

# Dear Padre,

**Should Christians avoid practicing qi gong or tai chi? Or even meditation in which you empty your mind? Thank you.**

This is one of those questions that has been debated for a long time. Social media offers many so-called experts with vastly different opinions. It can be very confusing, particularly if you are looking for a black-and-white answer, a yes or a no.

The pope who provides us with the most helpful direction to answer this question is Pope Benedict XVI. He did not forbid Eastern spiritual practices entirely but warned against their integration into Christian life without proper discernment. His perspective was rooted in a theological understanding that Christian spirituality is a unique path focused on a relationship with Christ. He emphasized that our Catholic spiritual tradition is distinct from the goals and methods of non-Christian traditions. He believed the practice of such non-Christian traditions, without preparation and without awareness of the challenge they present, could lead to spiritual error if not approached with caution and discernment.

So, the answer is nuanced. If you are using the practice as a spiritual practice, you should proceed with the utmost caution. If, on the other hand, you are using these practices for the more common physical or psychological—not spiritual—reasons, then it is permissible. ●



VLADA KARPOVICH / PEXELS

Fr. Thomas M. Santa, CSsR / DearPadre.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 27	April 28	April 29	April 30	May 1	May 2	May 3
Easter Weekday	Easter Weekday	St. Catherine of Siena, Virgin and Doctor of the Church	Easter Weekday	Easter Weekday	St. Athanasius, Bishop and Doctor of the Church	Fifth Sunday of Easter
Acts 11:1-18 Jn 10:11-18	Acts 11:19-26 Jn 10:22-30	Acts 12:24-13:5a Jn 12:44-50	Acts 13:13-25 Jn 13:16-20	Acts 13:26-33 Jn 14:1-6	Acts 13:44-52 Jn 14:7-14	Acts 6:1-7 1 Pt 2:4-9 Jn 14:1-12



MARCO IACOBucci / SHUTTERSTOCK

## A WORD FROM POPE LEO XIV

*Our faith is authentic when it embraces our whole life, when it becomes a criterion for our decisions, when it makes us women and men committed to doing what is right and who take risks out of love, even as Jesus did.... Jesus is the true measure of our faith; he is the gate through which we must pass in order to be saved.*

ANGELUS, ROME, AUGUST 24, 2025

# Our Parish COMMUNITY

April 26, 2026

Fourth Sunday of Easter (A)

Acts 2:14a, 36-41 / 1 Peter 2:20b-25 / John 10:1-10



## Open Door

MIGUEL DULICK

**I**t is “Good Shepherd Sunday,” and the gospel quotes Jesus: “I am the gate for the sheep.” It seems the oddest of Jesus’ “I am” identities, until you realize that the shepherd himself was often the literal gate of the sheep’s pen, as he would lay his own body across the entrance to keep the sheep secure and safe from any predators. Actually, the predators that worry Jesus the most are other shepherds—“strangers” who came before him, all of whom Jesus flatly denounces as “thieves and robbers.”

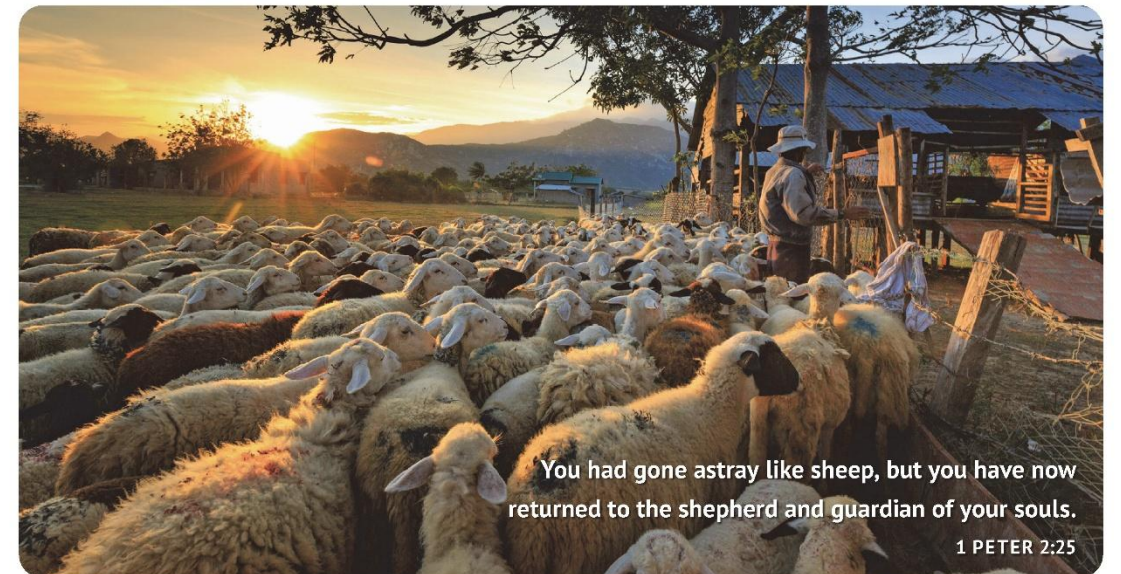
Does that scare us today? Are we vulnerable to attacks, even from those supposedly in charge of our care? When Jesus opens the gate, we go in and out through him, through Jesus, to find pasture. We follow

