

Christi simus, non nostri

We belong to Christ, not ourselves

ST COLUMBAN CATHOLIC CHURCH

A Parish of the
Archdiocese of Seattle



February 11, 2024

Sixth Sunday in Ordinary Time

St. Columban Church

506 First St. S | Yelm, WA 98597

Sunday Mass: 10:30 AM

Saturday 5:00 PM

Daily Mass 9:00 AM (Tuesday-Friday, Except First Fridays)

Eucharistic Adoration First Fridays 6:30 PM

Confessions Saturday 3:30-4:30 PM

Anointing of the Sick By request

Baptism & Wedding Preparation Contact the Parish Office

St. Peter Mission

149 Keithahn St S | Tenino, WA 98589

Sunday Mass 8:00 AM

First Friday Mass 9:00 AM

Confessions Sunday 7:30-7:45 AM

Anointing of the Sick By request

Society of St. Vincent de Paul

Providing emergency assistance for those in need.

Help Line: 360-458-1904

Parish Office Hours at St. Columban Mon.-Thurs. 9:30 AM - 2:00 PM Friday by appointment

Sacramental Emergencies: 208-572-5251 *The church may be open for prayer during office hours upon request.*

Entrance Antiphon: *Be my protector O God, a mighty stronghold to save me. For you are my rock, my stronghold! Lead me, guide me, for the sake of your name.*

First Reading: Leviticus 13:1-2, 44-46

Responsorial Psalm: Ps 32 "I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation."

Second Reading: 1 Corinthians 10:31—11:1

Gospel Acclamation: *A great prophet has arisen in our midst, God has visited his people.*

Gospel: Mark 1:40-45

Communion Antiphon: *They ate and had their fill, and what they craved the Lord gave them; they were not disappointed in what they craved.*

On the Cover: *Christ cleans leper man* Wikimedia Commons

www.saintcolumbanyelm.org

360-458-3031

parishoffice@saintcolumbanyelm.org

Welcome to St. Columban

Weekly Calendar & Mass Intentions

All events are at St. Columban unless otherwise noted.

MONDAY February 12

Rosary Prayer Group 7 p.m. Church

TUESDAY February 13

Mass 9:00 a.m. Church

Winter Clothes Closet 6:00PM-8:00 p.m. Small Hall

Spanish Prayer Group 6:30 PM Hall

WEDNESDAY February 14 Ash Wednesday ☿

Mass 9:00 a.m. St. Peter

Bible Study 10:00 a.m. St. Peter

Winter Clothes Closet 2-4 p.m. Small Hall

Mass 7:00 p.m. Church

THURSDAY February 15 Thurs. after A.W.

Mass 9:00 a.m. Church

KofC Blood Drive 12-5 p.m. Large Hall

Winter Clothes Closet 6-8 p.m. Small Hall

Choir Practice 6 p.m. Church

Bible Study 6:30 p.m. Small Hall

FRIDAY February 16 Fri. after A.W. ☿

Mass 9:00 a.m. Church

Homeschool Enrichment 9:45 a.m. RE Bldg

Stations of the Cross & Confession 6:00 p.m. Church

Soup Supper 6:30 p.m. Parish Hall

hosted by Faith Formation & Youth Ministries

SATURDAY February 17 Founders of the Servite Order

Confession 3:30PM Church

Anticipatory Sunday Mass 5:00PM Int.: Pro Populo Church

SUNDAY February 18 FIRST SUNDAY OF LENT

Confession 7:30-7:45AM St. Peter

Sunday Mass 8:00 AM Int.: Pro Populo St. Peter

Sunday Mass 10:30 AM Int.: Pro Populo Church

NO SUNDAY FAITH FORMATION CLASSES



We proclaim the Roman Catholic faith to the communities of McKenna, Nisqually, Rainier, Roy, Tenino, and Yelm in southeast Thurston and southwest Pierce counties.

Our community has grown since its origins at the former St. Margaret Mary Church in McKenna, and our current church in Yelm is named for the Irish-born 6th century missionary to Europe St. Columbanus of Bobbio. We have also been present in Tenino since 1891 through St. Peter Mission, named for the apostle and first pope.

The Parish office will be Closed!

Monday February 19th
for President's Day.

There will be NO DAILY MASS
Tuesday February 20th!

Announcements

The 1st Annual Super Bowl Watch Party & Chili Cookoff Contest, sponsored by KofC Assembly 3947 is happening later today at 2 p.m. See page 4 for full announcement.

Please be aware of email scams! Official emails will only originate from our staff emails with our domain saintcolumbanyelm.org or from flocknote.com, or ccbchurch.com. We will never directly solicit for non-official donations or items to purchase by email or text. Donations and fundraisers will always be announced during Mass.

Fasting and Abstinence During Lent

The current law of the Church obliges those age 14 and over to abstain from meat on Ash Wednesday and all Fridays of Lent. Those age 18 through 59 are also obliged to fast on Ash Wednesday and Good Friday. Fasting is defined as one full meal and two other meals which, when combined are less than a full meal.

