

From the Pastor's Desk



My Dear Brothers and Sisters in Christ,

The theme of this week is healing and liberation of those in need.

In the First Reading Job complains about how time flies, "My days are swifter than a weaver's shuttle..." and confirm that life is hard, busy and filled with hard work. This is accompanied by the reading from Psalm 147, which celebrates how the Lord heals and liberates those who have worked hard. Similarly, Saint Paul invites the Corinthians to see him as a role-model for discipleship. He hints at how sharing the Good News and the Gospel can be hard work and even a burden. The advice is "To the weak, I became weak, to win over the weak. I have become all things to all, to save at least some." In humbling yourself with empathy for others in your actions and your words you become a role model for discipleship. You live out the Gospel and share the Gospel.

This is all tied together in the Gospel where we see our Lord, Jesus, tirelessly healing people. He does not have time to eat or relax. When he is done healing in one town, he moves on to the next village to preach and heal, in our lives, sometimes we feel the same; we have so many places to be and things to do and seemingly so little time to accomplish them all. As a priest I watch parents and families, especially those with young children. I see how full their schedules can be. They don't want to miss out on experiences for themselves and their children. How do we manage it all? We seek healing and liberation from the burden of all of our obligations.

In the Gospel, Jesus models the answer. Jesus, himself, took time off to pray and reflect before he started his day. "Rising very early before dawn, he left and went to a deserted place, where he prayed." I remember when I was young, my family went to mass daily. As a young boy, I did not like it because I had to wake up very early. I just wanted to sleep and play. Somehow, following Jesus' example of having time to pray to start the day made my days better, more fulfilling. The message is that there is liberation and healing in taking a break in our busy lives, and making time to retreat and pray before we go about our daily work.

Every first Friday I will celebrate the Sacrament of Anointing of the sick here at Saint Matthew. I encourage you to attend the Mass and receive the healing of God and the strengthening of his grace.

Finally, I would like to thank the Saint Matthew community, especially all who were involved in planning and serving at the funeral of Thomas Kobayashi this past weekend.

Your Servant in Christ,
Fr Khanh D. Nguyen, Pastor

❖ MASS TIMES AND READINGS FOR THE WEEK ❖

Monday, February 5, St. Agatha, 1 Kings 8:1-7, 9-13; Gosp Mark 6:53-56 - **Mass at 8:45 am**

Tuesday, February 6, St. Paul Miki, 1 Kings 8:22-23, 27-30; Gosp Mark 7:1-13 - **no morning Mass**

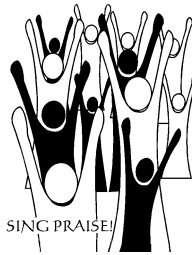
Wednesday, February 7, St. Theodore Stratelates, 1 Kings 10:1-10; Gosp Mark 7:14-23 – **Mass at 8:45 am**

Thursday, February 8, St. Josephine Bakhita, 1 Kings 11:4-13; Gosp Mark 7:24-30 – **Mass at 8:45 am**

Friday, February 9, St. Ansbert, 1 Kings 11:29-32, 12:19; Gosp Mark 7:31-37 – **Mass at 8:45 am**

Saturday, February 10, St. Scholastica, 1 Kings 12:26-32, 13:33-34; Gosp Mark 8:1-10 - **Mass at 8:45 am**

Sunday, February 11, 6th Sunday in Ordinary Time, Leviticus 13:1-2, 44-46; Gosp Mark 1:40-45



VISIT OUR NEW WEBSITE

After months of hard work, we are delighted to officially announce the launch of our renewed website: www.stmatthewseattle.org. The goal of this new website is to provide an easier way to learn about what is happening at St.

Matthew and we are especially proud of the calendar feature which allows visitors to view sub-calendars and to submit calendar requests in the Contact section. We hope you find the new website fresh and modern. We worked hard to make sure it contains valuable information. Please check back here for more features as we continue to update the new webpage. For any questions, suggestions, feedback or comments, please e-mail us at office@stmatthewseattle.org. Please like and follow us on Facebook: @stmatthewsparishseattle.

GOT CEREAL? Our St. Vincent de Paul food bank is in need of boxes of cereal. This is something we send out every week in our food bags and our supply is running low. Thank you for your support.

CONTEMPLATIVE PRACTICES: A PATH TO TRANSFORMATION is on Saturday, February 10, from 9 am - 12:30 pm at St. Matthew presented by Anne Kertz Kernion, creator of *Cards by Ann*. Join us to *explore* our Christian Tradition & the latest neuroscience findings & PONDER how the Practices of Mindfulness, Meditation and Gratitude can lessen our stress, increase our awareness and improve the quality of our days. Register online at www.ipjc.org or call 206-223-1138. Cost \$15. Sponsored by Intercommunity Peace and Justice Center.

NEW TO THE PARISH? INTERESTED IN JOINING OUR COMMUNITY? Please call the parish office at 363-6767 and we will mail you a registration packet.

