



The Colors

Episcopal Cursillo Newsletter • Diocese of Olympia • Spring 2011

In This Issue:

Cover Page	1
Cursillo News	2
Piety	3
Contemplative Prayer	
Meditative Prayer	
Repetitive Short-Prayer	
Quieting Self-talk	
Opening Prayer	
Study	4
The Great Emergence	
Abundance Mindset in Cursillo	
Abundance Resources	
Action	5
Practicing Forgiveness	
Gather/Transform/Send	
Scarcity to Abundance	
Abundant Stewardship	
Grouping	6
Why Cursillo?	
Healthy Group Reunion	
Scarcity Mindset	
Sponsorship	
Women's Weekend Info ...	7
Back Page	8
Clausura / 4 th Day Info	

Feedback?

If you have questions, or want to comment about any of the content here, we want to hear from you. Send email to Colors@OlyCursillo.org

From the Editor:

In this issue we focus on a topic that impacts each area of our Cursillo practice: an Abundance mindset. Abundance, compared to scarcity, isn't simply about whether we have a tendency to view a glass as either half full or half empty. Abundance is much more about the strength of our core Christian beliefs and whether our actions are consistent with our words. Rather than an exercise in homiletics, the goal here is to present various aspects of an Abundance mindset for your consideration. Christ told us that He came so that we might have life more abundantly. He also told us that we are to love one another as ourselves. As Christians, this is at the core of how we are to live.

Everyday we make a variety of choices – including the perspective we will use to perceive the world in which we live. These are odd economic times. The Great Recession is technically over; corporations are prospering and growing; yet most of us still feel financially pinched. In times like this, it is very easy to fall into a scarcity mindset. This is a matter of choice, and it is a danger we can avoid. This issue attempts to present both the choice and some methods of addressing it within our Cursillo practice.

From a Scarcity standpoint, it doesn't much matter where you start. When the Scarcity perspective sets in, other distinctions tend to fade away and, at its core, one is left alone in a world where it is impossible to win or even survive.

There are multiple versions of an Abundant mindset. Celtic Christianity's egalitarianism and deep naturalism have an Abundant heart. The Franciscan emphasis on integrity between one's words and actions also stems from an Abundant worldview.

An Episcopal example: The Total Common Ministry within the Episcopal church provides clergy presence in congregations too small to afford a full-time priest. A central tenet of this ministry is that the congregation already possesses all the gifts needed to accomplish the tasks set for it by the Lord. The group processes for decision-making and planning all flow directly from the core belief that God provides all that is needed, and it works well.

Let's also be clear about another aspect. Maintaining an abundant mindset is not about seeing the world through rosy-colored glasses, or having a Pollyanna attitude. It is also not about living in some fantasy world or implicit Ponzi scheme that will eventually come crashing down. We may not always get what we want, but God does provide what we need, even if we don't get to understand all of it. This is about our attitude and ability to accept God's will. Not my will, Lord, but Thine.

-- Henry Nielsen, Cursillo Communications



Cursillo News in the Diocese of Olympia

President's Letter: NO SPRING MEN'S CURSILLO WEEKEND

There will be no Men's Cursillo this month as we did not have enough candidates to make the weekend viable. The weekend, to have been led by David Brumbaugh, will not take place. The weekend, originally slated for St. Luke's in Ballard, and moved to St. James' in Kent, would have taken place on April 28-May 1. Many thanks go to David and his team for all of their efforts.

This cancellation has been met with many mixed emotions from a variety of members within the Cursillo community. It has been called a 'failure to get candidates' as well as 'an opportunity to reflect.' Looking to the positive, let's view this as that opportunity. When both the Men's and Women's weekends were in jeopardy due to low numbers, many people redoubled their efforts to find candidates. These efforts paid off as we have received more than ten applications for women, but only one male applicant came in. These efforts took our Women's weekend from being questionable to being viable.

The Secretariat is looking specifically at weekends. Debbie Hiatt and Karen Smith, Office Managers for the Cursillo Movement, brought up a good point. If we are scheduling a weekend, then scrambling to find candidates, we are losing sight of the purpose and vision of Cursillo. We need to find the candidates, and then prepare the weekend.

