St. Benedict
CATHOLIC CHURCH

SIXTEENTH SUNDAY IN ORDINARY TIME

JULY 17, 2022

> *He who does justice will live in the presence of the Lord."*
>
> COL 1:25-26

Finding Gentleness

ST. BRIDGET OF SWEDEN

Let a man fear, above all, me, his God, and so much the gentler will he become toward my creatures and animals, on whom, on account of me, their Creator, he ought to have compassion.

Read more about this Saint of the Week on p. 3

STAY CONNECTED

1805 North 49th Street, Seattle WA 98103

WEBSITE
parish.stbens.net
FACEBOOK
facebook.com/stbensseattle
MASS VIDEOS
parish.stbens.net/homily-videos

CONTACT US

206.632.0843 parish@stbens.net

Sacramental Emergency 425.954.3434

OFFICE HOURS Mon - Thurs, 9AM to 4PM

STAFF

Fr. Dean Mbuzi
Priest Administrator
Fr.dean@stbens.net

Brian Anderson
School Principal
b.anderson@stbens.net

Becky Ortiz
Administrative Assistant
b.ortiz@stbens.net

Mitchell Price
PA for Music & Liturgy
m.price@stbens.net

Heather Snyder
Communications & Stewardship
h.snyder@stbens.net

Humberto Olaf Valderrábano-Aguilar
Faith Formation
faithformation@stbens.net (on Aug.1)

SACRAMENTS

Do you have a baby that you'd like to baptize? Are you interested in joining the Church, getting confirmed, or taking steps towards baptism? Are you looking to prepare for marriage? Please contact the parish office or visit **parish.stbens.net > sacraments** for more info.

PRAYERS FOR THE SICK

Margaret Alquist, Eli Mahnken

**Please contact the parish office if you have a name to add. For privacy reasons, the individual must expressly give consent.*

STEWARDSHIP

ACA UPDATE

Annual Catholic Appeal supports these ministries in the Archdiocese:

- Hospital Chaplain
- Prison Ministry
- Disabilities
- Mental Health Ministries
- CCS, Seminarians
- Catholic Schools
- Youth and Young Adult
- Faith Formation
- Diaconate program
- NW Catholic

ACA ministries also assist our staff at St. Benedict with these resources:

- Human Resources (consulting, job descriptions, hiring, etc)
- Property & Construction (building project, remodel, tax issues, etc.)
- Vicar for Clergy Office (training, long range planning, etc)
- Diaconate program

Annual Catholic Appeal

TOGETHER WE CAN be Christ to Others

Annual Catholic Appeal

Providing ministries for our brothers and sisters in Western Washington.

Please make your 2022 ACA gift today!

Go to archseattle.org/GiveACA or point your phone camera here

SAINT OF THE WEEK: SAINT BRIDGET

Saint Bridget or Birgitta was born in 1303 as the daughter of Birger Petersson, governer of Uppland, and his wife Ingeborg Bengts-dotter. Bridget was married to Ulf Gudmarsson, who became governor of the province of Nericia. They had eight children, all of whom survived past infancy which was rare for the 12th century. One of their daughters would become St. Catherine of Sweden. Saint Bridget was hailed as a mystic and her visions, which began in her early childhood when she had visions of Christ Crucified, made her somewhat of a Middle Ages celebrity. Her vision of the Nativity of Jesus even influenced the art of the Nativity through the Baroque era! She is said to have predicted the Vatican State. Saint Bridget's Revelations, which she dictated to Peter Olafsson, the prior at the Cistercian monastery of Alvastra near which she retired after her husband's death in 1344, were published in 1492. They have since been published in many languages and can still be purchased today. Some of her most profound visions regarded the founding of a new religious order which would be primarily for women, ruled by an abbess, but with a separate house for monks who would serve as order chaplains. Her visions detailed everything from the abbey church to the clothing that would be adopted as the nun's habit, and how the order would be ruled. King Magnus II of Sweden granted Bridget land and buildings. The order, called the Bridgettines or the Order of the Most Holy Savior was approved by Pope Urban V in 1370. Saint Bridget was canonized in 1391 by Pope Boniface IX and in 1999 Pope John Paul II named her one of the Patron Saints of Europe.

