

*Saint Augustine & Saint Mary Catholic Churches*  
*A Parish Family*



April 2, 2023

*Palm Sunday*



**Holy Week**

**Palm Sunday Vigil Mass: April 1**  
*Saturday 5:00 pm at St. Augustine*

**Palm Sunday: April 2**  
*8:00 am at St. Augustine*  
*9:30 am at St. Augustine*  
*11:15 am at St. Mary*

**Holy Thursday: April 6**  
Mass of the Lord's Supper  
& Rice Bowl Collection  
*6:00 pm at St. Augustine*

**Good Friday: April 7**

Stations of the Cross  
*3:00 pm at St. Augustine*  
*3:00 pm at St. Mary*

Adoration of the Cross & Holy Communion

*6:00 pm at St. Augustine*

**Easter Vigil: April 8**

Holy Saturday  
*8:00 pm at St. Augustine*

**Easter Sunday: April 9**

*8:00 am at St. Augustine*  
*9:30 am at St. Augustine*  
*11:15 am at St. Mary*

## We Encounter Jesus

### St. Augustine

#### Religious Education, RCIA & RCIC Classes cancelled for Spring Break

April 1	Saturday	4:00 pm 5:00 pm	Confessions Vigil Mass
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April 2	Sunday	8:00 am 9:30 am	Palm Sunday Mass Palm Sunday Mass
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April 3	Monday	4:30 pm	Agape, PH & K
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April 4	Tuesday	6:00 pm	Altar Server Holy Thursday Training
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April 5	Wednesday	9:30 am 10:00 am 6:00 pm 6:00 pm	Mass Divine Mercy/Adoration Confessions cancelled Altar Server Good Friday Training
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April 6	Thursday	6:00 pm	Mass of the Lord's Supper
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April 7	Friday	3:00 pm 6:00 pm	Youth Stations of the Cross Adoration of the Cross & Holy Communion

### St. Mary

April 2	Sunday	11:15 am 12:15 pm 12:30 pm	Mass Coffee & Conversation, HH Bible Study, CR
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April 6	Thursday	No Mass	
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April 7	Friday	3:00 pm	Stations of the Cross, CH

#### **St. Augustine**

185 N. Oak Harbor Street  
Oak Harbor, WA 98277  
(360) 675-2303



#### **St. Mary**

207 North Main Street  
Coupeville, WA 98239  
(360) 675-2303

#### **Office Hours:**

Tuesday - Friday, 10 am - Noon and 1 - 4 pm

Mailing Address for both parishes: P.O. Box 1319, Oak Harbor, WA 98277

#### **Pastor**

Father Chris Hoiland, [frchris@staugustineoh.org](mailto:frchris@staugustineoh.org)

[Information@StAugustineOH.org](mailto:Information@StAugustineOH.org)

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

## We Pray for Our Family

Ruth Abrea, Baby Amelia, Elnora Archer,  
 Julia Arteaga, Fr. Larry Bailey, Jim Brady,  
 Eileen Catalano, Tom Dumit,  
 Bob & Sue Ellis, Mamie Forbes,  
 Douglas Hammer, Sheryl Henry,  
 Judie H, Marsha Kilgore,  
 Jack Kraft, Martha McAllister,  
 Peggy McCormick, Alexandria Molt,  
 Lynn Ochoa-Brown, Jasmine Patricio,  
 Richard Rezabek,  
 Nancy & John Romanski, Lou Santos,  
 Holly Hernandez-Sconzo,  
 Philippe Sebrechts, Dennis Sionson,  
 Chuck Tollefson, Jeanne Valdez,  
 Clint West, David Williams,  
 Larry Williams, Patty Williams,  
 Diane Young

Permission is required from the individual prior to adding their name to the prayer list. To include a loved one, please call the parish office at 360-675-2303

## Sacraments

### Baptisms:

- ⌘ Required Baptism class Saturday May 13, 9am - 12Noon at St. Augustine. Baptisms are on Saturday, May 13 at 1:30. Please call the parish office at 360-675-2303 to register. **We are scheduling 4 baptisms every month.**

### Anointings:

- ⌘ Please call the parish office at 360-675-2303 during business hours to request an anointing or last rites.
- ⌘ After 4pm Wednesday-Sunday, call the office at 360-675-2303 and listen to the message to receive the **emergency anointing or last rites only** phone number.
- ⌘ At any hour on Monday and Tuesday, please call another parish for an anointing or last rites request.