The Secretariat has taken a hard look at policy and weekends this year. At the Secretariat retreat this past January 29TH, we rewrote the bylaws. We are looking at candidacy, team formation, leadership selection, coed and gender-specific weekends, and Secretariat membership as this year progresses into next. The ultimate goal is to maintain, promote, and, where necessary, improve the Cursillo movement in our diocese.

There was discussion of minimum numbers of candidates for the success of a weekend. While that discussion continues, we can all agree that fewer than a half dozen candidates would not be a viable number. Some have mentioned that canceling a weekend may send a negative message. While this is not inaccurate, continuing on with a weekend regardless of numbers sends an even worse message about putting out any product with a goal of just getting a weekend complete. If anyone is not in agreement, this question can be asked: "Would I have had a good Cursillo experience if I had only been one of five (or fewer) candidates?" This is a reminder that the weekend is held to raise up the candidates to being future leaders in their parishes.

Please continue to pray for the Women's weekend, led by Evie Beard at St. Mary's in Lakewood on May 19-22. Please look to the website for information as it relates to Cursillo events, such as information on the Fall Coed Cursillo, scheduled for November 10-13. We do, as the Cursillo Community, have an opportunity to reflect on weekends.

-- Pat Kelley, President 2010-11

4th Day Celebration – June 18

Our spring 4th-Day celebration will be held on June 18 at St. Margaret's in Bellevue, from 10AM to 2PM. Further details are on the back page.

National Episcopal Cursillo Meeting

The National Episcopal Cursillo organization will be meeting next month in Bellevue. The meeting will be held on June 18, at St. Margaret's, in parallel with the Spring 4th-Day Celebration.

Grand Ultreya

June 18, 2PM-3PM at St. Margaret's in Bellevue there will be a Grand Ultreya held at the conclusion of the National Episcopal Cursillo meeting. Everyone is welcome.

Fall Weekend

Current plans for the Co-Ed Weekend to be held this Fall are coming together. The Site has yet to be confirmed, but the planned dates are Nov 10-13.

Cursillo at CCD

The Secretariat is sponsoring a 3-person team at the College of Congregational Development. This team will help guide future growth/development of the movement within the Diocese. Not surprisingly, we notice that roughly half of the CCD attendees from various parishes are also Cursillistas.

Contributors

The following people contributed material, either directly or through discussions on the topics presented:

Rev. Boneta Campbell, Pat Kelley,
Jim Miller, Henry Nielsen,
Karen Smith, Rev. Peter Snow.

Cursillo Practice: Piety



Practice: Contemplative Prayer

Are some ways of beginning prayer better than others? Any beginning is better than no beginning, but some beginnings can be more effective than others. Many of us practice multi-tasking as a standard approach to our daily routine, yet to still be in multi-tasking mode while starting to pray means we're not fully focused on God. Contemplative prayer (also called 'Centering Prayer') offers several ways to let go of the day's cares and be completely engaged in prayer. This can be used as a single form of prayer, but is also very effective at enhancing one's focus in other methods of prayer.

Silent meditative prayer offers a direct path to a singular focus. Repetitive short-prayer methods are easier but a bit more cumbersome at first.

Meditative Prayer

This method appears quite simple: for 5-10 (or up to 30) minutes, sit quietly, stop the background mental talk, and focus on simply being where you are. Setting a timer helps. The sitting part is easy: either in a chair or stool (no recliners unless you want an excuse for a nap) or on the floor (pillows help). Find a comfortable position with your spine straight and balanced. Notice your breathing – the air as it enters and exits your nose. Let the background mental talk fade away... At some point later, you WILL notice that your attention has shifted. This moment is the key. Relax. Gently return your attention to your breathing. As you continue, you will notice a deep sense of peacefulness, and often gratitude. This is an ideal place to begin prayer.

Repetitive Short Prayers

This technique's core method is to sit quietly, repeating a short text again and again. The text may be a single word or a short phrase (e.g. 'Jesus', 'Here I am, Lord'), or a complete prayer (e.g., the Lord's prayer). Anglican rosary beads utilize combinations of prayers without having to stop and think about anything else. Another variation is to insert short periods of silent meditation periodically (e.g. after every third vocalization).

With time, you will notice yourself being drawn more deeply into the meaning of the words. You will likely begin to see relationships or aspects of meaning you hadn't noticed previously. Avoid being drawn into thought on a tangential topic (you can come back to those topics later). Your purpose is to 'be present' fully in this moment.

