

Immaculate Conception Church

820 – 18th Avenue
Seattle, WA 98122

Flores de Mayo



May 10, 2026 – Sunday

10:30am Procession

11:00am Holy Mass

(*Sunny) Outside around the church

(*Rain) Inside the church

Flores de Mayo & Santacruzán

Crowning of Mary

*Reception follows at the Jean Moran Hall (*Church Hall*)*

A letter to Mothers, Grandmothers, Future Mothers, & Women with the Heart of a Mother

In lieu of Father Gary's weekly letter, we share this powerful message for mothers, written by Barbara Connor of our sister parish of Immaculate Conception. Happy Mother's Day!

TO THE WOMEN WHO HAVE CARRIED LIFE — in your bodies, in your arms, or in your hearts — I write to honor you.

You are the quiet architects of families, the keepers of stories, the ones who hold together what the world often takes for granted. Whether your motherhood has been shaped by joy, sacrifice, resilience, or hope, your presence has changed the world in ways that cannot be measured.

TO THE MOTHERS: Thank you for the countless unseen acts of love — the late nights, the early mornings, the whispered prayers, the courage to keep going even when you felt empty. Your strength has shaped generations.

TO THE GRANDMOTHERS: Your wisdom is a gift. You carry traditions, memories, and lessons that anchor families. You remind us of where we come from and help us see where we are going. Your love stretches across time.

TO THE FUTURE MOTHERS: May you walk forward with confidence, knowing that motherhood is not defined by perfection but by presence. May you feel supported, empowered, and surrounded by women who have walked the path before you. Your journey will be uniquely yours, and that is its beauty.

TO WOMEN WITH THE HEART OF A MOTHER: May you continue to love, guide and support the children in your care, or the children you mentor. May you also feel supported, empowered, and surrounded by women who have walked the path before you. Your role is special and unique.

Let us pray for mothers who are experiencing major inexcusable tragedies.

And now, I speak to you not only as a woman, but as a grandmother who is rallying at the finish — still cheering, still praying, still believing in the generations rising behind me. I have lived long enough to know that life is both fragile and fierce, and that the love we pour into our children becomes the legacy we leave behind. So, I ask a few questions — ones that have guided me in these later years, ones I hope will guide you too:

What do you want your children to know, to value, and to carry forward long after your own voice grows quiet?

Do you want them to know kindness? Do you want them to honor family?

Do you want them to know and understand right from wrong? To understand that every action — good or bad — carries a consequence? To learn that consequences are not punishments, but teachers that shape character and integrity?

Do you want them to know and value faith?

SO teach them these values. Especially teach them faith.

Not the kind of faith spoken and taught only in church, but the kind lived out in the quiet moments — faith that steadies a trembling heart, faith that whispers hope in the dark, faith that reminds them they are never alone.

Let them see you lean on your faith in your storms. You see, faith is the inheritance that never runs out.

Now, Motherhood is often seen as a role where “getting it right” is expected — but the truth is, no one is perfect, and that’s okay. Many moms, even those who are confident in their parenting, have made mistakes and learned from them over time. I can testify to that. Know, however that

Your children are watching you. Your grandchildren are learning from you. Generations yet unborn will feel the impact of the choices you make today.

I firmly believe that our children today are suffering from lessons of blatant deceit, violence, bullying and greed. This societal environment can be very dangerous to the well-being of our children. Our children deserve better.

SO, MOTHERS, RISE UP!

Rise with purpose. Rise with conviction.

Rise with the quiet, unshakeable strength that only a mother’s heart can hold.

And finally, moms... my prayer for you is this:

May your legacy be that of faith and love. And may your legacy be children who know right from wrong, who walk with integrity, who understand consequences, who choose goodness, and who carry the light you have placed within them.

With all the love a grandmother’s soul can hold, and as I “rally to the finish,” thank you for listening.

BARBARA CORMIER CONNOR
*Mother, Grandmother and Educator
Immaculate Conception Parish, Seattle*

Cultural Narration: Madelaine Bueno

FLORES DE MAYO

May is the merriest and the most beautiful month of the year. It is the season of colorful festivals and Flores de Mayo or Santacruzán is one such festival. During the month of May, in the tropical islands of the Philippines, the fragrance of flowers floats in the air. When the rains begin to pour after a long dry spell, flowers magically bloom overnight. And being predominantly Catholic, the Filipinos celebrate the beneficial rains by giving praise to the Blessed Virgin Mary. The town folk gather the colorful flowers to decorate the Parish Church altars and aisles. They bundle the blooms in exotic arrangements for the many different festivities all together referred to as the "Flores De Mayo" (Flowers of May). Many towns celebrate Flores De Mayo with the community congregating in the afternoons to pray the rosary, offer flowers to the Virgin Mary, and share homemade delicacies and snacks. Children and adults wearing their Sunday's best sing and dance to welcome the rains that will water the new crops.

