

Our Mission: At St. Juan Diego Catholic Church, we are a diverse community that strives to welcome everyone with dignity, respect and belonging by living the Good News of Jesus Christ.

Nuestra Misión: En la iglesia Católica de San Juan Diego, somos una comunidad diversa que se esfuerza por dar la bienvenida a todos con dignidad, respeto y pertenencia al vivir la Buen Nueva de Jesucristo.

### Stewardship Moment

**Twenty-Fifth Sunday in Ordinary Time.** From an early age, we tend to distort the concept of "fairness": "I am good. I deserve good things. I am not receiving good things. Something must be wrong. Who's going to fix it?" We also know the age-old expression: "Who ever said life was fair?" Jesus knew this expression when he offered his parable in today's Gospel reading. Christian stewards acknowledge, with humility, that they receive good things from the Lord in abundance; even if these gifts are not the ones they think they need when they need them. Consider which servants you identify with most in the Gospel reading, the ones who demand "fairness", or that final servant who, seemingly, deserves the least.

### Momento de Corresponsabilidad

**Vigésimo Quinto Domingo del Tiempo Ordinario.** Desde temprana edad tendemos a distorsionar el concepto de "justicia": "Soy bueno. Merezco cosas buenas. No estoy recibiendo cosas buenas. Algo debe estar mal. ¿Quién va a arreglarlo?" También conocemos la expresión ancestral: "¿Quién dijo que la vida era justa?" Jesús conocía esta expresión cuando ofreció su parábola en la lectura del Evangelio de hoy. Los corresponsables cristianos reconocen, con humildad, que reciben cosas buenas del Señor en abundancia; incluso si estos regalos no son los que creen que necesitan cuando los necesitan. Considere con qué sirvientes se identifica más en la lectura del Evangelio, los que exigen "justicia", o ese sirviente final que, aparentemente, merece lo menos.

### Bible Study

"Travel-free, bug-free, Zoom Bible study, Wednesday 1pm -- in the comfort of your home. Wednesday evening 7pm Zoom Bible study also available upon request.

Please email [j.breiling@yahoo.com](mailto:j.breiling@yahoo.com) to register and receive additional information."



### MASS SCHEDULE

#### Monday - Wednesday

6:00 pm English

#### Thursday

12:00 pm English

#### Saturday

5:00 pm English

#### Sunday

8:30 am English

12:15 pm English

### HORARIO DE MISA

#### Domingo

10:30 am Español

### RECONCILIATION

### RECONCILIACIÓN

Wednesday/Miércoles

5:00-5:45 pm

Saturday/Sábado

3:30pm - 4:30



As autumn approaches, we extend an invitation to all our parishioners to join or restart a Small Group community. Small Groups are gatherings of 5-10 people who come together for fellowship, prayer, and meaningful discussions.

Small Groups work best when they form organically. There's something truly special about friends and acquaintances coming together to grow in faith and community. So, we encourage you to consider reaching out to those you already know and inviting them to be part of your Small Group.

Curious about what you'll discuss in your Small Group? This October brings an exciting opportunity as Father Hans will lead a series of homilies on the Eucharist throughout the month. Additionally, the inspiring book "Beautiful Eucharist" by Matthew Kelly will be made available to everyone in our parish. These resources provide an excellent starting point for your group's discussions.

This is a great chance to bring the spirit of "Church into the home." You don't need special knowledge or extensive training to be a Small Group leader. All it takes is a simple invitation to your friends or even acquaintances to join you.

Worried about keeping the conversation flowing? We have easy-to-grasp tips and tricks to help you facilitate engaging discussions.

If hosting at home isn't your preference, consider asking a friend to host or utilize a public space like a cozy coffee shop or a friendly brew pub for your meetings.

If you're seeking other content ideas or resources, don't hesitate to reach out. We're here to support you in your Small Group journey.

You can sign up as a group or as an individual on our parish website at [www.stjuandiego.org/smallgroups](http://www.stjuandiego.org/smallgroups). For more information or any questions you may have, please contact Kieran Connolly at (503) 707-1091 or via email at [kcirish@frontier.com](mailto:kcirish@frontier.com). Let's come together in the spirit of community and faith this fall.