Taizé services offer another variant of this method. Typically Taizé is done with others, and the prayers are sung together, or in rounds, but the effect is similarly profound.

Quieting background mental talk

Clearing the mental chatter requires a few simple methods combined with practice and patience. For most of us, sitting quietly still, even for 10 minutes, is a challenge – yet the challenge isn't physical (think of the last time you sat through a good concert, film or documentary – easily more than 30 minutes). The challenge here, and it is a substantial one, is our own mind. Most of us live in environments that reach out to us (deadlines approaching, background maintenance tasks deferred from earlier, household chores to be done, etc.). Our minds naturally jump to considering these open items when we have a few quiet moments – yet in prayer, these are distractions and barriers to our most important goal. That's 'the problem'.

The solution is to relax and accept. You WILL fail at first. Don't get upset or unsettled. Over time you'll get better. Any upsets will be smaller and the time between distracted-thoughts will be longer. Make no mistake though, working this through requires time and effort – but the rewards are deep and numerous.

Opening Prayer (from 1978-era Group Reunion Card)

Lord Jesus Christ, who promised your disciples the gift of the Holy Spirit to teach them and lead them into all truth, give us that gift and kindle in us the fire of your love. By your grace, help us to share with each other our life in you, so that we may support and uplift one another as we seek to grow in loving you and in serving you. May the people of God witness the good news of Christ in all places, at all time, today and forever. Amen.



Cursillo Practice: Study

Great Emergence: Overview

Phyllis Tickle, author of 'The Great Emergence – How Christianity is Changing and Why' (Baker Books, 2008), is a senior fellow of Cathedral College at the National Cathedral in Washington D.C. She is also the founding editor of the Religion Department of Publishers Weekly, the trade journal of the book publishing industry. She has traveled to Seattle to speak on this topic with our Diocesan clergy at least twice, and her books have been reviewed and discussed multiple times in the Episcopal Voice. Consequently, this is not a book review so much as it is a pointer to an on-going conversation about some big changes happening around us. Each of us will have a different opinion about this – but it is important that we all be aware of the changes as our world shifts around us.

Every 500 years or so, there are extremely large 'tectonic' shifts in how we collectively perceive the world. These changes aren't abrupt; they happen over a span of time (100 years or so).

2000 – **Great Emergence:** (but just what is emerging?)

1500 – **Great Reformation:** Protestantism splits from Catholicism

1000 – **Great Schism:** Eastern Orthodoxy and Roman Catholicism separate

500 – **Rome Falls, Dark Ages Begin:** Oriental Orthodoxy splits away, Western Monasticism begins

000 – **Christianity begins**

Chapters 6 & 7 clarify splits in current Christian groups (e.g. orthodoxy vs. orthopraxy) as well as the emergence 'in the center' of a new set of perspectives that combine renewal, social-justice, conservatives, and liturgicals. Though some see the Cursillo Movement as essentially 'Renewalist', we do share many characteristics of the groups residing in this emerging center – so if you haven't read this book already, find it in your library and get up to speed!

Abundance Mindset within Cursillo

Every Cursillista has already experienced a great example of living in an abundance mindset. Stop and think a bit. Remember when you made your weekend? You were surrounded by people praying for you, seeking only the highest and best for you. If you served on a Cursillo team, you have also seen first-hand the process of praying and acting toward everyone around you out of loving-kindness. You may also have been blessed to notice the workings of Spirit on individual people or groups of them. It is not that the Spirit is empowered by our actions; rather that when our own spirits are oriented towards abundance, we are better able to see the workings of the Spirit all around us.

Abundance reference materials:

The following books are good beginning resources for exploring the distinctions between Scarcity and Abundance. They are available at the Diocesan Resource Center, and may well be available at your local library also.

Abundant Living for Christians, Rev. Arthur Stevens, PhD. Xulon Press, 2005.

Rev. Stevens describes both scarcity and abundance mindsets, then discusses how both views impact the process of making decisions in Church, Family, and other groups.

From Scarcity to Abundance, David M. Ponting. Morehouse Publishing, Harrisburg PA, 2005.

Contrasts guilt-based perspective to grace-based living as foundation for year-round stewardship.

I and Thou, Martin Buber (translation by Walter Kaufmann). Scribner's Press, 1970.

