

# The Parish Family Advisory Council (PFAC)



**Micheline Lubin**

Hi, I have been a parishioner of Sacred Heart of Jesus of Seattle, since 2003/2004. I discovered this parish when I was visiting the Seattle Center for a summer festival and I decided to check out the mass times, as I was looking for a new church to attend. I attended a Saturday evening mass and really enjoyed it and the atmosphere of the church. I had gone to a few of the church picnics here and there but I did not become involved as an active parishioner until 2015 when there was a call for sacristans. Being a sacristan has allowed me to participate in all roles at mass, from reader, eucharistic minister to helping with collection. It has taught me how to problem solve and how to roll with it when really short of help. I did not realize that I would still be in that role to this day, but it feels great to be able to contribute to our parish community.

I was raised in the Seattle area, first attending St. Stephen's in Renton and then St. Monica's on Mercer Island.

I attended a Jesuit university for college (Santa Clara, go Broncos!), which further ignited my faith. After college, I lived and worked in El Salvador helping run a study abroad program centered on the legacy of the Jesuit Martyrs at the Universidad de Centro América. I pursued an advanced degree in theology and then moved to Phoenix, Arizona, to teach high school theology for five years at an all-boys Catholic school.

In 2019, I met my wife while we were both shopping at the same grocery store. We got married in 2021 and moved back to Seattle, where I took the role of leading the Ferry Foundation, a philanthropic venture founded by my grandparents. We have two children - Grace (2) and Michael (5 months), and we are proud members of the Our Lady of Fatima community.



**Quentin Orem**



**Susie Fritzky**

I've been part of the St. Anne Church community since fall 2021, and I'm deeply grateful for the joy, meaning, and community that my faith brings to my life. I currently serve on the Liturgy Committee and previously have served with the Parish Transition Team, Pastoral Leadership Team, Alpha, and Evangelical Catholic.

Born and raised on Whidbey Island, I later attended the University of Washington (Go Huskies!), where I met my husband. Together, we're raising our three energetic children, striving to build our family rooted in faith, service, and community.

Professionally, I worked in sales and sales operations in the biotech and pharmaceutical industries. This experience gave me a practical, solution-focused mindset that I apply to parish planning and teamwork, built on a foundation of strong communication and collaboration, with a heart for service.

I'm greatly inspired by St. Thérèse of Lisieux, whose "little way" reminds me that simple acts done with love have great power, and that holiness is often found in the ordinary. Her humility and joyful trust in the Lord continue to guide how I approach faith, life, and especially motherhood!

I love spending time volunteering at St Anne School, cheering on my kids at their various sports and extracurricular endeavors, coaching t-ball, gardening, testing out new recipes, reading, and gardening. I've found that the surest way to stay anchored, present, and patient in my motherhood is through prayer.

I'm honored to contribute to Northwest Seattle Catholic's vibrant, welcoming community and look forward to helping shape the future of our parish family.

I'd been attending Sacred Heart church since 1989. Occasionally, during my lunch breaks, I attend the noon Mass and sometimes volunteer as a Eucharistic Minister. I became active and a parishioner when I joined the Legion of Mary in 2010. Since then, Sacred Heart Church became my home parish.

During the height of the pandemic, Janet and I became more involve in our parish life due to the pandemic restrictions where very few parishioners ventured to go to church on a daily basis. Since then and until now, Elizabeth, Janet and myself pretty much do everything - from being a sacristan, getting the church tidy and ready for the daily and weekend services, flower arrangements, washing the linens (purificators, corporals, altar cloth, etc.) and many more. On Wednesdays, I also volunteer at the Food Bank.



**Rose Tanudtanud**

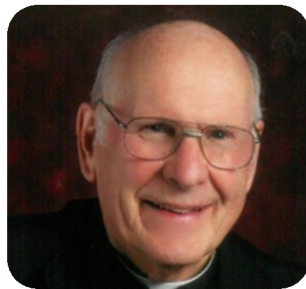
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Father Lyle, a Redemptorist priest, has dedicated his life to missionary service and pastoral care, embodying the spirit of the Redemptorist order for over six decades. As he approaches his 94th birthday, he continues to serve actively.

Father Konen's ministry reflects the Redemptorist mission to serve the most spiritually abandoned. He has served in diverse locations including Alaska, Nigeria, Tucson, San Francisco, Portland, Great Falls, Coeur d'Alene, and twice as pastor (there are unverified sources for this) at Sacred Heart Parish in Seattle. He also directed the Redemptorists' Palisades Retreat Center in the early 1970s.

His work is part of a broader Redemptorist legacy in the Pacific Northwest, which began in 1890 and has continued for over 125 years.

**Fr. Lyle Konen,**  
**CSsR**



I was born and raised in Juneau, Alaska, and moved to Washington state shortly after high school. After a gap year, I attended and graduated from Washington State University with a B.S. in International Politics. During college, I had the opportunity to travel in and study developing countries through a program called Semester at Sea. This was an experience that I treasure to this day.

After college, I worked in the non-profit sector supporting legal aid organizations and as a paralegal for law firms in both Seattle and Boston.

