

# SAINT MARK PARISH



## PARISH OFFICE & CHURCH

18033 15<sup>th</sup> Place NE  
Shoreline, Washington 98155

Phone: 206-364-7900

fax: 206-367-3919

email: [office@saintmarkshoreline.org](mailto:office@saintmarkshoreline.org)

[www.facebook.com/saintmarkshoreline](http://www.facebook.com/saintmarkshoreline)

[www.saintmarkshoreline.org](http://www.saintmarkshoreline.org)

## SAINT MARK PARISH SCHOOL

206-364-1633

[www.stmss.org](http://www.stmss.org)

### Principal

Mrs. Kathy Keck

206-364-1633

email: [principal@stmss.org](mailto:principal@stmss.org)

### Saint Mark Pre-School

206-363-7100

## SUNDAY MASSES

Saturday Vigil

5:00 p.m.

Sunday

7:30, 9:00, and 11:00 a.m.

## DAILY MASSES

Tuesday - Thursday

8:00 a.m.

Friday & Saturday

9:00 a.m.

## CONFESSIONS

Thursday

5:45 p.m.

Saturday

8:00 a.m. and 3:30 p.m.

## PARISH STAFF

### Pastor

Very Rev. David Mulholland

206-364-7900 ext. 101

[frmulholland@saintmarkshoreline.org](mailto:frmulholland@saintmarkshoreline.org)

### Pastoral Assistant for Administration & Stewardship

Todd Chapman

206-364-7900 ext. 106

[toddc@saintmarkshoreline.org](mailto:toddc@saintmarkshoreline.org)

### Pastoral Assistant for Liturgy & Parish Life

Veronica Olson

206-364-7900 ext. 108

[veronicao@saintmarkshoreline.org](mailto:veronicao@saintmarkshoreline.org)

### Pastoral Assistant for Faith Formation

Laurie McCloskey

206-364-7900 ext. 105

[lauriem@saintmarkshoreline.org](mailto:lauriem@saintmarkshoreline.org)

### Pastoral Assistant for Music

Gregory Teeter

206-354-8141

[gregoryteeter@comcast.net](mailto:gregoryteeter@comcast.net)

### Administrative Assistant

Laura Lynch

206-364-7900

[laural@saintmarkshoreline.org](mailto:laural@saintmarkshoreline.org)

### Facilities Manager

Vladei Kamensky

206-830-0782

[vd.kamensky@gmail.com](mailto:vd.kamensky@gmail.com)

## Perpetual Adoration of the Blessed Sacrament

Saint Mark is a Perpetual Adoration Parish. For 24 hours a day, 365 days a year, a member of our parish family is praying before the *Blessed Sacrament*. We invite all of our parishioners to make Adoration a part of their prayer life. If you are interested, please contact Mat Connolly at 206-465-0710.

# PARISH CALENDAR

## MASS INTENTIONS

### SUNDAY, OCTOBER 1

Sunday Masses

### MONDAY, OCTOBER 2

No Morning Mass

### TUESDAY, OCTOBER 3

For the repose of the soul of **Annette Fischer** +

### WEDNESDAY, OCTOBER 4

For the repose of the soul of **Gene Hanson** +

### THURSDAY, OCTOBER 5

For the intentions of **Mr. & Mrs. Lenny Culp**

### FRIDAY, OCTOBER 6

For the repose of the soul of **Michael Iliakis** +

### SATURDAY, OCTOBER 7

For the repose of the soul of **Betty Robeson** +

## THE WEEK AHEAD

### SUNDAY, OCTOBER 1

ALL MORNING SVdP Food Collection, *Church*  
 10:05 am Family Formation, *Gym*  
 1:00 pm Retrouvaille, *Sullivan Hall*  
 2:00 pm Life Chain, *Hwy 99 & 220th Street*

### MONDAY, OCTOBER 2

6:30 pm Family Rosary, *Church*  
 6:45 pm Boy Scouts, *Cafeteria*  
 7:00 pm Light Weigh, *Parish Center*

### TUESDAY, OCTOBER 3

8:45 am Bible Study-Matthew, *Sullivan Hall*  
 10:30 am Mothers Group, *Sullivan Hall*

### WEDNESDAY, OCTOBER 4

11:30 am Queen of Heaven Guild, *Sullivan Hall*  
 6:30 pm Discover Christ, *Parish Center, Fireside*  
 7:00 pm St. Gianna Molla, *Parish Center, Parlor*