PLEASE READ THE INSERT on Catholic Conversations in today's bulletin.

Sacred Story - Week 17

Choose the time and place for your 15-minute prayer time.

- Establishing the ritual is vital to your discipline of prayer. If you decided on one period, you are free at any time to switch to two, and vice versa. We are making a life habit our daily prayer.

Week 17

- We are given the first of the five concepts in Sacred Story Prayer – **CREATION**.
- The content of the daily prayer sessions is deliberately short and simple.
- The task of this week to acclimate to the 6 parts of the disciplines throughout the day.
- Follow the lesson's text: it will not be complicated and we will begin to remember the pattern to assist our daily prayer.
- Developing a daily pattern, creation of a habit and the use of the concepts of Sacred Story prayer are useful tools that help beyond the 40 Weeks of formation.

Affirmation

God resolves all problems with time and patience.

Information

- The next Sacred Story Gathering is on February 5, 7 pm at the Parish Office Library. All are welcome!
- If you wish to receive regular e-mail contact marycross@aol.com and msloane@comcast.net

NORTH HELPLINE EMERGENCY SERVICES & FOOD BANK is hosting its annual Empty Bowls silent auction fundraiser on Sunday, February 25, 1-4 pm at St. Matthew Community Center. Empty Bowls is a unique event including a gift of hand-crafted bowl for every guest and meals, including soup from local restaurants, salad, bread and dessert. A hallmark of this event which our supporters look forward to each year is the silent auction. Visit www.northhelpline.org for more info. Your neighbors at North Helpline hope to see you there!

WORLD DAY OF THE SICK AND SPECIAL BLESSING FOR CAREGIVERS is on Saturday, February 10, 10 am at Providence Mt. St. Vincent Chapel (3rd Floor). All are welcome to join Seattle Archbishop J. Peter Sartain in a special Eucharistic Celebration with Anointing of the Sick, special Blessing of Caregivers, and Blessing with Lourdes water. Reception to follow.

PRAYER OPPORTUNITIES ♦ *"Contemplative Prayer"* on Thursdays, Feb 1, 8, 15 & 22, from 7 - 8:15 pm and Sat., Feb. 17, 9 am to noon. ♦ *"Peace Days for Women"* on Wednesday, Feb. 21, 9:30 am – 2 pm ♦ *"Lenten Reflection Day"* on Saturday, March 3, 9 am – 3 pm. Bring sack lunch. All events held at Peace and Spirituality Center, 1663 Killarney Way, Bellevue; to register or for more information, contact 425-635-3603 or peace@csjp-olp.org

St. Matthew School News

Karen Herlihy, Principal, 206-362-2785 ext. 102,

kherlihy@stmattschool.org

Andy Hews, Administrative Assistant, 206-362-2785, ext. 101, ahews@stmattschool.org

"Excellence – Diversity – Community"

Monopoly Gala Auction Please attend the St. Matthew School Gala Auction on Saturday, March 3. The theme this year is Monopoly, so get ready to play at this great



fundraiser and party. You can register online at <http://stmattschool.maestroweb.com/> New this year! We will have a 50/50 raffle. You can win half the pot, up to \$10,000. Tickets are \$100 each and only 200 will be sold. They will be available after Mass when auction tickets are sold and at the auction.

STRESSED & BLESSED: PUTTING JESUS IN THE CENTER OF YOUR OVERWHELMING LIFE

This Sunday, February 4, we are continuing our Stressed and Blessed series. Join us as we talk about what's stressing you out, give some tools to manage your stress, and most importantly, share how you can be a saint in the middle of the everyday stress of life!

▶ At St. Catherine Parish, 814 NE 85th St.

▶ Middle School: 5 pm

▶ Fellowship Meal: 6:15 pm (Pizza this week!)

▶ High School: 7 pm

More information at <https://nseattlecatholicyouth.org/> or contact Kate Brown, Youth Ministry Director, at kate@nseattlecatholicyouth.org or 206-488-5970. Our next series about Lent will run from 2/11-3/25/18.

MARRIAGE ENCOUNTER WEEKEND

"Remember that my life is like the wind." Let us make the best of our time together with our spouses by enjoying a Marriage Encounter weekend at the Sheraton Hotel, Bellevue on Feb. 16-18. Apply at www.wwme.org. More information at 206-772-2344.

UNITED WAY IS OFFERING FREE TAX PREPARATION ONLINE

and at 30 locations throughout King County. To find a location near you, languages available, a list of what to bring, and other details, visit www.FreeTaxExperts.org or call 2-1-1.

Sunday Env/Loose/Holy Days

	<u>1/28/2018</u>	<u>FY/TD 1/28/2018</u>
Budgeted	\$ 10,025	\$ 305,412
Collected	\$ 11,789	\$ 304,679
Difference	\$ 1,764	<\$ 733>



Like St. Paul in the second reading, the good steward can say, "I do all that I do for the sake of the Gospel in the hope of sharing in its blessings."