*Hosannah  
 in the  
 Highest!*



Is Child Abuse Prevention Month

Throughout the month of April, we join the nationwide effort to increase awareness about child abuse and abuse prevention. *National Child Abuse Prevention Month* is a great opportunity to pray for the eradication of child abuse and for the protection of all children. For more information go to:

[https://archseattle.org/wp-content/uploads/2022/03/Child-Abuse-Prevention-Month\\_Eng.pdf](https://archseattle.org/wp-content/uploads/2022/03/Child-Abuse-Prevention-Month_Eng.pdf)

## AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant faith community!

Shannon Miller from LPI, our bulletin publisher will be securing new ads for our church. As a valuable member of the business community please consider purchasing a print and/or digital ad as your participation makes our bulletin possible each week.



Shannon Miller

p: (800) 950-9952 Ext. 2257

c: (253) 875-0997 e:smiller1@4Lpi.com

## Stewardship



### Saint Augustine

Weekly Expenses	\$13,090
March 19 Offering	\$13,338

### Saint Mary

Weekly Expenses	\$ 2,962
March 19 Offering	\$ 5,650

We encourage you to use online bill-pay through your bank as there is no cost to the parish or to you.

Include your envelope number and mail your donations to: P.O. Box 1319, Oak Harbor, WA 98277.  
 If you need your envelope number please call the parish office 360-675-2303. Thank you!

## News & Events



- ∞ **Coffee & Donuts** - Coffee & Donuts will take a break on Palm Sunday and Easter Sunday, returning April 16 after the 8:00 am and 9:30 am Sunday Masses.
- ∞ **St. Mary's Annual Easter Bake Sale** - April 9th directly after the 11:15am Easter Mass in the hall. Come and buy your freshly baked Easter Sunday Dessert (s). Please drop off your baked goods donations in the kitchen before Mass. We would appreciate Easter decorations you might have to help with us decorate for Easter. Please put them in the Hall anytime until Easter.
- ∞ **"Come Holy Spirit"** - A 7-week Bible Study to a Fuller Experience of the Holy Spirit in Your Life. Join us for 7 Monday mornings at 10:00 am in St. Augustine classroom 1&2 starting April 10 to learn to develop the gifts God has given to each of us and pursue a deeper relationship with God the Father, Son, and Holy Spirit. Sessions will be April 10, 17, 24, May 1, 8, 15, and 22. The video series with Tom Curran is free and all are welcome to participate. To register, please contact the parish office at 360-675-2303 or email Mary at [pricewaters@comcast.net](mailto:pricewaters@comcast.net).
- ∞ **Divine Mercy Sunday Benediction** - Sunday, April 16, 2:00 pm at St. Augustine with Father Larry Bailey.
- ∞ **Community Resource Fair** - Sunday, April 16 in St. Mary Harrington Hall. Please donate today to help the Coupeville Schools raise funds and items needed for the students and families of Coupeville that are "the hardest to reach", namely multilingual learners, housing challenged individuals and other high need populations. Donations needed: Sports Equipment - balls, bats & mitts, rackets, ball pumps, swim goggles, yoga mat, weights, jump ropes, water bottles, toiletries, scooters, bikes, helmets, arts supplies, crafting materials, puzzles, board games, sidewalk chalk, Playdoh, bubbles, novels, activity books. Contact Pat Marks at [ampmstamps@comcast.net](mailto:ampmstamps@comcast.net) if any questions. Thanks!
- ∞ **Agape Volunteers Needed** - The Agape community meal program serves a free meal each Monday evening in the St. Augustine parish hall to anyone from our community. Volunteers need to be willing to commit to help for 2 hours one Monday each month. We especially need people who can help with serving, washing dishes, and cleanup from 4:15 to 6:30pm, and, those who can help with prep from 2:00 to 4:15. Dinner is provided for those who volunteer if there is enough. If you or your family are looking for a way to become more involved in our parish, please email your contact information to Mary Brady at [bradylady2@yahoo.com](mailto:bradylady2@yahoo.com) for more information.
- ∞ **Flowers** - Please be a part of beautifying the sanctuary for Easter by stopping by the parish office and purchasing a flower memorial for someone you love or for your church family.
- ∞ **Santa Cruz de Mayo Filipino Celebration** - Saturday, May 20 at 10:00 am. All parishioners are invited to attend the 10:00 am Mass, followed by an outdoor procession, and reception in the Parish Hall.





## Gospel Reflection

What's your car? Let's say it's a fancy silver Toyota. Now imagine you're having lunch in a restaurant and suddenly see two men outside attempting to steal it. You run outside and confront them. They respond, "The Master has need of it." How do you respond? Would you just let them take it, and leave you without a car? I don't think I would.