### THURSDAY, OCTOBER 5

9:00 am School Jog-A-Thon, *Campus Grounds*  
 5:45 pm Confessions, *Church*  
 6:30 pm Discover Christ for Children, *Parish Center*  
 7:00 pm Pivotal Players, *Sullivan Hall*

### SATURDAY, OCTOBER 7

NO 9:00 AM MASS OR MORNING CONFESSIONS

## SULLIVAN HALL HOSPITALITY

### SUNDAY, OCTOBER 1

Parent Club... batter up! **Parent Club** will celebrate October by pitching us some donuts

### SUNDAY, OCTOBER 8

Those trusty and loyal **Boy Scouts** will serve our donuts today

### SUNDAY, OCTOBER 15

Thank-you to our very own **Knights of Columbus** for serving our donuts today!



## STEWARDSHIP 2016-2017

### THE SUNDAY COLLECTION THROUGH SEPTEMBER 24, 2017

Weekly Amount Needed	Last Week's Collection	Needed Year to Date	Actual Given Year to Date	Difference
\$ 17,025	\$12,943	\$221,325	\$203,050	(\$18,275)

ONLINE GIVING # Online Givers, All Funds: 48

Amount Collected Online: \$2,807.74



## PASTOR'S LETTER:



Dear Brothers and Sisters in Christ,

We have recently hit the 70% completion mark on the reconstruction and reroof project around the church building. That work will be concluded shortly, as well as a new glass solarium on the southeast side of Sullivan Hall. Then comes the interior clean up and work on the ceiling tiles.

In the next weeks, we will roll out a simple fundraising campaign to help pay for this project. As I mentioned, we have all the money we need.....it's just that it's in your own bank accounts! So, we can assist you with ideas on how to make that transfer of funds. To help do that, I recently formed a Capital Needs Committee. The committee is chaired by Leo Van Hollebecke. The members are: Steve Abele, Dan Krager, Eileen McKillop, and Jeff Snedden. Todd Chapman, our Pastoral Assistant for Administration and Stewardship and myself round out the group. I am very thankful for their generosity of time and talent in serving on this committee for the betterment of our parish and school. If you have any questions or ideas, please feel free to approach one of the committee members.

In addition to raising the funds for this current project, the committee will look at the entire capital needs of our parish and school campus. This includes maintenance issues as well as areas that need renewal and remodeling. It's really surprising how much there is to do to keep things running. For example, do you know that we have five boilers in our various buildings as the primary heating system? Wear and tear as well as increased needs places new demands upon our buildings and grounds. In addition, our Facilities Manager, Vladei, recently relocated to North Carolina. We are still looking for the right person for this position, to help keep things running as we have come to expect. I certainly acknowledge the blessing it has been to have such amazing facilities here at Saint Mark, and to be able to have a dedicated employee to tend to all the needs. Your prayers for finding a new Facilities Manager and for the new committee are appreciated.

May the Lord keep you all in His loving care in the week ahead!

In Christ the Lord,

*Fr David Mulholland*

# The Archangels Michael, Raphael, and Gabriel

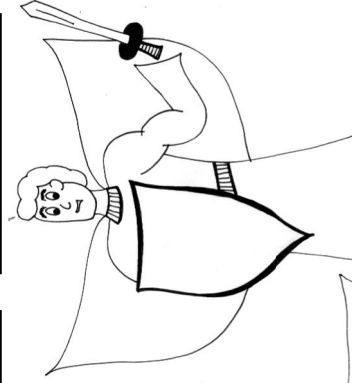
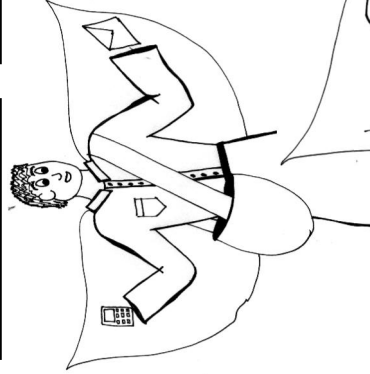
Archangels are very special angels that all have different jobs. Saint Michael is a warrior, Saint Raphael is a healer, and Saint Gabriel is a messenger.

Draw a line to connect the Archangel to his name.

Saint Michael

Saint Gabriel

Saint Raphael



# Catholic Kids Bulletin

October 1, 2017  
Ordinary Time  
Color: Green

W E O K R E M E M B E R O I W A Y O U R P

F W A O L O R D P W K K E O A K

O E K W M E R C I E S O W K E

Remember  
your mercies,  
O Lord.