Buber's classic guides us to consider: Do we treat other people mostly as mobile-objects simply moving through the world around us, or do we engage with them truly as other humans? Our relationship with God tracks how we relate to others. Not directly about abundance, but strongly related and well worth reading or re-reading.



Practicing Forgiveness

“Forgive us... as we forgive those who trespass against us.” When we pray these familiar phrases, often our focus is on our own need for forgiveness from God. Sometimes our sins haunt us: “The remembrance of them is grievous to us, the burden of them is intolerable” as the Rite-1 Confession expresses it. At other times we simply know we have trespassed. We long for God’s forgiveness. We hunger for relief of the guilt. Yet, “as we forgive others” is the equal and parallel requirement, and often forgiving others is far more difficult than asking to be forgiven. So how DO we go about forgiving others?

What if others crave our forgiveness and its release as much as we crave God’s? What if we had the power to set someone else free? To forgive us, God sent his Son to share our experience and take on our sin. We don’t take on the sins of others, but the shift in perspective of trying to see the world from another’s point of view can often be the beginning of forgiveness for others. From an Abundant perspective, God has nothing to lose by forgiving us, and we have nothing to lose (and much to gain) by forgiving others.

The various types of contemplative prayer also hold a key to begin forgiveness: At the moment when we discover we have gone astray (and judging others counts here), if we simply stop, relax, and accept, then we can move on. The added benefit here is that this form of prayer practice also helps us learn to forgive more easily.

Another connecting thread is here: when we pray for others, or when we seek prayers from others, we implicitly acknowledge the power of God to work in our lives and in the world. This is the antithesis of Scarcity thinking, and it is the heart of the Abundance mindset.

Gather-Transform-Send

Every church or Christian mission gathers people, transforms them, and then sends them back into the world to do the work of the Lord. Nearly every church spends a fair bit of time on the details of how to Gather: Is the church easy to find? Does our website attract people? Are we friendly when newcomers arrive? How’s our coffee-hour? These are vital – and having an Abundance mindset affects all of them, though indirectly. It is the ‘Transform’ part where an Abundance mindset really takes center-stage. Abundance-minded Christians aren’t pushy or judgmental, but they are filled with a confidence and faith that infuses everything they do. People see this and are drawn to it.

Practice: From Scarcity to Abundance

Since ‘Scarcity’ is so pervasive, how can one choose to have an Abundance outlook? We’re talking about long-standing habit patterns here, so this shift often takes time, patience, and faith. You can think of this as re-orienting towards Abundance (true ‘north’), or perhaps as ‘tuning in’ to the Spirit.

Look closely at your life, right at this moment. Find something to be thankful for. It is there – just look. Take a deep breath and let yourself REALLY appreciate the Lord’s blessing in your life, whatever it is. (Go ahead: say ‘Thank YOU, Lord’ to yourself). Now set that aside and find something else to be thankful for. Repeat. That’s one way to start.

The next time a loved one or a good friend is speaking with you, stop yourself. Don’t just listen half-way or continue doing something else on ‘auto-pilot’. Take these few minutes and completely stop thinking about any other topics. Simply focus ALL of your attention on the one who is speaking with you. Listen closely and carefully. Listen not only for what they are saying but also for their intent. During those moments, let your love for them rise to the surface as you listen and interact with them. When you speak to them in response, do so from your heart. As they respond, listen for the sound of their heart speaking to you. With practice, when you do this, the Kingdom is near to you.

Abundant Stewardship

An entire church with an Abundant mindset is a powerful dynamic place. Members are fed by the Spirit and it shows: they are engaged and active. They understand and they invest where they are fed. This is a natural outcome of developing an Abundant congregation. It is tempting, especially during a tight economy, to focus on this aspect – but that is Scarcity thinking slipping in, and is a mistake to carefully avoid. The key to sound Abundant action is to focus on the ‘Transform’ stage for everyone. Focus on the blessings of the congregation. Be grateful. Praise the Lord for the work being done in and among you.



Cursillo Practice: Group Reunion

Why Cursillo?

So often we hear the statement, "I made my weekend in <insert year>." That's the first thing a fellow Cursillista will probably tell you. And sometimes it is the last thing you will hear. Is it truly all about "The Weekend"? When the focus is on the weekend, we cannot really be surprised when we find ourselves in the situation the Secretariat has wrestled with in the last weeks: The team has been called and an incredible weekend planned, but not enough candidates came forward to fill the tables.

