



**PARTNERS
IN THE GOSPEL**

HANDBOOK FOR PARISHES

ARCHDIOCESE OF SEATTLE



**PARTNERS
IN THE GOSPEL**

Parish Outreach Guide

Introduction

As the Catholic Church, we reach out to those who are in need and those who are marginalized because this outreach to our brothers and sisters is central to our mission.

Archbishop Etienne reminds us of this:

“There is a direct link between our mindfulness, care and inclusion of the poor and the effectiveness of how we carry out the mission of the Church, which is simply proclaiming Jesus Christ to the world.”

- Archbishop Etienne, *Place Poor at the Center of Church*, February 9, 2020
<https://www.archbishopetienne.com/place-poor-at-center-of-church>

Pope Leo XIII describes the importance of our relationship with those in need and our call to put our love in action through advocacy for justice and through direct ministry and charity.

“The poor are not a distraction for the Church, but our beloved brothers and sisters, for by their lives, their words and their wisdom, they put us in contact with the truth of the Gospel...”

Helping the poor is a matter of justice before a question of charity. As Saint Augustine observed: “You give bread to a hungry person; but it would be better if none were hungry, so that you would have no need to give it away. You clothe the naked but would that all were clothed and that there be no need for supply this lack” (In I Ioan., 8:5).”

- Pope Leo XIV, June 13, 2025
<https://press.vatican.va/content/salastampa/en/bollettino/pubblico/2025/06/13/250613d.html>

In Delexi Te, Pope Leo goes further, indicting that such efforts are, in fact, the core of the Church’s mission:

“...The fact that some dismiss or ridicule charitable works, as if they were an obsession on the part of a few and not the **burning heart of the Church’s Mission**, convinces me of the need to go back and re-read the Gospel, lest we risk replacing it with the wisdom of this world.” 15

The purpose of this guide is to help parish leadership think about how to outwardly carry out their mission and ministries. It provides examples of how parish families can evangelize the

broader community and is based on the following principle from the Partners in the Gospel Mission and Evangelization Handbook:

God's Kingdom excludes no one and is not complete without everyone. Therefore "going out" beyond places of comfort to encounter Jesus Christ on the margins and peripheries is necessary - namely to share God's love and healing with those who need it, thus elevating their dignity and including them fully in God's wide embrace.

This guide is designed to encourage the baptized to live out the mission of Jesus Christ, activating all parishioners in the pews, even those whose faith has stagnated. It is filled with inspirational ideas about programs already underway across the archdiocese that may be a fit for your parish family - or may spark an idea for a new action in your area. It is by no means comprehensive but instead opens the door to possibilities.

As a catalog of possibilities, it is intended to inspire your **pastoral imagination**. Perhaps there are organizations with whom you can partner or parish programs you can learn from. Perhaps an example will move the hearts of your parishioners to address the same need or marginalized group in a new way.

This guide ultimately exists to "prime the pump," to dream about new or reinvigorated outreach possibilities. It will support your process of scanning for pastoral needs within the expanded parish boundaries and jumpstart the discernment process for who to move toward and how.

We trust that such movement will most assuredly lead to mutual transformation for staff, parishioners, and marginalized communities alike. Love and goodness will flow. The Kingdom of Heaven will emerge in real time. What an exciting moment and opportunity!

**"If you cannot find Christ in the beggar at the church door,
you will not find Him in the chalice."**

--St. John Chrysostom

As the parish family discerns initiatives, consider these guidelines for genuine outreach:

- Helps disciples grow a heart for service that extends from family, close friends, parish, and community to global solidarity with those in need.
- Is rooted in the Gospel call of Jesus to help the least of our brothers and sisters, to wash their feet, to follow in Jesus' footsteps as his disciples.
- Is not self-serving and doesn't expect anything in return.
- Engages those serving in walking with the people being served, not in a condescending way, but building relationships as partners in faith.
- Provides interaction and dialogue between parishioners, agency representatives and those served whenever possible.
- Exposes parishioners and communities to the very real economic and emotional needs faced by individuals and families in need.
- Enables parishioners and communities to do something concrete about the situations they meet.
- Reveals the need for direct service, local empowerment and social change - making the connection between the needs parishioners and communities encounter and the issues that cause them.
- Serves the common good, respects life, works for peace and justice, and cares for God's creation.

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And the King will answer and say to them, "Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me."

Matthew 25:40

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Advocacy

*Learn to do good. Make justice your aim: redress the wronged,
hear the orphan's plea, defend the widow.*

Isaiah 1:17

Deeply rooted in the teachings of Christ, advocacy emphasizes the importance of serving the least among us. It involves standing up for marginalized individuals and communities, often through grassroots organizing and political action.

Key aspects of Catholic advocacy include:

- **Social Justice:** Advocacy aims to achieve a more just and equitable society, addressing issues like poverty, racial equality, and access to education.
- **Personal Responsibility:** Catholics are encouraged to engage in advocacy as part of their moral responsibility, bringing the realities of those facing injustice to those in power.
- **Intercessory Role:** Advocacy is a way to support the poor and oppressed, reflecting our personal knowledge gained through relationships with those served.
- **Intercessory Spirit:** The Holy Spirit is an advocate for believers, helping them to stand firm in their faith and support those in need.

Overall, advocacy is a multifaceted approach that combines moral responsibility, social justice, and personal witness, aiming to create a more compassionate and equitable world.

Catholic Mobilizing Network

Every year, the U.S. condemns and executes dozens of people, while thousands more await their fate on death row. While lives are thrown away for vengeance, a growing, faith-driven movement seeks to change this. [Catholic Mobilizing Network \(CMN\)](https://catholicismobilizing.org/) is a national organization that mobilizes Catholics and all people of goodwill to end the use of the death penalty, to transform the U.S. criminal legal system from punitive to restorative, and to build capacity to engage in restorative practices. Through education, advocacy, prayer, and the Gospel value that every human is created in the image and likeness of God, CMN expresses the fundamental belief that all those who have caused or been impacted by crime should be treated with dignity. CMN provides an extensive range of resources, hosts educational events, engages in high-impact advocacy, and proclaims the transformative power of prayer in end the death penalty, advance justice, and begin healing. See: <https://catholicismobilizing.org/>

Catholic Relief Services (CRS) Ambassadors

[Catholic Relief Services](#) trains parishioners to become leaders who work to educate the wider parish community about needs of the poor overseas. Catholic Relief Services-trained Parish Ambassadors Corps are active parishioners with a passion for global solidarity who help strengthen the parish's outreach ministry by organizing global discipleship activities in their parish. CRS Ambassadors work together to educate themselves and the broader parish community through a faith lens on pressing issues of social injustice and inequality throughout the world. Ambassadors help with several social justice awareness projects at the parish throughout the year, including the Catholic Relief Services Rice Bowl. To reach a local CRS Ambassador leader, please contact Morningstar Stevenson: morningstars@allsaintsparish.com

Forty Days for Life

[Forty \(40\) Days for Life](#) is an interdenominational, internationally coordinated, 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach, and a peaceful all-day vigil in front of abortion facilities. Parishes participate with the support of local chapters and organize prayer events near or in front of abortion clinics. Vigils are a positive, prayerful presence outside abortion facilities to show God's love and mercy to those who visit and work at the abortion centers. People of faith are also invited to fast throughout 40 Days for Life and to engage in education and community outreach. For more information see: www.40daysforlife.com

Intercommunity Peace and Justice Center

[The Intercommunity Peace & Justice Center](#), grounded in Catholic Social Teaching, builds community to act for systemic change in our Church and world. IPJC is sponsored by 24 religious communities and collaborates with Catholic, ecumenical, interfaith and other organizations in carrying out this mission. Join IPJC in promoting responsible investment, supporting youth leadership and women's justice circles, advocating for sacred salmon, or engaging with their Legislative Action Center. For more information see: <https://ipjc.org>

Pax Christi USA

Grounded in the Gospel and Catholic social teaching, [Pax Christi USA](#) is a membership organization dedicated to peace. The group rejects war, preparation for war, every form of violence and domination, and personal and systemic racism. As a section of Pax Christi International, the group is part of the international Catholic peace and justice movement that seeks to model the peace of Christ in our witness to the mandate of the nonviolence of the Cross. For more information visit <https://paxchristiusa.org/>.

