

# NISQUALLY BASIN CATHOLIC CHURCHES

*Roman Catholic Archdiocese of Seattle*

SECOND SUNDAY OF EASTER (DIVINE MERCY SUNDAY) • APRIL 12, 2026

## Sacred Heart Church

812 Bowker St. SE  
Lacey, WA 98503

**Sunday Mass** 8am, 10am,  
Noon, 2pm (Spanish);  
Saturday 5pm

**Daily Mass** Mon-Sat 9am

**Korean Mass in Fabian Hall**

Sun & Tue 10am, Fri 7:30pm

**Confessions** Sat 3:00-4:30pm  
and by appointment

## Sacred Heart Office in Lacey

Mon-Fri 8am-4pm  
360-491-0890  
staff@3hearts.org

## St. Columban Church

506 First St. S  
Yelm, WA 98597

**Sunday Mass** 10:30am  
Saturday 5pm

**Daily Mass** Tue-Fri 9am  
(Except First Fridays)

**Confessions** Sat 3:30-4:30pm  
and by appointment

## St. Columban & St. Peter Office in Yelm

Mon-Thu 9:30am-2pm  
360-458-3031  
parishoffice@saintcolumbanyelm.org

## St. Peter Church

149 Keithahn St. S  
Tenino, WA 98589

**Sunday Mass** 8am

**First Friday Mass** 9am

**Confessions** Sun 7:30-7:45am  
and by appointment



*For the sake of  
His sorrowful Passion, have mercy  
on us and on the whole world.*

**DIVINE MERCY SUNDAY**

sacredheartlacey.com  
saintcolumbanyelm.org

## 02 • WELCOME HOME



### Welcome to the Nisqually Basin Catholic Churches

As part of the Archdiocese of Seattle's Partners in the Gospel strategic pastoral planning efforts, Sacred Heart Parish and St. Columban Parish (which includes St. Peter Mission) have formed into a single parish family of three churches, under the leadership of our pastor, Fr. Bryan Ochs. We proclaim the Gospel to the cities of Lacey, Yelm, Tenino, and surrounding communities in eastern Thurston County & southwestern Pierce County.



Fr. Bryan, Fr. Martin, and Fr. William wish to thank all our volunteers and staff for their hard work in putting together all of our Holy Week and Easter liturgies. Pictured here are the sanctuaries of St. Peter Tenino & St. Columban Yelm, decorated for Easter.