If you are reading this, it is most likely that you have already "made your weekend". So let me ask you what Cursillo means to you today.

Are you meeting in Group Reunion?

Do you have a rule of life?

Are you attentive to Piety, Study, and Action?

I want to challenge the nearly 1400 households that will receive this edition of The Colors to ask themselves to renew their commitment to Christ today. Take out your grouping card and recall what it means to BE a Cursillista.

For me, it means that I can renew my relationship to Christ every day and through fellowship with others I witness to His love and presence in my life. Because I want to share this, I am looking for people in my faith community who might be candidates for the Cursillo experience.

Make a friend. Be a friend. Bring a friend to Christ.

-- Karen Smith (1978)

Healthy Group Reunion

What we seek is a healthy balance between three things: solid group reunions, sound sponsorship, and effective action by each of us in the world around us. All three legs of this stool are needed.

Group Reunion is a time to come together to discuss our on-going daily practice of Piety, Study, and Action. If we're not praying, studying, and taking action accordingly, then this is where to begin. Without this, nothing else can happen. By being responsible ourselves, we support and sustain one another in our daily practice.

Second is to be actively meeting in group reunion. When we are engaged in this process properly, we strengthen others and are sustained ourselves by the presence of Christ in those around us. This is the foundation of solid sponsorship: no grouping, no sponsorship. No sponsors, no weekends. No weekends, eventually No Movement.

Scarcity Mindset

Since we are trying to clarify the distinction between scarcity and abundance, just what it IS a scarcity mindset? When we operate from a perspective of scarcity, we assume that resources are limited, and that for one person or group to 'get ahead', others must fall behind. In order for someone to win, someone else must lose. Game Theorists refer to this as a 'Zero-Sum' structure. This view is very common and may well be the default perspective in our American society at present.

Scarcity is, at its heart, based on fear – that we can only rely on ourselves (God will not provide or help us). If I don't pro-actively acquire as much as I can, then others will get whatever I want instead and I will be left without enough. I can't depend on others because they will look to their own motives, not mine.

From a scarcity standpoint, there is a tragically human tendency to focus on the faults and perceived short-comings of others, in order to judge them. From this mindset, since 'they' are flawed, 'they' are less worthy and so don't deserve to be treated the way we'd treat ourselves. Over time, if we stay in this mindset, we begin to see others around us as shadows or objects rather than truly as other people. We may recognize intellectually that they are human, but they don't merit our full time or complete attention. We speak at them, rather than to them; we hear their words with our ears, but not with our hearts.

Sponsorship

The spiritual fruit of solid Cursillo practice is sponsorship. The goal of the Cursillo movement is to raise up leaders in all environments. To be a sponsor, we all must first be active in daily practice and meeting regularly in Group Reunion. As Cursillistas, our first responsibility is to identify and do the work that Christ gives us to do. In the course of doing that work, we may notice other potential leaders in the world around us. We can then begin to engage with them to get to know them more directly. An excellent step along the way is talk about the Group Reunion process – what we do as individuals and how we support one another in our own work through the Reunion Group. Invite potential candidates to visit an existing Reunion Group, to observe the process and, over time, to participate.



Saint Mary's Episcopal Church

May 19-22, 2011

10630 Gravelly Lake Drive SW

Lakewood, WA 98499

www.HolyMotherofLakewood.org

Theme: "Be Still and Know That I am God" -Psalm 46:10

Mañanitas: 5:30 AM Gather in the Narthex, 5:15. Begins at 5:30AM

Clausura: 3:30 PM Gather in the Sanctuary.

Palanca:

We encourage hand-written personal notes telling candidates of the prayer and sacrifice offered on their behalf. Deliver palanca to candidate sponsors before the weekend, or to the church during the weekend. **Please do NOT mail palanca to the Cursillo Office!**

Candidate

Church

Sponsor(s)

