ASCENSION OF THE LORD
MAY 26, 2019
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WWW.SACREDHEARTBELLINGHAM.ORG
The Holy Father’s Prayer Intentions for May 2019

That the Church in Africa, through the commitment of its members, may be the seed of unity among her peoples and a sign of hope for this continent.
Welcome to Sacred Heart Parish
If you are just visiting, welcome! If you’d like to register at our parish, you can stop in at the parish office across the street, or go to www.sshbham.org to get a registration form. You can come in and get a cup of coffee in the office Monday-Friday from 9 am to 4 pm. Our parish staff can help you connect with the parish community in many ways, including social justice, homebound ministry, St. Vincent de Paul, and more.

PARISH LIFE

Whatcom County Pregnancy Clinic will hold their annual Walk and Run for Life fundraiser on Sat., June 1. It’s a fun event with a 2 mile walk and a 5k run for you to choose from. If you can’t attend, you can support Kay G. who will be outside after the Masses this weekend collecting sponsors. For more information about the event, go to www.walkwcpc.com.

First Friday Movie: On Fri., June 7, we will be showing Edith Stein: The Seventh Chamber at 10 am in the parish hall. It’s a movie about a beloved convert and saint who suffered under the Nazi’s in WWII. It is subtitled and runs almost two hours and is meant for older teens and adults. Join us for popcorn and refreshments!

All are welcome to the Mass of Reception for Archbishop Etienne!
On Fri., June 7 at 2 pm, Seattle Archbishop J. Peter Sartain invites the people of the Archdiocese to join in this special celebration to receive Archbishop Paul D. Etienne as Coadjutor Archbishop of Seattle. A public reception will follow at O’Dea High School, located on the east side of the Cathedral. The address to St. James Cathedral is 804 9th Avenue, Seattle.

If you cannot be there, you can listen to the live broadcast on that same day at 2 pm online at SacredHeartRadio.org or on the radio at 1050 AM or 100.3 FM.

Catholic Daughters of the Americas are having a bake sale at Sacred Heart after both morning Masses on Sun., June 9. There will be a variety of delicious home-baked cookies, coffee cakes, breads, and other pastries. All proceeds go to support our local seminarians and various charities in Whatcom county.

The Agape Service Project is seeking volunteers to help with this summer’s program. We are looking for people who are interested in helping prepare meals right here at the Sacred Heart kitchen and/or volunteers to help with set up for their weekly food bank in Lynden. If you’re interested please visit wwwunewman.com/Get-Involved to find the “Volunteer Interest” link, or contact Melina at agape@wwunewman.com for more information.

CCS Refugee Resettlement is currently helping a refugee family of three from Afghanistan into a one-bedroom apartment. They are in immediate need of all household items including furniture, kitchen, and bathroom items. Many of the kitchen items we donated in March have already been used, so the need is ongoing! Please bring any donations to the CCS office located at Francis Place, 1122 Cornwall Ave. For more information on specific items needed, please contact Andrea Cunningham at 360-671-5486 or email at AndreaCU@ccsww.org. Thank you for all your generosity in the past, and may we continue our support of this important ministry.

Homebound Ministry is for those who are too ill or infirm to come to the Sunday Masses and who need to receive Holy Communion in their homes. If you are in this situation, please call the parish office, 360-734-2850, and let us know so that we can arrange for someone to contact you about Homebound. There is a great need for volunteers for this important ministry, so if you would consider it, we would love to hear from you! Call the parish office at the above number.

Pray for those In the Military:
HM1 Benjamin Chapin, USN
LT COL Gregory DeMarco
MAJ Tyler Ripley, USAF
CMC Paul McFadden, USN
MT6 David Varner
SGT Luke Bradshaw, US Army
CAPT Jason Taylor
LT Casey Oswald, USN
TSGT John Coder, USAG
AT1 Jon Silver, USN
CAPT Jonathan Brent
SGT Davis Glass, USMC
Jared Santos
James Robinson
MAJ Kiel Gilliland, USAFR
MAJ Sharon Gilliland, USAG
LT Andrew Remien, USN
MCPO Anthony Edward Vega
SGT Chelsea Torvik, US Army
E1 Dylan Bailey, USN
1LT Joe Knutson, USAF
E3 Cole H. Trolinder, US Army
LT CDR Scott Higbee, USCG
SFC Casey Gursley, US Army
LTCOL Andrew Hoffman USAF
PFC John Vincent, USMC
SGT Matthew Mashburn, USMC
A1C Jacob Bean USAF
1 LT Nikolas Karaffa, US Army

Please remember in your prayers those who have died, especially:
Betty Chapin, Phyllis Weiland,
Kitty Dolan, Margaret Maierski,
Barb Haddad, Bill Maris,
Guy Loeselle, Gerald Gribble,
Ben Sokolowski, Betty Kuljis,
Mami Stamm, Sylvester Moran,
Patrick Imhof, Laurie Capello,
Kathy Wood, Rico Barnett,
Ray Manning, Richard Vetter,
Manuel Lascano, Marylee Lecocq,
Rosemary Stock, Wally Whaley,
Edith Brown, and Elizabeth Chaves.