## PARISH FAMILY STAFF & CONTACTS

### Pastor

Very Rev. Bryan Ochs

### Parochial Vicar

Rev. William Dodoma

### Senior Priest

Rev. Martin Bourke

### PA for Admin, Bookkeeping &

**Records:** Matthew Tolar  
(360) 491-0890 Ext. 1301  
matthew@3hearts.org

### SACRED HEART STAFF

360-491-0890 staff@3hearts.org

### Chief of Staff Jackie Shirley Ext 1107

jackie@3hearts.org

### Pastoral Care

Dcn. Terry Barber Ext 1110  
terry@3hearts.org

### Funeral Planning

Dcn. Rey Ronquillo  
360-491-0890

### Liturgy Dcn. Ronnie San Nicolas

Ronnie@3hearts.org

### Admin Azelle DeForrest - Ext 1105

azelle@3hearts.org

### Admin Kris Baird - Ext 1112

Krisb@3hearts.org

### Facilities Caroline Huber - Ext 1102

caroline@3hearts.org

### Facilities Scheduler Eleonore Mitchell

Ext 1119 eleonore@3hearts.org

### Music Darran Lum - Ext 1109

darran@3hearts.org

### Infant Baptism, Marriage, Quinceañeras

Claudia Torres - Ext 1103

claudia@3hearts.org

### First Communion/PreK - 5th Faith

**Formation** Linda Cooper - Ext 1108

Lindac@3hearts.org

### Youth Ministry & Youth/Adult

**Confirmation** Katy Baker - Ext 1117

katy@3hearts.org

### Adult OCIA David Gedrose

david@3hearts.org

### Children/Youth OCIA

Ann Saunders - Ext 1104

ann@3hearts.org

### ST. COLUMBAN & ST. PETER STAFF

#### Office Manager

Koleen Elsberry 360-458-3031  
koleen@saintcolumbanyelm.org

#### Elementary Faith Formation & Sac. Prep

Debera Ricalde 360-458-2360  
debera@saintcolumbanyelm.org

#### Youth Ministry & Confirmation:

Chad Lucero 360-458-0226  
chad@saintcolumbanyelm.org

#### OCIA Children, Youth & Adults

Pamela Dvorak 360-458-2360  
pamela@saintcolumbanyelm.org

#### St. Columban Music

Catherine Ricalde  
catherine@saintcolumbanyelm.org

#### St. Columban Maintenance

Steven Slater  
steven@saintcolumbanyelm.org

#### St. Peter Maintenance

Gilberto Espino  
stpeter@saintcolumbanyelm.org

**Please be aware of email and text scams!** Official emails will only originate from our staff emails with our domains [sacredheartlacey.com](http://sacredheartlacey.com), [saintcolumbanyelm.org](http://saintcolumbanyelm.org) or [3hearts.org](http://3hearts.org) or with our communications tools [ccbchurch.com](http://ccbchurch.com) or [flocknote.com](http://flocknote.com). Neither Father Bryan nor any of our clergy or staff will ever directly solicit for non-official donations or items to purchase by email or text. Donations and fundraisers will always be announced during Mass and through official communications channels. If you have any questions about any text messages or email messages or to report any scam messages, please contact our parish offices directly [staff@3hearts.org](mailto:staff@3hearts.org) and [parishoffice@saintcolumbanyelm.org](mailto:parishoffice@saintcolumbanyelm.org).



## FROM THE PASTOR'S DESK

### Dear Parishioners

Happy Easter again! Many of you will recall that a few weeks ago I started a series on scripture and its interpretation. Some of the content I sought to teach in this series showed up in the form of an article by Bishop Barron, so rather than hash out what he said, I thought I would just post his article below, so here it is!

#### Bishop Barron's 5 Tools to Interpret Scripture

How can we recover the depth and power of the Bible in the twenty-first century? Here are 5 interpretive strategies:

1. Always be critically attentive to the variety of genres on display in the Scriptures.

The Bible is not so much a book as a library, a collection of books. Readily identifiable within the biblical corpus are legend, saga, tall tale, history, poetry, song, prophecy, biography, epistolary literature, and apocalypse, and each of these literary types requires a particular kind of interpretive approach.

2. Scripture is, in another sense, one book.

The Bible is finally telling one great story, or perhaps better, unfolding one great drama. Each section of the whole relates harmonically to every other section and to the totality of the work.

3. Find a "canon within the canon" of Scripture.

Some of our greatest biblical masters have held that one teaching or saying within the Bible can function as the key to opening the door [to] the entire Bible. St. Augustine proposed Jesus's command to love God above all things and our neighbor for the sake of God as the ultimate criterion of correct biblical reading. That is to say, every story, poem, doctrine, or saying in the Bible should be read as ultimately designed to inculcate love of God and neighbor.

4. Distinguish between what is in the Bible and what the Bible teaches.

In the Bible we can find ideas about cosmology, medicine, disease control, and the weather that are clearly outmoded, and we can find cultural practices such as the denigration of women, the marginalization of children, slavery, etc., that are patently morally objectionable. These things are undoubtedly in the Bible, but they are not, I would argue, what the Bible is teaching. In order to discover the true doctrine of the Scriptures, we have to attend not to particular passages taken out of context, but rather to the overarching themes and patterns within the Bible as a whole.

