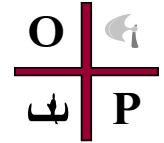


St. Olaf Catholic Parish
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October 1, 2020

Hello Everyone,

Many blessings of peace, joy, and love to you and your families. 😊

I'm writing today to connect with you again and offer some pastoral care for our parish family as we continue in Phase II of Safe-Start Washington.

First, our ongoing faith formation . . . Years ago I came to know of the work of Jan Alkire, a Seattle area catechist with extensive experience in healing and spirituality. Among her books, the most recent is entitled *Seeking Christ Through Friendship*, which explores the benefits of spiritual companionship – walking with friends on the spiritual journey.

Another offering Jan provides is a teaching/talk entitled *How to Love Your Neighbor During Elections and Beyond*, drawing inspiration from the Prayer of St. Francis in which we pray for an increase in the grace of understanding in our relationships and conversations with each other.

Jan has graciously accepted our invitation to offer presentations on both “Seeking Christ” and “Elections and Beyond” as part of our fall spirituality and ongoing faith formation ministry. I invite everyone to participate by connecting virtually through Zoom. (Please note that a daytime session and an evening session are provided for each presentation, to provide options in support of our differing schedules. The content of the daytime and evening sessions will be the same.)

Elections and Beyond: Saturday, October 10th, 1:00pm – 3:00pm
Thursday, October 15th, 6:30pm – 8:30pm

Seeking Christ through Friendship: Thursday, November 12th, 6:30pm – 8:30pm
Saturday, November 21st, 1:00pm – 3:00pm

Please register by sending an email to michelleann@stolafschurch.org, indicating which of the presentations (or both) you might wish to attend. Then please look for an email

reply with a link to the Zoom session. When the time for the presentation arrives, simply press on the link to be welcomed into the virtual gathering.

Last Fall, during our 50 Year Jubilee, we learned that October 16th is the traditional day for celebrating the conversion of St. Olaf to Christianity. (Our annual July celebration honors his martyrdom – his dying for the faith.) In helping promote deeper devotion to our patron, our relic of St. Olaf will be present during the Masses on the weekend of October 17th & 18th, with a 30-minute period of veneration in the church afterwards. We will also be making the video recordings of Bishop Eidsvig's talks from the Jubilee celebration available for everyone's home viewing. Please look for a Facebook message announcing that these videos are ready in the first part of October.

Over at the Church . . . We remain with a rhythm for the Eucharist that I believe is a realistic balance between many values not the least of which are health and safety, the nature of the pandemic and the reality of our many civil restrictions, sanitary precautions, the protection of the vulnerable, the directives of the archdiocese, and reverence and fidelity to the sacramental life of the church. Practically, this means that we're offering three masses per weekend, all of which are open for you to register to attend. We've learned that we can welcome approximately 40-70 people for Mass at any one time, based on our experience of providing seating for various combinations of individuals, couples, and households. It's an art more than a science, and I thank you for your understanding when a particular Mass might be full. Please remember that the Sunday Obligation remains suspended. No one is obligated to go to church right now.

Before closing this month's letter, I once again draw attention to our mental health and wellness. We've heard much about monitoring our physical symptoms for the coronavirus. I encourage also our awareness of internal stress, grief, and feelings related to uncertainties about the future. It's long been known that significant changes in a way of life can be difficult to navigate. The loss of our regularly being together for Mass and all that goes with it certainly qualifies as a significant change, and even a burden. To this end, I encourage us to make mention of caring for our mental state when visiting with our health care providers. Thankfully, help and support is available to assist us understand our experiences and respond to them with loving kindness.

Again – I share this work of connection with you with the intention of helping care for our parish family during this special time.

With many blessings of peace, love, and joy to you and your families 😊

Fr. David