## Weekly Parish Schedule

To have a Mass offered for anyone, please call Jeny in the parish office. Suggested donation \$10  
Please make your checks payable to **St. Juan Diego Parish**

Date	Mass Times
<b>Saturday, Sept. 23, 2023</b>	3:30 pm - 4:30 pm Reconciliation/Reconciliación  5:00 pm English Mass
<b>Sunday, Sept. 24, 2023</b> <b>Domingo 24 de septiembre</b>	8:30 am English Mass  10:30 am Misa en Español <b>Comunidad de SJD</b>  12:15 pm English Mass
<b>Monday, Sept. 25, 2023</b>	6:00 pm Daily Mass
<b>Tuesday, Sept. 26, 2023</b>	6:00 pm Daily Mass
<b>Wednesday, Sept. 27, 2023</b>	6:00 pm Daily Mass <b>Migrants and Refugees</b>
<b>Thursday, Sept. 28, 2023</b>	12:00 pm Daily Mass
<b>Saturday, Sept. 30, 2023</b>	3:30 pm - 4:30 pm Reconciliation/Reconciliación  5:00 pm English Mass
<b>Sunday, Oct. 1, 2023</b> <b>Domingo 2 de octubre</b>	8:30 am English Mass <b>SJD Community</b>  10:30 am Misa en Español  12:15 pm English Mass

## Scripture Readings

**September 23/24**

First Reading

**Isaiah 55:6-9**

Second Reading

**Philippians 1:20c-24, 27a**

Gospel

**Matthew 20:1-16a**

## Lecturas

**24 de septiembre**

Primera Lectura

**Isaías 55, 6-9**

Segunda Lectura

**Filipenses 1, 20-24. 27**

Evangelio

**Mateo 20, 1-6**

### Social Justice Mass Intention

You are invited to attend and pray on Wednesday, Sept. 27. The Mass intention is for: **Migrants and Refugees.**

“For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me” (Mt 25:35-36). These words are a constant admonition to see in the migrant not simply a brother or sister in difficulty, but Christ himself, who knocks at our door. Consequently, even as we work to ensure that in every case migration is the fruit of a free decision, we are called to show maximum respect for the dignity of each migrant; this entails accompanying and managing waves of migration as best we can, constructing bridges and not walls, expanding channels for a safe and regular migration. In whatever place we decide to build our future, in the country of our birth or elsewhere, the important thing is that there always be a community ready to welcome, protect, promote and integrate everyone, without distinctions and without excluding anyone.

<https://www.vatican.va/content/francesco/en/messages/migration/documents/20230511-world-migrants-day-2023.html>

### Intenciones del Ministerio de Justicia Social

Está invitado a asistir y orar en la misa del miércoles 27 de septiembre. La intención de la misa es por: **Migrantes y Refugiados.**

### Fall Campaign, September 27 - November 5



You can make a difference! Please join over 1 million volunteers worldwide and sign up for a peaceful, prayerful presence outside of abortion facilities. Our presence can change the hearts and minds of abortion-minded women and can also be a powerful message to the community about the tragic reality of abortion. A large part of 40 Days for Life is prayer and fasting. If you are unable to be at the site, please pray.

Please sign up for an hour or more at [40DaysforLife.com/Portland](https://40DaysforLife.com/Portland) or email Nancy at [Nancy@ComSmiths.com](mailto:Nancy@ComSmiths.com). Call Nancy at 503-5025077 to get involved.

Location: Outside the Lilith Abortion Facility,  
511 SW 10<sup>th</sup> Avenue, Portland

Fall Campaign Schedule: Thursdays, Fridays and Saturdays 8 am-2 pm

**40 Days for Life is sponsored by the Archdiocese of Portland**  
**Upcoming Events in the Archdiocese**

10/1 USCCB Respect Life Sunday/Month  
10/14 St. Pius X Knights of Columbus will be leading a bilingual Pro-Life Rosary for the Fall 40 DFL Campaign 10 AM in front of the Lilith late-term abortion center, 511 SW 10<sup>th</sup> Avenue, Portland.

### Thank you for supporting our Parish!

Sept. 16/17 Attendance	....	1183
Collection Basket	....	\$ 4,504.25
Electronically/by mail	....	\$ 6,331.28
Projected weekly need	....	\$ 12,385



## Campaña de los Seminaristas

La Sagrada Eucaristía es el Cuerpo y la Sangre de nuestro Señor Jesucristo, la fuente y cumbre de nuestra Fe Católica. Nuestros seminaristas esperan el día que puedan llevar la Eucaristía a usted y a su familia. Mientras celebramos el don del sacerdocio este Domingo del Sacerdocio, le pedimos que en oración considere la posibilidad de apoyar la Campaña de los Seminaristas. El cien por ciento de su donación será destinado para la formación de los sacerdotes que sirven en el oeste de Oregon. Si desea más información, por favor visite [supportourseminarians.church](http://supportourseminarians.church) o llame al 503-233-8336.