5. Always remember that the Bible is the Church's book.

The Scriptures as we know them were put in final canonical form sometime in the fourth century. This "canonization" represented the culmination of a centuries-long process—both Jewish and Christian—of analysis, debate, and judgment. The point is that the books of the Bible were assembled by the Church and for the Church. Their purpose, ultimately, is to tell the great story of Israel, which reaches its climax in the dying and rising of the Messiah, and to draw all people into communion with Jesus Christ. The proper framework for reading the Bible, therefore, is ecclesial and evangelical.

Fr. Bryan



### Excerpts from the Sunday Mass readings

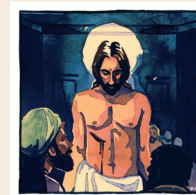
**First Reading:** They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. (Acts 2:46-47)

**Psalm:** Give thanks to the Lord for he is good, his love is everlasting. (Ps 118) Or Alleluia.

**Second Reading:** Although you have not seen him you love him; even though you do not see him now yet believe in him, you rejoice with an indescribable and glorious joy, as you attain the goal of your faith, the salvation of your souls. (1 Pt 1:8-9)

**Gospel:** Jesus said to him, "Have you come to believe because you have seen me? Blessed are those who have not seen and have believed." (Jn 20:29)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. The English translation of Psalm Responses from Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.



### Mass Readings for this week

**Monday:** Acts 4:23-31/Ps 2:1-3, 4-7a, 7b-9/Jn 3:1-8

**Tuesday:** Acts 4:32-37/Ps 93:1ab, 1cd-2, 5/Jn 3:7b-15

**Wednesday:** Acts 5:17-26/Ps 34:2-3, 4-5, 6-7, 8-9/Jn 3:16-21

**Thursday:** Acts 5:27-33/Ps 34:2 and 9, 17-18, 19-20/Jn 3:31-36  
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**Friday:** Acts 5:34-42/Ps 27:1, 4, 13-14/Jn 6:1-15

**Saturday:** Acts 6:1-7/Ps 33:1-2, 4-5, 18-19/Jn 6:16-21

**Next Sunday:** Acts 2:14, 22-33/Ps 16:1-2 and 5, 7-8, 9-10, 11/1 Pt 1:17-21/Lk 24:13-35

# 04 • WORSHIP & PRAYER

## Prayer Intentions

### Pope's intentions for April 2026:

For priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need, and that communities may support them with understanding and prayer.

### For those in our parish family in need of prayer:

All requesting prayer in our Hallow group, Kyle Nace, Walt Hall, Laurie Nicol, Laurie Boyd, Parker James Black, Gary Bloomquist, and for all in need of prayer, especially for those in need of physical healing and financial stability.

### For the repose of the souls of

Pauline Swidecki, Kathy Gard, Narcisa Padagas, Charles Taitague Meno, Loreto V. Dario, John Fraser, Victor M. Diaz, Elaine Bair, Pam Henslee, Maureen Callaghan, William Hine, Alejandra Cabiao, James Witt, Raymond Lujan, Terry Blue, Douglas Jaquez, Lloyd Howell, Barbara Ann Ikari, Leonard Ellis, Pat Bailey, Carmen Dela Cruz

To add a name or schedule a Mass intention, please contact our parish offices.

## MASS SCHEDULE & INTENTIONS

**KEY:** SH-Sacred Heart Lacey, SC-St. Columban Yelm, SP-St. Peter Tenino

†: Intention for the Repose of the soul

### Sunday

SH 8am  
SP 8am  
SH 10am  
SC 10:30am  
SH 12noon  
SH 2pm

### April 12

† Lady Gem Dela Peña, Baird Family  
People of St. Peter  
Peter Butzerin, † Jess Babauta  
People of St. Columban  
† Robert Valdez, † David Cutright, † Regina Raub  
People of Sacred Heart