SANTACRUZAN – Search of the Holy Cross

Across the Philippine archipelago, the tradition of the Flores de Mayo, a daily offering of flowers to Mary, the mother of Jesus, is observed throughout the month of May. Typically, the celebration culminates with a Santacruzán, a grand finale that, as its Spanish name implies, ties in a very different theological theme—the discovery of the True Holy Cross by Reyna (Queen) Elena, or St. Helena, the mother of the Emperor Constantine. That day is celebrated with Mass, followed by a ritual wherein a number of young women designated as Flores de Mayo “queens” look for the hidden Cross with the finder being designated as Reyna Elena. **This year, our Reyna Elena is Celina Salgado Duque**

The Meaning of May Crowning

While Mary the Mother of God is revered and celebrated all year long, May is a special month to celebrate the “Queen of Heaven.” May has been Mary’s month since the medieval period, when May was considered the end of winter and the start of a new season of growth. It’s a time for new beginnings and the chance to begin with gratitude and devotion. There are many reasons she is considered the “Queen of Heaven.” She was a perfect follower of Christ, and so is considered the crown of creation. She is also the Mother of the Son of God, Jesus, who is the King of Israel and the universe. And of course, she is the most important woman of our faith, and our spiritual mother. It’s our hope and prayer that this May, our celebration of May Crowning in our parish that each one of us will have a special encounter with Christ through the Virgin Mary. Today **Mr. and Mrs. Ngozi Oleru** will have the honor to crown the statue of our Blessed Mother Mary.



Immaculate Conception Church

Parish Family: St. James Cathedral and Christ Our Hope

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SIXTH SUNDAY OF EASTER

MAY 10th, 2026

Mass Celebrant

Fr. Francis Thumbi

Music

Family Choir

Introduction – Cultural Narration

Madelaine Bueno

Procession of the Statues of Mary – Lady of Africa, Virgen ng Barangay -Phils

Flores de Mayo – Floral Offering.

Santacruzán - Reyna Elena

Celina Salgado Duque

Rite of Crowning of our Blessed Mother Mary -

Mr & Mrs Ngozi Oleru

Rite of Crowning of our Blessed Mother

Priest: Let us pray!

Blessed are you, Lord, God of heaven and earth, for in your mercy and justice you cast down the mighty and exalt the lowly. Your marvelous wisdom is shown above all in the Word made flesh and in His Virgin Mother. For He, your Son, who freely humbled himself even unto death on the cross, now sits at your right hand and is radiant with unending glory, the King of kings and Lord of lords; and she, the Virgin who wished to be called your servant, was singled out to be Mother of the Redeemer and true Mother of all the living: now she is exalted above the choirs of angels and reigns in glory with her Son, praying for all of us, the Queen of mercy, pleading for grace. Merciful Lord, look upon us your servants, who by crowning this statue of the Mother of your Son, proclaim Him as King of all creation and approach her as our queen. Give us the grace to follow them in serving you; to do what love demands for the sake of our brothers and sisters; to deny ourselves and spend ourselves, so as to win our neighbors for you; to be lowly on earth, so as to be exulted in heaven where you reward your faithful servants with a crown of life. We ask this through Christ our Lord...Amen

(Note: The Priest will bless all the participants, Mr. & Mrs. Ngozi Oleru and the Crown of Flowers by Holy Water)

Priest: Bless these faithful who will honor and crown Mary. Bless this crown of flowers that represents our love and devotion to the Blessed Mother in the Name of the Father and of the Son and of the Holy Spirit...Amen

***Crowning the Blessed Mother Mary – Mr & Mrs Ngozi Oleru**

Hymn - "On This Day Oh Beautiful Mother"

Page 479

Note: After the crowning all participants will return to the pews. Mass celebration starts.

