

NISQUALLY BASIN

CATHOLIC CHURCHES

Roman Catholic Archdiocese of Seattle

SIXTH SUNDAY OF EASTER • MAY 10, 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



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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.



Read the March 2026 update from the Parish Family Advisory Council on our website: sacredheartlacey.com/pfac



Outdoor Mary gardens provide us with sacred places to pray, and they help us express our devotion to Mary since, as our mother, she intercedes for us and draws us closer to her son, Jesus. Filled with flowers, seating, and often images of Mary representing various titles, these gardens invite us to reflect on her virtues, seek her intercession, and grow in devotion to Christ by following her example of faith and trust. Last week, we featured the Our Lady of Guadalupe and Our Lady of Lourdes outdoor shrines and gardens at Sacred Heart. This week, here are the shrines at St. Peter and St. Columban. We are thankful to all who make these spaces beautiful and suitable for prayer.



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
Livestream:
www.youtube.com/SacredHeartLacey
Chief of Staff Jackie Shirley Ext 1107
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Pastoral Care

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

Funeral Planning

Dcn. Rey Ronquillo
360-491-0890

Liturgy Dcn. Ronnie San Nicolas
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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 360-226-0798
chad@saintcolumbanyelm.org

OCIA Children, Youth & Adults

Pamela Dvorak 360-625-2857
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



FROM THE PASTOR'S DESK

Dear Parishioners

Last week, I talked a little about St. Joseph, the worker and the importance of human labor. I would like to add just a few more points about work and its importance, especially in light of artificial intelligence and other forms of automation that we see on the rise.

One of the key points I made last week is that, contrary to what some believe, labor is not an effect of sin. God always intended for human beings to work and to participate in creation. It is the toil and drudgery of work that is an effect of sin. Not the work itself.

Human work was redeemed on the cross. I mentioned one way this is true last week, and that we do participate in our own salvation and the salvation of others. But another way work is redeemed by Jesus's crucifixion is that he transformed suffering into love. Jesus's sufferings are signs of his love, in that he was willing to suffer for our sake.

When it comes to human labor, the toil and drudgery of work have also been transformed. Now, our human labor is a sign of love for our own family, the people we serve by our work, and the entire community which benefits from the labor. The toil of work allows us to actually suffer for the sake of others, and for that reason, it has been redeemed and has a sanctifying effect on workers. We can, of course, take this too far, and we want to be careful that people do not suffer excessively from their work. While we might find something beautiful about people working multiple jobs to support their family because we see so much love poured into those tasks, this is not a good thing. One job has enough toil attached to it, and we want to help create an economy in which men and women can work without excessive hardship. However, to eliminate the hardship of work completely is ultimately to eliminate an opportunity to experience the cross by sacrificial love.

This is a spiritual reason why I am very concerned about Artificial Intelligence. If work has that sanctifying effect of pouring love into the world through our labors then outsourcing too much of that toil to machines, even for the sake of efficiency, is actually going to diminish some of that love. Work can be a source of growing close to God, and people often grow in virtue due to the challenges of work. If Artificial Intelligence and other forms of automation continue to replace jobs, something will be lost. Humanity will suffer spiritually.

Blessings,

Fr. Bryan



Excerpts from the Sunday Mass readings

First Reading For unclean spirits, crying out in a loud voice, came out of many possessed people, and many paralyzed or crippled people were cured. There was great joy in that city. (Acts 8:7-8)

Psalm: Let all the earth cry out to God with joy. (Ps 66)

Second Reading: For Christ also suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. (1 Pt 3:18)

Gospel: "Whoever has my commandments and observes them is the one who loves me. And whoever loves me will be loved by my Father, and I will love him and reveal myself to him." (Jn 14:21)

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 this week

Monday: Acts 16:11-15/Ps 149:1b-2, 3-4, 5-6a and 9b/Jn 15:26-16:4a

Tuesday: Acts 16:22-34/Ps 138:1-2ab, 2cde-3, 7c-8/Jn 16:5-11

Wednesday: Acts 17:15, 22-18:1/Ps 148:1-2, 11-12, 13, 14/Jn 16:12-15

Thursday: Acts 1:15-17, 20-26/Ps 113:1-2, 3-4, 5-6, 7-8/Jn 15:9-17

Friday: Acts 18:9-18/Ps 47:2-3, 4-5, 6-7/Jn 16:20-23

Saturday: Acts 18:23-28/Ps 47:2-3, 8-9, 10/Jn 16:23b-28

Next Sunday: Acts 1:1-11/Ps 47:2-3, 6-7, 8-9/Eph 1:17-23/Mt 28:16-20

04 • WORSHIP & PRAYER

Prayer Intentions

Pope's intentions for May 2026:

That everyone might have food: Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food.