### Seminarian Appeal

The Holy Eucharist is the Body and Blood of our Lord Jesus Christ, the source and summit of our Catholic Faith. Our seminarists await the day they can bring the Eucharist to you and your family. As we celebrate the gift of priesthood this Priesthood Sunday, prayerfully consider supporting the Seminarian Appeal. One hundred percent of your donation will go to the formation of priests serving in western Oregon. To learn more, visit [supportourseminarians.church](http://supportourseminarians.church) or call 503-233-8336.

### Catholic Friendship Group

Fr. Joshua Clifton - [catholicfriendshipgroup@outlook.com](mailto:catholicfriendshipgroup@outlook.com)

The Catholic Friendship Group is for single Catholics ages 40 to 60 throughout the Archdiocese of Portland who are looking to grow in faith and fellowship! Gatherings are held every other week for Adoration, a talk and discussion on a prepared theme led by Fr. Joshua Clifton, and a social **from 7:00-8:30pm** at **St. Birgitta Parish** (11820 NW St. Helens Rd.). Their recent topics have included Heresies and the 7 Sorrows of Mary devotional. The next meeting - September 29 - is a social night with food and prayer and board games. To learn more and for future topics, visit [www.catholicfriendshipgroup.com](http://www.catholicfriendshipgroup.com)!

**Come Pray With Us**  
**Sat. Oct 7th 2023**

**At the 17th Rosary Bowl NW**  
**East Salem Community Center**  
**9am-3pm**

**Free Admission, Free Parking**

**A Eucharistic and Marian Celebration**

**For details: [www.rosarybowlnw.org](http://www.rosarybowlnw.org)**



### Creation Corner

**Composting with Worms at The Cedar Mill Library**  
**Thursday, October 5 from 6:30 PM – 7:30 PM – Elm & Oak Room**

Want to get rid of your kitchen waste and produce great compost for your garden and potted plants? An OSU Extension Service Master Gardener will share tips and techniques for composting with worms. They will cover making a worm bin, caring for your worms, harvesting your compost and trouble-shooting common problems. Actual working worm bin and material to demonstrate the construction of another worm bin are part of the program. Registration is required. Register at <https://cedarmillbethany.libcal.com/event/10931167>



## Have a HEART for vocations?

**Serra Club of Portland**

For more info, contact  
**Paul Harris at [paulnmonique@comcast.net](mailto:paulnmonique@comcast.net)**



**Sisters' Appreciation Luncheon**  
September 17, 2023



**Priests' Appreciation Dinner**  
May 2, 2023

**The Serra Mission is to foster and affirm vocations to the priesthood and consecrated life.**

**Come join us!**

**Learn what YOU can do to increase Vocations!**  
**Saturday, September 30, 9 A.M.**

**St Juan Diego Parish**  
**5995 NW 178th Ave, Portland, OR 97229**

# Youth Ministry

Grades 7-12  
Sundays 1:15pm-2:45pm  
Pizza Lunch provided  
Bring a friend

We kick off Sunday October 1st!

Questions? Kristin Mombert - [kmombert@stjuandiego.org](mailto:kmombert@stjuandiego.org)

### Ministry Highlight: Coats for Kids

Last year, through their Coats for Kids program, Knights of Columbus councils worldwide distributed over 180,000 coats. The goal is 200,000 this year. Please consider making a tax deductible donation to Coats for Kids through your SJD Knights of Columbus Council 15729. Coats are supplied to children, teens, and adults, and our council plans to provide these coats to Faith Cafe, St Vincent DePaul, and others to distribute in October. Also, for each purchased box, the Supreme Council provides a matching box of coats.

But hurry, our full donation MUST be complete and turned in to the Oregon State Knights Council by September 29th. It's easy to donate, just put Cash or Check in an envelope and either bring it by the parish office, or mail it to the parish office. Make checks payable to KOC Charities '2023 Coats for Kids' and mark the envelope "Attn: Coats/KOC/Rick".