### Monday

SH 9am

### April 13

† Pete Quintanilla, Lorie Cabiao, Alejandra Cabiao

### Tuesday

SH 9am  
SC 9am

### April 14

Luis Valderrama, † Jean Elliott  
Maya Varela

### Wednesday

SH 9am  
SC 9am

### April 15

Those with Autism, † Rita Parle, † Fr. Dick Parle  
Mary Jo Stebner

### Thursday

SH 9am  
SC 9am

### April 16

† Charles Smith, † Pete Quintanilla, Madelyn Chung  
† All Souls

### Friday

SH 9am  
SC 9am

### April 17

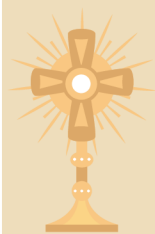
Linda Cooper, Kyle Nance  
† All Souls

### Saturday

SH 9am  
SC 9am  
SH 5pm

### April 18

† James Fernald, Teresa Campbell, † Josephine Paet  
People of St. Columban  
Marylou LaLonde, † Felipe & † Catalina Santiago



### EUCCHARISTIC ADORATION

#### Sacred Heart Lacey

Thursday following 9am Mass until 4:30pm Saturday

First Friday:

Sacred Heart Devotion 8:45am  
Taizé Holy Hour 7:00pm

#### St. Columban Yelm

First Friday Adoration & Devotions 6:30pm



### PRAY THE ROSARY WITH US

30 minutes before every daily Mass & before most Sunday Masses

#### Sacred Heart Lacey

Rosary Group Thursdays 6pm

Perpetual Help group: First Wednesdays, 6pm  
Our Lady of Fatima group: 13th (May-Oct), 7pm

#### St. Columban Yelm

Mondays 7pm & Tuesdays 6:30pm (Spanish)

## From the Office

### CRS Rice Bowls

Please turn in any remaining CRS Rice Bowls with loose change you have collected during Lent. Lenten alms donated through CRS Rice Bowl support the work of Catholic Relief Services' food security projects which each year support agriculture, nutrition, education, and self-sufficiency in communities around the world in roughly 45 different countries.

## From the Archdiocese

### April is National Child Abuse Prevention Month

During this month, Archbishop Etienne is encouraging everyone to increase our awareness, to educate ourselves and our communities, and to pray for healing for those who have been tragically impacted by the scourge of child abuse. To learn about the Archdiocese of Seattle's longstanding commitment to transparency, accountability, and assistance to victims of abuse, see [archseattle.org/protect-and-heal/](http://archseattle.org/protect-and-heal/).

To learn more about the Archdiocese of Seattle's safe environment standards, [archseattle.org/for-parishes/safe-environment/](http://archseattle.org/for-parishes/safe-environment/).

### Northwest Catholic April/May Magazine

Read the April/May issue of Northwest Catholic and learn about these items and more:

- A reflection on Christ's Passion
- Archbishop's pastoral letter on a well-ordered society
- Meet Sam Estrada: A Catholic comics artist

Stay informed by exploring local and national Catholic content on [NWCatholic.org](http://NWCatholic.org) and signing up for our weekly e-newsletter.



## Financial Stewardship

Help us keep the lights on and to spread the Gospel. May God reward your generosity!

### Sacred Heart (March 28-29)

Sunday Envelopes	\$4,348
Mailing/office	\$2,335
Loose	\$6,545
On-Line Giving	\$5,683
<b>Weekly Total</b>	<b>\$22,911</b>
Outreach	\$194

Due to the holiday, collection numbers for April 4-5 will be published next week.

### St. Columban & St. Peter

Reported monthly

### Give Online

Donating online is easy! Just aim your phone camera at the QR Code and follow the link. Thank you!



[pushpay.com/g/sacredheartlacey](http://pushpay.com/g/sacredheartlacey)  
[pushpay.com/g/saintcolumbanyelm](http://pushpay.com/g/saintcolumbanyelm)  
[pushpay.com/g/stpetermissiontenino](http://pushpay.com/g/stpetermissiontenino)

### Upcoming Second Collections

**April 25- May 24**  
 Annual Catholic Appeal

Learn more and donate directly at [archseattle.org/collections](http://archseattle.org/collections)

### New Parishioners

We invite you to register with our parish family. Registration ensures that we know you are here, makes us aware of your needs and gifts, but most of all it helps us to welcome you to our community.