E W A O P W E K O A B N O W E A I J D F K W O



Listen for the priest to say  
archangels during Mass.

# PRAYER LIST

*A time to heal...  
physically, emotionally, or spiritually*

Alfredo Escalona, friend of Vicki Russell  
Robert Keller, husband of Maria Sanchez

*A time to remember those who  
serve our country in the military...*

Christopher J. Hamblett, USN, grandson of Deac Keenan  
Jeremy Glass, USAF, grandson of Marie Trainer  
Will Trainer, USN, grandson of Marie Trainer  
Alexander Thorne, CTT3, USN, son of John & AnnaLise Thorne  
Isaiah Thorne, LCPL, USMC, son of John & AnnaLise Thorne  
Owen Stratton, CPT, USA, son of Tom & Cory Stratton  
Andrew T. Kerrick, USAF, grandson of Connie Hanson  
Dylan Thomas Jessum, LTJG, USN, grandson of Tom & Mary Pat Lord  
David Leitzen, SPC, USA, nephew of Teresa & Elenor K. Schoen  
Annika Jensen, IT3, USN, daughter of Paul & Maryjane Jensen  
Cade Powers, IT3, USN, son-in-law of Paul & Maryjane Jensen  
Taylor Amundsen, USAF, grandson of Mary Amundsen  
John E. Eaton, S/Sgt, USMC, grandson of Evelyn Combe  
Bryant McDaniel, USAF, nephew of James & Lynn Ronald  
Michael Angelo Silang, USN  
Mark Anthony Silang, USMC  
Matthew Johnson, USAF, grandson of Helen Bradley  
Christopher Abele, ITC (SW/IDW), USN, son of Steven & Janet Abele  
Nathan Keiffer, A1C, USAF, son of Nigel & Cheryl Keiffer  
Zachary Sharp, USAR, grandson of Nigel & Cheryl Keiffer  
Katherine Irgens, LT, USN  
Matthew DeVillers, LT, USN  
Austin Corduan, son of Erin Johnson

*A time to mourn...*  
Diane Kimmel & Lanny Kimmel Sister-in-law &  
Brother-in-law of Rose Buckley

“May He support us all the day long, till the shades lengthen and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in His mercy may He give us a safe lodging, and a holy rest, and peace at the last.”

-J. H. Cardinal Newman

## PARISH MISSION STATEMENT

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.”

- Matthew 28:19-20

## PARISH VISION STATEMENT

“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone and many wonders and signs were done through the apostles...they ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved.”

- Acts 2:42

## AS A PARISH, WE WILL FULFILL THE MISSION AND LIVE THE VISION BY...

- **Becoming a worshiping people...**  
who give praise and glory to God by keeping the Lord's day Holy, by celebrating Holy Mass on Sunday, and by encountering the Lord Jesus in the sacramental life and daily prayer.
- **Becoming a missionary people...**  
who live our Catholic faith on a daily basis in witness of the Lord Jesus to the world; to our family, our neighbors, our friends, and our co-workers. In this way Jesus is known by the fruit of our lives and in our love for others; this is at the heart of evangelization and catechesis.
- **Becoming a merciful people...**  
who put our faith into action by practicing the spiritual and corporal works of mercy:

### **The Spiritual Works of Mercy:**

instructing, advising, consoling, and comforting

### **The Corporal Works of Mercy:**

feeding the hungry, sheltering the homeless, clothing the naked, visiting the sick and imprisoned, and burying the dead

# PARISH LIFE

## ST. MARK PARISH MOTHERS GROUP

Our first gathering was so very successful! Consider joining us for our new parish Mothers Group where mothers of all ages & stages come together for support, friendship, and development of our faith! We meet the first Tuesday of each month at 10:30 am in Sullivan Hall. We will study the upcoming Sunday's Gospel, saints, share resources, and discuss ways to bring our faith into our roles as mothers. Children are more than welcome and snacks and activities for them will be provided. Contact Mikki Altenhofen at [altenhofen.mikki@gmail.com](mailto:altenhofen.mikki@gmail.com) or Veronica Olson at [veronicao@saintmarkshoreline.org](mailto:veronicao@saintmarkshoreline.org) or (206) 364-7900 for more information!