Locally, Pax Christi Pacific Northwest is guided by the spirituality of nonviolence. They advocate and provide leadership for disarmament, demilitarization, and reconciliation with justice, inclusiveness, economic and interracial justice, human rights, and care of creation:

- Through prayer, study and action, we strive to be attentive to the intersectionality of the key issues stated above and, in our response, to be conscious of their impact on the world community.
- We work to align our organizational structures, policies, and practices with our intent to be an anti-racist, multicultural Catholic movement for peace with justice.
- For more information, please visit <https://www.paxchristipnw.com/>

Washington State Catholic Conference (WSCC)

The [WSCC](#) represents the Catholic Bishops of Washington in their efforts to support public policies that promote the common good. WSCC efforts include:

- Developing a public policy agenda and coordinating the advocacy efforts of the Catholic community.
- Engaging with public authorities, legislative bodies, and other civic organizations.
- Working in coalition with other advocacy groups on issues of shared concern.
- Creating advocacy resources for use in faith communities throughout the state.
- Providing parish trainings on themes including Catholic Social Teaching and Faithful Citizenship.



To learn more about WSCC and sign up for the advocacy newsletter, visit wacatholics.org.

Care for Creation

Then God said: Let us make human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth.

Genesis 1:26

Care for creation emphasizes the moral and ethical obligation to protect and sustain the environment as a sacred gift from God. This stewardship is rooted in the belief that all of creation is good and that humans are called to care for it in a way that honors God's creation. The Church teaches that care for creation is not just a slogan but a requirement of faith, reflecting the relationship between human activity and our changing environment. It calls for the need for a true ecological approach that integrates justice in environmental debates and the need to ensure that our methods of production and consumption respect the Lord's

command to care for creation and serve the needs of the human family (especially the poorest and most vulnerable).

Care for God's Creation Ministry

Many parishes offer ministries focused on this area. One example is Our Lady of Guadalupe and Holy Rosary Parishes (West Seattle) that formed a Care for God's Creation Ministry that is committed to caring for all of God's Creation. They help their parishes be "GREEN" faith communities through prayer, education and responsible use of resources (i.e., recycling, responsible purchases, etc.), as well as advocacy efforts on behalf of Creation. For more information see: <https://www.olgseattle.org/caring-for-gods-creation>.

Creation Care Network

[The Creation Care Network](https://www.creationcare.org/), a local group of people and parish ministries dedicated to living out the call to care for the earth and the poor, hosts a variety of events designed to inspire, educate and advocate around the call to heed the "...cry of the earth and cry of the poor." The gatherings provided by the network provide space to spiritually ground Catholic collective work, discern how the Spirit calls us to build kinship with the Earth, and encourage action for climate justice. To learn more about the Creation Care Network, visit <https://ipjc.org/creation-care-network>.

The L'Honey Program

L'Honey is a collaborative venture between St. Leo Parish in Tacoma, L'Arche Farm, and other like-minded non-profits that promote sustainable living and care for creation. L'Honey seeks to be an interactive ministry that provides the experience of beekeeping to better connect people with God's creation.

L'Honey provides opportunities to work with honeybees and learn about beekeeping husbandry in all its dimensions. There is also an opportunity to learn how to create hive products and to promote product sales to support the honeybees.

L'Honey provides educational opportunities for students and the broader community by offering classes in basic beekeeping, the importance of pollinators and overall sustainable living. To learn more, please visit <https://stleoparish.org/faith-justice/lhoney-program/>.



Criminal Justice Ministry

*"He has shown you, O mortal, what is good. And what does the Lord require of you?
To act justly and to love mercy and to walk humbly with your God."*

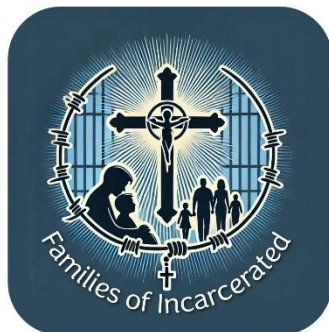
Micah 6:8

The Church's teachings on criminal justice emphasize the importance of restorative justice and the human dignity of all individuals. Years of harsh and increasingly retributive responses to crime have resulted in the U.S. maintaining the highest prison population on earth. This ministry aims to cultivate a restorative model of criminal justice that will transform suffering by identifying and addressing the deeper needs and traumas underlying crime or harm.

Restorative justice is a model that seeks healing for all rather than punishment of one. The ministry recognizes the broken body of Jesus in everyone impacted by crime and accompanies all affected people on their journey toward transformation and wholeness with an approach that honors the Gospel imperative to resist all that diminishes personal dignity and crushes the human spirit.

Archdiocesan Criminal Justice Ministry

[This ministry](#) provides Catholic chaplains and ministry volunteers who are committed to providing one-on-one pastoral care, Catholic Masses, prayer services, bible



studies, retreats and other spiritual services inside Western Washington's jails and prisons. The team supports all people affected by incarceration, including survivors of crime, individuals in jail or prison and all involved family and community members.

This ministry is committed to re-entry approaches that empower faith communities to provide transformative wraparound support for former prisoners believing in transforming suffering rather than transmitting it. The ministry is always looking for volunteers. To learn more, please visit <https://archseattle.org/ministries/outreach-ministries/criminal-justice-ministry>.

Families of Incarcerated

Having a loved one who is incarcerated can be a lonely journey. The [Families of Incarcerated](#) ministry provides compassion, community and support for people as they navigate this challenging time. This ministry is rooted in Sacred Heart Parish in Lacey but extends throughout the Archdiocese of Seattle. Support is also provided through monthly Zoom gatherings. To learn more, please visit www.sacredheartlacey.com/families-of-incarcerated.

One Parish One Prisoner

Did you know that there are roughly the same number of incarcerated people in Washington State as churches? Imagine if each of our parish families agreed to enter a relationship with just one person in prison. The archdiocesan [One Parish, One Prisoner](https://undergroundministries.org/opop), is a re-entry model that matches parishes with an incarcerated person for their mutual transformation and resurrection. A relationship of trust is built through letter writing and prison visits. And when the time comes, this person will experience the embrace of a familiar parish community who can assist with the many obstacles to re-entry. To learn more, visit Underground Ministries:

<https://undergroundministries.org/opop>.



Restorative Justice Peace Circles

Between 2016 and 2018, the Archdiocese of Seattle participated in a groundbreaking restorative justice movement that unfolded within the King County Juvenile Court system. Focused on the art of peacemaking circles, this process was applied to juvenile felony cases in lieu of traditional court and incarceration. Parishes and schools could be trained to resolve internal conflicts in a more Gospel-oriented way by using Catholic Mobilizing Network's Restorative Justice Guide for Parishes. See: <https://catholicmobilizing.org/engagement-guide>

Deaf Ministry

*And people brought to Jesus a deaf man who had a speech impediment and begged him to lay his hand on him.
Mark 7:32*

Deaf Ministry is rooted in the belief that faith is a personal act and cannot exist in isolation. This emphasis on the importance of sharing faith is essential for deaf individuals who may not have access to hearing the message of faith. Deaf Ministry serves the deaf community, their families and those connected with the deaf community, offering a spectrum of pastoral and Sacramental care, evangelization, religious education, and community building. The ministry aims to provide a full and inclusive experience for Deaf Catholics, ensuring they can participate fully in the life of the Church.

Archdiocesan Deaf Ministry

[Deaf Ministry](#) provides retreats, workshops, Bible study, prayer groups and more using American Sign Language (ASL). The Ministry provides ASL interpreters for major Catholic events and Masses, ensuring full inclusion.

As this ministry expands throughout Western Washington, the hope is for deaf and deaf-blind people to feel welcomed and included in Catholic communities. To learn more please visit <https://archseattle.org/ministries/outreach-ministries/deaf-ministry>

Deaf Interpretation at Mass

St. Joseph Parish and Sacred Heart of Jesus Parish, both in Seattle, and St John the Evangelist in Vancouver ensure ASL interpretation at regularly scheduled Sunday Masses. For more information, contact Terri Nelson, Director of Integral Human Development. Archdiocese of Seattle, [206-274-3103](tel:206-274-3103), or terri.nelson@seattlearch.org.