HOLY MASS

Opening Hymn: "Hail Thee Festival Day" Page 401

THE INTRODUCTORY RITES

- SIGN OF THE CROSS
- Opening Prayer
- Penitential Rite
- Gloria

THE LITURGY OF THE WORD

First Reading: Acts of the Apostles 8:5-8, 14-17

Responsorial Psalm: Psalm 66:1-3,4-5,6-7,16,20 (1)
"Let all the earth cry out to God with joy"

Second Reading: 1 Peter 3:15-18

Alleluia

Gospel: John 14:15-21
Homily

Prayers of the Faithful

THE LITURGY OF THE EUCHARIST

Offertory Hymn "Ave Maria" Page 483
The Lord's Prayer
Peace Rite

Communion "Peace is Flowing Like a River" Page 706

***Blessing of all Mothers**

ACKNOWLEDGEMENT

THE CONCLUDING RITES

Closing Hymn "Hail Holy Queen" Page 686

Flores de Mayo Songs:

Immaculate Mary

Immaculate Mary, your praises we sing;
You reign now in heaven with Jesus our King.
Ave, Ave, Ave, Maria! Ave, Ave, Maria!
In heaven, the blessed your glory proclaim;
On earth we, your children, invoke your fair name.

Ave, Ave, Ave, Maria! Ave, Ave, Maria!
We pray for our Mother, the Church upon earth,
And bless, Holy Mary, the land of our birth.
Ave, Ave, Ave, Maria! Ave, Ave, Maria!

Dios Te Salve (Hail Mary)

Dios te salve Maria
Llena eres de gracia
El señor es contigo
Bendita tu eres
Entre todas las mujeres
Y bendito es el fruto
Y bendito es el fruto
De tu vientre Jesus.

Santa Maria Madre de Dios
Ruega por nosotros
Pecadores ahora Y en la hora
De nuestra muerte Amen. Jesus.

“Hail, Holy Queen”

Hail, Holy Queen enthroned above, O Maria.
Hail, Queen of mercy and of love, O Maria.
Triumph, all ye cherubim, Sing with us, ye
seraphim,
Heaven and earth resound the hymn:
Salve, salve, salve Regina!
Our life, our sweetness, here below, O Maria!
Our hope in sorrow and in woe, O Maria!
Triumph, all ye cherubim, Sing with us, ye
seraphim,
Heaven and earth resound the hymn:

“On This Day, Oh Beautiful Mother”

Refrain: On this day, O beautiful Mother,

On this day we give thee our love.
Near the, Madonna, fondly we hover,
Trusting thy gentle care to prove.

On this day we ask to share,
Dearest Mother, thy sweet care;
Aid us ere our feet astray
Wander from thy guiding way. *Refrain*

Queen of angels, deign to hear
Lisping children's humble prayer;
Young hearts gain, O virgin pure,
Sweetly to thyself allure. *Refrain*

Catechesis 101

Congratulations to Theodore Bass Trujillo on his Baptism!

We joyfully welcome Theodore into the family of faith and celebrate this special moment with his loved ones. May God bless him abundantly and guide him as he grows in faith.

Easter Season

Have you noticed that during the Easter Season the first reading on Sunday is taken from the New Testament? It is always from the Acts of the Apostles! Usually on Sundays the first reading is from the Old Testament. This shift during the Easter season focuses on the event of the resurrection and the growth of the early Christian community, the Church.

Sharing our Faith: Our Lenten Journey here at Immaculate Conception.

Station 7 – reflection from Selam Teklemariam

Jesus falls for the second time

Jesus bears this burden and falls, for the second time, in order to meet me. He gazes on me, he touches my hearts; he falls in order to raise me up. Jesus falls the second time. Every bone in his body cries out enough”, I can’t go on, but Jesus knows he must carry on, he knows my life depends on it, he drags himself to his feet and drags himself painfully on to meet me. gaze on me, and touch my heart; he falls in order to raise me up. As I think about Jesus falling the second time, how many times have I taugh enough, I gave up, when things have got too much for me to bear? Sometimes it is illness, when I can’t take it anymore, sometimes it is work and I feel I just can’t carry on, even I gave up on my prayer when everything seems to go the opposite way, and think God is not listening. May I be granted the grace to think of this station when this happens so that I will carry on for your sake as you carry on for my sake.

PRAYER: Lord Jesus Christ, you have borne all my burdens, and you continue to carry me. My sin weight has made you fall. Lift me up, so that I may lift others up. Give me hope at every moment of darkness, so that I may bring your hope to others.

Station 8 – reflection from Dalwyn Dean

Jesus meets the women of Jerusalem

What impact does this station have on me, or my community, or society? Lord, you were left alone, abandoned by your Apostles and followers, as you walked the Way of the Cross; you were forced to carry your own heavy cross.

You had fallen once before Simon of Cyrene helped you to carry the Cross. Before you met the women of Jerusalem, you fell a second time. The women were visibly saddened by your suffering and physical condition. But, you ignored your own pain and allowed yourself to be so touched by the tenderness and visible love these women honestly showed for your condition, it made you weep for them and us, rather than your own plight!