If you have any questions, please email Rick Hatmaker: [fs@sjdknights.org](mailto:fs@sjdknights.org)



## St. Juan Diego Catholic Church

Office: 5995 NW 178th Ave.,  
Portland, OR 97229

Phone: 503.644.1617  
Parish Cell Phone: 503.880.3337  
Sacramental Emergency: 971.867.4176  
Email: [office@stjuandiego.org](mailto:office@stjuandiego.org)

**Office Hours/Horarios de Oficina:**  
Tues. & Thurs. /Martes: & Jueves. 9:00 am - 12:00 pm,  
1:00 pm - 2:30 pm

Sun./Dom: 8:00 am - 12:30 pm  
[www.stjuandiego.org](http://www.stjuandiego.org)

## St. Vincent de Paul Food Pantry / Despensa de Alimentos

503-985-6046  
Mon/Lunes: 4:00 pm - 5:30 pm  
Fri/Viernes: 11:00 am - 12:30 pm

## Prayer Chain

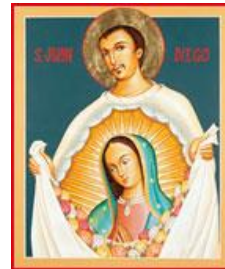
Our Prayer chain is immediate, short-term support. To submit a prayer request please send an email to: [sjdprayerchain@googlegroups.com](mailto:sjdprayerchain@googlegroups.com).

## Cadena de Oración

Nuestra cadena de Oración es apoyo inmediato, a corto plazo. Para enviar una solicitud, envíe un correo electrónico a: [sjdprayerchain@googlegroups.com](mailto:sjdprayerchain@googlegroups.com).

## Parish Staff (503) 644-1617

Fr. Hans Mueller <b>Pastor</b>	<a href="mailto:frhans@stjuandiego.org">frhans@stjuandiego.org</a> Ext. 204
Rev. Mr. Dennis Desmarais <b>Deacon</b>	<a href="mailto:desmarais5@comcast.net">desmarais5@comcast.net</a>
Rev. Mr. Diego Montiel <b>Deacon</b>	<a href="mailto:dkindiego@gmail.com">dkindiego@gmail.com</a>
Jeny Velazquez-Samayoa <b>Admin. Assistant / Bulletin</b> <b>Parish Cell Phone:</b> 503-880-3337	<a href="mailto:jvelazquez@stjuandiego.org">jvelazquez@stjuandiego.org</a> Ext. 200
Ana Garcia <b>Business Manager</b>	<a href="mailto:agarcia@stjuandiego.org">agarcia@stjuandiego.org</a> Ext. 201
Kristin Mombert <b>Director of Faith Formation &amp; Youth Ministry</b> <b>Work Cell Phone:</b> 971-217-8935	<a href="mailto:kmombert@stjuandiego.org">kmombert@stjuandiego.org</a> Ext. 202
Adriel Algiene <b>Coordinator of Music</b>	<a href="mailto:aalgiene@stjuandiego.org">aalgiene@stjuandiego.org</a> Ext. 203
Anthony Ordway <b>Maintenance</b>	<a href="mailto:sjdmaintenance@gmail.com">sjdmaintenance@gmail.com</a>



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Hail Mary, full of grace.

Illustration 2001 K. Sullivan.