Yet that is precisely what the owners of the colt on Palm Sunday do. Stunningly, and perhaps a little comically, Jesus instructs two of his disciples to commandeer a colt for him to ride. And when they hear the disciples say, "**The Master has need of it,**" they let them take it. Of course, Jesus *knew* they'd let it go. He gave them the grace to let go of what is rightfully theirs. The result? That colt became perhaps the most famous and important animal ever. The beast plays a role in the redemption of the world.

As Holy Week begins, Jesus perhaps will send people to you to ask for something valuable to you. Perhaps it's your car. More likely it's something like your attention, time, or energy. It's natural to resist at first. We've got things to do, after all. But if the interruption is from Jesus himself, listen to that voice which calmly says, "**The Master has need of it.**" And simply let it go. You'll be amazed what the Master will do with it.

— *Father John Muir*

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## APRIL DAILY READINGS

### **1 – Sat – 5<sup>th</sup> wk of Lent**

Ez 37:21-28  
Jer 31:10, 11-12abcd, 13  
Jn 11:45-56

### **2 – Palm Sunday of the Lord's Passion**

Mt 21:1-11  
Ls 50:4-7  
Ps 22:8-9, 17-18, 19-20, 23-24  
Phil 2:6-11

Mt 26:14—27:66

### **3 – Mon – Holy Week**

Is 42:1-7  
Ps 27:1, 2, 3, 13-14  
Jn 12:1-11

### **4 – Tue – Holy Week**

Is 49:1-6  
Ps 71:1-2, 3-4a, 5ab-6ab, 15 & 17  
Jn 13:21-33, 36-38

### **5 – Wed – Holy Week**

Is 50:4-9a  
Ps 69:8-10, 21-22, 31 & 33-34  
Mt 26:14-25

### **6 – Holy Thursday**

Ex 12:1-8, 11-14  
Ps 116:12-13, 15-16abc, 17-18  
1 Cor 11:23-26  
Jn 13:1-15

### **7 – Good Friday of the Lord's Passion**

Is 52:13—53:12  
Ps 31:2, 6, 12-13, 15-16, 17, 25  
Heb 4:14-16; 5:7-9  
Jn 18:1—19:42

### **8 – Holy Saturday At the Easter Vigil in the Holy Night of Easter**

Gn 1:1--2:2 **OR** Gn 1:1, 26-31a  
Ps 104:1-2, 5-6, 10, 12, 13-14, 24, 35  
**OR** Ps 33:4-5, 12-13, 20 & 22  
Gn 22:1-18 **OR** Gn 22:1-2, 9a, 10-13,

15-18

Ps 16:5, 8, 9-10, 11  
Ex 14:15—15:1  
Ex 15:1-2, 3-4, 5-6, 17-18

Is 54:5-14

Ps 30:2, 4, 5-6, 11-12, 13

Is 55:1-11

Is 12:2-3, 4, 5-6

Bar 3:9-15, 32—4:4

Ps 19:8, 9, 10, 11

Ez 36:16-17a, 18-28

Ps 42:3, 5; 43:3, 4 **OR** Is 12:2-3, 4bcd,  
5-6 **OR** Ps 51:12-13, 14-15, 18-19

Rom 6:3-11

Ps 118:1-2, 16-17, 22-23

Mt 28:1-10

### **9 – The Resurrection of the Lord The Mass of Easter Day**

Acts 10:34a, 37-43  
Ps 118:1-2, 16-17, 22-23  
Col 3:1-4 **OR** 1 Cor 5:6b-8  
Jn 20:1-9