Announcements continue on page 4.

Connect with us

WEBSITE saintcolumbanyelm.org
LIVESTREAM

youtube.com/@stcolumbanyelm

SOCIAL MEDIA

facebook.com/saintcolumbanyelm

ONLINE GIVING

pushpay.com/g/saintcolumbanyelm

PARISH STAFF (360) 458-3031

Fr. Brian Thompson In Office: Tu-Th/AM
Priest Administrator

frthompson@saintcolumbanyelm.org x6

Jennifer Langham In Office: M-Thu

PA for Admin, Liturgy, & Music
jennifer@saintcolumbanyelm.org x1

Matthew Tolar In Office: M-Tu/AM

PA for Admin, Bookkeeping & Records
matthew@saintcolumbanyelm.org x4

Gabriela Makinster In Office: Tu-Th
Elementary & Adult Faith Formation,
gaby@saintcolumbanyelm.org x2
*habla Español

Chad Lucero
Youth Ministry & Confirmation
chad@saintcolumbanyelm.org x3

Steven Slater St. Columban Maintenance
steven@saintcolumbanyelm.org

Gilberto Espino St. Peter Maintenance
gilberto@saintcolumbanyelm.org

St. Columban Parish Pastoral Council Judith Cusick (Chairperson), Sheila Johnson, Jerome Didier, Joseph Judge, Dennis Stumpf

St. Peter Advisory Commission Sherry Bachmann (Chairperson), Marilyn Ritter, Bernie Schwarz, Bob Bacon, Diane Weston

stpeteradvisory@saintcolumbanyelm.org

Parish Finance Council Joseph Judge (St Columban), Mari Evans (St Peter)

A Word from Father Thompson



This week we enter the season of Lent. I want to highlight three things: Repentance, deepening devotion, and reflecting the season in the liturgy.

First and foremost, Lent is a season wherein we take stock of our progress in following the Lord Jesus Christ. In ancient times this was the season where those preparing for baptism underwent numerous ritual scrutinies (a version of which is still done for our catechumens on the 3rd, 4th, and 5th weeks of Lent) to make sure they were ready to become Christians, and Christians who had sinned notoriously/publicly took on intense penitence to prepare for Reconciliation on Holy Thursday. Indeed, solidarity with Catechumens and Penitents was the origin of taking on Lenten disciplines; additionally, many early Christians were themselves converts and had the additional motivation of recapturing the zeal they themselves had while going through catechumenal rites. In this vein of recapturing the zeal of discipleship, I recommend one thing above all other Lenten works: **Go to Confession!** I hope you all are frequently taking advantage of this amazing source of mercy (also remember that Confessions will be heard a little before and during Stations of the Cross each Friday of Lent). Now, maybe—like I do approximately weekly—you drive some distance to celebrate the Sacrament of Penance at another church, and that is fine; my concern is that you are going to Confession, not so much that you are going to me.

A second bit of Lenten advice is, yet again, for me to advocate the praying of the Liturgy of the Hours. I took on saying Morning Prayer and Evening Prayer the Lent of my senior year of high school. It changed my life. I know I keep beating this drum, but the praying of the psalms by Christians throughout the day across the world is the very heartbeat of the Church. Look up the smartphone apps: iBreviary or DivineOffice.

Third, I want to note two liturgical shifts we will experience during Lent. You will notice the music becoming simpler and the organ only being used to support singing (i.e. no instrumental interludes), this will ultimately culminate on Good Friday where the chants will be totally acapella; also, the altar servers will ring the hand bells at the same moments but with fewer pulses/rings during Lent. Do not overlook these, and other, Lenten simplifications. They are valuable precisely because they are strikingly different and add an extra level of sobriety to our Lenten Masses.

In Christ

F. Thompson

Loving God,
we join with
others of
your people
here asking
you to hold in Your
hands all of our
homebound brothers
and sisters and those
who have asked for our
prayers



FOR THE SICK AND HOMEBOUND*

Stan Villadelgado,
Robert Fisher, Tina
Wilson, Marcella
Thornton, Yahn
Biedermann, and Theresa
Gonzales

FOR THE DECEASED

All the souls in purgatory,
especially those who have
no one to pray for them.

FOR OUR EXTRAORDINARY INTENTIONS

All those in harm's way,
especially those
experiencing natural
disasters and terrorism.

PRAYER INTENTIONS OF THE POPE FEBRUARY:

For The Terminally Ill
Let us pray that the sick
who are in the final stages
of life, and their families,
receive the necessary
medical and human care
and accompaniment.

*Our Father..., Hail
Mary..., Glory Be...*

*The church may be open
for prayer during office
hours upon request.*

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

*To add a name to this list or request a Mass Intention please contact the parish office. All submissions must have permission from the named individual or an authorized family member for privacy purposes. St. Columban Prayer Chain: Confidential and private prayer chain. To join, contact the parish office.