The National Catholic Office for the Deaf

This non-profit membership organization is dedicated to pastoral ministry with deaf and hard of hearing people. [NCOD](#) serves 5.7 million deaf and hard of hearing people through its pastoral ministry and through its special advocacy. Programs include:

- Specially adapted resource materials in ASL or open/closed captioning that make a spiritual life accessible to children and adults who are deaf and hard of hearing.
- Ongoing professional training for pastoral workers.
- VISION, a magazine that links the community of deaf and hard of hearing persons and those who serve them.
- Assistance to parents with deaf and hard of hearing children.
- Training and opportunities for deaf and hard of hearing people to meet the religious and spiritual needs of other deaf and hard of hearing people.
- Workshops for professionals who wish to serve the spiritual needs of people who are deaf and hard of hearing.
- Annual conferences where pastoral workers and those who are deaf and hard of hearing can share their experience, support each other, and enrich their understanding and information about Deaf Ministry.
- To learn more, go to: <http://www.ncod.org/>

Disability Inclusion

Then he said to the host who invited him, "When you hold a lunch or a dinner, do not invite your friends or your brothers or your relatives or your wealthy neighbors, in case they may invite you back and you have repayment. Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you. For you will be repaid at the resurrection of the righteous."

Luke 14:12-14

Including those with a disability recognizes the importance of building a community that values and respects all individuals, regardless of their physical or mental conditions. This includes ensuring that all forms of liturgy are accessible to people with disabilities. Our Catholic teachings encourage a just society that integrates people with disabilities into social life and recognizes them as valuable members of the human family.

Archdiocesan Disability Inclusion

[This ministry](#) works collaboratively with parishes and schools to promote the inclusion and meaningful participation of people with disabilities in the life of our Catholic faith communities. With the goal of removing barriers to meaningful access to parish life, this ministry helps parishes and schools provide opportunities for learning Adaptive Faith Formation programming, encouraging inclusive participation in worship celebrations, offering inclusive social opportunities, promoting Disability Awareness, and advocacy. To learn more:

<https://archseattle.org/ministries/outreach-ministries/disability-inclusion-ministry>



Annual Inclusion Mass & Dance

Each year the Archdiocese of Seattle's Disability Inclusion ministry hosts a Mass to celebrate people of all abilities. Past Inclusion Masses feature music and movement in the choir, a Knights of Columbus honor guard and an all-abilities dance party following Mass. To learn more visit: <https://archseattle.org/events/disability-inclusion-ministry-mass-dance>.

Faith and Light

Nationally and internationally, [Faith and Light](#) Chapters are comprised of people with developmentally and/or intellectual disabilities, their families and friends. They meet to share faith, friendship and celebrate life. Parishes provide opportunities for fellowship and caring at monthly meetings. Meetings include a project based on a Gospel reading. To learn more, <https://faithandlightnorthamericawest.com/>

St. Michael Parish in Olympia hosts a [chapter](#). For more information contact Bene Reece at (360) 292-7143 or breece@saintmichaelparish.org.

Faith Friends

St. James Cathedral's [Faith Friends](https://www.stjames-cathedral.org/kids/faithfriends.aspx) program is a unique blend of the Faith Mentor faith formation program and parish youth disability inclusion ministry. The program's goal is to give children ages 7-18 with physical, cognitive and intellectual disabilities access to the parish community, social events and faith formation. The program includes twice-monthly inclusive social and community activities, Saturday Teen Times, Birthday Clubs and Faith Mentors, which is one-to-one faith formation. Learn more about the Faith and Friends program on <https://www.stjames-cathedral.org/kids/faithfriends.aspx>.

National Catholic Partnership on Disability

The [National Catholic Partnership on Disability](https://www.ncpd.org) works with dioceses, parishes, ministers and laity to promote the full and meaningful participation of persons with disabilities in the life of the Church. NCPD promotes this ever-evolving mission to renovate and sustain ministry to-and-with all people with disabilities and their families by leading and participating in trainings, workshops, and regional meetings. Topics include meaningful participation in the Sacraments, accessible parishes, catechetical best practices, workshops for seminarians, and development resources. To learn more visit <https://www.ncpd.org>.

St. Madeline Sophie Catholic School

St. Madeline Sophie Catholic School strives to provide a general education setting of highest quality, while at the same time always remaining open to welcoming and understanding the exceptionalities of all students. It is not a destination school with dedicated special education resources intended to attract a niche population – nor does it prescribe or implement therapy. The program does, however, coordinate with a family's outside resources to provide good first teaching. By employing a differentiated curriculum design with dually trained staff, families experience a first-rate, faith-based PK-8 learning choice for all their children. Ten years of experience – and over 150 successful graduates demonstrates a solid reputation of success. For more information visit: <https://smsbellevue.org>

Families on the Margin

"All those...who exercise influence over communities and social groups should work efficiently for the welfare of marriage and family."

(Gaudium et Spes, 52)

The importance of family is deeply rooted in the teachings of our Church. The family's role is a fundamental unit of society and faith. The Church views the family as the "domestic church," where faith is first learned and shared. Parents are the primary educators of their children, teaching them about God, prayer and the sacraments. The family is also a place where moral values and love for God grow, reflecting the Church's broader vision of building a holy

community. We believe that marriage is a sacred covenant that mirrors Christ's love for the Church, and children are called to honor their parents as part of living a virtuous life.

The stresses on families on the margin are numerous; those without shelter are often split up; those who have arrived from other countries often rely on children to translate for parents as they negotiate leases, finances, and access to the resources they need to survive; families from different cultures are stranded without a community to support their roots; those lacking finances struggle with balancing rent with food, medical care and work.

Agape Service Project

[Agape Service Project](#) is dedicated to building a culture of encounter. Specifically, this ministry facilitates encounters with the farmworker community of Whatcom County, through weeklong middle and high school service-immersion programs, while empowering young adults to be servant leaders. Through service-learning experiences, participants learn about human dignity, issues affecting farmworkers and why we as Catholics are called to serve. Through the food bank, community support and time spent with the farmworker community, personal relationships with our siblings in Christ are built. For more information see: <https://archseattle.org/ministries/outreach-ministries/agape>

Backpack Program

Many children who are eligible to receive free or reduced-price school meals may be left without an adequate supply of nutritious food on the weekends or when school is not in session. All Saints Catholic Church in Puyallup partners with a local non-profit called [Communities in Schools](#) to participate in the Backpack Program. They are matched with a local public school to supply an average of 550 students per week with food supplies to feed students over the weekend. To learn more, see <https://allsaintsparish.com/outreach/food-programs>.

Fostering Futures

There is a critically high number of foster children in Washington state and that number continues to rise. New foster families are desperately sought to meet the ever-growing need. Fostering Futures is an Archdiocesan-sponsored event that can be held at your parish. We invite social workers, foster parents and current foster kids to educate parishioners and encourage them to consider becoming a foster family. The Fostering Futures staff secure the panel of speakers, provide customized promotional material and manage the entire presentation. Parishes simply need to promote the event and provide hospitality. To learn more, see: <https://archseattle.org/ministries/outreach-ministries/foster-care-ministry>

Mercy House

Mery House is a project of St. Pius X in Mountlake Terrace that provides food, utility and rental assistance, and spiritual companionship to those who are in need. Mercy House provides support for mothers and babies, assistance in navigating resources for housing and health care, and more. For information see <https://stpxparish.com/mercy-house> Or read

more about it in Northwest Catholic: <https://nwcatholic.org/news/jean-pariotti/parishioners-are-living-stones-of-mercy-house-project>

Archdiocese of Seattle Multicultural Communities

Multicultural Ministry provides support to parish leaders in providing pastoral care for people in different cultural and ethnic communities. Cultural and ethnic communities served include African, African American, Black, Asian Pacific American, Native American, and others.

We meet with the leaders of each cultural community throughout the year, listen to their concerns, celebrate their gifts, and work with archdiocesan leadership to provide guidance and support.

