

## Bulletin Announcements for February 11

# STRESSED & Blessed

*Putting Jesus in the Center of Your Overwhelming Life*

This Sunday, February 11, we are doing our final session in our Stressed and Blessed series. Join us as we talk about what's stressing you out, give some tools to manage your stress, and most importantly, share how you can be a saint in the middle of the everyday stress of life!

**St. Catherine Parish 814 NE 85th Street**

Middle School: 5:00 pm

Fellowship Meal: 6:15 pm

High School: 7:00 pm

## Lent Reawaken

*"Lent comes to reawaken us." - Pope Francis*

'When I wake up on Easter morning, will I be different?' – this is the question we are challenged to ask ourselves as we prepare for the season of Lent. N Seattle Catholic Youth's next Series "Lent Reawaken" will begin next Sunday, February 18 and last until March 25.

During this season of Lent, Christ is inviting us to reawaken our Faith and fall deeper in love with Him. N Seattle Catholic Youth wants to journey with you, the young people of our Church, so that this Lenten season is truly transformational. We want your answer to the question, 'When I wake up on Easter morning, will I be different?' to be an overwhelming YES!

In addition to our regular Sunday Gatherings, N Seattle Catholic Youth will be hosting service and prayer opportunities. Check out our website: [www.nseattlecatholicyouth.org](http://www.nseattlecatholicyouth.org) or our Facebook, Twitter, and Instagram pages for the latest information.

For more information on N Seattle Catholic Youth, please contact Kate Brown, Youth Ministry Director at [kate@nseattlecatholicyouth.org](mailto:kate@nseattlecatholicyouth.org) or 206-488-5970.

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## Mark your calendars: JUNIOR HIGH RALLY IS MARCH 10!

Junior High Rally is a day designed to celebrate Catholic youth (in grades 6-9) and all they bring to the Church. Over 600+ youth from Washington, Oregon and Canada will come together for an interactive day where you will have the opportunity to meet new people, listen to talks that will deepen their faith, and be invited to participate in various interactive activities with the day closing with Mass!

N Seattle Catholic Youth is going to be bringing a group to the Junior High Rally. Registration opens February 14. Please let Kate Brown, Youth Ministry Director know if you are interesting in attending by contacting her at [kate@nseattlecatholicyouth.org](mailto:kate@nseattlecatholicyouth.org) or 206-488-5970.

## **SUMMER MISSION TRIPS:**

### **ESPERANZA HIGH SCHOOL MISSION TRIP – July 29 to Aug 4**

Current Sophomores and Juniors are invited to join us this summer for a Mission Trip to Tijuana, Mexico. St. Catherine's Parish and N Seattle Catholic Youth are partnering for this great opportunity. Students will spend a week in Mexico building houses in a program very similar to Habitat for Humanity.

The cost of the trip is \$500 (we fundraise as a group for the rest). Participants are expected to help with fundraising efforts as well as attend monthly meetings to prepare for the mission trip. Sign-ups are due February 14 with \$100 deposit.

Please check out <https://nseattlecatholicyouth.org/esperanza> for more information. If you have any questions, please contact Kate Brown, Youth Ministry Director, at [kate@nseattlecatholicyouth.org](mailto:kate@nseattlecatholicyouth.org) or Katie Fleming, Mission Trip Coordinator, at [kjfleming1239@gmail.com](mailto:kjfleming1239@gmail.com)

### **YOUTH MIGRANT CAMP MIDDLE SCHOOL MISSION TRIP – August 19 to 24**

St. John Parish has invited members of N Seattle Catholic Youth to join their annual Youth Migrant Camp Mission Trip in Burlington, WA. This immersion mission trip opportunity is for students in grades 6-8. Students pay for their room and board in a neighboring parish, and then spend four intense days immersed in migrant camp life. The final cost is still being determined. **Spaces are limited** so please call Sheila Connolly at 206-782-2810 or email [sconnolly@stjohnsea.org](mailto:sconnolly@stjohnsea.org) if you are interested.