Sacred Heart



St. Columban & St. Peter



## Outreach

### Sacred Heart

**Financial Assistance:** Visit the Emergency Outreach office Monday, Wednesday & Friday from 10:30 am until 12:15 pm (when funds are available). 360-923-0929

**Food Pantry:** Monday, Wednesday & Friday from 1 - 2:45 pm.

**Sacred Heart Clothing Bank:** Open for clients on Wednesday & Friday from 1 - 2:45 pm. Donations are accepted on Mondays 10am-12:30pm and on Wednesdays & Fridays 10am - 2:45 pm)

**For more information contact 360-491-0890 or scan the QR code.**



### St. Columban

**Society of St. Vincent de Paul:** Serving Rainier, Roy, Yelm, Tenino and surrounding areas, Please leave a voicemail at 360-458-1904





### Chaplet of Divine Mercy

The Chaplet of Divine Mercy is an intercessory prayer invoking God's mercy on the world, utilizing words drawn from the text of The Diary of St. Faustina Maria Kowalska. St. Faustina was a Polish nun who received visions of Christ imploring her to spread the message of his Divine Mercy, specifically through the recitation of this chaplet.

The Chaplet of Divine Mercy is prayed using an ordinary five-decade Rosary. To begin, make the Sign of the Cross, then pray one Our Father, one Hail Mary, and the Apostles' Creed. On each of the large beads (where the Our Father is said), pray: "Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world." On each of the 10 smaller beads (used for the Hail Mary), pray: "For the sake of His sorrowful Passion, have mercy on us and on the whole world." This pattern is repeated for all five decades of the Rosary. To conclude the chaplet, pray three times: "Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."

©LPI



## Faith Formation

### Elementary Formation – Linda Cooper



#### Elementary Formation Next Sessions:

- Year 1 Family Formation – Thursday, April 16th & 30th
- First Communion – Sunday, April 12th & Wednesday, April 22nd
- Young Disciples – Sunday, April 19th

### Youth Ministry – Katy Baker

- **Middle School YG:** April 21<sup>st</sup> in Hallen Hall from 6-7pm.
- **High School YG:** April 14<sup>th</sup> & April 28<sup>th</sup> in Hallen Hall from 6-7pm
- **Confirmation class (youth):** April 22<sup>nd</sup> in Hallen Hall from 6-7:30pm
- **Confirmation Retreat:** April 18<sup>th</sup> beginning at 10am in Hallen Hall, finishing with the 5pm Mass. Breakfast, lunch, and snack will be provided.
- **First Communion (Ms. Baird):** April 22<sup>nd</sup>, 1<sup>st</sup> Communion practice from 6-7pm in the church. Students will be doing their 1<sup>st</sup> Communion on the weekend of April 25<sup>th</sup> (Spanish) and 26<sup>th</sup> (English).
- **Blanket Ministry:** April 15<sup>th</sup> from 6-7pm in Hallen Hall. This will be the last time we meet this year. Come make a difference!

### OCIA Children & Youth – Ann Saunders



This is a program for non-baptized individuals ages 7 thru 17. OCIA program prepares children & youth to receive the Sacraments of Initiation of Baptism, Confirmation, and Holy Eucharist at the Easter Vigil 2027. For more information contact Ann at [ann@3hearts.org](mailto:ann@3hearts.org)

### OCIA Adults – David Gedrose

The Order for Christian Initiation for Adults (OCIA) is a great adventure conversion journey for adults seeking to enter the Roman Catholic Church.