Memorial candle burns for:
Lara Cummings
5/27-6/2

Please consider supporting the vendors listed on the back of the bulletin. Their advertising allows us to print the cover page free of charge.
**Sacred Heart Parish, Bellingham ~ May 26, 2019**

**ARCHDIOCESAN EVENTS**

St. Mary Parish in Anacortes has employment opportunities for these positions: Administrative Assistant, Liturgy Coordinator, Catholic Faith Formation Coordinator, Music Coordinator, and Facilities Supervisor. Visit our website at this link for more information about the positions and the application: [https://stmaryanacortes.org/Resources/Parish-Employment-Opportunities](https://stmaryanacortes.org/Resources/Parish-Employment-Opportunities).

The Retreat Center at the Palisades has many retreats coming up soon, such as a marriage retreat with Fred and Anne Janssen in July 19-21. Every Day in Love is a fun, engaging, and transformational enrichment program designed to release joy in marriages. Couples of all ages and experience will benefit from the practical strategies, everyday skills, liberating insights, and experiential exercises that will be presented at this retreat. Register or find more retreats at palisadesretreatcenter.org.

**Rachel’s Vineyard:** A single act of love can make a soul return to life. —St. Maximilian Kolbe

It takes courage to reach out for help when one is hurting from a past abortion. Find compassion, forgiveness, and a path to peace. We are here for you and already keeping you close in our prayers. Call for a confidential, compassionate conversation in English: (206) 920-6413 or Español: (206)-450-7814.

Go to BabyChris.org to follow the fascinating journey of a child developing in the womb from fertilization to birth. You and your family can learn amazing new information about human life!

**ASSUMPTION EVENTS**

**Grief Support Group** every Friday, 1:30-3:30 pm in the Stafford Room. We invite you to join our group as we share our faith in God and fellowship with each other on our healing journey. Contact Michelle Byrnes for more information, 360-319-6366.

**Rosary Makers** meet on Saturdays at 1 pm in the Stafford Room at Assumption. For questions, contact Marilee at 360-671-3211.

Thanks to the hard work of multiple interview teams and a great pool of candidates, the Assumption Catholic School is fully staffed for the 2019-20 school year. Please welcome the following new teachers and staff for next year: Office Assistant—Dayna Dennis; Elementary Teachers’ Aide—Lisa Cornwell; Preschool Teacher—Rita Hawkes; Middle School Science and Religion—Samantha Ernest; K-8 Spanish—Cristina Pavan.

Spaces are still available for students in select classes, including five openings for kindergarten. The pre-kindergarten for 4-year-olds is full, but preschool for 3-year-olds still has a few spots available on Tuesdays and Thursdays.

**Middle and High School Youth News**

All high school seniors are invited to our Baccalaureate Mass on Sun., June 9 at 9:30 am at Assumption. Mass will include a sending forth ceremony and blessing of graduating seniors and will be followed by a celebratory brunch in the Assumption gym.

We need high school juniors and their families to volunteer to help with the brunch reception. Please contact April Waldrop if you are able to provide food or help with set up/clean up from 9:30-12 on June 9th.

(appril.waldrop@shbham.org)

**Save the Date!** Join us for the first annual Camp-Out to End Homelessness. Join this FUNdraiser of Family Promise, a program of Interfaith Coalition, for a night of car-and-tent-camping, community awareness, and fun while working to end family homelessness in Whatcom County. It will take place at in the parking lot of Cornwall Church, from 5 pm, Fri. June 28 to Sat. the 29th at 10 am. Participate by rallying a team to spend the night in your car or tent OR join us for the evening events and head home when we turn in for the night. Dinner, breakfast, and activities for the whole family will be provided. For tickets, registration, FUNDraising guidelines, and additional information visit our Family Promise website: [https://familypromisewhatcom.org/](https://familypromisewhatcom.org/).

**Social Justice Corner**

In the Gospels, Jesus states the two great commandments, to love God with your whole heart, and to love your neighbor as yourself. Love of God and love of neighbor are clearly linked.

But what does that love look like? Catholic tradition has long recognized that there are two main ways to express that love, and in 2012, the US Catholic Bishops articulated this as the “Two Feet of Love in Action.” One foot is Christian charity, in which we respond with love and generosity to immediate needs—offering food to the hungry, donating to disaster relief funds, assisting women in crisis pregnancies, supporting homeless shelters, etc.