Amanda Aurand	Faith Episcopal, Kingston	Ellen Green
Layne Bautista	St John the Baptist, Seattle	Sharon Parker
Debra (Debbie) Campbell	St Hilda St Patrick, Edmonds	Nancy Smith/Sue Shepherd/Nora Creek
Anna Courie	St Mary, Lakewood	Holly Bocchi
Bettye Craft	St Mary, Lakewood	Jean Gray
Jennifer (Jenn) De Shaw	St John, Kirkland	Rebecca DeShaw
Elizabeth (Betty) Ede	St John the Baptist, Seattle	Jackie Baldwin
Shelby Forbes	St Mary, Lakewood	Kathie Forbes
Kat Freeze	St Paul, Bremerton	Marscha Irving
Gwen Gentry	Trinity, Everett	Evie Beard
Alice Gray	St Paul, Bremerton	Katherine Adams
Teresa Gumbs	St Joseph St John, Lakewood	Charlotte Brown
Tanya (Tannie) Henson	St Joseph-St John, Lakewood	Charlotte Brown
Dixie Heyen	St George, Maple Valley	Diane Lancaster
Loretta Matson	St Hilda St Patrick, Edmonds	Carol Rypkema/Martha Walker
Kate Mietus	St Aidan, Camano Island	Jackie Humes-Fear
Sukey Miller	St Aidan, Camano Island	Adele Lee
Janice Minear	St Aidan, Camano Island	Kara Hunt
Amy Clayton Norton	Christ Church, Puyallup	Charles & Vickey Clayton
Donna Radovich	St Hilda St Patrick, Edmonds	Carol Rypkema/Denice Patrick
Peggy Schnack	St Andrew, Tacoma	Linda Brice
Claudia Stephens	St Aidan, Camano Island	Gwynn Swigart
Mary Venske	St Mark, Montesano	Boneta Campbell
Andrea Walden-Morden	St Andrew, Port Angeles	Angela Reynolds
Christen Westom	St Andrews, Aberdeen	Dorothy Addison-Ashler
Jan Whobrey	St Paul, Bremerton	E. Jeanne Wolf

Core Team: Rectora: Evie Beard, Vice Rectora: Jo Moore, Action: Holly Bocchi, Alythya Newell, Agape: Allison Peckenpaugh, Aileen Barker, Cha: Pat Grodt, Julie Rozell, Kitchen: Ruth Madden, Musica: Ellen Green, Palanca: Connie Aurand, Linda Potter, Spiritual Director: The Rev. Marda Steedman Sanborn

Kitchen: Susan Ahrens, Kay Estvold, Nancy Laswell, Barbara Linvog, Roberta Newell, Candy Olmer, Denice Patrick, Julene Wright

Musicas: Mary Irish, Ruth Montgomery, Laura Ortanez

Palanca: Linda Bennett, Vicki Betsinger, Judy Bingay, Barbara Demaris, Jackie Humes-Fear, Pat Jarvis, Karen Sjostrom, Cindy Stangl

Rollo Room Julie Amdal, Stacy Breland, Denise Brumbaugh, Karen Burd, Carol Colburn, Kathy Couch, Jerri Feris, Liz Heriges, Nancy Laswell, Linda Neal, Sally Puff, Angela Reynolds, Carol Rypkema, Sue Shepherd, Reberta Skinner, Kitty Walker

Reviewers Becky Clark, Missy Couch, Jeanne Ederer, Barbara Jabbusch, Mary Keefe

Spiritual: The Ven. Gen Grewell, The Rev. Kathleen Kingslight

Cursillo Movement
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Seattle, WA 98102

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Dear Cursillo Community,

The Co-Ed Cursillo Team invites you to attend:

Spring Clausura May 22 at 3:30pm St. Mary's Episcopal, Lakewood

Please join us to welcome the newest Cursillistas, celebrate the Eucharist, and enjoy the fellowship of our community.

-- Evie Beard and her team

FOURTH DAY CELEBRATION – FOLLOWED BY GRAND ULTREYA

When?

Saturday June 18, 2011

Where?

St Margaret's Episcopal Church, Bellevue • 425.748-6650

What time?

4th Day: 10AM to 2 PM /// **Grand Ultreya:** 2PM-3PM

Who should I bring?

Sponsors, bring your candidates!

What about lunch?

A light lunch will be provided, or you can bring your own brown bag

How do I get there?

From Seattle: I-90 eastbound, exit 10B to Richards Road.

Turn right onto Factoria and go south .75 miles. St. Margaret's is on the left.

From I-405 (North or Southbound), Take exit 10, go east on Coal Creek Pkwy
Go 0.3 miles, turn left onto Factoria, go to Newport Blvd. Church on NE corner