Archdiocese's monthly intention:

For More Servant Leaders: For all who are discerning their direction in life, that many will follow the path of service to God's holy people, as priests, deacons, religious, or lay leaders.

For those in our parish family in need of prayer:

Ron Fiman, Chuck Dvorak; all requesting prayer in our Hallow group, in our email prayers lists; and for all in need of prayer.

For the repose of the souls of

Jesusa Cruz, Jacob Redford, Alexander Coleman, 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

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

May 10, Sixth Sunday of Easter

People of Sacred Heart
People of St. Peter
† Rogelio & † Angeles Hautea, † Juan Manuel Villa
People of St. Columban
† Regina Raub, The Cantu Family, † Elmer Dela Peña
All Priests, Deacons, & Nuns

Monday

SH 9am

May 11

Contreras Rojas Family, Dolores Portillo Ortiz,
† Azucena Carreon Magalona

Tuesday

SH 9am
SC 9am

May 12, Sts. Nereus & Achileus, Martyrs; St. Pancras, Martyr

Mercedes Brawley, Griffin Foster, † Terry Campbell
People of St. Columban

Wednesday

SH 9am
SC 9am

May 13, Our Lady of Fatima

† Rita Parle, † Fr. Dick Parle, Ben Pineda
John & Nancy Bunten

Thursday

SH 9am
SC 9am

May 14, St. Mattias, Apostle

† Joseph & † Annie Poole, † Dorothy Arias
† Jacob Redford

Friday

SH 9am
SP 9am

May 15, St. Isidore

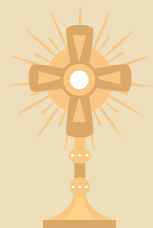
Ruth Lamarch, † Cicilia Dickson, † Mark Eckroth
† Paul Hawley

Saturday

SH 9am
SC 5pm
SH 5pm

May 16

† Pete Quintanilla, † Antonio Aquino, † Ronald E. Eckroth
People of St. Columban
† Carl Nehring, † Roseanna Navarra, † Otto Orive



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

Annual Catholic Appeal 2026: Together in Faith

The Annual Catholic Appeal (ACA) is an opportunity for us to come together as one Church to support ministries that serve our neighbors across Western Washington. Through the ACA, more than 60 ministries are funded - supporting seminarians, caring for those in need, strengthening parishes, and forming missionary disciples. Each parish family has a goal, and any funds raised above the goal are returned directly to the church to support local projects.

Our Parish Family Goals:

- Sacred Heart: \$182,588
- Saint Columban: \$38,216
- Saint Peter: \$6,566

Church Projects (through rebates):

- Sacred Heart: Internal beautification of parish spaces
- Saint Columban: Exterior painting
- Saint Peter: Interior painting

Your gift makes a difference both across the Archdiocese and right here in our parish communities. When we reach and exceed our goals, we not only support vital ministries of the Church, but also invest directly in the future and beauty of our own parishes. We invite you to prayerfully consider your gift. Whether large or small, every contribution helps us reach our goal and extend Christ's love to others. Please give today through the ACA envelope, online, or by contacting the parish office.



Financial Stewardship

May God reward your generosity!

Sacred Heart (May 2-3)

Sunday Envelopes	\$14,181
Mailing/office	\$3,432
Loose Cash	\$3,918
Online Giving	\$3,703
Other Collections	\$6,580
Weekly Total	\$24,193
Outreach	\$129

St. Columban (April 2026)

Monthly Goal	\$23,200.00
Envelope Collections	\$22,460.50
Loose Cash	\$5,772.47
Net	\$5,032.97
St. Vincent de Paul	\$1,107.87
Sacramentals	\$127.50
Flowers	\$5.00
Building Fund	\$100.00
Mass Intentions	\$660.00
Rice Bowl	\$856.89

St. Peter (April 2026)

Monthly Goal	\$4,000.00
Envelope Collections	\$5,200.00
Loose Cash	\$1,008.25
Net	\$2,208.25
Flowers	\$31.00
Rice Bowl	\$472.25

Give Online



pushpay.com/g/sacredheartlacey
pushpay.com/g/saintcolumbanyelm
pushpay.com/g/stpetermissiontenino

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.