### **10 – Monday in the Octave of Easter**

Acts 2:14, 22-23  
Ps 16:1-2a & 5, 7-8, 9-10, 11  
Mt 28:8-15

### **11 – Tues – Octave of Easter**

Acts 2:36-41  
Ps 33:4-5, 18-19, 20 & 22  
Jn 20:11-18

### **12 – Wed – Octave of Easter**

Acts 3:1-10  
Ps 105:1-2, 3-4, 6-7, 8-9  
Lk 24:13-35

### **13 – Thu – Octave of Easter**

Acts 3:11-26  
Ps 8:2ab & 5, 6-7, 8-9  
Lk 24:35-48

### **14 – Fri – Octave of Easter**

Acts 4:1-12  
Ps 118:1-2 & 4, 22-24, 25-27a  
Jn 21:1-14

### **15 – Sat – Octave of Easter**

Acts 4:13-21  
Ps 118:1 & 14-15ab, 16-18, 19-21  
Mk 16:9-15

### **16 – 2<sup>nd</sup> Sunday of Easter (or Sunday of Divine Mercy)**

Acts 2:42-47  
Ps 118:2-4, 13-15, 22-24  
1 Pt 1:3-9  
Jn 20:19-31

### **17 – Mon – 2<sup>nd</sup> wk of Easter**

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

### **18 – Tue – 2<sup>nd</sup> wk of Easter**

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

### **19 – Wed – 2<sup>nd</sup> wk of Easter**

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

### **20 – Thu – 2<sup>nd</sup> wk of Easter**

Acts 5:27-33  
Ps 34:2 & 9, 17-18, 19-20  
Jn 3:31-36

### **21 – Fri – 2<sup>nd</sup> wk of Easter**

Acts 5:34-42  
Ps 27:1, 4, 13-14  
Jn 6:1-15

### **22 – Sat – 2<sup>nd</sup> wk of Easter**

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

### **23 – 3<sup>rd</sup> Sunday of Easter**

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

### **24 – Mon – 3<sup>rd</sup> wk of Easter**

Acts 6:8-15  
Ps 119:23-24, 26-27, 29-30  
Jn 6:22-29

### **25 – Feast of St Mark, evangelist**

1 Pt 5:5b-14  
Ps 89:2-3, 6-7, 16-17  
Mt 16:15-20

### **26 – Wed – 3<sup>rd</sup> wk of Easter**

Acts 8:1b-8  
Ps 66:1-3a, 4-5, 6-7a  
Jn 6:35-40

### **27 – Thu 3<sup>rd</sup> wk of Easter**

Acts 8:26-40  
Ps 66:8-9, 16-17, 20  
Jn 6:44-51

### **28 – Fri – 3<sup>rd</sup> wk of Easter**

Acts 9:1-20  
Ps 117:1bc, 2  
Jn 6:52-59

### **29 – Memorial of St Catherine of Siena, Virgin & Doctor of the Church**

Acts 9:31-42  
Ps 116:12-13, 14-15, 16-17  
Jn 6:60-69

### **30 – 4<sup>th</sup> Sunday of Easter**

Acts 2:14a, 36-41  
Ps 23:1-3a, 3b4, 5, 6  
1 Pt 2:20b-25  
Jn 10:1-10

# Growing in FAITH™

Discovering hope and joy in the Catholic faith.

April 2023

Catholic Community of St. Augustine and St. Mary

Rev. Chris Hoiland, Pastor

## One Minute Meditations

### The God-shaped hole

St. Augustine wrote, "You have made us for yourself and our hearts are restless until they find their rest in Thee," (*Confessions*, Saint Augustine). Humans are created with a longing for something good, true, and beautiful. We long for God. We can try filling that void with things of the world. Unless we fill that longing with God, however, we can never be satisfied.



### Grow in love

Having received the gift of divine life, we must give it to others. "Beloved, if God so loved us, we also ought to love one another" (1 John 4:11). When we share God's life and love, we grow in that very life and love.

"But the angel said to the women, 'Do not be afraid; for I know that you seek Jesus who was crucified. He is not here; for he has risen, as he said.

Come, see the place where he lay'"

(Matthew 28:5-6).



## Powerful gifts of Eucharistic devotion

As the "the source and summit of our faith," the Eucharist is the greatest of God's gifts. During the Easter season, resolve to look at the Eucharist with new eyes of gratitude and strengthened devotion:

**Return love for Love:** The Eucharist is not a symbol; it is Jesus Christ. He loves us beyond imagining — personally, closely, sacrificially, and tenderly. In adoring, receiving, and loving the Blessed Sacrament, we're returning love for Love.

**Fuel for the fight:** The Eucharist nourishes and strengthens our souls. "How can we last...without hearing Jesus say, 'I love you' – impossible..." (Mother Teresa). The Eucharist strengthens against temptation and

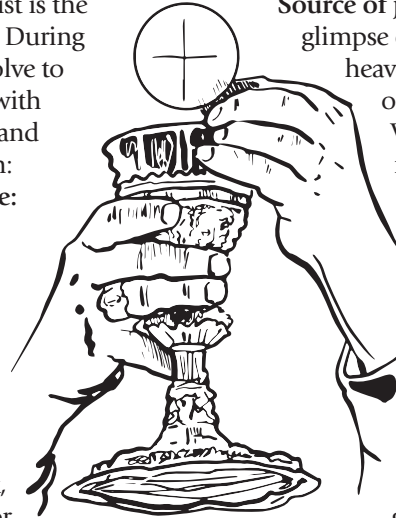
protects from mortal sins.

