



St. Francis of Assisi Parish

The Occasional Yellow Page "People helping people"

Volume 5, Issue 2

April 2009

Listing in this bulletin does not necessarily imply official parish sponsorship. Readers should check personal and/or professional references as necessary, as well as verifying price and condition of advertised goods or services. To advertise in this bulletin, contact the Outreach Office at 242-4575 ext. 29, fax 242-1957, or email francesd1938@yahoo.com Deadline is the second Monday of the month. To advertise on the back of the weekly parish bulletin, contact Glen Hughes at 767-0660

Phone numbers are in the 206 area code unless otherwise specified

A SPIRITUAL FRIEND

- How would you like a SPIRITUAL FRIEND? Contact Connie Ballantyne at 206-242-9013 to discover how. Connie is available and willing to help.

Are you praying for a personal ministry?

- Have you asked yourself what it is that God wants you to do? How do I fulfill my baptism covenant? There is an opening for a Eucharistic Minister to visit Highline Medical Center on Saturday. The Eucharistic Minister stops by the front desk to get a list of Catholic patients, and then visits their rooms to offer them Eucharist. Training provided.

SERVICES AVAILABLE

- **Rent-A-Husband, Home Handyman Service** – small and large jobs around the house. Remodeling, fixing, installation, yard work, will haul trash to the dump and some painting. Call Brad Gillis 253-218-5223 (Parishioner recommendation – Rhonda Steward 206-818-6559)
- **House, Office, Job sites cleaned, cars detailed.** Self-employed active senior needs to supplement income. No job too large or small. Will travel anywhere. Experienced. References. Call Donna 244-5419 or 795-3038
- **Yard Care.** Mow, trim, weed. Fence repair, gutter clean, power wash. Dump haul, garage and basement cleanup. Senior friendly. Free quotes. 206.244.7929, leave voice mail if not available and call will be promptly returned.
- **Ofelia Galazia - Helping Hands** – Certified Nurse Assistant – Personal caregiver. Mature, responsible, trustworthy and patient. More than 20 years experience in the medical field. Including but not limited to: bathing, grooming and dressing, meal planning and preparation, light housekeeping, grocery shopping and errands, medication refills and reminders, transportation. References available. Call 206-383-1133.
- **Driving Miss Daisy.** Personal service for senior women. Pattie Lenz, personal companion. Transport to appointments * Personal shopping * Errands * Help with Social Events. 206-351-3086
- **Sewing, Alterations, Upholstery:** Call Maria Capka, parishioner 244-8865 Burien, 15614 9th Av. SW
- **CHILDCARE & PETCARE+** – Exp. Nanny w/excellent SFOA refs! Pet sitter too w/refs. Childcare ranges \$12 - \$17 hr., pet care ranges \$30 - \$45 day. Contact Sandra @ 242-0802 lv. msg.or email smurphy34@juno.com
- **Southwest Pruning.** Hedge and shrub trimming, shrub and stump removal, small tree trimming and removal. Experienced and reliable. Call for on site estimate. Tom Kerrigan, 246-9485. Lv Message
- **St. Anthony Residential Care Home.** Warm, caring, licensed home. 9826 24th SW, Seattle (In the Roxbury District.) 453-3619

FREE

- Queen size hide-a-bed. Rust color. Used very little. Call 244-5823

OPPORTUNITY TO SERVE

- **A special thank-you** to the people at St. Francis who have volunteered to help the Highline Area Food Bank. Your assistance is greatly appreciated. Dave or Jane Rueschenberg 244-3668.
- **One way to reflect the light of Christ is to visit the lonely.** Days can be especially dark and dreary for the lonely residents of nursing homes. Friend To Friend matches volunteers with residents of nursing homes on a one-to-one basis. Call (206) 870-4266 or 1-888-FTF-7818 or email marilyn@friendtofriendamerica.org for more information. Your life can also be brighter when you share your light.

FOR SALE

- **Cemetery plot for sale.** Washington Park next to SeaTac Airport. Located in Veterans Garden. (Anyone is welcome in this area.) Up on the hilltop overlooking Mt. Rainier. Retail \$2,895, will sacrifice for best offer. Call 246-8538
- **Jupiter Alto Saxophone - \$300** Contact Carrie 878-7647
- **1996 JEEP CHEROKEE COUNTRY 4X4, \$3,600** This vehicle has a 4.0L I6 MPI engine and an automatic transmission. Installed Options: Fog Lamps, Anti-Lock Brakes, Air Conditioning, Alloy Wheels, Bucket Seats, Husky Molded Floor Liners, Tuffy Security, Center Console, Bridgestone Dueler A/T REVO with UNI-T Tires, Remote Keyless Entry, Four Wheel Drive, Rear Window Defroster, Tilt Steering Wheel, Towing Package - towing capability to 5000 lbs, Cloth Seats, AM/FM Stereo w/cassette player. CALL FOR MORE INFORMATION---206-246-4960 or 206-851-3163
- **Furniture for sale must sell by April 15th** (Normandy Park/Burien): 3-seater sofa with pull out queen bed/mattress...bed never used \$200 negotiable, Entertainment set oak wood fits a 32"TV both items in excellent condition. \$60 Call Cheryl 253-850-2527 day phone & 206-246-4454 after 6pm. Can email pictures if needed.

EVENTS

- **Senior's Monthly Dance Wednesday afternoon: *Stay young! Keep dancing...*** 1:00 to 3:30p.m. Partner not necessary. Burien Elks Lodge, 14006 1st Ave. S., Burien, across from Kennedy H.S. No Elk membership required. Donation \$4. Hardwood floor for your comfort. Refreshments served. Questions? call Darlene Lang (206) 243-7044 or email d.lang@comcast.net
- **St. Francis Walkers** 10:00 a.m. in the church parking lot every 3rd Tuesday **Rain or Shine.** Walkers proceed to a chosen location for the walk. Lunch out together after the walk. For information contact Pat deCastongrene 243-6238
- **St. Francis parishioners Randy and Susie Hinthorn** are Maryknoll Lay Missioners in Oaxaca, Mexico. They are informing us by email that a speaker from the Witness For Peace delegation will be in the NW. The topic will be **NAFTA turns 15: A look at Free Trade, Food Security and Migration in Oaxaca, Mexico.** **Senor Baldemar Mendoza Jimenez** will speak on the impacts of NAFTA on indigenous communities in Oaxaca. The schedule is: **Monday, April 6,** Tacoma, 4 pm, University of Puget Sound. **Tuesday, April 7,** 3:30 pm, Seattle University Bannan Auditorium Rm. 102. **Thursday, April 9,** 2 pm, Seattle Pacific University.
- **It's about Life Conference presented by Knights of Columbus** featuring Fr. Frank Pavone, national director of "Priests for Life". Choose from two dates: **April 18:** St. Michael in Olympia from 3:00 p.m. to 7:30p.m. and **April 19:** Holy Family in Seattle from 3:30 to 6:30 p.m. Both events will include a Social/Dinner/Conference with Fr. Frank. Social/Dinner/Conference space is limited. No tickets will be sold at the door. To reserve tickets, please make \$25 check to "Knights of Columbus" and sent to Tom Hruska, PO Box 14010, Tumwater, WA 98511 Phone: (360) 561-5548 for St. Michael event and Matt Ulrich, 16836 1st Av. NW, Seattle, WA 98117 Phone: (206) 546-3923 for Holy Family event. E-mail: stfrancisoly@aol.com

After middle-age, a person comes to terms with a *genu* that just doesn't *flect*.

The Spirit of St. Francis!
People Helping People