Dear Jesus, I can’t ignore the fact that you came down from heaven to die for OUR sins as the perfect Lamb of God! Please continue to teach me and others, by your example, to fearlessly put aside our own crosses in life; and to attend to the needs of others, who are suffering above whatever we are personally experiencing. Our sacrifices do not come close to touch the burden of sin that the sinless Jesus carried for our sake. Thank you, dear Jesus, for making it possible for us sinners to enter the Kingdom of God through your death on the cross!

Pray for our Parishioners

For the Eternal repose of the soul of Spencer George Thompson (June 5, 2003—April 10, 2026)

Altar Server at Immaculate Conception Church. Obituary: www.funerals.coop/obituaries/spencer-thompson.

May the perpetual light shine upon him. You will be missed!

Funeral Mass: Friday, May 29, 2026 at 11AM at Immaculate Conception Church

For the Eternal repost of the soul of Gussie Jagod, John Gabuat, Cristeta Olog, Teodora Agdeppa and Paciencia Mauricio.

Healing Prayers for Alice Davis, Rosalyn Fournier, Sharon Pitre - Williams, and Ann Imbert.

Please contact the parish office at 206-322-5970 or bulletin@icseattle.org to add a parishioner's name or your family's name to our weekly prayer's list.

Upcoming Events

May 10 (Sun)	11AM	Flores de Mayo and Crowning of Mary
May 24 (Sun)	11AM	Pentecost Sunday
May 24 (Sun)	12PM	George Floyd Remembrance during fellowship (see flyer)
May 26 (Mon)	3PM	SIGS Meals, Immaculate Conception Jean Moran Hall
May 29 (Fri)	11AM	Funeral Mass and hospitality for our beloved Spencer Thompson
May 30 (Sat)	10AM	2026-27 Liturgical and Events Calendar Planning Meeting - Jean Moran Hall
May 31 (Sun)	11AM	Youth Mass

MASS SCHEDULE:

11:00 AM SUNDAYS (10:30 Holy Rosary)

Also live streamed at

<https://www.facebook.com/ImmaculateConceptionSeattle>

8:00 AM SUNDAYS – Eritrean Community

Pastor – The Very Reverend Gary F. Lazzeroni

Parochial Vicars – Rev. Francis Thumbi &

Rev. Sylvester Chanda

Pastor Emeritus - Very Reverend Michael G. Ryan

Deacon Joseph Connor

Pastoral Care Request - If you would like to request a house blessing, Communion, or the Anointing of the Sick, please contact Fr. Chanda directly at schanda@stjames-cathedral.org.

PARISH OFFICE

Office Hours: M-F, 9 AM to 3 PM or

By Appt. - call (206) 322-5970, office@icseattle.org

Alice Davis x602 paa@icseattle.org
Pastoral Assistant for Administration and Facilities

Shanita Burrell-Stewart x603 shanitasb@icseattle.org
Volunteer Coordinator

Grace Neri x601 office@icseattle.org
Administrative Assistant

Blake Steller bsteller@stjames-cathedral.org
Parish Family Director of Youth and Young Adult Ministry

CHOIR

Michaela Credo (Family) mjcredo08@yahoo.com
Sherrell Mitchell (Gospel) rell4christ@gmail.com

COUNCILS

Pastoral Council Maria Batayola (Chair), Connor Trapp, Deacon Joe Connor, Fred Verzosa, Marisa Harvey, and Sharon Pitre-Williams.

Finance Council Jane Powers (Chair), Lori Chisholm, and Toni Hall.

Please visit the church website at www.icseattle.org for other requests like Baptismal, Wedding, Bulletin Post, Giving and more.

Stewardship:

Caring for Our Church and Community

**Year-to-Date Collection
Stewardship of Treasure Report**

As of 04.20.2025 - \$138,274.97

As of 04.19.2026 - \$150,956.05

Blessings and Thank you!

**ARE YOU A REGISTERED PARISHIONER AT
IMMACULATE CONCEPTION CHURCH?**

Many who attend Immaculate Conception church regularly and consider the ICC their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the church, are able to celebrate their wedding at ICC, and their children may attend any of the Catholic Rainbow Schools at Parishioner rates. To register, visit www.icseattle.org or use the QR code.



BULLETIN POST SUBMISSION

Please scan the QR code to submit any Immaculate Conception Church Seattle bulletin post request, including prayer requests.



For questions, please contact the parish office at office@icseattle.org or 206-322-5970.

REPORTING ABUSE

**Helpline 800-446-7762 helpline@seattlarch.org
protectandheal.seattlearchdiocese.org.** Report any suspicion of abuse by any church personnel to the local law enforcement. Call the Helpline if you know of sexual abuse or misconduct by a member of the clergy, an employee, or volunteer of the Archdiocese of Seattle. The Archdiocese of Seattle has a longstanding commitment to transparency, accountability, and assistance to persons sexually abused by clergy or anyone working on behalf of the church.