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**Raquel Apodaca, MD**  
(parishioner)  
**Nicole Castonguay, MD**  
(Hablamos español)  
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503.336.0053  
[doug@angell-legal.com](mailto:doug@angell-legal.com)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><b>Building Fund Giving Weekend</b></p> <p><b>Name Tag Weekend</b></p> <p>8:30am - Mass</p> <p>10:30am - Mass (Spanish)</p> <p>12:15pm - Mass</p> <p>1:15pm - Youth Ministry</p> <p>4pm - Confirmation Class</p> <p>5:30pm - Evening Prayer</p>	<p>2</p> <p>4pm - SVDP Food Pantry</p>	<p>3</p> <p>6:30pm - Crecimiento en la Fe</p> <p>6:30pm - Young Adult Group</p> <p>7pm - Knights of Columbus Officers</p>	<p>4</p> <p>6:30pm - Adoration</p> <p>7pm - Legion of Mary</p>	<p>5</p> <p>6:30pm - Grupo Vida Mujeres</p> <p>7pm - Choir Practice</p>	<p>6</p> <p>11am - SVDP Food Pantry</p> <p>7pm - Casa de la Palabra</p>	<p>7</p> <p><b>Food Collection</b></p> <p>6am - Adoracion al Santisimo</p> <p>8:30am - Cafecitos de Oracion</p> <p>10am - Liturgical Ministries Mini-</p> <p>1pm - Wedding Tellez/Hernandez</p> <p>3:30pm - Reconciliation</p> <p>5pm - Mass (Baptism)</p> <p>6:15pm - ZackPack Potluck</p>
<p>8</p> <p><b>Food Collection</b></p> <p>8:30am - Mass</p> <p>10:30am - Mass (Spanish)</p> <p>12:15pm - Mass</p> <p>1:15pm - Youth Ministry</p> <p>4pm - Confirmation Class</p> <p>5:30pm - Evening Prayer</p>	<p>9</p> <p>4pm - SVDP Food Pantry</p> <p>6pm - Daily Mass</p> <p>6:30pm - Faith Formation</p>	<p>10</p> <p>6pm - Daily Mass</p> <p>6:30pm - Crecimiento en la Fe</p> <p>6:30pm - Young Adult Group</p> <p>7pm - Knights of Columbus</p>	<p>11</p> <p>5pm - Reconciliation</p> <p>6pm - Daily Mass</p> <p>6:30pm - Adoration</p> <p>7pm - Legion of Mary</p> <p>7pm - Pastoral Council</p> <p>7pm - Social Justice Committee</p>	<p>12</p> <p>12pm - Daily Mass</p> <p>6:30pm - Grupo Vida Mujeres</p> <p>7pm - Choir Practice</p>	<p>13</p> <p>11am - SVDP Food Pantry</p> <p>6:30pm - Grupo Vida Hombres</p>	<p>14</p> <p><b>World Mission Sunday Collection</b></p> <p>6am - Adoracion al Santisimo</p> <p>10:30am - Spanish Baptisms</p> <p>1pm - Wedding Acosta</p> <p>3:30pm - Reconciliation</p> <p>5pm - Mass</p>
<p>15</p> <p><b>World Mission Sunday Collection</b></p> <p>8:30am - Mass</p> <p>10:30am - Mass (Spanish)</p> <p>12:15pm - Mass</p> <p>1:15pm - Youth Ministry</p> <p>4pm - Confirmation Class</p> <p>5:30pm - Evening Prayer</p>	<p>16</p> <p>4pm - SVDP Food Pantry</p> <p>6pm - Daily Mass</p> <p>7pm - Luz Divina</p>	<p>17</p> <p>6pm - Daily Mass</p> <p>6:30pm - Crecimiento en la Fe</p> <p>6:30pm - Young Adult Group</p> <p>7pm - SVdP Meeting</p>	<p>18</p> <p>5pm - Reconciliation</p> <p>6pm - Daily Mass</p> <p>6:30pm - Adoration</p> <p>7pm - Legion of Mary</p>	<p>19</p> <p>12pm - Daily Mass</p> <p>6:30pm - Grupo Vida Mujeres</p> <p>7pm - Choir Practice</p>	<p>20</p> <p>11am - SVDP Food Pantry</p> <p>6:30pm - Grupo Vida Hombres</p>	<p>21</p> <p><b>Confirmation Retreat All Day</b></p> <p>6am - Adoracion al Santisimo</p> <p>3:30pm - Reconciliation</p> <p>5pm - Mass</p>
<p>22</p> <p><b>Confirmation Retreat All Day</b></p> <p>8:30am - Mass</p> <p>10:30am - Mass (Spanish)</p> <p>12:15pm - Mass</p> <p>5:30pm - Evening Prayer</p>	<p>23</p> <p>4pm - SVDP Food Pantry</p> <p>6pm - Daily Mass</p> <p>6:30pm - Faith Formation Potluck</p>	<p>24</p> <p><b>Dedication of our Church (2010)</b></p> <p>10am - Archbishop Seminary Tea</p> <p>6pm - Daily Mass</p> <p>6:30pm - Crecimiento en la Fe</p> <p>6:30pm - Young Adult Group</p>	<p>25</p> <p>5pm - Reconciliation</p> <p>6pm - Daily Mass</p> <p>6:30pm - Adoration</p> <p>7pm - Admin Council Meeting</p> <p>7pm - Legion of Mary</p>	<p>26</p> <p>12pm - Daily Mass</p> <p>6:30pm - Grupo Vida Mujeres</p> <p>7pm - Choir Practice</p>	<p>27</p> <p>11am - SVDP Food Pantry</p> <p>6:30pm - Grupo Vida Hombres</p>	<p>28</p> <p><b>Offerory Appeal</b></p> <p>6am - Adoracion al Santisimo</p> <p>10am - Liturgical Ministries Mini-</p> <p>3:30pm - Reconciliation</p> <p>5pm - Mass</p>
<p>29</p> <p><b>Offerory Appeal</b></p> <p>8:30am - Mass</p> <p>10:30am - Mass (Spanish)</p> <p>11:30am - Clase de Bautizo</p> <p>12:15pm - Mass</p> <p>1:15pm - Youth Ministry</p> <p>4pm - Confirmation Class</p> <p>5:30pm - Evening Prayer</p>	<p>30</p> <p>4pm - SVDP Food Pantry</p> <p>6pm - Daily Mass</p> <p>7pm - Luz Divina</p>	<p>31</p> <p>6pm - Daily Mass</p> <p>6:30pm - Crecimiento en la Fe</p> <p>6:30pm - Young Adult Group</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>