## RESPECT LIFE DINNER

Our 6<sup>th</sup> Annual Respect Life dinner on Saturday, October 14<sup>th</sup> is fast approaching. Please plan on attending this splendid evening of fellowship and help to foster a culture of life in our parish and community. This year's speaker is sixteen-year-old Autumn Lindsey who recorded a video earlier this year in response to the slideshow posted online by *Teen Vogue* entitled "What to Get a Friend Post-Abortion." Be inspired! This is an important annual parish event. Dinner tickets are \$30 per person and available after weekend Masses as well as from the Knights of Columbus and Respect Life Committee members.

## SVP FOOD COLLECTION WEEKEND

The weekend of September 30<sup>th</sup> & October 1<sup>st</sup> is the monthly food collection for our St. Vincent de Paul Society. Perhaps it's an act of mercy, or an act of love, but please bring your donations to Mass with you so that we can assist those in need in our community. The continuing generosity of our parish is truly humbling. All donations whether they be food or household items like laundry detergent and paper products are so very appreciated.

## ST. MARK SCHOOL IS ENROLLING

Teaching and working at Saint Mark School is a ministry. Our mission is to teach the Gospel message of Jesus Christ, form disciples of Christ and support you as parents and the primary educators of your children. Saint Mark School is enrolling in preschool through 8<sup>th</sup> grade. **Please call the school office or email us for more information: 206-364-1633 or [frontdesk@stmss.org](mailto:frontdesk@stmss.org). Registration forms can be found online at [www.stmss.org](http://www.stmss.org).**

## FREQUENTLY REQUESTED NUMBERS

**Boy Scouts:** Dennis Halpin (206) 365-1971  
**Knights of Columbus:** Mike Connell (206) 446-4577  
**St. Vincent de Paul:** Helpline Center (206) 767-6449  
**Heaven Guild:** Sylvia Ebert (206) 419-3115  
**Funeral Reception Volunteers:** Gini Harmon (206) 364-6834  
**Marriage Help:** Retrouvaille (206) 706-2608  
**Seniors & Friends:** Judy Parsons (206) 367-1714  
**Holyrood Cemetery:** (206) 363-8404  
**Beck's Funeral Home:** (425) 771-1234  
**Harvey Funeral Home:** (206) 632-0100  
**Marian Caskets:** (206) 463-6245; [www.mariancaskets.com](http://www.mariancaskets.com)

## WE'RE HIRING!

### Facilities Manager

Saint Mark Catholic Church and School in Shoreline has an immediate opening for the position of Facilities Manager. The facilities manager provides the daily and long-term care of the buildings and grounds of the parish including electrical, plumbing, heating (boilers), safety and security. The position exists to enhance the image of the parish and its PreK-8<sup>th</sup> grade school and to provide a suitable and healthy environment for building occupants. The facilities supervisor works from 1:00 pm to 10:00 pm weekdays. Salary DOE. Please send resume and cover letter to Todd Chapman at [toddc@saintmarkshoreline.org](mailto:toddc@saintmarkshoreline.org)

## AS WE GO BACK TO SCHOOL

"When we teach our children to be good, to be gentle, to be forgiving, to be generous, to love others, to regard this present age as nothing, we instill virtue in their souls and reveal the image of God within them. This, then, is our task: to educate both ourselves and our children in godliness; otherwise what answer will we have before Christ's judgment seat?"

~St. John Chrysostom



## QUEEN OF HEAVEN GUILD

We are back in Sullivan Hall at 11:30 am beginning Wednesday, October 4<sup>th</sup>. We will offer our intentions, pray the Rosary and enjoy our brown bag lunch under the Church roof. All are welcome and encouraged to attend. Please come and help us plan our next activities! For more information please call Sylvia Ebert at (206) 419-3115.

## BULLETIN PRAYER REQUESTS

We have a place in our bulletin for you to request prayers for intentions. Intentions can be either for help when you or someone you care about needs healing, or to share your joys, sorrows or concerns. All intentions are important. Please email your requests to: [laural@saintmarkshoreline.org](mailto:laural@saintmarkshoreline.org).



## LINKS FOR LIFE

**Couples to Couples League** supports natural family planning. Couples who chose NFP find they experience a wide range of benefits that go far beyond physical and health-related advantages. NFP is definitely safe, healthy and green, but more importantly, it strengthens marriages. Yes, really! Check it out at [www.ccli.org/](http://www.ccli.org/).

