hungers of others. The church offers several opportunities during the season of Lent to give alms—weekly Rice Bowl collections, Black and Indian missions, and Catholic Relief Services. Just as fasting is not limited to fasting from food, so our Lenten giving is not limited to the giving of alms. We can give time and talent, we can give presence and comfort, we can give welcome and hope.

May the work of this season of Lent bear much fruit in hearts made whole in God.

*Victoria*

*Readings for February 28<sup>th</sup>*

*Second Sunday of Lent*

Genesis 15:5-12, 17-18

Philippians 3:17-4:1

Luke 9:28-36

## Announcements

### *Volunteer Gym Monitors Needed*

We are in need of several volunteers to help out as gym monitors during the upcoming volleyball season. The proposed dates for monitoring the gym are on: Sun, March 14, 12-3pm; Sat, March 20, 9am-12pm; Sun, March 21, 12-4pm; Sat, March 27, 9am-5pm. It would be ideal to get several volunteers so that the day can be distributed in 2 or 3 hour increments. The gym monitor duties include: opening and closing the gym, setting up chairs, the volleyball net and operating the scoreboard. No experience is necessary! If you are interested in volunteering and want to watch some great volleyball matches, cheer on St. Catherine teams, or need volunteer hours please contact Kyle Wong at 206-362-5011 or email at wongohana@q.com.

### *Tuesdays in Lent Scripture Study*

5 Weeks - 2/23, 3/2, 3/9, 3/16, 3/30 from 7:00-8:30PM  
At the beginning of Lent each of us is invited to choose a Lenten journey that will join us with Christ on the path to new Easter life. This Lent you are invited to join other parishioners in a small group faith sharing on the Lenten journey—our own experience of the transforming power of Jesus' death-resurrection. We will use a small-group faith sharing and Scripture study. Contact Shannon Fleming Bray if you are interested..

### *Social Justice*

If you are interested in Social Justice or learning more about it please join the Social Justice Committee every 3rd Sunday of the Month. Our next meeting is this Sunday, February 21st after the 10:30 mass. Rather than have a typical meeting let's sit together at the New Orleans fundraiser after mass. The Social Justice groups works to educate the parish about issues of social justice, as well as advocate for change, and engage in the gospel call towards a faith the does justice. *Save the date for a Lenten Social Justice retreat on March 20!*

### *Sr. High Youth*

Youth Group is happening and all students in the 9-12th grades are welcome! You can find the schedule on the Sr. High Youth Group page of the parish web site.

**FoodFast Retreat:** 5PM-Fri, 2/26 - 5PM-Sat, 2/27. Join us for a 24 hour overnight with kids from several local parishes. Contact Shannon with questions.

### *Parents with Young Children*

We are planning to go sledding on 2/27/10 at Hyak at Snoqualmie Pass. We will meet up at the Roosevelt Safeway on 2/27 at 8:30 a.m. We have access to a 15 passenger van and are planning to car pool. If you are interested in sledding please e-mail Jim Koory at jkoory@rocket.com as he will be coordinating this activity. It should be a lot of fun.

### *Parish Stewardship*

**February 14, 2010**

Collection Total: \$6,030.00  
CRS collection for Haiti: \$1,393.00

### *Parish/School Fish Dinner and Movie Night:*

Join us on Friday, March 5 for a "traditional" Lent dinner of Fish sticks, tater tots, and macaroni and cheese, followed by a movie. Dinner is at 6:00, and the movie, Monsters, Inc. will show at 6:30 (running time 92 min). All are welcome, and children must be accompanied by an adult. Free-will offering for dinner.

### *New Orleans Mission Trip Fund Raiser*

15 Parishioners from St. Catherine parish are heading down to New Orleans this May to work with the St. Bernard Project. We will be rebuilding homes and helping folks get back in their homes after 4 years. We will have a video about the St. Bernard Project and good food to eat. Come support this mission:

**What:** New Orleans Service Trip Fundraiser  
Wine & Cheese following 5pm mass  
Beignets & Coffee after 8:30 mass  
Jambalaya & Gumbo after 10:30 mass

**When:** This weekend, February 20-21- after all masses in the church basement

### *St. Catherine School 2<sup>nd</sup> Annual Golf Tournament*

Sunday April 25th @ Jackson Park Golf Course  
7:00AM Meet and Greet, 7:30AM Tee Off  
Reverse Shot Gun, Scramble Format  
Contact Kevin Burtchaell @ 778-2395 or kevinburtchaell@comcast.net

### *Help Needed Making Lunches*

Can you help make lunches for the Mt Carmel drop-in day shelter for the homeless and hungry? This would be just once a month, often in the morning, but times are flexible. A group of women from the Altar Society has been doing this, but needs help. This could become an outreach project for a group of families or individuals, even alternating months. Call Victoria soon if you are interested in participating in this ministry.

### *Ignatian Spirituality Center Novena of Grace*

FREE OUR HEARTS: A Nine-Day Preached Lenten Retreat  
March 4-12, 2010. Weekdays at 12 noon – Seattle U Chapel of St. Ignatius or at 7 pm – St. Joseph Church on Capitol Hill. Saturday at 1:00 p.m. – St. Joseph Church Sunday at 1:00 p.m. – Seattle U Chapel or at 5:30 p.m. – St. Joseph Church. Visit [www.ignatiancenter.org](http://www.ignatiancenter.org) for a version of the Novena booklet to pray at home.