# St. Juan Diego Church

Archdiocese of Portland in Oregon  
5995 NW 178th Ave, Portland, OR 97229

Office (503) 644-1617  
Parish Cell Phone: 503-880-3337  
Sacramental Emergency: (971) 867-4176

**Office Hours**  
Tues. & Thurs. 9 AM - 2:30 PM & Sunday 8 AM - 12:30 PM  
[www.stjuandiego.org](http://www.stjuandiego.org)

## Mass Schedule

**Saturday Vigil Mass**  
5:00 PM (English)

**Sunday Masses**  
8:30 AM English  
10:30 AM Spanish  
12:15 PM English

**Sacrament of Reconciliation**  
3:30 - 4:30 PM Saturday  
5:00 - 5:45 PM Wednesday

**Weekday Masses**  
6 PM Monday - Wednesday  
12 PM - Thursday

**Holy Day Mass:** 6 PM English  
7:30 PM Spanish

## Staff

**Fr. Hans Mueller**, Pastor, [frhans@stjuandiego.org](mailto:frhans@stjuandiego.org)  
**Rev. Mr. Dennis Desmarais**, Deacon: [desmarais5@comcast.net](mailto:desmarais5@comcast.net)  
**Rev. Mr. Diego Montiel**, Deacon: [dkndiego@gmail.com](mailto:dkndiego@gmail.com)  
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**Anthony Ordway**, Maintenance, [sjdmaintenance@gmail.com](mailto:sjdmaintenance@gmail.com)  
**Adriel Algiene**, Music Coordinator, [aalgiene@stjuandiego.org](mailto:aalgiene@stjuandiego.org)  
**Kristin Mombert**, Director of Faith Formation & Youth Ministry, [kmombert@stjuandiego.org](mailto:kmombert@stjuandiego.org)

## Parish Ministries

**Pastoral Council:** Art Bahrs, Laura Aguirre, Kathy Marshall, Xavier Tong, Alejandra Olvera, Presenta Almeida, Nancy Smith, Fr. Hans Mueller

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**St. Vincent de Paul Food Pantry** (503) 985-6046  
Hours: **Mon** 4:00-5:30 PM , **Fri** 11:00 AM -12:30 PM

# Season of Creation



Oregon Coast near Yachats

The sea that he made belongs to him, along with the dry land that his hands formed. Come! Let us worship and bow down; let us kneel in the presence of the Lord, who made us.

Psalm 95 5:6

Catholic teachings emphasize the need to care for ocean systems and marine life because they are gifts of God's creation but also because as they are polluted, we are all harmed. These are life issues. The coastal peoples who lack affluence suffer the most from ocean pollution and rising seas. They depend most deeply upon the oceans for their livelihoods, seafood, and so much more. Their homes are demolished from hurricanes and storm surges from the melting sea ice creating rising tides. <https://www.interfaithoceans.org/catholic>

## Education:

With your family this week please watch this video [Our Planet | Coastal Seas](#) which is a Netflix documentary that Netflix has made available on YouTube. The 'Our Planet' documentaries were made to help the viewer experience our planet's natural beauty and examine how climate change impacts all living creatures.

## Activity:

After viewing this week's episode please review the World Wildlife Fund's [Our Planet | Coastal Seas](#) study guide<sup>1</sup> with your family. The study guide lists key takeaways from this episode along with discussion prompts to open a dialog about water with your family. It also includes actions and additional resources.

## Advocacy:

There are a number of organizations in the Portland metro area that are working to protect the rivers and watersheds here in our area. Learn about these organizations and consider supporting them by volunteering and advocating for clean, healthy water.