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 10 am-2:30 pm and on Wednesdays & Fridays 10 am - 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



06 • SACRED HEART

Mary, Mother Of God

Question:

If God is eternal and infinite, how can He have a mother? Why don't we call Mary just the mother of Jesus?

Answer:

The title of "Mary, Mother of God" can be confusing. We aren't implying that Mary existed from eternity or that she is divine herself. We aren't promoting some kind of Marian superpowers. The Church has fought for this title throughout the centuries for one simple reason: Christ's identity is at stake.

As the Church grew in the early centuries, theologians wrestled with what it meant for Jesus to be both God and man. Many distortions of his identity began to emerge. One of these was propagated by a man named Nestorius. Nestorius and his followers denied that Jesus's human nature and his divine nature were inseparable. Following that logic, Mary could have only conceived Jesus's human nature. But people don't give birth to a "nature." They give birth to a whole person. For Jesus, his whole person is both human and divine. In 431 A.D. the Council of Ephesus denounced Nestorius. The bishops affirmed that Jesus is both fully human and fully divine and proclaimed Mary Theotokos. Translating the Greek to English, that means "God-bearer." Note that this isn't "God-generator" or "God-creator." Mary bore Jesus, God and man, in her womb and gave him birth. She is mother to the whole person, the whole Jesus, and therefore Mother of God.

Faith Formation

The registration for the 2026-2027 classes will be open soon.



Elementary Formation – Linda Cooper

Happy Mother's Day to all! May is the Month of Mary – this is a great time to learn more about Mary's life and visits! The registration QR code for the 2026-2027 Faith Formation year will be out soon.



Youth Ministry – Katy Baker

- **High School YG:** May 12th in Hallen Hall from 6-7pm
- **Confirmation rehearsal:** May 6th rehearsal 6pm in the church. Candidates and sponsors must attend.
- **Confirmation:** May 15th at 6pm. Students and their sponsors must report to Hallen Hall by 5:15pm. Bishop Schuster will be our Celebrant. Reception following Mass in Hallen Hall. All are welcome.



OCIA Children & Youth – Ann Saunders

T2026-2027 registration will be open soon. This is a program for non-baptized individuals ages 7-17. The OCIA program prepares children & youth to receive the Sacraments of Initiation – Baptism, Confirmation, and Holy Eucharist – at the Easter Vigil 2027. For more information, contact Ann at ann@3hearts.org

OCIA Adults – David Gedrose

If you are new to Christianity, a Protestant who wishes to convert, or a baptized Catholic who wants to return to the faith, then OCIA is the journey you will take, and it will lead you to the beauty, truth, and goodness of a new life in Christ.

OCIA at Sacred Heart, Lacey, will begin this summer and will conclude at the end of May 2027, with the Sacraments of Initiation—Baptism, Confirmation, and Eucharist—celebrated during Easter 2027.

Registration for OCIA 2026-2027 is now open. Please email me expressing your interest, and I will quickly get back to you with specific details on registration.

David Gedrose, email: 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



Events & Announcements

Mothers Day Blessing



Dear God, bless all mothers today with the strength of your Spirit. Grant them patience in their trials, joy in their families, and peace in their hearts. May they find inspiration in the example of the Blessed Virgin Mary, who said "yes" to your divine plan with courage and faith. Amen.

Human Dignity, Mental Illness, & Pastoral Accompaniment

Wednesday, May 20 | 10:00–11:30 a.m. | Hallen Hall

Join us for a faith formation presentation on how the Church is called to respond to mental illness with compassion, dignity, and faithful accompaniment.

Drawing on the Gospel story of Jesus healing the demoniac man in Mark 5:1–20, Gaudium et Spes, and Pope Francis's *Fratelli Tutti*, this session integrates Catholic Social Teaching and pastoral theology to address stigma and foster belonging in our faith communities.