**Healing the Culture** is an organization which develops and implements pro-lif education resources and programs. Its audiences span youth to adult in both religious and secular settings. Find out more at [www.healingtheculture.com/](http://www.healingtheculture.com/)

Do you have a great "Link for Life" to share with our parish? Please email it to Rebecca Anderson: [becsterbear@gmail.com](mailto:becsterbear@gmail.com)

# FAITH FORMATION

## DISCOVER CHRIST FOR ADULTS & CHILDREN (RCIA & RCIC)



**Discover Christ** for Adults will meet on October 4<sup>th</sup> in Sullivan Hall. There is no class on October 11<sup>th</sup>. On October 18<sup>th</sup> and 25<sup>th</sup> we will gather at the Parish Center Fireside Room from 6:30-8:00 PM.

**Discover Christ for Teens** will meet on these dates in October: October 5<sup>th</sup> and 19<sup>th</sup>. Classes begin at 6:30 PM in the Parish Center Fireside Room.

## NORTH SEATTLE CATHOLIC YOUTH

The first North Seattle Catholic Youth Night is tonight Sunday, October 1<sup>st</sup>. See the flyer in this week's bulletin for location and times.



Questions about North Seattle Catholic Youth? Contact Kate Brown at: [Kate@nseattlecatholicyouth.org](mailto:Kate@nseattlecatholicyouth.org)

Facebook: [NSeattleCatholicYouth](https://www.facebook.com/NSeattleCatholicYouth)  
Twitter: [@NSCatholicYouth](https://twitter.com/NSCatholicYouth)  
Instagram: [NSeattleCatholicYouth](https://www.instagram.com/NSeattleCatholicYouth)

Thank you to all the teens and parents who attended our meeting this past Tuesday evening. If you were not able to make it, you can download the registration form and the essay question form from the St. Mark Parish website. Please get all forms turned in to the parish office as soon as possible.



## FAITH FORMATION TEAM

**Pastoral Assistant for Faith Formation:** Laurie McCloskey

**Confirmation:** Ben and Mikki Altenhofen

**Family Formation:**

Julie Pinard Pre-K & K

Lynn Ronald Grades 1-2

Ellie Osburn Grades 3-5

Angee Brown Grades 6-8

**Sacramental Prep:** Rebecca Anderson

## FAMILY FORMATION SUNDAYS



Our first Family Formation gathering is today Sunday, October 1<sup>st</sup> from 10:05-10:50.

**October's virtue is Studiousness; seeking knowledge to grow closer to Truth.** We all know God is truth. For this month of October, ask God to show you how to seek knowledge so that you can grow closer to Truth. What will this look like in your family and at work?

See you in the gym at 10:05. Coffee and water will be provided. Feel free to bring a treat to share!

## SACRAMENTAL PREPARATION



We are off to a great start with our preparation for Reconciliation and First Holy Communion. Parents, please remember to sign up for the Dynamic Catholic Parent email program to receive weekly updates and activities to help you and your child grow closer to Jesus and to actively participate in their preparation. You may sign up under the *Blessed* tab at [DynamicCatholic.com](http://DynamicCatholic.com).

Parents, please drop your child off at the outside door of the second grade classroom near the parking lot behind the school building.

## FORMED.ORG

Four simple steps:

1. Go to [Formed.org](http://Formed.org)
2. Enter parish code **BREQZ9**
3. Create your personal profile
4. Log in to amazing Catholic content for adults and children



**This weeks' feature for adults:**

*Padre Pio Miracle Man*

**Children's feature:**

Brother Francis *The Rosary; A Special Way to Pray* (animated)





Rebecca Flyer pg 1

Rebecca's Respect  
Life flyer pg 2

# NEWS & EVENTS

## CORNERSTONE CONFERENCE

Time is running out to register for the Cornerstone Catholic Conference this October. This is a splendid opportunity to gather with other Catholics and hear inspiring presentations including ones by Bishop Robert Barron the founder of the *Word On Fire* Catholic ministries and host of the popular *Catholicism* video series. The conference offers six excellent workshops that include Bishop Daniel Flores of Brownsville, Texas on *Seeing Immigrants as Our Neighbors*. Register now to be assured of your choice of workshops. You do not have to go very far: It all takes place October 20-21 at the Greater Tacoma Convention Center. Please go to [www.CornerstoneCatholic.org](http://www.CornerstoneCatholic.org) to register (\$75 per person; \$65 for young adults; scholarships are available) or call (206) 301-0556.