him because we recognize “his voice.” In the synodal Church that Pope Francis called us to, and to which we continue to be called by Pope Leo XIV, every voice is welcome and needed so that the Holy Spirit will fill the whole Church with truth.

Here in Honduras, where I live, folks with little education can offer profound witness to the love of God. It comes from their own intimacy with Jesus, recognizing his voice in their daily life. They are often the poor victims of widespread corruption, like “a thief [who] comes only to steal and slaughter and destroy.” Here in Honduras, we take refuge in Jesus, that we “might have life and have it more abundantly” (John 10:10). ●

### Reflect

**How can we recognize voices that speak the truth? How do we recognize Jesus’ voice?**



You had gone astray like sheep, but you have now returned to the shepherd and guardian of your souls.

1 PETER 2:25

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 509-689-2931  
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 Rev. Mr. Bill Wehmeyer  
 425-941-9171  
[bwehmeyer1945@gmail.com](mailto:bwehmeyer1945@gmail.com)

**Child & Youth Protection:**  
 Carmen Merrill 1-718-639-3188

**Parish Council:** Jim Brousseau – Chair,  
 Carmen Merrill, Dennis Doyle, Tom Leuschen,  
 April Stephens, Alicia Brown  
**Finance Council:** Nancy Kirner, Robert  
 Gatlin, Tom Flynn  
**Bookkeeper:** Nancy Kirner 253-370-0798  
**Building Committee:** Tom Leuschen 509-670-  
 3122 or [tleschen@methownet.com](mailto:tleschen@methownet.com), Julie  
 Wehmeyer, John Simon, Joe Anderton

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 April Stephens - Children  
 Deacon Bill Wehmeyer - Adult  
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 Deacon Bill Wehmeyer 425-941-9171

**Altar Society:** Alicia Brown, Ginny Humling  
**Altar Servers:** Caleb Knox, Zach Knox


**Sick & Homebound:**  
 Deacon Bill Wehmeyer 425-941-9171  
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 Julie Wehmeyer 425-830-0904  
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**WELCOME! No Matter What Your Present Or Past Status In The Catholic Church, No Matter Your Personal History, Age, Race Or Background, YOU ARE INVITED, WELCOMED, ACCEPTED, AND LOVED AT ST. GENEVIEVE CATHOLIC PARISH.**


**RECONCILIATION: (Confession)** available, following Mass, on Sunday and Wednesday – please contact Fr. Pedro, before mass, to confirm availability. Also, by appointment.  
**BAPTISM:** Please contact the Pastor, at least one month prior to desired date.  
**SACRAMENT of MARRIAGE:** Please contact the Pastor at least six months prior to desired date.

*Please remember St. Genevieve Parish in your Will*  
**THANK YOU for your donations!**  
**Weekly Budget: \$1,255.00**  
 4/12/26: \$866.00    4/19/26: \$1,244.25  
**Building Fund Donations: \$0.00**  
**March Online Donations: \$1,640.00**  
 Signup for Online Giving at [methowcatholic.org](http://methowcatholic.org) Thank You!

