

## PRAY

### Rev. Dr. Martin Luther King, Jr. Remembrance Mass

All are invited to a Remembrance Mass for Rev. Dr. Martin Luther King Jr. on Monday, **January 20** at the St. Ignatius Chapel at Seattle University (901 12<sup>th</sup> Ave, Seattle). Mass will be celebrated by Archbishop Etienne at 11am.

## GIVE

### Catholic Relief Services: WWII History

Did you know that CRS was founded by the U.S. Catholic Bishops in 1943 as War Relief Services? The organization started with the goal of assisting refugees and migrants from the ravages of World War II. The mission continues today. Learn more at [crs.org/about/crs-history](http://crs.org/about/crs-history)

## SERVE

### Day of Service 2019: Veterans Administration

Save the Date for the 2019 Day of Service on Saturday, **March 28**. With so many projects to choose from, you may need more information! This week's featured project is **Veterans Administration - Community Living Center**. Located at the VA Medical Center, the VA - Community Living Center is a place where Veterans stay to receive nursing home level of care. Their mission is to restore each Veteran to his or her highest level of well-being. On the Day of Service, volunteers will bring their lunch and eat with the veterans, then join in a game of bingo while visiting with the veterans. This is a great project for all ages. To learn more about Day of Service, go to: <http://www.olgseattle.org/day-of-service>.

### Volunteer for the January Community Meal

The Community Meal happens each month at OLG, providing a free meal for anyone in the greater community who wishes to attend. We need your help to make it happen! Can you help on **Sunday, January 26** to set up (around 9:45am), serve the meal (around 12:30pm) or cleanup (around 1:30pm)? You do not need to stay the entire day; just for your shift. We are also in need of homemade or store-bought desserts to share with our guests (drop off any time after 9:45am). Sign up here: <https://www.signupgenius.com/go/4090b4bafae2faafb6-january1> or with Colleen at [collduff@gmail.com](mailto:collduff@gmail.com).

### Volunteer at the Women's Shelter

OLG is partnering with Holy Rosary to host a women's weekend shelter. With homelessness on the rise and bad weather here, this is a great opportunity to provide a safe space for women in our community. Volunteers are needed to provide hospitality on **February 16 and 22**. Overnight volunteers are needed **February 2, 16 and 22** (private room and bed). Training is provided. To learn

more or sign up, visit

<https://holyrosaryseattle.org/womens-shelter>.

## ACT

### Urge Congress to support the new START Nuclear Weapons Treaty!

The Catholic Church has long advocated for international nuclear disarmament with the goal of the eventual elimination of nuclear weapons. The START Treaty currently limits the nuclear arsenals of the U.S. and Russia, who together account for over 90% of the world's nuclear weapons. The agreement is set to expire in 2021 and, without it, there will be no limits on nuclear arsenals. Contact your members of Congress and urge them to maintain limits on nuclear forces. Visit [voterVOICE.net/USCCB/campaigns](http://voterVOICE.net/USCCB/campaigns) to send a pre-written, editable message to your members of Congress today!

### Catholic Advocacy Day: Register Now!

Are you interested in learning more about advocacy but aren't sure where to start? Join Catholics parishes and organizations from around the state at the annual Catholic Advocacy Day in Olympia on Thursday, **February 20**. The day includes issue briefings, legislative visit training, and group meetings with legislators from your district (you can elect to talk or just listen). Register by Friday, **February 7** to get a seat on the West Seattle bus: [www.ipjc.org/cad](http://www.ipjc.org/cad). To learn more about potential advocacy issues, visit: [wacatholics.org/what-we-do/issues](http://wacatholics.org/what-we-do/issues).

### Mass and March for Life: Get Your Spot on the Bus!

The annual Mass for Life and March for Life are coming up on Tuesday, **January 21**. Mass will be celebrated at Sacred Heart in Lacey at 9:30am and at St. Michael in Olympia at 10am. Parking is limited so please plan to carpool. You can also reserve a spot on a bus (co-sponsored by the OLG Knights!) leaving from St. George (5306 13<sup>th</sup> Ave S., Seattle) at 7:45am. The bus will go to Lacey for Mass then to Olympia for the March for Life and meetings at the Capitol. It will return to St. George by 3:30pm. Call Renato at 206-276-9047 to reserve a spot. Free will donations are appreciated and remember to bring a sack lunch!

## LEARN

### Safe Parking Update

We signed the MOU to start the Safe Parking program with Urban League! There is new gravel in the lot and signs will be going up soon. We will continue to get the lot ready for our guests and begin to form a ministry to support the program, with the goal of starting in early February. We'll keep you updated as things progress. If you haven't already, check out the FAQ's on our parish