[The Wetlands Conservancy](#)

[Columbia River Keeper](#)

[Willamette River Keeper](#)

[Columbia River Inter-Tribal Fish Commission](#)

1. The weekly Our Planet study guides can be found on the Social Justice web page at <https://www.stjuandiego.org/social-justice>

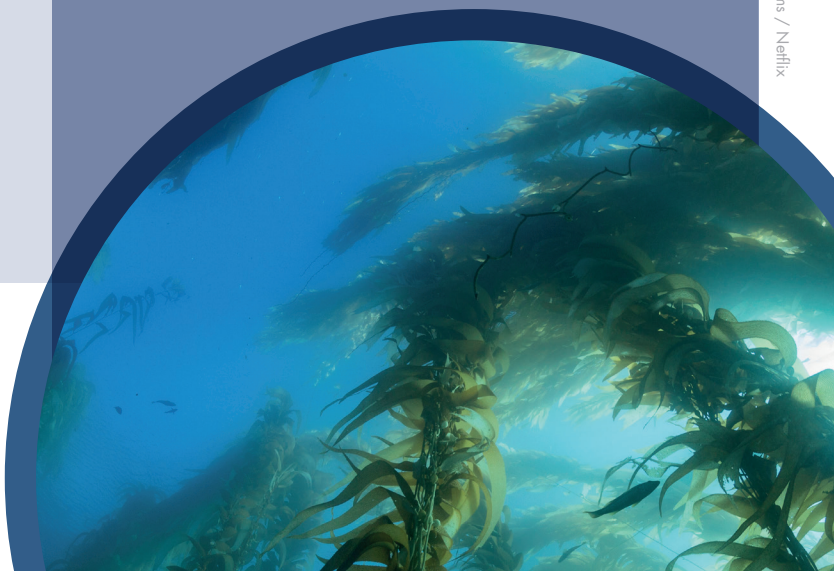




# OUR COASTAL SEAS

## Key Takeaways:

- Coral reefs cover less than 1% of the seafloor yet are home to one-fourth of all marine species.
- Our oceans are warming as a result of climate change. The microscopic, plantlike algae that live within the tissues of corals provide them with nourishment and give them their vibrant colors, but corals are sensitive to changing water temperatures. When the ocean around them warms too much, they force their algae out, bleaching the corals white and starving them of their main food source.
- Carbon dioxide, one of the greenhouse gases contributing to climate change, is also making the ocean more acidic. Reefs will struggle to survive both bleaching and an increase in acidity. Half of all shallow coral reefs worldwide have already died, and almost all of them could be gone within the next few decades.
- Coastal seas are vitally important in the fight against climate change. Seagrass absorbs 35 times as much carbon dioxide as the same area of rain forest. This helps reduce some of the greenhouse gases that warm the oceans.
- Mangroves are saltwater-tolerant trees that also provide many benefits to humans and animals—the mangroves protect coasts from hurricanes and flooding and help capture carbon dioxide, and their dense, arched roots provide critical nurseries for young fish before they venture into the coral reefs.
- In addition to climate change, destructive fishing practices and water pollution are other human activities that contribute to the decline in these closely connected ecosystems.
- Overfishing and unsustainable fishing practices have altered food webs and led to the decline of fish stocks as well as shark numbers. Shark populations have decreased by 90%, causing a domino effect on the health of their coral reef ecosystems.
- Coastal ecosystems can recover, if given the time and opportunity. By turning more coastal areas into effectively managed and protected areas, fish will be allowed to grow and reproduce, mangroves and seagrasses can regrow, and fishing grounds can recover and help sustain humanity and the natural world.



These stands of giant kelp can reach 50 m from sea floor to the surface, their fronds carried upwards by air filled floats.



## GUIDED DISCUSSION PROMPTS

Use these prompts to generate a class or small-group discussion based on the Our Coastal Seas episode or on videos on [ourplanet.com](http://ourplanet.com).

**1** The episode presented several examples of how animals working together in groups can increase an individual's or a species' chance for survival. Discuss these examples and how successful the animal would be without the help of the group.

Examples from the episode:

*Larger fish and rays work together to herd shoals of smaller fish like anchovies toward one another.*

*Bottlenose dolphins in the Everglades have developed their own technique for catching prey; they work together to herd fish into a circle while churning up the mud surrounding them, causing the fish to panic and leap out of the water.*

*Humpback whales travel to Alaska all the way from the tropics to feed on herring that gather there to breed. After blowing a curtain of bubbles to concentrate the fish, the lead whale then communicates with the other whales to synchronize their attack, swimming up from below. By cooperating like this, a single whale can eat one ton of herring a day.*

**2** In a coral reef ecosystem, every resident has a role to play in maintaining the health of the reef. Compare this with your own environment or family. What types of things do you rely on your community or family to provide to you? How do you help your family or community? How would your community or family change if a key member disappeared?