OCIA is for adults who, after hearing the mystery of Christ proclaimed, consciously and freely seek the living God and enter the way of faith and conversion as the Holy Spirit opens their hearts. For further information, email David Gedrose at [david@3hearts.org](mailto:david@3hearts.org)



### Infant Baptism, Marriage & Quinceañera Claudia Torres

- **Baptism:** If you would like to register, contact Claudia Torres.
- **Marriage:** If you are planning a wedding, please contact us at least 6 months to 1 year prior to your anticipated wedding date.
- **Quinceañera:** You must register at least 6 months prior to the event and provide copies of your Baptism and First Communion certificates at the time of registration for the classes and scheduling of the event



## Living Our Strengths



God bestows on us from birth our talent/strengths! The good news is we have a process at Sacred Heart that helps us discover what they are. Discover what your God-given talent/strengths are and help our Catholic community provide energy and light to a world filled with darkness and despair.

Call the Parish Office at 360-491-0890 and ask for Mary to get started.

## Parish Nurse & Mental Health Ministry

Parish nurses provide our community with education related to preventive health care. Details on the following resources and information on these ministries are available on Sacred Heart website under Pastoral care.

The transition from Hospital-to-Home programs involve the Visiting Angels Ready-Set-Go Home Program and Advanced Health Care with the Post-Surgery & Recovery Care program. Also, Respite care is a new benefit for caregivers of Alzheimer's patients. Contact ABOVE Home Health about this benefit of up to \$2,500 annually from the Centers for Medicare and Medicaid Services. To find out more call 360-350-0123 or email [care@abovehh.com](mailto:care@abovehh.com). To find out more about this ministry connect with us at [parishnurse@sacredheartlacey.com](mailto:parishnurse@sacredheartlacey.com)  
Brent Hyde RN  
Parish nurse.

## Disability Ministry

On Monday, April 13, Sacred Heart will host a Mass for parishioners with special needs and their families. The Mass will begin at 6:30 p.m. and will be adapted to accommodate individuals who use wheelchairs as well as those with sensory processing challenges. For more information, please contact Deacon Ronnie San Nicolas ([ronnie@3hearts.org](mailto:ronnie@3hearts.org))

## Sacred Heart Email Prayer Ministry

A private parishioner-led prayer newsletter - If you have a prayer request or want to be part of this ministry, contact Maria Boros at 360-456-0888 or [Imboros@comcast.net](mailto:Imboros@comcast.net)

## Come pray with us

### PRAYER GROUPS

#### Divine Mercy Prayer Group

Mondays 9:30am Church

#### Rosary Prayer Group

Thursdays 6pm Church

#### Small Christian Communities

Tuesdays, 10am & 1:30pm, and every other Thursday, 1:30pm HH2-RM5

#### Heart to Heart

Tuesdays 11:45am HH2-RM5

#### St. Joseph Men's Prayer Group

Wednesdays 7am S-5

#### Our Mother of Perpetual Help Prayer

Thursday, May 7; 6pm Church

#### Hispanic Charismatic Group

Thursdays 6:30pm Fabian Hall

## GROUP UPDATES & Meeting Times

#### AI-Anon Family Group (en español)

Monday 12pm, Wed. & Fri. 7pm HH2-RM7

#### Blanket Ministry (Adult)

Tuesday April 14; 10am HH

#### Citizenship Class

sponsored by Immigration Support  
Tuesday April 14; 6:45 HH2-RM1&2

#### GriefShare

Tuesday April 14; 10am S5

#### Marian Movement of Priests - Chapel

Wednesdays 9:30am Church

#### Missionary Families of Christ Meeting

Sunday April 12 & 26, 1:30pm HH2-RM1&2

#### Music Ministry

Mondays, 6pm (youth), Tuesdays, 6pm (schola) & 7pm (adult), select Fridays, 6:30pm (Hispanic) S-2

#### Our Lady of Camarin Novena

April 12 - 16; 6:30pm S5

#### SacraMentors (Men)

Saturday April 18; 7am HH2-RM6

#### Samoan Community (Mtg)

Sunday April 19; 11:30am HH2-RM8&9

#### Stephen Ministry

Tuesday April 14; 10:30am HH2-HH4



### Group Updates & Meeting Times

#### Altar Society

Thursdays after daily Mass

#### Bible Studies

Sacred Heart Men: Wed. 7am

St. Peter: Wed. 10am

St. Columban: Thu. 6:30pm

#### Daughters of Mary

Next meeting 4th Tues:

April 23, 6pm



#### Knights of Columbus

St. Columban Council

17152 & Assembly 3947

April 15, 6pm

[kofcyelm@gmail.com](mailto:kofcyelm@gmail.com)



#### Rosary Prayer Groups

English group, Mondays 7pm

Spanish group, Tuesdays 6:30pm

#### St. Peter Circle

Every other month on the second

Tuesday at St. Peter Tenino

Next meeting: May 12, 9:30am

#### Society of St. Vincent de Paul

Next meeting: April 16, 7pm



## Events & Announcements

### Are you called to help?

The St. Columban Office is looking for volunteers to help with a few tasks, such as collection counting and filing. If you have a talent in administrative tasks and are called to help, please contact Koleen in the Parish Office at [koleen@saintcolumbanyelm.org](mailto:koleen@saintcolumbanyelm.org).



### Cards of Comfort

Got some love to share? The Daughters of Mary are asking parishioners to donate complete hand-written greeting cards to help bring joy to the elderly in our community. Completed Cards for upcoming holidays are due the Thursday before the holiday in the box at the St. Columban narthex. Cards will be needed for Mother's Day and Father's Day.



### Email Newsletter

Check your emails! We send registered parishioners an email newsletter every week with more up-to-date information than this printed bulletin due to early deadlines by the publisher.

### Do you need dirt?

As part of our parking improvement project at St. Columban, dirt will need to be removed. If you are in need of free fill dirt, the contractor can deliver removed dirt within the local area. Please contact Steven Slater for more information at 360-480-0014.

### Sacred Music Matters: Marian Antiphons

Easter Sunday marked the first time this liturgical year we heard the *Regina Caeli* (*Queen of Heaven*). This seasonal hymn of Our Lady is sung throughout the Easter Season thru Pentecost.

V. *Queen of Heaven, rejoice, alleluia.*

R. *For He whom you did merit to bear, alleluia.*

V. *Has risen, as he said, alleluia.*

R. *Pray for us to God, alleluia.*

V. *Rejoice and be glad, O Virgin Mary, alleluia.*

R. *For the Lord has truly risen, alleluia.*

V. *Regina caeli, laetare, alleluia.*

R. *Quia quem meruisti portare, alleluia.*

V. *Resurrexit, sicut dixit, alleluia.*

R. *Ora pro nobis Deum, alleluia.*

V. *Gaude et laetare, Virgo Maria, alleluia.*

R. *Quia surrexit Dominus vere, alleluia.*

When prayed in place of the Angelus during the Easter season, this prayer follows: *Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.*

## Faith Formation

### Children's Faith Formation (Grades K-5)

Parents, please ensure your children arrive on time for our Sunday morning classes. Classes resume this weekend and run until May 5. First Communion Rehearsals Saturday, May 16. First Communion Mass will be on May 17.

### Youth Ministry (Grades 6-12)

Next YM Saturday service opportunities: May 2, June 6. Confirmation & Youth First Communion classes resume this week. Youth First Communion & Confirmation rehearsal is scheduled for April 26. Youth Confirmation Mass will be on April 30. Does your teen need Confirmation? Contact [chad@saintcolumbanyelm.org](mailto:chad@saintcolumbanyelm.org).

## Parish Nurse & Mental Health Ministry

### Ask a nurse

#### Should I take other medicines with over-the-counter cold and flu medication?

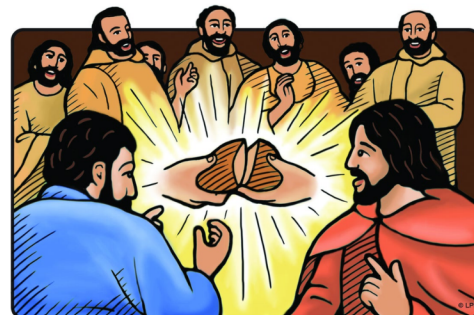
Always check the label - ingredients and warnings for medications that conflict especially if you already take prescriptions. Medications have trade names (like Tylenol) and generic names (like Acetaminophen) which could lead to an excessive dosage of a medication.