Ministries & Events

Whether you are new to the parish or have been here for many years, we encourage you to share your time, talents and treasures in support of the mission of our parish community. Contact Jennifer Langham at the Parish Office for more information about events and to connect with a group: 360-458-3031x1 / jennifer@saintcolumbanyelm.org



PREPARES
Pregnancy & Parenting Support

Open Your Heart

DONATE ONLINE

preparesforlife.org

The collection for PREPARES is happening this week-end. Thank you to all who participated in the Baby Bottle project sponsored by our Knights of Columbus for this collection. If you missed the Baby Bottle collection, you can still donate online or by using one of the envelopes available in the narthex.

Outside Events & Notices

Worldwide Marriage Encounter Retreats: "9-11, 2024 at LaQuinta in Tacoma, Mar 8-10, 2024, Immaculate Heart Retreat Center, Spokane, Apr 26-28, 2024 in Everett. Visit wwme.org or contact: Jeff and Sandy Corneil 360-930-2321

Project Rachel—Hope and Healing After Abortion
English: (206) 920-6413 / Español: (206)-450-7814 projectrachel@ccsww.org If you are suffering from the experience of an abortion, you do not need to walk alone. We offer a compassionate and confidential environment for those who suffer the effects of an abortion. Find hope and healing after abortion at Rachel's Vineyard Retreat.

Financial Stewardship Report

Jan 27-28

Ordinary Income	St Columban	St Peter
Weekly Goal	\$5,800.00	\$1,000.00
Collection (Cash & Envelopes)	\$3,192.88	\$ 1,126.00
Online Giving	\$1,988.00	\$145.00
Net	(\$619.12)	\$271.00
Northwest Catholic	\$157.00	\$0.00
St Vincent DePaul	\$85.00	\$0.00
Sacramentals (Candles, Beeswax tapers, Salt)	\$25.26	\$23.00
Flowers	\$0.00	\$0.00
Building Fund	\$70.00	\$0.00
Mass Intentions	\$250.00	\$0.00

Altar Society

A team of talented parishioners beautifully maintain and clean the Church every Thursday after Daily Mass.

Daughters of Mary

daughtersofmary@saintcolumbanyelm.org

All women of the Parish are invited. Next monthly meeting is **Tuesday, Feb 27th at 6 p.m.** in the Parish Hall. Bring your favorite snack to share!

Liturgical Ministries

parishoffice@saintcolumbanyelm.org
Altar Servers, Choir, Greeters/Ushers, Readers

Knights of Columbus

kofc@saintcolumbanyelm.org
Council 17152 and Assembly 3742 meets monthly third Wednesdays of every month. Next meeting **Feb. 21, 5:30 p.m.**

Open to all Catholic gentlemen committed to the exemplification of charity, unity, fraternity, and patriotism and to the defense of the priesthood.

1st Annual Super Bowl Watch Party and Chili Cook-Off Contest Feb. 11, Doors open 2 p.m. Free!

All parishioners and their families are invited for an afternoon of fellowship, entertainment, and good food. Bring an electric crockpot of your most famous Chili and/or Corn Bread for a chance to win a trophy (1st and 2nd places awarded for both Chili or Cornbread). Register your entry with Darren Johnson at darrenjohnson61@gmail.com or 253-709-4588. Beverages will be available for purchase and the Knights will provide hot dogs and buns so everyone can enjoy all the chili after the contest is over. Presented by KofC Assembly 3947.

Next Sunday Breakfast Feb. 25 following the 10:30 Mass.

Knights please come help starting at 8 a.m. All Parishioners may eat for free; donations are welcomed.

St. Patrick's Dinner Saturday March 16 following the 5 p.m. Mass. Tickets are on sale after Sunday Masses next month.

Society of St. Vincent de Paul 360-458-1904

Our chapter is composed of parishioners who provide assistance and prayerful healing to those in need in our community. Members meet weekly and monitor the helpline.

St. Peter Circle 360-264-4856

Second Tuesdays every other month, beginning in January at St. Peter Tenino. Next meeting this Tuesday March 12.

Prayer Groups

Rosary group Mondays 7 PM in the Church,
Spanish Group Tuesdays 6:30 PM in the Parish Hall

Winter Clothes Closet

Tuesdays & Thursdays from 6-8 p.m. and Wednesdays from 2-4 p.m. October thru March. As our operational season is coming to its end for the year, we are no longer accepting donations at this time. Thank you to all your support for our 2023-2024 year!

Faith Formation

Elementary Religious Education

Links to related articles & blogs will be posted in the emailed bulletin and on our social media channels.



Today your children participated in the Circle of Grace safe environment lesson. Please read the insert in the bulletin and follow up with a discussion on what they learned, what they can do to stay safe and ensure they know who they can speak with if they or someone they know are feeling unsafe.



Faith Formation K-5

Feb 18 NO CLASS President's Day

Feb 25 Class

Mar 3 Class

Mrs. Makinster
Elementary & Adult Faith
Formation,
gaby@saintcolumbanyelm.org
360-458-3031 x2 *habla Español*

At St. Columban, we provide an opportunity for children and youth to learn about their Catholic faith and grow in their relationship with Jesus Christ through study, prayer, and community service.