Since becoming a mother, I have focused on raising our children - Dylan and Conor - and supporting Our Lady of Fatima parish through volunteering in the school and involvement in parish ministries. I am currently coaching the OLF Speech Team and spend most of my free time shuttling our children between school and extracurricular activities.



**Carrie Steen**



**Alice Shepard**

My husband, Dave, and I have been parishioners at Our Lady of Fatima since 2006. Our two young adult children grew up in the parish and enjoyed altar serving, faith formation classes, and CYO sports. Over the years, I've found deep fulfillment in ministry—especially through my past service as a Kindergarten catechist and my current leadership role with OLF's St. Vincent de Paul group.

Raised primarily in suburban Seattle, I graduated from Kennedy Catholic High School and went on to attend Gonzaga University. While earning a master's degree in public policy at the University of Wisconsin, I met Dave at the Catholic student center. He's now in the archdiocese's deacon formation program, a journey that has been spiritually enriching for both of us.

As we work together to more fully unite our three communities, I'm eager to hear your stories and your hopes for the future of our parish family.

**Javier Taylor**



I was born and raised in Ypsilanti, Michigan, where I grew up attending Christ the King Catholic Church. I went to school at the University of Michigan, where I studied Computer Science Engineering and was the student president of the University Christian Outreach.

I moved to Seattle in late 2018, starting working at Amazon after an internship for them in the summer of 2017. In the intervening time I switched jobs and now work at Oracle.

I started attending St Anne in late 2019 when I moved to Queen Anne, and, when in-person Mass re-opened, was part of a group of young adults that Fr. Colin Parrish pulled together to plan events for the re-forming St Anne Young Adults Group.

I have loved getting to know the St Anne community and serving in the capacity that I have, and I look forward to (God willing) serving the parish family well as part of the PFAC and seeing God at work in our community!



## The Parish Family Advisory Council (PFAC)

John received 17 years of Catholic education, attending St. Francis in Seahurst, Kennedy Catholic High School in Burien, and Gonzaga University, where he earned degrees in Engineering and an MBA.

He is married to his wife Pat, and together they have six children and seven grandchildren.

Professionally, he dedicated 44 years to Puget Sound Energy, serving in various roles across Engineering, Operations, Budget Planning, and Marketing.

His commitment to service is reflected in his active involvement in ministries such as the Knights of Columbus, St. Vincent de Paul, Martin de Porres Shelter, Communion at-home ministry, and the Ballard Food Bank.

In his free time, he enjoys traveling, golfing, hiking, taking Peloton power zone classes, and cheering on Zag basketball and Husky football.

**John Campion**



My parents were immigrants from the Philippine Islands. My father was in the US Army, and we lived in Fort Lawton, which is now Discovery Park.

In 1957, we moved to Magnolia where we became members of Our Lady of Fatima Parish. I attended Our Lady of Fatima Grade School, Seattle Preparatory High School, the United States Military Academy at West Point, NY, and received an M.A. in Literature from the University of Pittsburgh in Pittsburgh, PA.

I spent twenty years in the military, having assignments throughout the US and in Korea and Germany.

After retiring from the military, I came home to Seattle. Because teaching is my passion and great love, I taught developmental writing, English composition, and literature for 25 years at Seattle Central College and South Seattle College.

I have for the last eight years been a youth minister for both the middle school and high school programs at Our Lady of Fatima. I am President of the Filipino American Society in Magnolia which is a Our Lady of Fatima ministry. I am also an officer in Cathay Post #186, a military veterans organization of The American Legion, based in the Chinatown-International District of Seattle. I am certified in Myers Briggs Type Indicator (MBTI) and also in Search Advocacy. I am a Qualified Administrator in the Intercultural Development Inventory.

My wife Darsie and I live in the home my family bought in 1957. We have four cats.

**Bob  
Dela-Cruz**



**Carmen Suazo**

I'm a longtime St. Anne parishioner for over 40 years! I'm married to Jim Waldref and have two children. Miquela, 2000 grad and Chris 2005 grad of St. Anne School. Much to my delight they both live in Seattle with their families. I have 2 grand daughters, 1 grand son and another grand daughter due in mid July.

As background, I am a retired Registered Nurse and worked in several capacities: staff nurse, faculty in a nursing education program, manager, and administrator. I spent my formative years growing up in National Parks: Mt. Rainier, Mesa Verde, the Tetons and Grand Canyon. I've enjoyed hiking and camping including having summited Mt. Rainier in the 70's. Jim and I enjoy water gardening. We have a small pond with 8 koi and goldfish in our backyard. I find watching our fish comforting and restful.

I've been involved at St. Anne in a variety of capacities: Pastoral Council, School Commission (currently) and Choir (currently), among many others. A faith community has been an important part of my personal and professional life. I'm inspired by the role of lay people in parish leadership. I'm looking forward to listening to the needs of our combined parish community and working with the Parish Family Advisory Council and Fr. Freitag to provide for a robust Catholic community.

Hello, I've been a parishioner at Sacred Heart Seattle for over 4 years now. I have served as an altar server at the parish and have been assisting with the livestreaming of the 10am Sunday Mass. I have also organized various Young Adult events at the parish with the help of my fellow Young Adults focused on growing the community in fellowship and faith. I enjoy being of service to the parish where needed and look forward to being part of the Parish Family Advisory Council.



**Nirmal Benann**