Presented by Deacon Ronnie San Nicolas, the presentation offers practical insights for parish life, ministry, and everyday Christian encounter.

All are welcome.

International Fatima Devotion

Please join us in celebrating the International Fatima Rosary (the First Fatima Apparition in Portugal in 1917).

Wednesday, May 13, 2026, at 6:30pm. Come enjoy the Prelude Hymn by Amor Ronquillo and The Angels Choir: Hymn to Serenade our Lady of Fatima. 7pm Start of the Holy Rosary in our Church. Come join us. Our world needs our prayers.

For more information, call Deacon Rey at 360-791-9116 or Elisa S. at 360-491-7751.

Special Prayer theme: Praying Together, Prayers for Peace in the Middle East to Our Lord and Our Lady of Fatima.



CANNED FOOD DRIVE

10AM - 2PM SATURDAY MAY 16, 2026

SACRED HEART PARISH PARKING LOT

To benefit the Sacred Heart Food Pantry with its mission to help the needy in our community.

Food products needed: Nonperishable food including spaghetti sauce, macaroni & cheese, canned vegetables, canned soups, canned tuna, canned chicken, canned meat, and breakfast cereal

Please bring your donations to the Knights of Columbus Collection Station located in the church parking lot. We gladly accept both cash and checks. If you choose to donate by check, kindly make it payable to Knights of Columbus Council 1643 and include "Food for Families Program" in the memo line. Should you have any questions, please feel free to contact

Tom Mitchell at (360) 790-1253. Thank you for your generosity!

ELECTRONIC DONATIONS CAN BE MADE USING THE QR CODE BELOW OR AT OUR WEBSITE: [HTTPS://WWW.KOFC1643.COM/PAY.HTM](https://www.kofc1643.com/pay.htm)



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 HH upstairs

Heart to Heart

Tuesdays 11:45am HH2-RM5

St. Joseph Men's Prayer Group

Wednesdays 7am S5

Taizé/Holy Hour

Friday June 5; 7pm Church

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)

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

Blanket Ministry (Adults)

Tuesday May 12; 10am HH

Celebration of Santacruzán &

Crowning of the Virgin Mary

Saturday May 16; 6pm HH

Confirmation Mass with

Bishop Schuster

Friday May 15; 6pm Church

GriefShare (Last mtg until Sept. 14)

Tuesday May 12; 10am S5

Marian Movement of Priests -

Chapel

Wed. 9:30am Church

Marriage Preparation

English: Monday, May 11; 6pm S5

Missionary Families of Christ (Mtg)

Sunday May 10; 1:30pm

Music Ministry

Mon. 6pm (youth), Tue. 6pm (schola) & 7pm (adult), select Fridays, 6:30pm (Hispanic) S2

SacraMentors (Men)

Saturday May 16; 7am HH2-RM6

Samoan Community (Mtg)

Sunday May 17; 11:30am HH2-RM8&9

08 • ST. COLUMBAN & ST. PETER



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

Tuesday, 6pm



Knights of Columbus

St. Columban Council

17152 & Assembly 3947

Third Wednesday, 6pm

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

Third Thursday, 7pm



Events & Announcements

Happy Mother's Day! Thank you to our amazing volunteers at St. Peter and our Knights of Columbus and Daughters of Mary at St. Columban for making this day extra special!

Special Liturgy Next Week

Sunday, May 17

- 10:30am Sunday Mass with First Holy Communions at St. Columban
Please be aware there may be more people attending this Mass than usual. We invite parishioners to consider attending the 5pm Saturday Mass at St. Columban or the 8am Sunday morning Mass at St. Peter.

Are you called to help?

We are looking for volunteers to help with a few tasks in the St. Columban office, 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.

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 Father's Day (June 21) and Grandparents Day (September 13).



Reverently receiving Holy Communion

Just like any bread, the unleavened bread we use for communion can have particles or crumbs that fall off as it is touched and moved. The Church teaches that once the host has been consecrated, it becomes the Body of Christ. When particles of the host fall, precious pieces of Jesus himself fall to the ground. During distribution of Holy Communion, priests and Extraordinary Ministers of Communion ensure that particles fall back into the ciborium or onto the paten held by the altar server. The particles are then carefully collected and consumed by the priest on the altar after Communion when he purifies the vessels.