Christian Initiation for Adults (RCIA)/Adult Faith Formation

Classes meet Tuesdays 6:30-8pm in the Religious Education building. These classes are open to all adult learners and to those seeking the Sacraments of Initiation: Baptism, Eucharist, and Confirmation.

Next Class is Tuesday February 13th and the lesson will be Pillars of Catholic Social Teaching: Respect Life & the Common Good. Growing in virtue and Morality. This lesson will help us understand better God's covenant with us and the call to grow in virtue and the morality is first and foremost about living as God's beloved in our thoughts, words and deeds. Will further discuss the Commandments, Beatitudes & Virtues.



Youth Ministry & Confirmation (Grades 6-12)

Contact Mr. Lucero chad@saintcolumbanyelm.org 360-458-3031 x2 x3

Saint of the Week

Blessed Imelda Lambertini (1322-1333) was born into nobility in Bologna, Italy. Her parents recognized her extraordinary spiritual gifts early on and, when Imelda asked to live with the Dominican sisters, they agreed and enrolled her into the Dominican convent of Val di Pietra when she was only nine years old.

From the moment she entered the convent, Imelda developed a love for the Mass and the Eucharist although, according to the tradition of the time, she was considered far too young to receive it. Despite being denied her first Communion, she would spend hours in prayer and Eucharistic adoration, frequently begging her superiors to allow her to receive the Eucharist. Sometimes, while in prayer, she was known to enter deep states of contemplation.

In May of 1333, on the Feast of the Ascension, young Imelda experienced a remarkable and public event following Mass. As she knelt in prayer, a Eucharistic miracle unfolded before everyone's eyes. The sacred Host miraculously lifted into the air and suspended directly above her, shining a radiant light onto her. This miracle, witnessed by the sisters as well as by the priest who was celebrating Mass, persuaded her superiors to allow her to finally receive Communion.

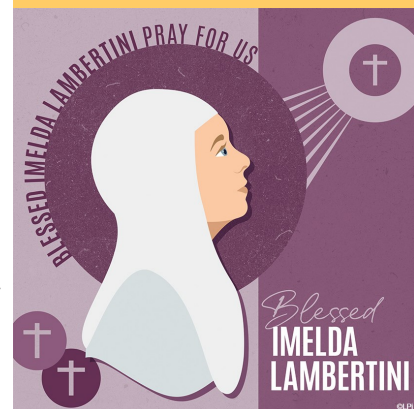
As the story goes, Imelda was allowed to stay in the chapel for a time to pray after the miraculous event but, when the sisters who went to collect her, they found that she had died. She was still kneeling in prayer with a smile on her face. They determined that she had died of pure joy.

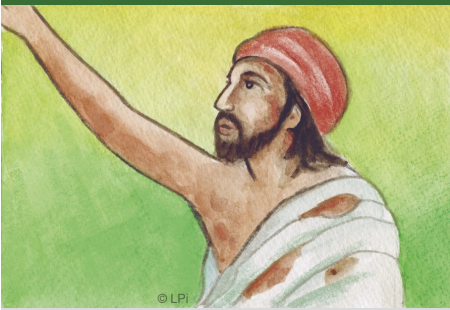
Blessed Imelda is considered a model of childlike faith, exemplifying the importance of approaching Christ in the Eucharist with a pure heart and childlike joy. Blessed Imelda, pray for us!

©LPi

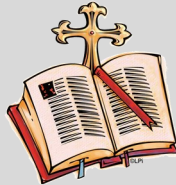
Our Youth Ministry Values

1. Our primary identity is as beloved sons and beloved daughters of God, no matter what. You are here because God wanted you here. Willing our existence, God create each of us out of love to love and for love.
2. We glorify God by striving to fully live our state in life. God gave us families and communities where we learn our faith, pray for each other's needs, and build virtue together as members of his Church, the Body of Christ.
3. As pilgrims on a journey together we are always on mission. We attend Holy Mass and receive the sacraments to better endure the trials of life, train us to be of service to one another, and to prepare us for eternal life in Heaven.





Reflect and Respond to the Sunday Mass Readings:



First Reading:

"As long as the sore is on him he shall declare himself unclean, since he is in fact unclean. He shall dwell apart, making his abode outside the camp." (Lv 13:8)

We hear how ancient Israel was concerned about purity laws and the spread of disease, such as leprosy. How do you support people in your life who are suffering from disease or isolation?

Second Reading: *Whether you eat or drink, or whatever you do, do everything for the glory of God.* (1 Cor 10:31)

St. Paul encouraged the Corinthians to be selfless and kind to each other as a practical way of living out their faith. Is there a friend or co-worker who could benefit from your generosity toward them?

Gospel: *Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean.* (Mk 1:41-42)

The healed leper disobeyed Jesus' command to remain silent and as a result, Jesus had to stay outside towns and in "deserted places." How do you deal with people in your life who disappoint or frustrate you?

