

## LEARN

### Safe Parking Update

We are up and running and hoping to have a second guest by the time you read this. If you are interested in volunteering with this program, contact Jennifer at [jibach@olgseattle.org](mailto:jibach@olgseattle.org).

### Open Wide our Hearts: The Enduring Call to Love

Many face barriers to breaking the cycle of poverty due to discrimination or racism. Read and reflect on the U.S. bishops' new pastoral letter against racism, *Open Wide Our Hearts: The Enduring Call to Love*. We are called to confront the evil of racism and journey together towards the conversion of hearts, minds, and institutions. How is this letter calling you to conversion? What stereotypes do you have that distort your vision of members of your local and global community? This Lent, reflect and learn more about how you can address injustice with the accompanying educational and prayer materials. Visit <http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/index.cfm> for more information.

### Faithful Citizenship

At their November General Assembly, the full body of bishops approved scripts for videos to inspire prayer and action in political life and to help Catholics apply the teachings of Pope Francis to our day. The videos complement *Forming Consciences for Faithful Citizenship*, the bishops' teaching document on the political responsibility of Catholics, and they seek to help Catholics participate in public life, prioritize faith over partisan politics, engage with civility, and respond to pressing issues of our day. Each video ends with a prayer. The videos are available on the USCCB's YouTube channel and at [FaithfulCitizenship.org](http://FaithfulCitizenship.org) in four languages (English, Spanish, Tagalog, and Vietnamese).

### Civilize It: Dignity Beyond the Debate

Catholics around the country are engaging in *Civilize It: Dignity Beyond the Debate* by pledging to witness to civility, clarity, and compassion during election season and beyond. A pledge to civility, a short reflection, an examination of conscience on civility, a prayer for civility, and more are available at [CivilizeIt.org](http://CivilizeIt.org). Join Catholics around the country by participating in *Civilize It* and share this initiative with others!

## SERVE

### Volunteer at St. James "Cathedral Kitchen"

If you have availability during the weekday, please consider helping with the Cathedral Kitchen dinner program. Many of their volunteers are seniors and have

asked to step away for the time being due to the coronavirus. If you can volunteer once a week to prepare dinner and serve, starting at 1pm, please contact Patrick Barredo at: 206-382-4515 or [pbarredo@stjames-cathedral.org](mailto:pbarredo@stjames-cathedral.org).

## GIVE

### Catholic Relief Services: Footsteps in Faith

As little as 90¢ a day can make a difference. Join CRS's Footsteps in Faith recurring giving program and become a part of sustainable, long-term solutions around the world! Last year, Footsteps in Faith members donated \$13.3 million, which provided prenatal care for more than 443,333 women, provided high school tuition and lunch for 38,000 youth, and provided emergency shelters for more than 180,000 families. Please visit [www.crs.org](http://www.crs.org) for more information! To give by phone, please call 877-435-7277 from 8 a.m. to 11 p.m. Eastern Time.

### White Center "Welcome Table"

Every Saturday at noon, local congregations and groups put on a free meal called the Welcome Table for people in the White Center area. In addition to food, they try to provide clothing and provisions. If you're able, please consider dropping off non-perishable snack foods, men's pants and tops, shoes, coats, backpacks, duffel bags, small toothpaste, TP and/or Depends (size M or L for men and women). They also need plastic grocery bags to send the goods home in. Donations can be dropped off between 11-11:30am on Saturdays at the Body of Christ Church kitchen (320 SW 102nd St, Seattle 98146).

### Catholic Relief Services Rice Bowl: Opportunity to Dream

Young people must be provided good nutrition to be able to pursue their dreams. Did you have the opportunity to dream? What can you do to give young people the opportunity to dream? As the coronavirus spreads around the world, many of the countries where CRS serves will struggle. Infrastructures, resources, and conditions are already stretched thin. Our Rice Bowl and Fish Fry Suppers were cancelled due to the coronavirus locally and there were no physical Masses during the usual CRS Collection weekend. ***Please consider contributing more to your Rice Bowl this year to make up for the difference and to address the growing need.*** Visit [crsricebowl.org](http://crsricebowl.org) for more.

## ACT

### Support Refugee Resettlement

Urge your members of Congress to support and cosponsor the GRACE Act (S. 1088/H.R. 2146). The GRACE Act will restore refugee resettlement to its historic average of 95,000 individuals per year. Currently, the Administration