**Source of joy:** The Eucharist is a glimpse of Heaven, a foretaste of the heavenly banquet, and a pledge of future glory. St. John Vianney commented, "If we really understood the Mass, we would die of joy."

**Wisdom and guidance:** As Chancellor of England, St. Thomas More received Communion daily for "light and wisdom" in his administrative decisions. We can turn to the Blessed Sacrament for guidance whenever we have

weighty decisions, questions, or doubts.

**Communion empowers us to love:** "Even as I have loved you...you also love one another" (John 13:34). Jesus specifically told his followers to love others as we've been loved. Receiving the Eucharist worthily empowers us to love like Him.



## Why Do Catholics Do That?

## Why do Catholics celebrate Holy Week?

Holy Week is a sacred time, specially devoted to celebrating the work of our redemption — the suffering and Death of Jesus on the Cross. The events honored during Holy Week, especially on Holy Thursday and Good Friday, remind us of



an amazing truth: God loved us first, even when that love cost Him everything. On Easter, He rose gloriously from the dead, offering redemption. This event is so tremendous we need a week to prepare our hearts to receive it.

# Choose new life at Easter

“... I have set before you life and death, blessing and curse; therefore choose life, that you and your descendants may live, loving the Lord your God, obeying his voice, and cleaving to him; for that means life to you and length of days ...”(Deuteronomy 30:19-20).

When the Israelites were poised to enter the land God had promised them, Moses wanted all to understand what was at stake. He didn't want them to just enter the Promised Land, Moses wanted them to remain there with God's



blessing. So Moses put the choice facing all of God's people in the clearest possible terms. When we choose to follow God, we choose life over death.

The choice is still ours. We can say “yes” or “no” to God's love. While our choices lead to consequences, it is still up to us.

When we live within God's laws, we choose life. Honesty over lies and deceit, self-control over sinful pleasure, generosity over selfishness. This is how we choose new life with God.

## from Scripture

### John 10:1-10; Trusting the Good Shepherd

In this Scripture passage, Jesus used the image of a shepherd to reveal who He is, how He cares for us, and more importantly, how He wants us to relate to Him. The image of a shepherd was a powerful choice.

A good shepherd knew each sheep in his care individually. He never left his flock. Many sheep-pens didn't have doors, so the shepherd would sleep in the entry way to prevent enemies from getting to his flock. Predators would have to go through him first. If a sheep got lost, hurt, or was attacked, the shepherd took care of it, even risking his



life for the sheep.

Jesus' illustration is clear. Without the constant care, guidance, and protecting presence of the shepherd (God), the sheep (us) wouldn't survive. That's uncomfortable because it means we're dependent and vulnerable. But the deeper truth is that Jesus, our Shepherd, knows us each personally,

individually. Our Shepherd heals us, provides for us, and protects us, even to offering up His own life. He asks us to trust Him and ultimately, lead us Home.

## Q & A

### Am I wrong to have doubts?

There is good doubt and bad doubt. Bad doubt that says, “I won't believe this unless you prove it,” can become sinful and should be avoided. Good doubt (“I'm struggling to understand this”) is a sign you're ready to go deeper into the faith.



Sometimes doubts arise from genuine or incomplete understanding of Church teaching. Archbishop Fulton Sheen famously said, “There are not one hundred people in the United States who hate The Catholic Church, but there are millions who hate what they wrongly perceive the Catholic Church to be.” With questions, turn to the Catechism, reference the U.S. Conference of Catholic Bishops (usccb.org), ask your priest.

If, after all that, something still doesn't make sense, then it really is a mystery and that's the point at which we humbly allow Christ to conform our ways of thinking to His (not the other way around). Entrust everything to God, and He will resolve it, in His own way, in His own time. “Lord, I believe, help my unbelief!” (Mark 9:24).

## Feasts & Celebrations

**April 2 – Palm Sunday of the Lord's Passion (1st Century).** On Palm Sunday of the Lord's Passion, we recall Jesus' triumphant entry into Jerusalem, when He was greeted by crowds waving palms and cheering. This Sunday marks the beginning of Holy Week.

**April 9 – The Resurrection of the Lord (1st Century).** Easter, the celebration of Jesus' Resurrection of the dead, is the holiest day of the year. The Season of Easter lasts for 50 days from Easter Sunday until Pentecost.

