

GATHER

Mardi Gras Scavenger Hunt for Families

All 7th-12th graders and their families are invited to a Mardi Gras Family Scavenger Hunt on **Saturday, February 13 at 1pm**. Families will meet in person, socially-distanced, to receive their packet of clues. The hunt will take you around the greater West Seattle area, then we'll all gather to award prizes. Join us for some fun! To sign up, go to our website or visit: <https://forms.gle/eQDcsTq7ZPqwQjuR7> Register by Wednesday, February 10.

National Alliance on Mental Health: Family-to-Family Education Program

NAMI offers a free, 8-session education program for family, friends, and significant others of adults with mental health conditions (anxiety, depression, bipolar disorder, etc.). The program covers various conditions, communication, problem solving, treatment and recovery. It is designed to increase understanding and advocacy skills while helping participants maintain their own well-being. For more information, contact Aislin at aislin@namiseattle.org

The Nonviolent Shift: The Catholic Church and the Growing Call to Gospel Nonviolence

Seattle University invites all to their winter Catholic Heritage Lecture on **Thursday, January 28 at 4pm** via Zoom. "The Nonviolent Shift" features Ken Butigan, PhD, senior lecturer in the Peace, Justice, and Conflict Studies Program at DePaul University. The lecture will focus on nonviolence as a spiritual journey, a way of life, a method for social change, and a universal ethic. It will explore how the Church is responding to this call and how we can all be part of this nonviolent shift. RSVP to ICTC@seattleu.edu for Zoom link and details.

SERVE

2021 Day of Service: Save the Date

Save the date! The 2021 Day of Service is **Saturday, April 24**. In its 8th year, the Day of Service provides an opportunity for parishioners and friends of all ages to serve at a variety of sites on the same day. Many sites provide essential services to neighbors in need and have found ways to continue serving safely. Look for more information soon and signups starting in February! Interested in helping to plan this year's event? Our next meeting is on **Monday, February 8 at 4pm**. Contact Karen (fittonkaren@gmail.com) for more information. Learn more at olgseattle.org/day-of-service

Soldiers' Angels: Valentines for Veterans

Soldiers' Angels invites all to help spread the love this Valentine's Day. Send a Valentine's Day card along with \$1 (to cover postage) and they'll share it with a deployed service member or veteran. Learn more at www.soldiersangels.org

Northwest Immigrant Rights Projects: Volunteers Needed

NWIRP is a local nonprofit that promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education. They are looking for pro bono attorneys, law students and/or grads, translators and interpreters, and bilingual English/Spanish volunteers for their Rapid Response Hotline (1-844-RAID-REP). Find out more about all these roles at www.nwirp.org

LEARN

Catholic Relief Services: Ending Hunger Around the World

Catholic Relief Services recently celebrated the 10th anniversary of their "Feed the Future" program. Through the "Feed the Future" program, we are hopeful that we can help end hunger in our lifetime. The project helped 52,000 vulnerable households in Nigeria to increase their agriculture production and incomes. Visit www.crs.org for more information and to see the impact Rice Bowl funds can have on the well-being of people across the globe!

A Matter of Spirit

The Intercommunity Peace and Justice Center (IPJC) is a local nonprofit sponsored by 22 religious communities that acts for justice in the church and the world. They publish a quarterly journal called *A Matter of Spirit* with analysis, theological reflection and action on justice issues. The two most recent quarterlies focus on COVID-19 and Economic Justice. You can read the articles or listen to them at www.ipjc.org/a-matter-of-spirit or at IPJC Podcasts.

GIVE

Support the Welcome Table Meal Program

The Welcome Table serves lunch to neighbors in need in White Center every Saturday at noon at The Body of Christ Church (1320 SW 102nd St). In addition, food and supplies are handed out. Support the meal by donating non-perishable food (cereal, shelf-stable milk, tuna, canned foods, pastas, granola bars, etc.) and fresh produce. They also need hygiene items (tp, deodorant, size large Depends, etc.), cleaning items, men's clothing, backpacks and blankets. Drop off donations between 11-11:30am in the back parking lot before guests arrive. Volunteers will unload it for you!