Cough and cold medicines are often combinations of several medicines. When in doubt you can contact your doctor's office or pharmacy. Online research can be helpful but stick to professional websites and accredited resources. Avoid blogs and personal opinions.

#### Get to know our Parish Nurse Volunteers: Ms. Sarah G. Clarke, MSN, RN, CCM

I grew up here at Sacred Heart and St. Martin's Abbey. I am a registered nurse of 20 years. This includes being an Army Nurse Corps officer and, until recently, an outpatient Nurse Case Manager for Active-Duty Soldiers at Madigan. Today, I'm a stay-at-home mom, teaching part time at the St. Martin's University nursing program. I am married to my wonderful husband, Jessie, and mother to our beautiful daughter, Betty.

To submit a question to Ask a Nurse go to [parishnurse@sacredheartlacey.com](mailto:parishnurse@sacredheartlacey.com). The "Ask a Nurse" column is offered as a general health resource, not as medical advice. For any personal health concerns, please consult your healthcare provider. The Parish and the column contributors are not responsible for any actions taken based on this information.



### From the Catechism

#### Paragraph 1816

The disciple of Christ must not only keep the faith and live on it, but also profess it, confidently bear witness to it, and spread it: "All however must be prepared to confess Christ before men and to follow him along the way of the Cross, amidst the persecutions which the Church never lacks." Service of and witness to the faith are necessary for salvation: "So every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven."



# Spring Bazaar & Outdoor Sale

**St. Columban Catholic Church**  
Join us for a day of community fun!

## Saturday April 18

## 8am-2pm

Sponsored by the Daughters of Mary & Knights of Columbus Council 17152

Donations of Plants or Gently Used Household items are now being accepted for this fundraiser

Contact us to arrange a drop-off 360-458-3031

Acceptable Items: Plant starters, gardening & outdoor tools, hand & power tools, fencing, outdoor furniture and equipment, books, and any reusable materials. All items must be functioning.

List of items NOT accepted: Clothes, Mattresses, Aerosol cans, non-functioning items, paint, worn-out furniture, or trash.

# 10 • OUTSIDE EVENTS

Meydenbauer Center • Bellevue, WA • May 16, 2026



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[AscendEucharisticRevival.church](http://AscendEucharisticRevival.church)



## 52nd Catholic Education Retreat Our Lady of Peace Institute in Catholic Teaching at Our Lady of Peace Retreat House July 13-17, 2026

Retreat Theme  
"My Soul Proclaims the  
Greatness of the Lord!" - Luke 1:46

### Our 2026 Presenters & Topics



**FATHER THEODORE LANGE**  
Parochial Vicar,  
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*"Discovering Mary in the Gospels, the Early Church and Popular Pious Devotions"*



**BROTHER LOUIS DE MONTFORT NGUYEN, O.S.B.**  
Monk, Mount Angel Abbey  
*"Am I Not Your Mother? The Miracle, Message and Mission of Guadalupe"*



**CHRISTINE THUM SCHLESSLER**  
Executive Director,  
Classical Iconography Institute  
*"Behold, All Generations: Mary in Iconography"*



**RYAN MAINARD**  
Asst. Director of Catholic Education, Archdiocese of Portland  
THURSDAY EVENING LECTURE THEME  
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## Theology on Tap With Bishop Frank Schuster

April 21 | 7pm

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**OUTSIDE EVENTS • 11**

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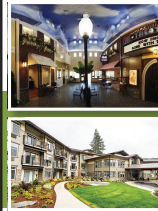
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