We welcome all cultural communities together several times a year to foster understanding among them, to encourage them to participate in archdiocesan events, and to utilize and enrich the archdiocese's resources and services. For more information visit: <https://archseattle.org/ministries/multicultural-ministry>

Food Insecurity

All you who are thirsty, come to the water! You who have no money, come, buy grain and eat; Come, buy grain without money, wine and milk without cost!

Isaiah 55:1

Food insecurity is the lack of access to adequate healthy food for individuals and families - a reality faced by many of our neighbors. We advocate for the moral criteria to evaluate the allocation of resources, ensuring that they safeguard human life and dignity and reflect a shared responsibility to promote the common good of all, especially workers and families.

The Tri-Parish Food Bank

The [Tri-Parish Food Bank](#) is in Skagit Valley. With the cooperative efforts of St. Charles, Sacred Heart, and Immaculate Conception Parishes, it provides food to over 500 families and individuals each week. It works closely with other community agencies, such as Catholic Community Services, Community Action and Food Lifeline, to secure resources and acquire culturally appropriate food to serve its diverse community. The Tri-Parish Food Bank is more than a food bank as it brings in youth and parishioners throughout the Archdiocese of Seattle to work with food bank guests and to gain volunteer experience. Volunteers come throughout the week to pack and help distribute food. To learn more please visit: triparishfoodbank@skagitcatholic.org

Parish Garden Ministry

Since 2010, St. John the Evangelist (Vancouver) parish ministry reaps the bounty of the earth offering those in need fresh vegetables from the campus garden. A dedicated group of parishioners has been working diligently to plan, plant, nurture and cultivate the garden with the goal of harvesting primarily vegetables, herbs and flowers. The recipients of this bounty include St. Vincent de Paul (who in turn distributes the food to needy families in the local community) and flowers for the Arts and Decorations Committee to help beautify liturgies. For more information see: <https://www.stjoevan.org/parish-garden>

Sack Lunch Program

Originally known as Feed the Hungry, the Sack Lunch Program has been serving the poor and vulnerable of Grays Harbor and Pacific counties since 1982. Inspired by Father Quinn and other parishioners, the program began serving St. Mary School, soon moved to St. Rose Convent and later to the St. Mary Parish Center. After 18 years, St. Mary Parish in Aberdeen approached Catholic Community Services, which took over management in 2002. Volunteers work in teams on a particular day each week to serve a hot meal to an average of 70 people daily, five days a week. To learn more, see: https://www.ghcatholic.org/feed_hungry.html

St. James Cathedral Kitchen

The Cathedral Kitchen opens its doors five days a week to provide a nourishing, hot meal to those in need in the First Hill and Downtown Seattle neighborhoods. The Cathedral Kitchen depends on many hands and resources as well as long-standing partnerships with the community to serve 150 meals each night. To learn more, visit: <https://www.stjames-cathedral.org/outreach/kitchen.aspx>

St. Leo's Food Connection

A ministry of St. Leo Catholic Parish in Tacoma, the Food Connection has been serving residents of Pierce County since 1982. The ministry began as a small, neighborhood food pantry, but eventually grew into one of the largest emergency food assistance programs in the area. Each month, individuals and groups give over 3,000 hours of time to sort food, organize the warehouse and assist clients when they come for programs. To learn more, please visit <https://foodconnection.org>.

Grief Ministry

He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away."

Revelation 21:4

Those who experience grief often become isolated when their friends and family are uncomfortable with grief. Grief Ministry emphasizes the importance of understanding and supporting the grieving process. It provides practical and personal grief support, equipping individuals with the tools to build a bridge for a new and different life. The ministry aims to be a resource for Catholic parishes, offering hope and healing to those mourning a loss. It also focuses on developing leaders' understanding of grief and how to accompany someone in their sorrow, offering comprehensive content about our Catholic traditions and teachings providing solace, hope, healing, and promoting a call to loving service among the faithful.

Grief Ministry Program of the Archdiocese of Seattle

The need for grief support exists at the parish level. Many individuals and families suffer grief from the loss of a loved one, a job, a marriage, or something else that is important to them. The Archdiocese of Seattle offers a parish-level grief support ministry program as a model for parishes that wish to offer a grief ministry for its parishioners. To learn more, please visit: <https://archseattle.org/ministries/outreach-ministries/grief-ministry>

St. Stephen the Martyr Bereavement Support Ministry

The [Bereavement Support Ministry](#) at Stephen the Martyr in Renton aims to provide mutual aid, emotional support and an opportunity to develop a new social system. They give people encouragement and provide information about the process of grieving and loss, as well as grief resources. St. Stephen the Martyr Parish wants to let the community know, "We care" and wants to assist people during difficult times. They have a trained support team for anyone who's suffered a major death loss in their life. For more information, please visit: <https://ststephenslife.com/looking-for-help>

Hospital and Healthcare Ministry

Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own?

1 Corinthians 6:19

As Catholics, we believe everyone is created in the image of God. Our human condition weaves together the dimensions of our physical, psychological and spiritual condition. Through compassionate care that respects human dignity and considers the needs of the

whole person, medical providers help further the mission of Jesus and his healing ministry. When one of us is ill, we work to provide companionship and spiritual support through the availability of the sacraments and the presence of the Church.

Archdiocese of Seattle: Hospital Ministries

The archdiocese works with individual deaneries to ensure a Catholic presence in hospitals throughout Western Washington. We often fund care coordination efforts intended to quickly connect Catholic patients with the sacraments they desire. We frequently collaborate with clergy and laity so patients may receive pastoral visits, Eucharist, and the Sacraments of Anointing and Reconciliation. Through a partnership with the South Seattle Deanery, we directly manage a robust hospital ministry serving all the hospitals on First Hill. Our program manager provides direct chaplaincy at Harborview, Providence Swedish, and Virginia Mason Franciscan while also connecting with all Catholic hospital chaplains throughout the region. To find out who to contact in your area, ask your parish priest or see:

<https://archseattle.org/office-ministry/hospital-ministry> or

<https://archseattle.org/ministries/outreach-ministries/hospital-ministry/>

Pastoral Care Commission

The Church of the Assumption in Bellingham, as part of their Pastoral Care Ministries, offers support and encouragement to fellow parishioners regarding issues of health and well-being. This includes ministry for people with developmental disabilities and their families, a funeral reception committee, grief support, a "Shoulder to Shoulder" fund to help parishioners facing emergency financial burdens, and homebound ministries, which provides distribution of the Eucharist to those unable to attend Mass. This group also has a liaison with [Health Ministries Network](#), a nonprofit serving Northwest Washington with a mission to link faith community nurses and health ministers, congregations and local resources. For more information visit:

<https://assumption.org/pastoral-care-committee.html>

MercyWatch

[MercyWatch](#) is an ecumenical homeless street outreach medical ministry based in Everett serving the marginalized in Snohomish County. Its mission is to sow new life, hope, and peace through a commitment to be present to those on the streets stuck in addiction, mental health crisis and poverty, and to work with them for a better future. In

addition, MercyWatch holds medical clinics throughout the week at partnering sites to reach those in need, going out to where people live in shelters, churches, hygiene centers, motels, or other common places. Their medical staff of doctors and nurses offer immediate medical care to those in need through their MercyWatch Mobile Medical Clinic and make other referrals as needed. To learn more please visit: <https://mercywatch.org>.



Vaccine and Health Screenings

Holy Cross Parish in Lake Stevens worked with the Catholic Community Services Network Builders to host vaccine and health screenings for parishioners from Hispanic/Latino, Indigenous, and other Central American countries. These events not only included COVID-19, flu, and monkey pox vaccines, but also provided health screenings like glucose and blood pressure. These events were offered primarily during COVID but could be restarted at any parish at any time. Contact Mary Wahl of CCS at marywa@ccsww.org

Housing and Homelessness

*For you, O Lord, have been a refuge to the poor, a refuge to the needy in their distress;
Shelter from the rain, shade from the heat.*

Isaiah 25:4

The Catholic Church's response to homelessness is deeply rooted in the Gospel. It emphasizes the dignity of every person and the importance of compassion, community, and long-term support. The Church advocates for the prevention of homelessness and the provision of permanent supportive housing. This is accomplished in many different ways: converting buildings to shelter space, hosting overnight shelters, supporting families as they transition from living on the street to permanent housing and more.