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. Reflections, select clip art and content are ©LPi, our bulletin publisher.

Introduction to the Devout Life by St. Francis de Sales

CHAPTER V. The First Step must be Purifying the Soul.

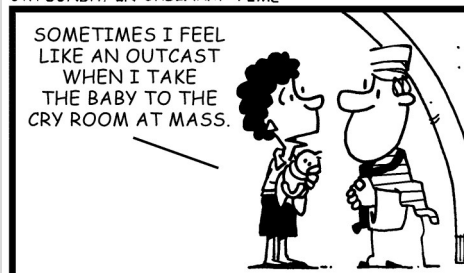
Continued from last week.

The angels on Jacob's ladder had wings, yet nevertheless they did not fly, but went in due order up and down the steps of the ladder. The soul which rises from out of sin to a devout life has been compared to the dawn, which does not banish darkness suddenly, but by degrees. That cure which is gradually effected is always the surest; and spiritual maladies, like those of the body, are wont to come on horseback and express, while they depart slowly and on foot. So that we must needs be brave and patient, my daughter, in this undertaking. It is a woeful thing to see souls beginning to chafe and grow disheartened because they find themselves still subject to imperfection after having made some attempt at leading a devout life, and well-nigh yielding to the temptation to give up in despair and fall back; but, on the other hand, there is an extreme danger surrounding those souls who, through the opposite temptation, are disposed to imagine themselves purified from all imperfection at the very outset of their purgation; who count themselves as full-grown almost before they are born, and seek to fly before they have wings. Be sure, daughter, that these are in great danger of a relapse through having left their physician too soon. "It is but lost labor to rise up early and late take rest," unless the Lord prosper all we do.

The work of the soul's purification neither may nor can end save with life itself;—do not then let us be disheartened by our imperfections,—our very perfection lies in diligently contending against them, and it is impossible so to contend without seeing them, or to overcome without meeting them face to face. Our victory does not consist in being insensible to them, but in not consenting to them. Now to be afflicted by our imperfections is certainly not to consent thereto, and for the furtherance of humility it is needful that we sometimes find ourselves worsted in this spiritual battle, wherein, however, we shall never be conquered until we lose either life or courage. Moreover, imperfections and venial sins cannot destroy our spiritual life, which is only to be lost through mortal sin; consequently we have only need to watch well that they do not imperil our courage. David continually asks the Lord to strengthen his heart against cowardice and discouragement; and it is our privilege in this war that we are certain to vanquish so long as we are willing to fight.

From the *Catechism of the Catholic Church* 1878 All men are called to the same end: God himself. There is a certain resemblance between the unity of the divine persons and the fraternity that men are to establish among themselves in truth and love. Love of neighbor is inseparable from love for God.

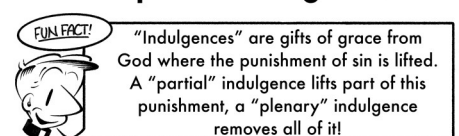
6TH SUNDAY IN ORDINARY TIME Father Flood © LPi



"What is it called when a bishop eats half of a donut?"



"... A partial indulgence!"



World Marriage Day & World Day of the Sick –February 11, 2024

MESSAGE OF THE HOLY FATHER POPE JOHN PAUL II FOR THE FIRST ANNUAL WORLD DAY OF THE SICK

Dear Brothers and Sisters,

1. The Christian community has always paid particular attention to the sick and the world of suffering in its multiple manifestations. In the wake of such a long tradition, the universal Church, with a renewed spirit of service, is preparing to celebrate the first World Day of the Sick as a special occasion for growth, with an attitude of listening, reflection, and effective commitment in the face of the great mystery of pain and illness. This day, which, beginning in February 1993, will be celebrated every year on the commemoration of Our Lady of Lourdes, for all believers seeks to be "a special time of prayer and sharing, of offering one's suffering for the good of the Church and of reminding everyone to see in his sick brother or sister the face of Christ who, by suffering, dying and rising, achieved the salvation of mankind" (Letter Instituting the World Day of the Sick, 13 May 1992, n. 3).

The day seeks, moreover, to involve all people of good will. Indeed, the basic questions posed by the reality of suffering and the appeal to bring both physical and spiritual relief to the sick do not concern believers alone, but challenge all mankind, marked by the limitations of the mortal condition.

2. Unfortunately, we are preparing to celebrate this first World Day in circumstances which are in some respects dramatic: the events of these months, while bringing out the urgency of prayer to entreat divine aid, recall us to the duty of implementing new and swift measures to assist those who suffer and cannot wait.

The sick and suffering are before our eyes

Before the eyes of all are the very sad images of individuals and whole peoples who, lacerated by war and conflicts, succumb under the weight of easily avoidable calamities. How can we turn our gaze from the imploring faces of so many human beings, especially children, reduced to a shell of their former selves by hardships of every kind in which they are caught up against their will because of selfishness and violence? And how can we forget all those who at health-care facilities — hospitals, clinics, leprosariums, centres for the disabled, nursing homes — or in their own dwellings undergo the calvary of sufferings which are often neglected, not always suitably relieved, and sometimes even aggravated by a lack of adequate support?