For children's safety and victim assistance see
<https://preventionusccb.org/resources>

The Life of Our Community

Parish Calendar Planning Meeting

Immaculate Conception will host a **Parish Calendar Planning Meeting on Saturday, May 30, 2026** for all ministry leaders and parish family members planning to host events, meetings, or fundraisers in the upcoming year.

This meeting will establish the official parish calendar for **June 1, 2026 through June 1, 2027**, so it is important that all groups planning activities attend. Please register in advance so we can prepare accordingly and begin organizing event details ahead of time:

<https://archseattle.ccbchurch.com/goto/forms/7926/responses/new>



We appreciate your cooperation as we work together to plan a well-organized and successful year for our parish family.

Note: Events not submitted at this meeting may not be included on the parish calendar.

BIBLE STUDY (*happening now*) - Study "*Psalms: The School of Prayer*" **8 Weeks, March 16—May 25 (Mondays) 6:00-7:30pm**. For questions, contact Lori Chisholm-Cook at lori.chisholm@gmail.com.

SIGS MEALS—This gathering takes place on the last Tuesday of each month, and volunteers are always welcome. The event is named in honor of our beloved parishioner and donor, Sig Haugland. Next gathering—**May 26, 2026 3:00 PM Jean Moran Hall Kitchen**. For questions, contact Alex Soto at (206) 271-2463

YOUTH MASS - Calling all youth, we **NEED YOU** to help us make our youth mass awesome! Whether you're into reading (lectoring), helping with gifts, singing in the choir, ushering, or even altar serving, we want **YOU** to be part of the Mass. This is a great opportunity to get involved and serve God. If you want to join us, please complete the online form - <https://archseattle.ccbchurch.com/goto/forms/7459/responses/new> or scan the QR code *or* going to www.icseattle.org under parish life -> ministries to sign up and let us know how you'd like to help. Youth masses - **May 31, August 30 and November 29**.



YOUNG ADULT GATHERING: FELLOWSHIP & VISION NIGHT—All young adults are invited to join us on Sunday, May 17, after the 5:30 PM Mass at the Pastoral Outreach Center for fellowship, light refreshments, and conversation. Together, we'll spend time brainstorming ideas and helping craft a shared vision for the future of young adult ministry within our parish family. Please reach out to Blake Steller at bsteller@stjames-cathedral.org for more information.

SUNDAY FELLOWSHIP Hospitality - Need sponsor for the 3rd Sundays. We are looking for **individuals, families, groups of friends, or ministries** to sponsor our **Sunday Fellowship** on the following dates: **Jun 14**. This is a beautiful opportunity to build community by offering light hospitality after Mass. If you're interested or would like more information, please contact the parish office at office@icseattle.org or call (206) 322-5970.

MEMORIAL DAY REMEMBRANCE MASSES—**May 23 & 25 | Various times | Holyhood, Gethsemane, Calvary and St. Patrick cemeteries**. Join us for Memorial Day Remembrance Masses at all four of our Associated Catholic Cemeteries to pray for the souls of our fallen veterans and for the faithful departed. <https://archseattle.org/events/memorial-day-masses/>



NAMI FAMILY SUPPORT GROUP - Open to anyone who has a family member with a mental illness, meets **online on 1st Sat of the month and in person on 3rd Sat of the month** at St James Pastoral Outreach Center, 1:30 3:00pm. *Registration:* helpline@namiseattle.org.

WALKING WEDNESDAYS—**St. James Mental Health and Wellness Ministry** - Join us every Wednesday beginning June 3rd through August 26 for a walk around first hill neighborhood. **Meet at the Pastoral Outreach Center—9007 Columbia Street**. Walk starts at 11am. All abilities are welcome. Dogs are welcome too.

BRAIN HEALTH BLOCK PARTY—**4th Annual First Hill** - Explore First Hill and Celebrate Brain Health. **Friday, June 26, 2026, 11 AM—2PM**. Fun and Free Event for All Ages. Special invite to folk age 50+! Learn more: <https://tinyurl.com/BHBP2026>



Annual Catholic Appeal

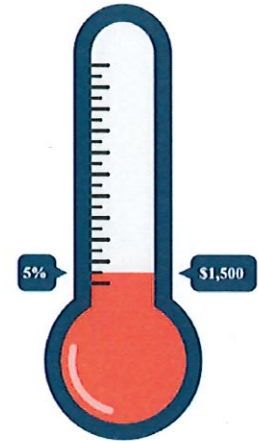


THE 2025 ANNUAL CATHOLIC APPEAL BEGINS

Together in faith is the theme of this year's **Annual Catholic Appeal**, and this weekend kicks off the 2025 campaign! The Annual Catholic Appeal funds ministries and services for your local Catholic community across Western Washington. This combined effort of parishes and the Archdiocese of Seattle ensures the availability of outreach ministries, Catholic education, faith formation, administrative services for parishes and much more!