## LIFE CHAIN NEEDS YOU

Be the best witness there is to help people stop and think about life. Please consider joining the Life Chain at the corner of Highway 99 and 220th Street in Edmonds the first Sunday of each month. Signs are available and the only thing missing is you. Volunteer to stand up for life for an hour or so. The Chain will occur between 2:00-3:30 pm. Please contact Nick Harkins with any questions or for more information at (425) 775-9711.

## NORTH SEATTLE CATHOLIC YOUTH

North Seattle Catholic Youth's first Sunday gathering is this Sunday, October 1<sup>st</sup>! Grades 6-8 are invited to join us at St. Catherine of Siena, 814 NE 85th Street, at 5:00 pm. At 6:15 students in grades 6-12 are invited to share a meal together. At 7:00 pm middle school students will be done for the evening and we will start our high school program. Enjoy a time of fellowship and fun as we meet students from all over north Seattle, get to know the North Seattle Catholic Youth Team, play some games, and learn more about what N Seattle Catholic Youth has planned for the year. This first meeting is a great way to learn more about N Seattle Catholic Youth and how we plan on forming this generation's Saints.

## PRINCESS ANGELINE #256—Y.L.I.

Please note that our next meeting is Sunday, October 15<sup>th</sup> at 1:00 pm in the portable library next to the school. This is a revision of the originally scheduled meeting on October 1<sup>st</sup>. When you see the blue ribbons on the door handle, you'll know you are in the right place! If you would like to come early, we'll begin with the Rosary at 12:30 pm. If you have any questions please call Esther Ruth Harris at (206) 417-3995.



## SACRED HEART RADIO 1050 AM

Sacred Heart Radio provides our area with news from the Universal Catholic Church. The Holy Mass and the Rosary are broadcast daily as well as shows. Give it a listen and become a more engaged Catholic. You can listen on your device by downloading the app. For more information visit [sacredheartradio.org](http://sacredheartradio.org).

## THURSDAY NIGHT CONFESSIONS

Continuing this Thursday, Father Mulholland will be hearing confessions starting at 5:45 pm in the Church and it will last as long as there are people in line, so please show up early to ensure you receive the sacrament. This is a new weekly confession time in addition to the Saturday confessions. You are welcome to come and take advantage of this cleansing and renewing sacrament that prepares you to receive Jesus in the Eucharist!

*"On the evening of that day, the first day of the week, Jesus showed himself to his apostles. He breathed on them, and said to them: 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.'"*  
(John 20:19, 22-23)

## THANK YOU FROM FATHER AMBROSE

Father is glad to inform the parishioners of St. Mark Parish that he arrived home safely and expresses his sincere thanks and appreciation to the people of God for opening the doors of our church to him and for the love and concern all expressed during his visit. The sentiments expressed and the many gifts offered are also deeply appreciated.

*"Do remember me in your prayers as I wish to assure you of mine for you all. I hope that the bond of love we have established will grow from strength to strength as I look forward to seeing you all again. May the good Lord continue to guide and protect you all."*  
~Fr. Ambrose

## FORTY DAYS FOR LIFE CAMPAIGN

The campaign has started and you can still participate! This is an international campaign to end abortion running now through November 5<sup>th</sup>. Here are some reasons to get involved in 40 Days for Life again this year: more than 725,000 have participated in 675 cities across 40 nations. By the Grace of God, 40 Days for Life has achieved proven results: 13,303 babies have been spared from abortion, 143 abortion workers have been converted and 83 abortion centers have been closed. Join us in this largest national campaign to save lives! Public prayer does bear fruit. The fruit of Life!  
Check out [www.40daysforlife.com/everett](http://www.40daysforlife.com/everett) or find us on Facebook.

*"Speak up for those who cannot speak for themselves."*  
~Proverbs 31:8

## RACHEL'S CORNER

### Hope and Healing After Abortion

*"I feel like that woman in the Bible that was sick for 18 years and who was rejected but when she touched Jesus she was healed"*  
~Participant Testimonial

Has it been a long time? Has it been a lonely journey of keeping what happened where no one would know? Can you even imagine what it would feel like to be free of that burden? Come on a Rachel's Vineyard™ Retreat.

**The next retreat will be November 10-12, 2017**

**Call Valerie: 1-800-822-HOPE (4673)**  
**You are loved with an everlasting Love!**  
Project Rachel is a part of Catholic Community Services