3. Illness, which in everyday experience is perceived as a frustration of the natural life force, for believers becomes an appeal to "read" the new, difficult situation in the perspective which is proper to faith. Outside of faith, moreover, how can we discover in the moment of trial the constructive contribution of pain? How can we give meaning and value to the anguish, unease, and physical and psychic ills accompanying our mortal condition? What justification can we find for the decline of old age and the final goal of death, which, in spite of all scientific and technological progress, inexorably remain?

Yes, only in Christ, the incarnate Word, Redeemer of mankind and victor over death, is it possible to find satisfactory answers to such fundamental questions.

In the light of Christ's death and resurrection illness no longer appears as an exclusively negative event; rather, it is seen as a "visit by God", an opportunity "to release love, in order to give birth to works of love towards neighbour, in order to transform the whole of human civilization into a civilization of love" (Apostolic Letter *Salvifici doloris*, n. 30).

The history of the Church and of Christian spirituality offers very broad testimony of this. Over the centuries shining pages have been written of heroism in suffering accepted and offered in union with Christ. And no less marvellous pages have been traced out through humble service to the poor and the sick, in whose tormented flesh the presence of the poor, crucified Christ has been recognized.

4. The World Day of the Sick — in its preparation, realization and objectives — is not meant to be reduced to a mere external display centring on certain initiatives, however praiseworthy they may be, but is intended to reach consciences to make them aware of the valuable contribution which human and Christian service to those suffering makes to better understanding among people and, consequently, to building real peace.

Indeed, peace presupposes, as its preliminary condition, that special attention be reserved for the suffering and the sick by public authorities, national and international organizations, and every person of good will. This is valid, first of all, for developing countries — in Latin America, Africa and Asia — which are marked by serious deficiencies in health care. With the celebration of the World Day of the Sick, the Church is promoting a renewed commitment to those populations, seeking to wipe out the injustice existing today by devoting greater human, spiritual, and material resources to their needs.

A transcendent vision of man is needed

In this regard, I wish to address a special appeal to civil authorities, to people of science, and to all those who work in direct contact with the sick. May their service never become bureaucratic and aloof! Particularly, may it be quite clear to all that the administration of public money imposes the serious duty of avoiding its waste and improper use so that available resources, administered wisely and equitably, will serve to ensure prevention of disease and care during illness for all who need them.

The hopes which are so alive today for a humanization of medicine and health care require a more decisive response. To make health care more humane and adequate it is, however, essential to draw on a transcendent vision of man which stresses the value and sacredness of life in the sick person as the image and child of God. Illness and pain affect every human being: love for the suffering is the sign and measure of the degree of civilization and progress of a people.

5. To you, dear sick people all over the world, the main actors of this World Day, may this event bring the announcement of the living and comforting presence of the Lord. Your sufferings, accepted and borne with unshakeable faith, when joined to those of Christ take on extraordinary value for the life of the Church and the good of humanity.

For you, health-care workers called to the highest, most meritorious and exemplary testimony of justice and love, may this Day be a renewed spur to continue in your delicate service with generous openness to the profound values of the person, to respect for human dignity, and to defence of life, from its beginning to its natural close.

For you, Pastors of the Christian people, and to all the different members of the Church community, for volunteers, and particularly for those engaged in the health-care ministry, may this World Day of the Sick offer stimulus and encouragement to go forward with fresh dedication on the way of service to tried, suffering humanity.

6. On the commemoration of Our Lady of Lourdes, whose shrine at the foot of the Pyrenees has become a temple of human suffering, we approach — as she did on Calvary, where the cross of her Son rose up — the crosses of pain and solitude of so many brothers and sisters to bring them comfort, to share their suffering and present it to the Lord of life, in spiritual communion with the whole Church.

May the Blessed Virgin, "Health of the Sick" and "Mother of the Living", be our support and our hope and, through the celebration of the Day of the Sick, increase our sensitivity and dedication to those being tested, along with the trusting expectation of the luminous day of our salvation, when every tear will be dried forever (cf. Is 25:8). May it be granted to us to enjoy the first fruits of that day from now on in the superabundant joy — though in the midst of all tribulations (cf. 2 Cor 7:4) — promised by Christ which no one can take from us (Jn 16:22).

I extend my Blessing to all!

From the Vatican, 21 October 1992



25 WAYS TO MAKE KIDS SAFER

AT HOME

1. Teach children their full name, address and home telephone number. Make sure they know your full name and how to reach you at work or on your cellphone.
2. Teach children how and when to call 911, and make sure they have a trusted adult to call if they're scared or have an emergency.
3. Instruct children to keep doors locked and not to open doors to talk to anyone when they are home alone.
4. Choose babysitters with care. Ask children about their experiences and listen carefully to their responses.