Emergency Cold Weather Shelter

Holy Spirit Parish in Kent offers their parish hall and classrooms for people to come out of the cold to warm up and sleep inside on extremely cold nights. The Emergency Cold Weather Shelter offers homemade soup and crackers, coffee, tea and hot chocolate, plus sleeping mats and blankets. This project is a joint effort between Holy Spirit Parish and the City of Kent along with other community partners including the local Lutheran Church and Kent AM Kiwanis. To learn more about this, contact Brenda Fincher at bfincher@holyspiritkent.org, 253-859-0444, or see: <https://holyspiritkent.org/>

Frederic Ozanam House

Catholic Community Services sponsors Frederic Ozanam House, which provides 56 single-room-occupancy units of permanent supportive housing for chronically homeless men aged 55+ who also have a disabling condition. The program includes onsite meals, case management and access to medical, mental health, and chemical dependency resources. For many residents, living at Frederic Ozanam House will be the first time they have experienced stable housing. Without having to focus their attention on day-to-day survival, Ozanam residents finally have an opportunity to improve their health, to access needed resources, and to experience the leisurely lifestyle of many of our elders. Frederick Ozanam House is

across the street from Saint James Cathedral and is one of many residences provided through Catholic Community Services. For information about Frederic Ozanam House, please call (206) 441-4606 or see: <https://ccsw.org/services/permanent-housing/>

Mercy Works 253

Founded in 2016 at St. Charles Borromeo Parish in Tacoma, Mercy Works 253 has served over 10,000 meals to the homeless on the streets of Tacoma. Mercy Works 253 collaborates ecumenically with community organizations to serve the homeless in the community. The ministry goes out to provide nutrition, hydration, and other necessities such as clothing and hygiene items, projecting care and compassion with each encounter and respecting people's human dignity as beloved children of God. Parish volunteers prepare and distribute healthy protein-rich meals, water, clothing items, tents, and sleeping bags. The parish involves the school in the preparation of sandwiches and partners with the local Chik-fil-A for donated meals. To learn more, please visit: <https://www.saintcharlesb.org/mercy-works-253-homeless-ministry>.

New Bethlehem Project

The New Bethlehem Project is a day center and overnight shelter to help homeless families on the Eastside. It is a partnership between Holy Family Parish in Kirkland, St. Louise de Marillac Parish in Bellevue, Catholic Community Services of Western Washington and Salt House Church in Kirkland.



New Bethlehem Programs

New Bethlehem Project recognizes Christ's call to serve the poor by filling an urgent, unmet need for a year-round resource center for families experiencing homelessness. The shelter is staffed by Catholic Community Services, but volunteers from Holy Family and St. Louise are essential to serving families who walk through the doors of the shelter. Please visit: <https://ccsw.org/services/new-bethlehem-programs/>

Project Homeless Connect

St. Joseph Parish, Vancouver, hosts a one-day event that helps people living without homes easily access a variety of resources in one location. Offerings include housing information, vision exams and glasses, haircuts, help signing up for social service benefits and healthcare, employment resources, clothing, hygiene items, foot washing, a pet clinic, and lunch. [Thrive2Survive](#) organizes volunteers and logistics for the event, while Amerigroup of WA, Molina Healthcare, and Trinity Lutheran Church Foundation are event sponsors. St. Joseph Parish also donates the use of their facility and is open for refreshments, volunteers and lunch. To learn more, please read: <https://nw catholic.org/news/morningstar-stevenson/vancouver-parish-school-work-together-to-host-resource-fair-for-the-homeless>.

Safe Parking

St. Jude Parish in Redmond operates a Safe Parking program on their campus to host homeless men, women, and couples who are living in their car. They offer seven spots in their parking lot for those experiencing homelessness who have an operable, regular-sized vehicle. They can park in the lot from 6pm-8am every night. A parish volunteer maintains a small guesthouse for them to use with a refrigerator, microwave and a portable restroom. To learn more, please visit: <https://www.stjude-redmond.org/ministries/safe-parking>.

Human Trafficking

And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

Matthew 25:40

Through Christ we are all brothers and sisters. What dignifies one, dignifies all. What shames one, shames all. Human-trafficking is a world-wide problem where individuals, primarily young women and children, are kidnapped, transported far away from home, and sold to people operating sex-work. Economic and lingual factors limit the abilities of these people to escape, heal, and return to self-autonomy. Stopping the demand for the sex trade is the best way to minister to those who are victimized. Each day in this region, over 20,000 men seek to purchase sex.

API Chaya

This non-profit empowers survivors of gender-based violence and human trafficking to gain safety, connection and wellness. By educating and mobilizing South Asian, Asian, Pacific Islander, and all immigrant communities to end exploitation, API Chaya is creating a world where all people can heal and thrive. Consider working with API Chaya to host an event at your parish that would support survivors of human trafficking. To learn more visit: <https://www.apichaya.org>.

The Genesis Project

Supported by the Sisters of Providence, [The Genesis Project](https://www.genesisnow.org), exists to offer hope for a new life to young women and girls involved in commercial sexual exploitation (CSE), prostitution and sex trafficking. The mission of the Genesis Project is to provide needed services to survivors of CSE and sex trafficking in a three-phase approach including immediate shelter, education, job skills training, and long-term safe houses. Ultimately, this love, support, and care will draw women toward a future of hope. To learn more, please visit: <https://www.genesisnow.org>.



Operation Nightwatch

Operation Nightwatch is focused on all aspects of street ministry from housing and feeding those on the margins to addressing the intersection between homelessness and the sex trade. The street ministry of Operation Nightwatch helps build awareness of this reality. When someone is ready to take a step to leave a situation, ministers are quick to offer referrals to local organizations who are ready to offer wraparound services to those seeking to exit the sex trade. To learn more, please visit <https://www.seattlenightwatch.org>.

The Sisters of Providence

Through legislation and action, the Sisters of Providence work to increase awareness of human trafficking and support victims in escaping and restarting their lives. One Sunday each month, the Sisters of Providence unite with others in a prayer vigil in downtown Seattle to raise awareness about the problem of human trafficking. To learn more, visit: <https://sistersofprovidence.net/sisters-battle-human-trafficking>

Immigrants and Refugees

*"And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.
I am the LORD your God."*

Deuteronomy 10:19

The children of Israel were treated as slaves in Egypt. They had been refugees from famine across the entire middle east. When Moses lead them to the promised land, God made a covenant with the people. Part of this covenant was a pledge that they would care for refugees and migrants with compassion, not as they had been treated in Egypt. When

Joseph and Mary feared for the life of their firstborn, they fled to Egypt where they believed they were safe from Herod's tyrannical ways.

Jesus is our new covenant and thus we are held to similar values. As Catholics we believe God will welcome us into eternal life in the same way that we welcome strangers.

Mother Cabrini Missionary Disciples (Cabrinians)

This ministry trains individuals and groups on how to serve immigrant and refugees. As Jesus accompanied his disciples and, in fact, each member of God's family, so might we accompany the stranger, the migrant, the refugee. Cabrini Companions, Navigators, and Welcome Circles work to follow Jesus' instructions and provide support to new arrivals in our communities. For more information see <https://archseattle.org/wp-content/uploads/2025/01/Cabrinians-Informational-Flier-April-2025-min.pdf>.

Congolese Family Fun Day

Home to the first Congolese Family Fun Day in the Archdiocese of Seattle, St. Stephen the Martyr in Renton welcomed 200 Congolese Catholics for a day of family games, food, resources and ministry programs to support the needs of their community. The day concluded with a Mass, celebrated in French. Parish volunteers warmly welcomed families and facilitated this day of fun.



In addition to diocesan programs, outreach and community organizations offering support, St. Stephen parishioners also provided information on local parish ministries and hosted a PREPARES-sponsored pop-up diaper distribution for the many young families at the event. For the Congolese community who resettled in the Archdiocese of Seattle after suffering and surviving the violence of war in their home country, this day of gathering meant needed connection and communion with one another.