The second foot is social justice, or advocacy to remove the root causes of poverty and injustice. This includes sharing our Christian values with our government officials and asking them to enact laws and policies that create a more just and peaceful world.

It is this second aspect that is addressed by the annual Offering of Letters sponsored by Bread for the World. Next week, we are launching the Offering at Sacred Heart, as we have for the last several years. This year’s theme is “Better Nutrition, Better Tomorrow,” urging our government to increase global funding for child nutrition. It recognizes the fact that good nutrition in the first 1000 days of a child’s life, including in utero, is crucial for his/her future health.

As people of faith, we are called to care for one another and speak out for those in need. Our letters to Congress, are an important way we can do this. Please stop by the tables outside after Mass to sign your letter. —Carol Gavareski
Rodgers, a young child in Uganda, is growing strong and healthy. Unlike 1 in 4 children around the world, Rodgers has escaped the lifelong sentence of stunting caused by chronic malnutrition. Rodgers has a brighter future because of a U.S.-funded program that helps his mother and father grow crops rich in Vitamin A and iron.

When you take part in Bread for the World’s 2019 Offering of Letters: Better Nutrition, Better Tomorrow, you will help more children grow and thrive. By spending a few minutes to write a personal letter or email to your members of Congress, you will help improve nutrition for mothers and children.

Your letter—along with letters from thousands of other people of faith across the country—will help persuade Congress to make improving global nutrition a priority. This outpouring of letters will also urge Congress to increase funding for programs that provide better diets for poor farmers, promote breastfeeding for young children, and ensure safe drinking water. These measures will save the lives of children and help meet the international goal of ending hunger by 2030.

Moved by God’s love in Jesus Christ, we reach out in love to our neighbors. We join other people of faith, and we work together to give children a brighter future with better nutrition.

Your letters to Congress will help more children like Rodgers escape the lifelong sentence of stunting caused by chronic malnutrition.

Sample letter on the other side for handwritten letters. Also, after the Masses, pre-written letters will be available for you to print your name and address.
WRITE TO CONGRESS:
Urge Congress to Advance Global Nutrition

Join our collective voice in urging Congress to pass legislation that will accelerate progress on global nutrition. This sample letter will help you, your church, or community group send handwritten letters or personalized emails to your representatives and senators in Congress.

Follow these easy, quick steps for an effective letter:

1. Ask for a specific action, using your own words or this sentence:
   I urge you to increase funding to reduce global malnutrition.

2. Give reasons for your request and make it personal.
   • Share a personal reason or story that motivated you to write.
   • Show your own organization’s commitment: “My church is helping by [example], but I also urge you to enact legislation that increases our nation’s commitment to global nutrition.”

3. Write your name and address at the end of your letter and on the envelope, so your members of Congress know you are one of their constituents.

4. Send your letters to Congress, and please don’t mail them to Bread for the World. If you’re mailing your letter, put each letter in a separate envelope and address it. To send a personalized email, go to bread.org/ol.

5. Report back and let us know if you or your church have written letters or sent emails at bread.org/evaluation.

Send your handwritten letters to:

Sen. __________________________ Rep. __________________________
U.S. Senate U.S. House of Representatives
Washington, DC 20510 Washington, DC 20515

Sample Letter

[Date]

Dear Senator __________________________, or Dear Representative __________________________,

I ask you to support legislation and increased funding to accelerate progress on global malnutrition.

Almost half of all child deaths worldwide are linked to malnutrition. The children who survive remain at high risk of irreversible stunting, which affects their physical and cognitive development. For 151 million children under the age of 5, the majority in Central America, South Asia, and Sub-Saharan Africa, stunting is a life sentence.

We are making progress, but it is far too slow. Increased access to nutritious food and vitamins, supporting breastfeeding, and ensuring safe drinking water and sanitation will enable more children to grow and reach their full potential.

My faith calls me to have compassion and stand alongside women and children around the world. I urge you to increase our nation’s commitment and investment in efforts to advance global nutrition.

Sincerely,
[your name]
[your address]
[city, state, ZIP]

For the most current version of this sample letter, updated as legislation moves in Congress, visit bread.org/ol.

HUNGER AND POVERTY FACTS*

In 2017, the number of people experiencing hunger around the world increased for the third year in a row. Much of the increase in hunger is due to climate change, conflict, and economic downturns.

• Forty-five percent of all preventable child deaths are linked to malnutrition.

• Nutrition programs for pregnant women and young children are highly cost effective. Every dollar spent on them produces on average a $16 return from reduced health care costs and people’s improved ability to participate in the labor market.

• One in 4 of the world’s children (151 million children) suffers from physical and cognitive stunting.

• In 2017, more than 7 million U.S. women and children living in low-income households received nutritious food and nutrition education through the Women, Infants & Children (WIC) nutrition program.

* Go to bread.org/ol to read about additional domestic and international hunger and poverty facts.