OUT AND ABOUT

5. Walk or drive the route to and from school with children, pointing out landmarks and safe places to go if they need help.
6. Remind children not to play alone outside, to take a friend whenever they walk or bike to school and to stay with a group when going on outings.
7. Take children on a walking tour of the neighborhood. Tell them whose homes they may visit without you.
8. Teach children to ask permission before leaving home.



9. Remind children it is **OK** to say no to anything making them feel scared, uncomfortable or confused. Teach children to tell you if anything or anyone makes them feel this way.
10. Teach children to never approach a vehicle, occupied or not, unless they are accompanied by a parent or other trusted adult.
11. Caution children never to accept a ride from anyone unless you have told them it is **OK** to do so in each instance.
12. Teach children to check in with you if there is a change of plans.
13. Establish a central, easy-to-locate spot during family outings to meet should you get separated.
14. Teach children how to locate help in public places. Identify people they can ask for help such as uniformed law enforcement/security guards and store clerks with nametags.
15. Help children learn to recognize and avoid potential risks so they can address them if they happen.
16. Teach children if anyone tries to grab them, they should make a scene and make every effort to get away by kicking, screaming and resisting.

ONLINE

17. Continually dialogue with children about online safety.
18. Keep the computer in a high-traffic area of your home. Monitor and establish rules concerning your child's online activities and cellphone use.
19. Be aware of the type of access your child has to the Internet at school, libraries or friends' homes.
20. Surf the Internet with your children and let them show you what they like to do online.
21. Know who is connecting with your children online and set limits for online communications including social networking, instant messaging, emailing, online gaming and using webcams.
22. Use privacy settings on social networking sites to limit contact with unknown users, and make sure their screen names do not reveal too much information.
23. Caution children not to post revealing information or inappropriate photos of themselves or their friends online.
24. Encourage children to tell you if anything they encounter online makes them feel sad, scared or confused.
25. Learn about the Internet. Visit www.NetSmartz.org for more information about Internet safety.



To learn more about child safety, visit
BeHereForKids.org

25 FORMAS DE MEJORAR LA SEGURIDAD DE LOS NIÑOS



EN CASA

1. Enseñe a sus hijos sus nombres completos, dirección y el número de teléfono de la casa. Asegúrese de que ellos sepan el nombre completo de usted y cómo localizarlo en el trabajo o en su celular.
2. Enseñe a sus hijos cómo y cuándo llamar al 911, y asegúrese de que tengan un adulto de confianza a quien puedan llamar si están asustados o tienen una emergencia.
3. Enseñe a sus hijos a mantener las puertas bajo llave y a no abrirlas para hablar con nadie cuando estén solos en la casa.
4. Sea cuidadoso al momento de elegir a las niñas. Pregunte a sus hijos acerca de su experiencia y escuche detenidamente sus respuestas.

FUERA DE CASA

5. Haga el trayecto desde y hacia la escuela con sus hijos, a pie o en automóvil, señalando puntos de referencia y lugares seguros para acudir si necesitan ayuda.
6. Recuérdelos a sus hijos que no jueguen afuera solos, que lleven a un amigo cuando caminen o vayan en bicicleta a la escuela y que permanezcan en grupo durante las salidas.
7. Lleve a sus hijos a hacer un recorrido a pie por el vecindario. Indíqueles a la casa de quienes puedan ir de vista sin usted.
8. Enseñe a sus hijos que deben pedir permiso antes de salir la casa.

EN LÍNEA

9. Recuérdelos a sus hijos que está bien decir no a cualquier cosa que les haga sentir tristeza, miedo o confusión. Enseñe a sus hijos para que le cuenten si algo o alguien los hace sentir de esta forma.
10. Enseñe a sus hijos que nunca deben acercarse a un vehículo, ocupado o no, a menos que estén acompañados por un padre u otro adulto de confianza.
11. Advierta a sus hijos que nunca acepten una invitación de viajar en auto de ninguna persona a menos que usted les haya dicho que está bien hacerlo en cada caso.
12. Enseñe a sus hijos para que consulten con usted si hay un cambio de planes.
13. Establezca un punto central, fácil de ubicar durante las salidas familiares, para reunirse en caso de que se separen.
14. Enseñe a sus hijos cómo encontrar ayuda en los lugares públicos. Identifique las personas a quienes ellos pueden pedir ayuda, como los agentes uniformados de orden público, los guardias de seguridad y los empleados de las tiendas que tengan una identificación.
15. Ayude a sus hijos para que aprendan a reconocer y evitar los riesgos potenciales a fin de que puedan tratarlos en caso de que ocurran.
16. Enseñe a sus hijos que si alguien trata de agarrarlos, ellos deben hacer un escándalo y hacer todo lo posible para dejarse ya sea pateando, gritando y resistiéndose.
17. Dialogue en forma continua con sus hijos acerca de la seguridad en línea.
18. Coloque la computadora en un lugar muy transitado de su casa. Supervise y establezca reglas con respecto a las actividades por Internet y el uso de teléfono celular de su hijo.
19. Conozca el tipo de acceso que su hijo tiene a Internet en la escuela, bibliotecas o en casa de amigos.
20. Navegue por Internet con sus hijos y permita que le muestren qué les gusta hacer cuando están en línea.
21. Sepa quién se está conectando con sus hijos en línea y fije límites para las comunicaciones en el Internet, incluidas las redes sociales, mensajes instantáneos, correos electrónicos, juegos por Internet y cámaras web.
22. Use configuraciones de privacidad en los sitios de redes sociales para limitar el contacto con usuarios desconocidos, y asegúrese de que los nombres de usuario de los niños no revelen demasiada información acerca de ellos.
23. Advierta a sus hijos que no publiquen en línea información reveladora o fotos inapropiadas de sí mismos o de sus amigos.
24. Empoderar a sus hijos para que le cuenten si cualquier cosa que hayan encontrado en línea les hace sentir tristeza, miedo o confusión.
25. Aprender sobre Internet. Visite www.NetSmartz.org para obtener más información sobre la seguridad en el Internet.