Immigrant & Refugee Ministry

Archdiocesan Immigrant & Refugee Ministry (IRM) provides care and resources for immigrant families and equips and empowers parishes to develop their own immigrant response programs. This ministry launched parish Welcome Circles, hosted regional Know Your Rights trainings, immigration summits, walking pilgrimages, vigil Masses, fund collections, listening sessions and other special events in an attempt soften hearts and bring comfort to immigrant families while advocating for their needs. In addition, this ministry offers weekly services and access to sacraments inside the Northwest Detention Center in Tacoma. For more ideas from the Archdiocese's Immigrant and Refugee Ministry, please visit:

<https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry>

Solidarity with Immigrants and Refugees

Parishes can be in solidarity with immigrants and refugees by offering prayer vigils during times of crisis; hosting speakers from immigrant communities to raise parishioner awareness; sending groups of parishioners on mission trips; hosting events to celebrate the diverse cultural heritages of parishioners; inviting local immigrant communities to share a meal; and much more. For more ideas from the Archdiocese's Immigrant and Refugee Ministry, please visit: <https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry>

Migrant Respite Ministry

Parishes recruit, train, and support teams of parishioners to offer short-term accompaniment and support to recently arrived asylum-seekers and others. Working with local service providers (who offer employment and housing support), parish teams provide a warm and caring welcome that addresses immediate needs for the first few months. This includes seasonally appropriate clothing, help enrolling kids in school, getting Washington State IDs, and an orientation to grocery shopping, banking, and more. Please visit:

<https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry>

Refugee Family Welcome Circles

Welcome Circles are groups of five or more parishioners who commit to sponsoring and supporting a refugee family to help them navigate their new home in the US. This includes financial support, arranging housing and essential household items, accessing public benefits, selecting healthcare providers, looking for work, and enrolling kids in school. Families generally need help for the first 6-12 months. The Archdiocese Welcome Circle Program provides support to Circles throughout the entire process. To learn more visit: <https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry/welcome-circles>

Welcome Circle

In the summer of 2022, after meeting at an information session, three Holy Family, Kirkland, parishioners started the process to create a Welcome Circle to sponsor a family fleeing the Ukrainian war. After talking with their pastor and parish staff, they held a series of information and organizing sessions after Mass for parishioners who wanted to learn more. More than 20 people signed up to help in one way or another. The core group completed the certification process, developed a welcome plan, was matched with a family and submitted the sponsorship application. Before the family arrived, they secured an



apartment and furnished it. Once the family arrived and settled in, they put their welcome plan into action. Six months later, the family is employed and no longer needs financial support. They have enrolled in healthcare and school, are learning English, and have settled in well. For more on the story, read: <https://nwcatholic.org/news/nathan-whalen/ukrainian-refugees-find-new-home-with-support-from-kirkland-parish>

Inactive Catholics

“What woman having ten coins and losing one would not light a lamp and sweep the house, searching carefully until she finds it? And when she does find it, she calls together her friends and neighbors and says to them, ‘Rejoice with me because I have found the coin that I lost.’ In just the same way, I tell you, there will be rejoicing among the angels of God over one sinner who repents.”

Luke 15: 8-10

Many of us have experienced a sense of loss when the children we grew up with (siblings or friends), our own children, or our grandchildren, stopped practicing their faith. We are called by Christ to search out those who are lost and to bring them back rejoicing.

The Accompaniment Project

[The Accompaniment Project](#) was founded in 2022 based on an insight from the Synod on Synodality, when Pope Francis asked all the baptized to listen to how we’re journeying together in our faith. When people face challenges without support, they are likely to suppress faith and move on. When people are accompanied - by friends, strangers, and even those who do not believe in God - they are able to persevere in their questioning, discovery, and faith.

The Accompaniment Project is building a listening culture, strengthening the faith of others and of ourselves. This program provides a mailing list for people to learn accompaniment skills, attend events to practice accompaniment in a safe space and be supported by community, and reflect on personal progress with one-on-one coaching. To learn more or sign up for the newsletter please visit: <https://www.accompanimentproject.com>

Awakening Faith

[Paulist Evangelization Ministries Awakening Faith](#) is a small group process that helps inactive Catholics return to the Church. The group of fallen away Catholics meets once a week for six weeks of conversation and socializing. The conversations are based on short, easy-to-read essays about spirituality, Jesus, the Holy Spirit, God’s mercy, the Mass, and the Church. The meetings foster reflection, prayer, and honest sharing in a setting of hospitality and acceptance. Please visit: <https://pemdc.org/programs/awakening-faith> to learn more.

Catherine of Siena Institute

The Siena Institute strives to offer apostolic formation and support for all lay Catholics. Their [Called and Gifted](#) workshops help inactive Catholics recognize their unique gifts and offer formation as to how they can let the Holy Spirit ignite the practice of our faith. These workshops have been offered periodically in the archdiocese for years. To learn more about Called and Gifted, please visit the <https://siena.org/called-gifted>.

Dynamic Catholic

Through the [Dynamic Catholic Parish Book Program](#), parishes can order books for major liturgies such as Christmas and Easter that attract inactive Catholics. Having these books available and/or handing them out can be the venue by which the Holy Spirit reaches inactive Catholics. Recent book titles include Holy Moments and The Wisdom of the Saints by Matthew Kelly. To learn more, please visit the <https://www.dynamiccatholic.com/parish-book-program.html>.

International Outreach

Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit."

Matthew 28: 18-19

We are called as Christians to accept this mission - to go out to the whole world. In these days it is simple to travel around the world to bring hope. Many parishes have sister parishes on other continents where they offer to accompany them on their journey. As St Francis said, "It is in giving that we receive." When we give our faith to others, our own faith grows.

Esperanza International

[Esperanza International](#) seeks to cultivate global citizenship through service experiences for a better world, and partners with Fundación Esperanza de México, a Mexican NGO. Esperanza offers service-learning immersion trips where volunteers help build homes in communities across Tijuana and have the opportunity to authentically engage in the unique border culture of Tijuana, Mexico, through the eyes of its residents. To learn more visit:

<https://esperanzaint.org>

Maryknoll

Drawing upon the charism and worldwide mission experience of the Maryknoll Fathers and Brothers, [Maryknoll](#) strives to create a culture of mission in the U.S. by fostering a holistic

approach to missionary discipleship that begins within the heart and expands outward in broadening circles of global solidarity as envisioned by Joy of the Gospel. Consider partnering with Maryknoll to go on a mission trip, become an international lay missionary, run the Missionary Discipleship Institute (MDI) at your Catholic school, or start a chapter of Maryknoll Affiliates at your parish. No shortage of opportunities to live as a global missionary disciple. Maryknoll can help. To learn more, visit: <https://www.maryknoll.org>

Education Across Borders (EAB)

EAB works in partnership with marginalized communities in the Dominican Republic to co-create lasting solutions to extreme poverty, through educational, community development, and service-learning programs. We are driven by three fundamental pillars: First, to meet immediate health needs, such as sanitation, housing, and access to basic medicines. Then, to support youth education, from pre-school through a trade or university degree. Then, to empower individuals and communities to “give back” in service: to become, as program beneficiaries, those who then help build the next homes, and educate the next children. EAB partners with parishes to bring mission teams to the Dominican Republic for meaningful service immersions. For more information, please see:

<https://www.educationacrossborders.org/>

Nuestros Pequeños Hermanos (NPH)

[Nuestros Pequeños Hermanos \(NPH\)](#) means “Our Little Brothers and Sisters” in Spanish. NPH USA transforms the lives of vulnerable children in Bolivia, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico, Nicaragua and Peru. Through individual and communal sponsorships, NPH helps children overcome poverty and become productive, caring leaders in their own communities. NPH supports nearly 7,000 children, both inside and outside their homes, ensuring they have a safe and nurturing place to live, access to education, clothing, healthcare, and a strong family support system. Your parish or school can join with [NPH USA](#) to activate global missionary disciples. Consider going on an NPH-led mission trip, host a sponsorship drive, or build community and belonging through faith-based fundraising events that allow for global encounters. For more information and engagement opportunities, see their website: <https://nphusa.org/>

Unbound Education

[Unbound](#) partners with families living in poverty, empowering them to become self-sufficient and fulfill their desired potential. Parishioners have the opportunity to directly sponsor a member of the human family. When a child, young adult, or elder is sponsored through Unbound, an investment is made in personalized benefits that support goals chosen by the individual and their family. Unbound finds success through organizational values of family decision-making, social worker-supported goal development, and parent groups. To learn more visit: <https://www.unbound.org>

Mental Health

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7

The Catholic Church views mental health as an integral part of human well-being, connected to both body and soul. We believe that every person is made in God’s image, deserving of dignity regardless of physical or mental struggles. Church doctrine emphasizes compassion and support for people with psychological challenges. Catholic mental health ministries play a vital role in providing spiritual accompaniment and pastoral care for those experiencing these challenges. These ministries also work to help educate people to overcome the stigma and discrimination with mental health, offering support not only to individuals but also to their families and communities.