  
**Pray for Vocation**  
**Fourth Sunday of Easter** “The Lord is my shepherd; there is nothing I shall want.” **Psalm 23** Christ’s resurrection opens the way to new life and hope for all who follow Him. Through priesthood and consecrated life, men and women share in this victory over sin and death, bringing the joy of the Risen Lord to others through prayer and service. Could God be calling you to proclaim the hope of Easter in your life and vocation? **Talk to your priest or reach out to the Office of Vocations, Fr. Ratuiste 509-313-7100 or contact <https://spokanevocations.org/contact/>**

 *Thank you to all who volunteer and share!*   
**CAFFEINE & CALORIES:** The weekly social hour continues, after Mass. **Please consider hosting C & C. Contact Alicia Brown for info, 509-429-1621.**

 **BUILDING COMMITTEE**  
 People with ideas about the new parish hall, especially those with building skills, are welcome to Contact the Building Committee.  
**PARENTS:** Please do not allow your children to play on/around the new block retaining wall. Thank you!

 The Cove is always in need of toilet paper and pet food. Donations can be left in the basket at the side door.

**Mass Schedule**

Sunday, April 26 @ 11:00 am, Fourth Sunday of Easter, Rosary @ 10:20 am  
Wednesday, April 29 @ 9:30 am, Rosary at 9:00 am  
Friday, May 1, Rosary @ 9:00 am, First Friday Mass @ 9:30 am, with Anointing of the Sick, Benediction, and Eucharistic Adoration until Noon  
Sunday, May 3 @ 11:00 am, Fifth Sunday of Easter, Rosary @ 10:20 am



**Liturgy of the Word**

**Acts 2:14a, 36–41** *The promise is made to all.*  
**Psalm 23** “The Lord is my shepherd; there is nothing I shall want.”  
**1 Peter 2:20b–25** *Jesus bore our sins upon the cross.*  
**John 10:1–10** *Jesus is the gate for the sheep.*

**On this Good Shepherd Sunday**, we hear Jesus call himself the gate to the sheepfold. He opens to lead the sheep to verdant pastures and closes to save them from danger. In the first reading, Peter reminds us that repentance acts as a gate as well. Repenting of our sins brings forgiveness and salvation. As we listen to God’s word, let us pray that we will recognize the voice of the Lord calling us to repentance and the blessings within.

**Question of the Week:** How can I live my life more abundantly? What specific things can I do this week to increase the love and mercy in my life?

 **ANNOUNCEMENTS**

**Frankie Waller (April 15, 1934 - April 16, 2026)**



Please join us on Friday May 1, at 2:00 PM for a Funeral Service in honor of Frankie Waller. Frankie was a member of our parish for many years, and some of us even recall her teaching CCD classes in the current Parish Hall! Her service will be followed by Committal at Sullivan Cemetery, and a Celebration of Life at the Bear Creek Golf Course. The family has invited her St. Genevieve family to attend the Celebration of Life. ~ *The Altar Society*  
 The Mass on Wednesday, April 22 and the Rosary today, Sunday, was offered for Frankie Waller ~ *Father Pedro*

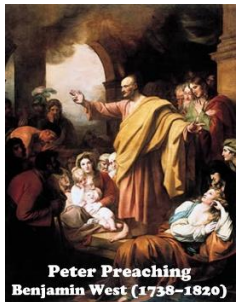
**REMINDER: Please return your Lenten RICE BOWLS!**  
 Thank you for your donations!

**THANK YOU** Don Haley for coordinating **The Heart of Prayer** program. It provided wonderful guidance for deepening our prayer life. Don is considering another course in the fall. For more info, please talk with Don.

Watch for notices about the upcoming **Highway Cleanup!** This is our semiannual opportunity to help a 1-mile stretch of Highway 20. **Be sure to let Alicia know if you can help!**



**The Good Shepherd**  
 Philippe de Champaigne  
 (1602–1674)



**Peter Preaching**  
 Benjamin West (1738–1820)



*Please Remember in Your Prayers*

- Jeanette Machado
- Jackie Lewis
- Hailey & Ryan
- Andy & Jennifer Floyd
- Clayton Douglas
- Gary Anderson
- Father Jose Luis Milan
- Fred Nowicki
- Bode Maxwell
- Judy Dayharsh
- Dayharsh Family
- Peter Leon Guerrero
- Cor Bader
- Wannita Knox
- Jeff Springer
- Hal Groat
- Joseph Carbajal
- Jim Perra
- Brooke Stendera
- Sheila Kerr
- Fr. Sean Thomson
- Melissa Larson
- Howard Burcham
- Terry & Barb Anderson
- Bernice Morgan

 **Repose of the Soul of**

- Frankie Waller
- Jodie Reynaud
- Jay McCauley
- Evelyn Ballou