This year, our parish's goal is **\$28,480**. All gifts received over our goal will be returned to the parish to complete the project we began last year of installing sec. Please prayerfully consider how you can participate in helping our parish be a light to others.

GOAL: \$28,480



JOB OPENINGS

Pastoral Assistant for Faith Formation The parishes of Family 17 (St. James Cathedral, Immaculate Conception, and Christ Our Hope) have an opening for a Pastoral Assistant for Faith Formation to develop, implement, and direct Faith Formation Programs. This person will also plan and facilitate Sacramental Preparation programs in collaboration with appropriate groups and/or individuals in the parish family. Salary range is \$75,000-\$85,000 annually. This is a full-time position with an Archdiocesan Benefits package.

Custodian St. James Cathedral has an opening for a Custodian to perform basic janitorial and floor care responsibilities. This person will also work with the Cathedral Facilities staff in setting up for special events. Plumbing, electrical, and basic carpentry skills are a plus. Salary range is \$24-26 hourly. This is a full-time position with an Archdiocesan Benefits package.

To receive a job description and details, download and complete the application (<http://archseattle.org/wp-content/uploads/2020/12/HR1.2-EmploymentApp2019Parish.pdf>) and send it with a resume, via e-mail, to Larry Brouse, lbrouse@stjames-cathedral.org.

Please be aware of scam emails or text messages falsely claiming to be from any Priests or other parish staff. Scammers often:

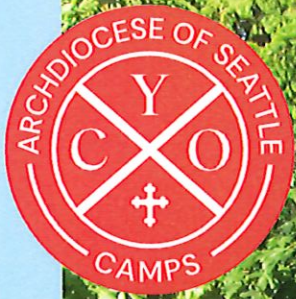
- Ask for gift cards, money transfers, or urgent help
- Use fake emails that look similar to parish addresses (e.g., fr.john.icchurch@gmail.com instead of the real one)
- Claim they are "in a meeting" or "too busy to talk" and ask for help quickly



Important Reminders:

- Parish staff will NEVER ask for gift cards, wire transfers, or personal banking info by email or text.
- When in doubt, call the parish office directly at [Parish Phone Number].
- Do not respond to suspicious messages — delete and report them.

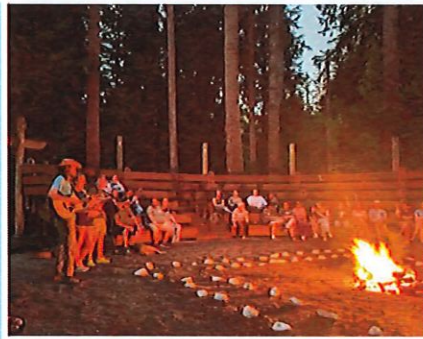
Stay safe and spread the word to others who may not be aware!



CYO Camps 2026

Archdiocese of Seattle's CYO Camps is a summer camp experience like no other, where youth:

- Leave the screens at home and plug into adventure, nature and real connection
 - Grow personally in faith, leadership and confidence building
 - Feel a sense of belonging, joy and friendship
 - Have fun in a safe and supportive environment
 - Encounter God through his creation and shared experiences.
- ...all while living, learning and growing in the Catholic faith.



Learn more and register today at cyo.camp

You are Invited to a SPRING FOREST THERAPY WALK



JOIN US!

Being in nature and experiencing the forest through our senses offers a world of delight – and it's good for our health! It's about slowing down, opening our senses, and feeling the beauty, relaxation and healing that nature has to offer.

- Everyone is welcome
- No experience necessary
- Slow-paced and gentle

An easy walk with many rests, 2 hours in total. Led by Dan Stroh, with the nonprofit organization Ancient Earth Outings. Dan is a forest therapy guide certified by the Association for Nature and Forest Therapy.

ancienteearthoutings.org

Our new series of forest therapy walks launches this Spring!

Two sessions offered:

- Sat, May 2, 2026, 10 am - 12 noon
Seward Park, Seattle
- Weds, June 10, 2026, 10 am - 12 noon
Washington Park Arboretum, Seattle

Space is limited; registration is required but there is no cost. To register or for additional information, please contact:

Anisa Ralls, (206)382-4269

aralls@stjames-cathedral.org

Sponsored by the Mental Health and Wellness Ministry, St. James Cathedral



Meydenbauer Center • Bellevue, WA
May 16, 2026

VOLUNTEERS NEEDED!