Archdiocesan Mental Health Ministry

The Mental Health Ministry gathers resources, reaching out to parishes and schools, to create welcoming communities of compassion, support and education to reduce the stigma of mental illness in communities. Support is provided through events, resource sharing, and guidance for parishes developing mental health ministries. See:

<https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/>

Catholic Lifesaver Corps (CLC)

The Archdiocese of Seattle, the Office for Catholic Schools, and the Fulcrum Foundation together provide the Catholic Lifesaver Corps, a suicide prevention effort for teens. Catholic Lifesaver Corps (CLC) is a team of high school students who are trained as facilitators in the 4-hour LivingWorks safeTALK suicide prevention program. They offer regular trainings in their respective schools and nearby parishes to educate their peers on the signs of suicidal ideation and the necessary steps to keep their peers safe.

The safeTALK workshop features presentations, audiovisuals, and skilled practice. Participants learn how to prevent suicide by recognizing the signs, engaging and connecting the individual to intervention resources for further support. Read more here:

<https://archseattle.org/ministries/outreach-ministries/mental-health-ministry/catholiclifesavercorps>

Consider hosting a CLC-led safeTALK suicide prevention workshop for your youth group. Or consider establishing your own CLC team at your parish. This is a free initiative for parishes and schools, funded by the Youth & Young Adult Ministry Campaign.

Stephen Ministry

Sacred Heart Parish in Lacey offers a Stephen Ministry in which a caring lay minister reaches out to another in time of need. Men, women, and mature youth develop their skills and gifts through training sessions. Upon completion of training, they are commissioned to serve as a confidential pastoral care provider. The ministers of The Stephen Ministry are guided by faith and the hand of Christ who is the one who heals. To learn more, please visit:

<https://www.sacredheartlacey.com/pastoral-care>

Poverty

"Suppose a brother or sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it?"

James 2:15-16

The Catholic Church emphasizes the importance of caring for the poor and vulnerable as a fundamental aspect of faith and social responsibility. The Church teaches that the poor are not merely objects of charity but are also evangelists who can inspire others through their example of weakness and reliance on God. The Church's teachings on poverty are rooted in the teachings of the Bible, the practice of the early Christian community, and the writings of Church Fathers and Doctors. The Church's approach to poverty is one of social justice, where the Church works to resolve the structural causes of poverty and to provide support to those who are marginalized and socially disadvantaged.

Pope Leo recently released an Exhortation begun by Pope Francis but completed in his first months as pope. You may read Dilexi Te here: https://www.vatican.va/content/leo-xiv/en/apost_exhortations/documents/20251004-dilexi-te.html

Three P's Program

St. Hubert Parish in Langley, offers the Three P's Program to collect paper products, personal products, and protein items for those in need in the Whidbey Island area. The idea is simple but can make a huge difference to people who need assistance. The parish puts out wicker baskets for each category, and the parishioners fill them up each week. The items include things like paper towels, toilet paper, shampoo, toothpaste, women's personal items, deodorant, and food protein products like canned meats, beans, chili, tuna, and soups. The donations are then provided to the local food bank to be shared with their guests.

<https://sthubertchurch.org/#>

St. Vincent de Paul at St. John the Evangelist

In the early 2000s, St. John the Evangelist Parish, Vancouver, and the St. Vincent de Paul Society began a collaborative project to feed people who were food insecure. They joined forces and started a new project that includes a full food bank, as well as services offering rental assistance, utility, gas cards, motel assistance, employment fee assistance, work clothing and equipment, etc. Read more about it here: <https://svdpstjohn.org/about/>

Mercy House

The idea of Mercy House grew out of the Extraordinary Jubilee of Mercy proclaimed by Pope Francis in 2015. St. Pius X parish discerned the Holy Spirit was leading them “to do more for the poor, needy, and vulnerable within South Snohomish County.” The outreach center opened in late 2023 and is a collaborative project between St. Pius X Catholic Church, St. Vincent de Paul and Catholic Community Services. All services are provided by the St. Vincent de Paul Society; parish Respect Life Committee and the Catholic Community Services PREPARES Program. Mercy House encourages parishioners and local service groups to address the needs of the poor and marginalized people in the community.

To learn more, read this Northwest Catholic story: <https://nwcatholic.org/news/jean-pariatti/archbishop-blesses-mercy-house-st-pius-x-parish-s-outreach-to-those-in-need>.

St. Vincent de Paul

For over 100 years, St Vincent de Paul of Seattle | King County (SVdP) has provided critical aid to impoverished, underserved, and vulnerable populations throughout the Puget Sound Region. Local parishes have chapters of SVdP who provide services to respond to neighbors in their struggle to meet basic needs and advocate for a more just and equitable society. The SVdP Crisis Helpline responds to thousands of help requests each year, connecting callers with neighborhood outreach teams, who provide immediate relief through eviction prevention, basic needs supplies, vital community resources, and referrals to SVdP comprehensive case management. To learn more, see: <https://svdpseattle.org/>

Racial Justice

“There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.”

Galatians 3:28

Racial injustice contradicts human dignity, a core tenet of Catholic Social Teaching. Every person, created in God’s image, deserves respect and love. Yet, throughout history, racism has marred societies, oppressing individuals and communities. The Church calls Catholics to address racial injustice with courage and faith, rooted in the Gospel message. We see

differences in our approach to God as better or worse when they are just different. As Catholics we are called to experience other cultures with open hearts and minds, allowing God to reach through the stranger to strengthen our faith.

Archdiocese of Seattle: Racial Justice & Equity Committee

The Archdiocese of Seattle's Racial Justice and Equity Committee drafted guiding principles, called the [Biblical Standards of Behavior](#). These standards remind everyone that we are called to consider others with love and to recognize Jesus in one another. These principles are meant to reflect on what it means to act toward others in the image of Jesus. Though not exhaustive, these Biblical Standards of Behavior seek to name concrete ways to see and to treat one another as Jesus commands. Read more here: <https://archseattle.org/about-the-archdiocese-of-seattle/archbishop-etienne/racial-justice>.

North Seattle Deanery Racial Solidarity Network

This network works within parishes across the North Seattle Deanery to eradicate racism. The network meets regularly and shares strategies, promotes books, films and lectures that will raise awareness, and educate parishioners about the sin of racism. All are welcome! To learn more, visit: <https://www.stbridgetchurch.org/socialjustice>

Right to Life

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Psalm 139: 13-16

The Catholic Church upholds the sanctity of human life as a fundamental principle, asserting that every person has an inherent right to life from conception to natural death. Ours is a comprehensive doctrine that emphasizes the inherent dignity of every human being. It calls for active engagement in protecting life through advocacy, education and moral action, reflecting the Church's commitment to uphold the sanctity of life in all circumstances. The teachings of the Church serve as a guide for Catholics to navigate complex moral issues while promoting a culture of life in society.