**April 13 – Pope St. Martin I (665).**

St. Martin was elected to succeed Theodore I as pope. He was arrested and dragged to Constantinople after censuring the Byzantine Emperor Constans II for heresy. He died in exile.

**April 16 – Divine Mercy Sunday (1931).** Jesus asked St. Faustina to ensure that the Sunday after Easter become the “Feast of Mercy.”

He promised that anyone who honors Him as the King of Mercy and prays The Chaplet of Divine Mercy will receive special graces and great mercy.



### Our Mission

To provide practical ideas that promote faithful Catholic living.  
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**Jesus says,**  
**“all the floodgates through  
which graces flow are opened on  
My Feast of Divine Mercy.”**

**ALL YOUR SINS ARE FORGIVEN  
& ALL TEMPORAL PUNISHMENT REMITTED**

*Jesus told St. Faustina “I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My Mercy (now called Divine Mercy Sunday throughout the Catholic Church).” (Diary 1109)  
-- (Important note: According to the rules of plenary indulgence, Confession and Holy Communion may take place within 20 days before or after the indulgenced act.)*

**Celebrate Divine Mercy Sunday**

**April 16 - 2:00 pm**

**Meditation and Benediction**

**at St. Augustine**



## The Second Sunday of Easter is **Divine Mercy Sunday!**

Jesus told St. Faustina that this Feast of Mercy would be a very special day when **“all the divine floodgates through which graces flow are opened.”** (Diary 699)

Jesus promised that **“The soul that will go to Confession and receive Holy Communion shall obtain the complete forgiveness of sins and punishment.”**(Diary 699)

He went on to say **“I want to grant a complete pardon to the souls that will go to Confession and receive Holy Communion on the Feast of My Mercy (now called Divine Mercy Sunday throughout the Catholic Church).”** (Diary 1109)

***(Important note: According to the rules of plenary indulgence, Confession and Holy Communion may take place within 20 days before or after the indulgenced act.)***

**We want to encourage everyone to take advantage of this incredible promise and the additional Plenary Indulgence on this great Feast of Mercy “Divine Mercy Sunday”. We want you to benefit fully from these promises, and we also want you to notify all of your family and friends about them too and urge them to return to the practice of their faith!**

The Image of The Divine Mercy, which Our Lord requested to be solemnly blessed and venerated on this day said to St. Faustina **“I am offering people a vessel with which they are to keep coming for graces to the fountain of mercy. That vessel is this image with the signature: Jesus, I trust in You.”** (Diary 327) **“The two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the very depths of My tender mercy when My agonized Heart was opened by a lance on the cross.”**

**Happy is the one who will dwell in their shelter, for the just hand of God shall not lay hold of him.”** (Diary 299)  
Pope John Paul II said that the image portrays the Risen Jesus Christ bringing Mercy to the whole world. Our Lord said, **“I want the image to be solemnly blessed on the first Sunday after Easter, and I want it to be venerated publicly so that every soul may know about it. I promise that the soul that will venerate this image will not perish.”** (Diary 341, 48)

ST. MARY CATHOLIC CHURCH, COUPEVILLE, IS OFFERING  
**AN 8-WEEK BEREAVEMENT SUPPORT GROUP**

**On 8 consecutive Wednesdays beginning  
APRIL 19, 2023, AT ST. MARY FROM 1-2:30.**

**Local parishes are invited to attend.**

**BEREAVEMENT SUPPORT GROUP INFORMATION**

**Purpose:** To receive support from and to give support to those who have had a loved one die. For the participants to develop or continue to develop an evolved identity that has hope, meaning, and bonding with the loved one via memories.

**Approach:** Learn about grief. Share stories and feelings in an atmosphere of acceptance, trust, care, and faith.

**Process:** The group will meet weekly for 8 weeks. Each group session will be one and a half hours.

**Session Format:** First half of each session will be education-based. We will be learning about aspects of the grief journey with open discussion and exploration.

Second half of each session will include sharing as desired by the participants. Sharing topics would be focused on the sessions in the grief support book.

**Materials:** Book: *Understanding Your Grief*, by Dr. Alan Wolfelt.

**IF YOU HAVE QUESTIONS OR ARE INTERESTED IN ATTENDING THIS GROUP, PLEASE CALL SHARI LOWDER, 951-789-2771.**

Shari is a St. Mary Parishioner and has previously led this group with her husband, Matt. Both Matt and Shari are trained in the process of grief.