ASCEND

EUCHARISTIC REVIVAL

In Him, We Rise.

This moment is a time to refresh and renew our hearts in hope and ignite a deeper love for the Real Presence of Jesus in the Eucharist. We are called to become a beacon of Christ's love for humanity in our struggling world.

Mark your calendars for **May 16, 2026** and join us in drawing deeper into the mystery of Christ's Real Presence in the Eucharist.



FEATURING



Chris Stefanick



Dr. Tim Gray



Dr. Andrew & Sarah Swafford



Deacon Charlie Echeverry



Mass with Archbishop Etienne



Floriani




Marie Miller

Get the details and stay updated at:

AscendEucharisticRevival.church

Scan here to get alerts on registration!





In Our Own Voice

A personal perspective of
mental health conditions

ATTEND OUR UPCOMING IN OUR OWN VOICE PRESENTATION

- Free 60 minute presentation led by trained presenters with mental health conditions
- Presenters share their personal story, journey of recovery, and hope
- Challenging stereotypes & misconceptions about people with mental illness and creating supportive communities

Date: Saturday, 5/16

Time: 11am-12pm

**Location: Pastoral Outreach
Center, 907 Columbia St.**



NAMI Seattle
National Alliance on Mental Illness

"Hearing a detailed first person account of inpatient psych treatment and eventual recovery was extremely eye opening to me. I also appreciated learning about resources/ strategies to help individuals in crisis."
- IOOV attendee

THE HEALING POWER OF FORGIVENESS

NAMI Eastside Spiritual Support Retreat

Peace and Spirituality Center
St. Mary-On-The-Lake
1663 Killarney Way, Bellevue WA 98004

Saturday, May 23 | 9:00am - 4:00pm



WHAT TO EXPECT

Retreat from 9:00am to 4:00pm

- Check-in opens at 8:30am with coffee, juice, pastries, and fruit.
- Lunch provided by NAMI Eastside

The topic for this non-denominational retreat will be **The Healing Power of Forgiveness**. The day will focus on the importance of Mind, Body and Spirit in making one whole and healthy. We will reflect on the power of forgiveness in the healing process. Both forgiveness of others and more importantly, forgiveness of ourselves. We cannot truly love ourselves until we can forgive ourselves. We cannot forgive others until we can forgive ourselves. So, one can see just how important forgiveness is for a healthy and happy life. The goal of the retreat will be to give all who attend a quiet and peaceful setting in which to have some uninterrupted reflection time on the importance of forgiveness in their life. We invite you to do something special and treat yourself to a self-care ME day. We hope to see you there!

Bring if you would like:

- Any books, poems, or literature that you use to reference for spiritual guidance
- Notebook or Journal
- Comfortable pillow
- An open mind

REGISTER NOW!

Space is limited to the first 30 people so don't delay.



Please register individually if you are joining as a couple or group.

Questions? Email: stevensfmly@msn.com



JOE STEVENS

Member of Holy Family Church | Kirkland

Joe has been touched by mental illness in a very profound way. His father, brother, sister, ex wife, and his current wife, all lived with mental illness. His brother died of mental illness at the age of 35. Joe has been a facilitator for the NAMI Eastside spiritual support group for the last 16 years. Joe is also a member of the NAMI national Hall of Fame and was awarded the 2016 and 2019 Outstanding Achievement Award by NAMI Eastside. Joe also received their highest award, The Rynas award in 2025. He also presented a workshop at the 2016 NAMI Washington State Convention on the importance of Spirituality in the healing process.

In the past, Joe has served in numerous other ministries, including chairman of the Holy Family Kirkland AIDS ministry, chairperson for the Saint Brendan's Divorce and Beyond Group, founder of a men's, spiritual support group that has been meeting for over 21 years, and founder of the Eastside Aids Ministry, which consisted of 18 Eastside faith communities.

Joe is currently a member of the Seattle Archdiocese Mental Health Ministry Board and a certified safeTALK suicide prevention trainer.

4th Annual First Hill Brain Health Block Party

EXPLORE FIRST HILL AND CELEBRATE BRAIN HEALTH

Friday, June 26, 2026, 11am-2pm

Fun and Free Event For All Ages | Special invite to folks age 50+!