Para obtener más información sobre
seguridad infantil, visite

BeHereForKids.org



/BeHereForKids



@BeHereForKids

PREPARES Open Your Heart Campaign 2024



A Life-Affirming, Life-Changing Promise of Support

PREPARES is a parish-based partnership with your local Catholic Charities providing families in need, free of charge, the following:

- Food
- Diapers and Wipes
- Clothing
- Housing Referral
- Support Groups
- Parenting Classes

Open Your Heart... 
To Infants & Children in Need

Ways to Help



DONATE

Support PREPARES by donating to the **OPEN YOUR HEART APPEAL** by mail or online at **PREPARESforlife.org**.



VOLUNTEER

Become a trained PREPARES volunteer at a local Catholic parish as a **FAMILY COMPANION** or **SUPPORT GROUP** member for Moms and Dads. Both opportunities provide practical, emotional presence and support to families in need.



ASSIST

Sponsor a parish based **NEEDS DRIVE** to collect and distribute food and household needs or a **CLOTHING CLOSET** accessible to PREPARES families. Establish a parish **TRAVELING CRIB** for the collection of baby essentials. Provide age-appropriate **PREPARES BAGS** filled with infant and child items such as diapers, wipes, blankets, toys, and books.

PREPARES STATEWIDE 2023

———— 14,120 ————
Families Served

———— 188 ————
Parishes Engaged

———— 742 ————
Trained Volunteers
& Companions

———— 12 ————
FTE Ministry Team
Members

———— 36 of 39 ————
Washington Counties
Served

For more information about PREPARES, visit preparesforlife.org

PREPARES Campaña Abre tu Corazón 2024



Apoyo Durante el Embarazo y la Crianza

Una promesa de apoyo que afirma y cambia vidas

PREPARES es un programa parroquial asociado con sus Caridades Católicas locales. El programa brinda sin costo alguno, los siguientes elementos esenciales para las familias necesitadas, lo cual puede incluir:

- Alimentos
- Pañales y Toallitas húmedas
- Ropa
- Recursos de vivienda
- Grupos de apoyo
- Clases para los padres

Abre tu corazón...
A los bebés y niños en necesidad

Formas de ayudar



DONANDO

Apoye a PREPARES donando a la campaña ABRE TU CORAZÓN por correo o en línea en **PREPARESforlife.org**.



SERVICIO VOLUNTARIO

Conviértase en un voluntario entrenado de PREPARES en su parroquia católica local como ACOMPAÑANTE DE FAMILIA o como miembro de GRUPO DE APOYO para mamás y papás. Ambas oportunidades brindan presencia práctica y apoyo emocional, a familias necesitadas.



AYUDANDO

Patrocine una CAMPAÑA DE NECESIDADES parroquiales para coleccionar y distribuir alimentos y artículos del hogar o un ARMARIO DE ROPA accesible a las familias de PREPARES. Establezca en la parroquia una CUNA VIAJERA para la colecta de artículos esenciales para bebés. Proporcione BOLSAS DE PREPARES de acuerdo a la edad con artículos para bebés y niños tales como: pañales, Toallitas húmedas, cobijas, juguetes y libros.

PREPARES A LO ANCHO DEL ESTADO 2023

———— 14,120 ————
Familias Atendidas

———— 188 ————
Parroquias Comprometidas

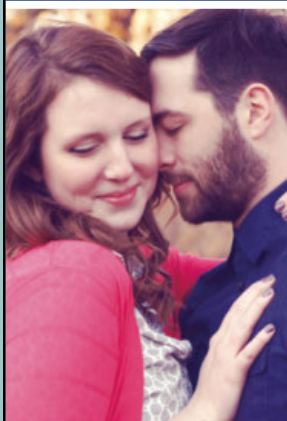
———— 742 ————
Voluntarios y Acompañantes capacitados

———— 12 ————
Miembros del Equipo Ministerial a tiempo completo

———— 36 de 39 ————
Condados de Washington atendidos

Para obtener más información sobre PREPARES, visite preparesforlife.org

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