Catholic Mobilizing Network

Every year, the U.S. condemns and executes dozens of people, while thousands more await their fate on death row. Lives are being thrown away for the sake of vengeance, but a growing, faith-driven movement seeks to change this. Catholic Mobilizing Network (CMN) is a national organization that mobilizes Catholics and all people of goodwill to value life over death, to end the use of the death penalty, to transform the U.S. criminal legal system from punitive to restorative, and to build capacity in U.S. society to engage in restorative practices. Through education, advocacy, and prayer, and based on the Gospel value that every human is created in the image and likeness of God, CMN expresses the fundamental belief that all those who have caused or been impacted by crime should be treated with dignity. CMN provides an extensive range of resources, hosts educational events, engages in high-impact advocacy, and proclaims the transformative power of prayer in our mission to end the death penalty, advance justice, and begin healing. CMN's work is informed and inspired by our faith and is guided by Gospel wisdom and Catholic social teaching. See: <https://catholicmobilizing.org/>

Designs for Life

Parish "Prayer Shawl" or similar ministries spend time knitting/crocheting baby hats, blankets, booties and partnering with other community partners to donate the items. Volunteers pray while they knit or crochet for the person who will receive their creation, which communicates the loving support of the local Catholic community. Items can be blessed by the pastor before delivering to partner ministries/agencies. St. Theresa, Federal Way's ministry collaborates with other parish ministries to provide handmade gifts for those who are sick, grieving a loss, welcoming a new baby and more. Learn more by contacting St. Theresa parish, (253) 838-5924, Office@sttheresafw.org.

Forty Days for Life

Forty (40) Days for Life is an interdenominational, internationally coordinated, 40-day campaign that aims to end abortion locally through prayer and fasting, community outreach and a peaceful all-day vigil in front of abortion facilities. Parishes participate with the support of local chapters and organize prayer events near or in front of abortion clinics. Vigils are a positive, prayerful presence outside abortion facilities to show God's love and mercy to those who visit and work at the abortion centers. People of faith are also invited to fast throughout 40 Days for Life and to engage in education and community outreach. For more information see: www.40daysforlife.com

Project Rachel

Project Rachel offers a compassionate and confidential environment for those hurting after abortion and the often-painful circumstances surrounding the decision. Through healing retreats, referrals for pastoral and psychological support and a helpful phone line offering understanding, prayer and compassion, Project Rachel has ministered to the people of Western Washington since 1993. Priests, therapists and lay volunteers have embraced

thousands of people with the healing touch of God's mercy. "Whenever we talk about abortion, we must also talk about healing." -Vicki Thorne, Project Rachel founder. To learn more, visit: <https://ccsww.org/services/project-rachel>

Spiritual Adoption

Spiritual Adoption is a 10-month intercessory prayer ministry during which participants pray that God will protect children in danger of abortion. Participants commit to praying for the parents, the babies, and the circumstances leading them to abortion. It ends with a gift-giving celebration and offering thanks for lives saved. A prayer for aborted children and those involved is also offered. To learn more please visit: <https://www.ststephenslife.com/spiritual-adoption>

Prepares (Pregnancy and Parenting Support)

Pregnant moms and parenting families in need are in our parishes and our neighborhoods. As Pope Francis reminds us, our parishes need to be "islands of mercy in the midst of a sea of indifference."

[PREPARES](http://preparesforlife.org), a program sponsored by the bishops of Washington State in partnership with Catholic Community Services, is a nurturing response of the Catholic community in Washington state to provide meaningful, local and sustainable support to mothers, fathers, and families as they nurture their children through pregnancy and early childhood. Parish volunteers of PREPARES offer support and activities for families from pregnancy to any child's fifth birthday. Learn more about how to get involved at <http://preparesforlife.org>.



Seafarers

"They were glad when it grew calm, and he guided them to their desired haven."

Psalm 107:30

Imagine living in a small space at sea for months at a time. Now imagine arriving at port and being unable to disembark your ship due to your visa status. These invisible seafarers are responsible for bringing most of the goods we use daily, yet many remain isolated and apart from the communities they serve.

Seafarers Ministry

The mission of our Seafarers Ministry is to meet the spiritual and practical needs of ship workers who arrive at local ports. Each year the ministry serves over 20,000 seafarers who work in one of the world's most stressful and lonely occupations. The ministry elevates the dignity of seafarers and provides a "home from the sea." The ecumenical ministry provides visiting seafarers with essential human services and a caring ministry of presence both on board vessels and on shore. There is a diversity of tasks for volunteers: <https://www.mts-seattle.org>



Visiting on Ship

The archdiocesan ship-visiting ministry responds by sending chaplains and volunteer ship visitors onto vessels at port to offer a ministry of presence to crewmembers. Ministers regularly board ships to connect with the captain, engage in pastoral listening, hear stories of life at sea, share a meal in the galley, sell reduced price SIM cards and provide courtesy materials such as magazines, newspapers, prayer cards, rosaries, and other items.

Ditty Bag Program

The Ditty Bag Program invites parishes, schools, families, and other community partners to garner donated knit stocking caps, hygiene items, religious materials, and other small articles that will be gifted to seafarers in a handy and reusable ditty bag. Groups of volunteers are then invited to organize and prepare these ditty bags for delivery.

Transportation Services

The Seattle Seafarers Center maintains a fleet of passenger vans used to transport seafarers to and from shopping, tourist sites, or other destinations while they are at port. Seafarers can also be transported to and from the Seattle Seafarers Center for rest, relaxation and prayer in the interfaith chapel. In addition, the center provides access to donated clothes, food, and goods as well as access to technology for family connection and recreation via television viewing and video games.

Witnessing Faith

After this the Lord appointed seventy-two others whom he sent ahead of him in pairs to every town and place he intended to visit. He said to them, "The harvest is abundant, but the laborers are few; so ask the master of the harvest to send out laborers for his harvest."

Luke 10:1-2

The Catholic perspective on sharing faith with others emphasizes the importance of authenticity, love and respect. Catholics are encouraged to share their faith through actions

and words that reflect their commitment to charity and the Gospel.

- **Authenticity:** Sharing faith involves living out the Gospel with authenticity and love. Catholics are called to evangelize through actions and words rooted in charity.
- **Respectful dialogue:** Understanding the beliefs of non-Catholics fosters respectful dialogue. Prayer and personal holiness form the foundation for effective faith-sharing.
- **Building relationships:** Building relationships is key to opening hearts to the Catholic faith. Catholics are called to share their faith as part of their baptismal mission.
- **Personal testimonies:** Sharing personal testimonies can be a powerful way to connect with others and share the Catholic faith.
- **Community service:** Participating in community service or volunteer activities organized by parishes or Catholic organizations is a wonderful way to demonstrate faith through action.

By embracing these principles, Catholics can effectively share their faith with others, contributing to the mission of spreading the Gospel and fostering a community of faith.

Mercy Night

[Mercy Night](#) and Nightfever open the doors of the church at night allowing people the opportunity to pray before the Blessed Sacrament, and if they wish, have their Confession heard. Under the Nightfever model, urban parishes welcome passersby to come into the church to light a candle and pray. To learn more visit: <https://www.blessed-sacrament.org/mercy-night>

St. Paul Street Evangelization

[St. Paul Street Evangelization](#) is a non-profit, grassroots organization, dedicated to responding to Jesus by preaching the Gospel and taking our Catholic faith to the streets. As an on-the-street Catholic evangelization organization, St. Paul Street Evangelization provides an avenue for people to share the Person of Jesus Christ, and the truth and beauty of the Catholic faith with a hungry culture. Learn more at: <https://streetevangelization.com>

Rescue Project

This eight-week video series seeks to proclaim the Gospel in a compelling and attractive way in a small group format. This experience is imbued with beauty, authentic humanity, and accompaniment. Recently developed by Acts XXIX, the videos welcome everyone from a practicing Catholic, to an inactive Catholic, and even to someone identifying as “none.” Learn more at <https://www.actsxxix.org>

Alpha

Alpha is a series of interactive sessions where guests have an opportunity to explore life and Christian faith freely in a friendly and informal environment. Each session, designed to create conversation, looks at a different question around faith.

Alpha invites guests from all backgrounds to share a meal and conversation around some of life's biggest questions. The session is designed to provide guests an opportunity to connect with one another while sharing thoughts, ideas and opinions in a safe and caring environment. Alpha helps bring people together while providing the chance to encounter Jesus. Join the conversation and learn more: <https://info.aod.org/articles/alpha-for-catholics>

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