Healthy Snacks

1

Start at any participating location

2

Enjoy a fun brain-healthy activity

3

Get your passport map stamped*

4

Head to the next location of your choice



*Get 3 passport stamps for a chance to be entered into a prize drawing



SKYLINE



Learn more: <https://tinyurl.com/BHBP2026>



ST. JAMES MENTAL HEALTH AND WELLNESS MINISTRY

Join us every Wednesday beginning June 3rd
through August 26th for a walk around our
neighborhood.

All
abilities
are
welcome

Walk starts
at
11 am

Dogs are
welcome
too!

Walking Wednesdays!



Take in the fresh air and soak up the scenery — a
great way to get exercise, clear your mind, and
explore the world around you.

We will meet at the Pastoral Outreach Center
907 Columbia Street

For more information Contact Anisa Ralls, MA LMHC, Director of
the Mental Health and Wellness Ministry at (206)382-4269 or
aralls@stjames-cathedral.org

ST. JAMES CATHEDRAL
IMMACULATE CONCEPTION | CHRIST OUR HOPE

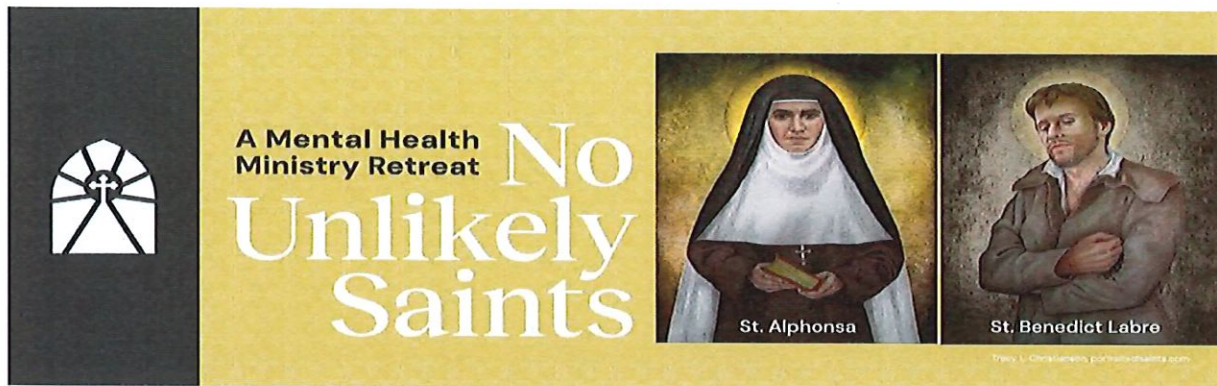
YOUNG ADULT WOMEN'S BIBLE STUDY

Discerning Faith in the Modern World

Young adult women are invited to join a monthly Bible study and faith sharing group. Over the course of six months, we will dive into the lives of six saintly women, discovering the wonders God worked through them, recognizing our similarities with them, and asking for their prayers as we navigate today's world as Catholic women.

Thursday, June 11 at 6:30 PM
on Zoom

For more information and to RSVP, please reach out to Kemley Nieva at kemleynieva@gmail.com



Learn how mental illness can become a pathway to holiness by exploring the lives of saints who struggled with mental illness.

All those struggling with mental illnesses or those concerned with understanding and helping others in a faith-based context are invited to a Mental Health Ministry Retreat at the Peace & Spirituality Center in Bellevue on Sat. June 20th, 9:30am-4:30pm.

This retreat – “No Unlikely Saints” – will focus on the ties between saints and mental illness. With the guidance of our keynote speaker Cameron Bellm, we will journey with the saints, many of whom have journeyed with mental illness themselves, to show us how mental health struggles can be pathways to holiness.

All participants will receive a courtesy copy of Cameron’s book, a 6-week devotional that addresses a different mental illness each week and offers a saint who can accompany us.

There is no cost to attend; for registration please go to:

<https://archseattle.org/events/mental-health-ministry-retreat/>

For additional questions, contact Joe Cotton, Director of the Office for the Vicar General, at joe.cotton@seattlearch.org.

Sponsored by Archdiocese of Seattle [Mental Health Ministry](#), which strives to provide parishes and schools with resources and trainings that will aid them in creating welcoming communities of compassion, support and education to reduce the stigma of mental illness and prevent suicide.

“TO WALK ON WATER ...

“ ... LEAVE THE BOAT”

Oct. 30 - Nov. 1, 2026

Fr. Sylvester Chanda

**“TO WALK ON WATER, ... LEAVE THE BOAT,” Oct.30th - Nov.1st, Fr. Sylvester Chanda
Archbishop Brunett Retreat Center at the Palisades, Federal Way
Saint Anthony Prayer Group Renton (206-992-1034, 206-409-5066)**