Examples from the episode:

*The coral provides the structure that the entire community depends on.*

*Small grazing fish help keep parasites off coral.*

*Sharks help maintain a balance in the fish community by hunting predators that feed on the small grazing fish.*



## GUIDED DISCUSSION PROMPTS

**3** Discuss the benefits of establishing marine protected areas. Cite examples from the episode of species or locations that were declining and are now improving thanks to governments creating sanctuaries that restrict human activity.

Examples from the episode:

*In California, kelp forests grow abundantly in protected areas where the entire community can live without pressure from people. Outside the sanctuary, sea otters do not have as much protection in the kelp forests, so sea urchins graze unchecked, causing their populations to expand and the kelp forests to continue to fall.*

*The recovery of the islands of Rajat Ampat in Southeast Asia has been remarkable since protection was put into place in 2007. Biodiversity is increasing—sea turtles that used to be hunted now peacefully graze, manta rays are returning looking for cleaner wrasse, and shark and fish numbers are slowly increasing.*

**4** Coastal seas make up less than one-tenth of the world's oceans, but 90% of all marine creatures live in these areas because they're within reach of sunlight. Not only do coastal seas provide for numerous marine species, but two-thirds of humanity also lives along the coastline. With more people settling in these areas comes a continuous increase in development. Why might the overdevelopment of coastlines have negative consequences?

**5** Even if you live thousands of miles from the coast, your life is still connected to oceans. Discuss the ways we need our oceans. How would our lives change without them? What can we do to help protect them? Discuss small changes people can make to improve the health and future of our coastal seas.





## ACTIVITIES

ACTIVITY IDEA	SUBJECTS
Solve a science investigation by sequencing clues and understanding the effects of climate change on coral reefs.— <a href="#">The Case of the Missing Sea Turtle</a>	Science
Create a jellyfish art model out of recycled plastic litter to understand how sea turtles mistake trash for food.— <a href="#">Only Jellies in the Belly</a>	Arts
Use your engineering skills in a science experiment that exposes the damaging truth behind some industrial fishing practices.— <a href="#">Be Careful What You Fish For</a>	STEM
Design travel brochures for coastal areas around the world and discover how these towns can benefit from sea turtles without harming them.— <a href="#">Turtles on Vacation</a>	Social studies
Write a persuasive letter outlining the benefits of coastal seas and demanding their protection.— <a href="#">A Need for the Seas</a>	Language arts

### What We Can Do:

- Spread the word—talk to your friends and family about the importance of coastal ecosystems.
- Encourage smart shopping—when buying seafood, make sure to look for a label indicating it came from a fishery or farm that has been certified as meeting environmental sustainability standards that protect both wildlife and communities.
- Ask questions—don't be afraid to ask a shop or restaurant where their seafood comes from and how it was caught. Posing these questions can help you choose sustainable seafood, and it sends a message that people care about the source of their food.
- Watch your trash—don't throw litter anywhere except in proper waste containers. Always attempt to recycle or repurpose items when possible, especially plastic. Avoid single-use plastic items such as straws and bags.
- Enjoy the coasts—spend time in and around coastal seas, but always remember to leave them how you found them! Knock down sand castles, fill holes, and leave with everything you came with (including trash).

### Additional Resources:

- [Shark facts vs. shark myths](#)—separates fact from fiction about these important marine species
- [Mangroves may be one of nature's best defenses against a changing climate](#)—learn more about a mangrove's special adaptations and how it helps people and wildlife
- [10 facts about sea otters](#)—fun facts about this adorable resident of kelp forests
- [How does climate change affect coral reefs?](#)—how WWF is working to save coral reefs in Belize from the effects of climate change
- [Shark species WWF webpage](#)—why these creatures are important and the threats they face
- [Sea turtle species WWF webpage](#)—information on the various species of sea turtles and what we're doing to help protect them
- [Overfishing WWF webpage](#)—causes, impacts, and how WWF is working to put a stop to it
- [Illegal fishing WWF webpage](#)—an overview of this continued threat to marine habitats
- [Our Planet official webpage](#)