Faith Formation

Children's Faith Formation (Grades K-5)

Please pray for our First Communicants who will receive the Body, Blood, Soul, and Divinity of Jesus for the first time next Sunday, May 17 at the 10:30am Mass. First Communion rehearsals for elementary students will be this Saturday, May 16 at 10am in the Church.

Youth Ministry (Grades 6-12)

Next YM Saturday service opportunity: June 6.

Does your teen need Confirmation? Contact chad@saintcolumbanyelm.org.

Sealed with the Gift of the Holy Spirit

On April 30, 2026 at St. Columban

Youth Confirmandi

Alan M.	Galya C.
Ana A.	Marlene L.
Anahi A.	Marlon T.
Angela Z.	Natalie M.
Blake T.	Nghia H.
Cira Marie U.	Ryan S.
Dayana M.	Shane C.
Eyln T.	Sophia D.
Emma B.	

Adult Confirmandi

Lizbeth G.	Tammy T.
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Mental Health Awareness Month

As members of Christ's Body, the Church, we are called to encounter the living Christ in every person we meet. Among us are many who live with mental illness, and we are called not only to encounter them, but to walk with and accompany them with compassion and care.

Mental illness affects one in five people, cutting across every creed, culture, religious affiliation, and age. While some individuals feel comfortable sharing their struggles, many do not—often because of stigma or discrimination experienced in society, at home, at work, and even within faith communities. Some have lived for years with the ongoing challenges of mental illness; others are newly learning how to manage their symptoms. This is nothing to be ashamed of.

Remember: you are not alone. We are called to face these challenges together. Accompaniment may mean simply walking alongside someone on their faith journey. At other times, it may involve encouraging professional mental health support, or—in urgent situations—calling 911 or the 988 Suicide & Crisis Lifeline.

Together, we can help make our parish family at Sacred Heart, St. Columban and St. Peter a more welcoming and inclusive place for people living with mental illness. This begins with awareness and understanding. We are called to listen, believe, include, advocate, and—most importantly—to pray.

To learn more about the mental health ministry, contact parish nurse Brent Hyde, Deacon Ronnie San Nicolas, or visit the Archdiocese of Seattle's Mental Health Ministry website for resources and information:

archseattle.org/ministries/outreach-ministries/mental-health-ministry/



10 • FEATURES



From the Catechism Paragraph 739

Because the Holy Spirit is the anointing of Christ, it is Christ who, as the head of the Body, pours out the Spirit among his members to nourish, heal, and organize them in their mutual functions, to give them life, send them to bear witness, and associate them to his self-offering to the Father and to his intercession for the whole world. Through the Church's sacraments, Christ communicates his Holy and sanctifying Spirit to the members of his Body.

Parish Nurse & Mental Health Ministry Ask a nurse

I am caring for my wife with dementia at home, and at times I feel overwhelmed. Is there any support that can give me a short break and help me continue caring for her safely?

Caring for a loved one with dementia is an act of great love, but it can also be exhausting. A newer Medicare program called the GUIDE Model was designed to support both the person living with dementia and the caregiver. For eligible families working with participating providers, the program may include caregiver education, care coordination, and respite services that provide temporary relief for the family caregiver.

Respite can make a real difference. It may allow a caregiver time to rest, attend appointments, manage personal responsibilities, or simply restore the energy needed to continue caring well for a loved one at home. Depending on eligibility and provider participation, support may be available through in-home care and respite, adult day services, or other approved respite settings.

At ABOVE Home Health, we understand how heavy caregiving can feel, and we believe caregivers need care too. We are here to help families explore support at home, including respite services, dementia education, and practical guidance for the caregiving journey. -Natalya

Get to know our contributor and the agencies that we use for community

resources: Natalya Rubel leads Outreach at ABOVE Home Health, a local organization committed to helping older adults live safely and with dignity at home.

To submit a question to Ask a Nurse go to 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 action taken based on this information.



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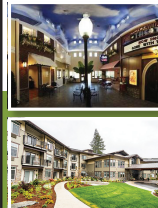
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