PASTORAL ASSISTANT FOR OPERATIONS

Fr. Dean, Brian Anderson (principal at St. Benedict), and Kathy Cox (principal at St. Catherine) are working with the Archdiocese to achieve the **best possible administrative structure** at our parishes. Together, they have decided on posting a **new position for Pastoral Associate for Operations.** This role will serve as a professional administrator and strategic leader for St. Benedict and St. Catherine, replacing the previously posted roles of Pastoral Administrative Assistant at each parish. Please pray for the right person to fill this important role. Pass along the job posting by **sending people to our homepage where the job postings are listed under the News section: www.parish.stbens.net > news.**

Other jobs currently posted on our website:
Pastoral Assistant for Stewardship
Pastoral Assistant for Music & Liturgy
Updates on current staff:
Heather Snyder's last day is July 29.
Mitchell Price's last day is July 28.
Olaf Valderrábano-Aguilar, Faith Formation for both parishes, will begin his role on August 1.

HAVING FUN, SAVING FOOD

Another successful Food Lifeline event, where nine of us joined about 20 other people to repackage, label, and pack 2 one-ton bins. According to Len Kannapell, FLL lead, **"The time was effortless, volunteer coordinators organized, and volunteers superb."** He added that the 80's music was "sublime," as always. Thank you to the group who went to help out on July 6! FLL is currently struggling to keep up with demand. If we can get a few more volunteers from St. Benedict and St. Catherine, Len is hopeful that this volunteer work could happen monthly. Next event will be on **Wednesday, September 7, 6 - 8PM.** Registration link: **stbens.foodlifeline.volunteerhub.com.** If you want to carpool, meet at St. Benedict at 5:15PM. Questions? Contact Len Kannapell, kannapell@yahoo.com or 206.909.2735.

MARRIAGE ENCOUNTER RETREAT

Jesus calls us to love the Lord and to love one another. **Deepen your communication, rekindle your romance, and renew your sacrament** by attending the upcoming Worldwide Marriage Encounter Experiences on **August 12 - 14** in Seattle OR Portland. There is another retreat on **Oct 7 - 9** at the Archbishop Brunett Retreat Center in Federal Way. For questions, or to find out more about a Virtual Encounter Weekend, feel free to contact Jeff and Sandy Corneil at 360-930-2321. Space is limited, so reserve your weekend early! For more information about Worldwide Marriage Encounter, please visit **www.wwme.org.** Follow us on Facebook!

HOPE AND HEALING AFTER ABORTION

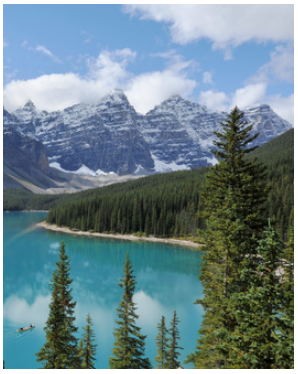
How long have you been resisting the idea that the abortion story really has affected you? **Contact us for a compassionate, confidential conversation: 206. 920.6413 or projectrachel@ccsww.org.** Join us on retreat August 2022!

project rachel

SHARE THE JOURNEY

Explore the metaphor of your life as a journey toward God and find out where you are on the journey. "At Home with Faith" is a great resource from the Archdiocese' Marriage & Family Life that is posted to our homepage weekly: **parish.stbens.net.**

BENEDICTINE RETREAT IN CANADA



The 65th Annual Seattle Men's Retreat Monastic Weekend with the Benedictines of Westminster Abbey, Mission, B.C. is scheduled for **August 19 - 21.** By attending, hundreds of men from many parishes throughout the Diocese of Seattle have been **revitalized in their faith** throughout the year. **Participate in a Benedictine chant of the daily office in the Cathedral,** talks by the retreat master, as well as prayer overlooking the Fraser River in the British Columbia countryside. Our weekend will commence with dinner at 6:00PM, Friday, August 19, and will conclude at the Sunday noon meal with the Community. Cost: $145. Canada requires a proof of vaccination to enter (check internet for specific requirements). Your **reservation must be received by no later than August 1.** For further information, please call Dr. Greg Gosch at 425-220-3019 or GJGosch@gmail.com.

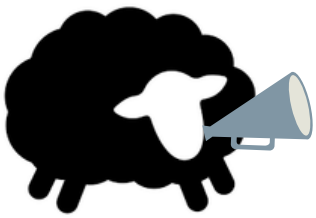
CARE FOR OUR COMMON HOME

"But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? **Tell her then to help me.'"** —Luke 10:40. Sometimes we can get so caught up in working for environmental causes to save the earth that we forget to sit, rest, and listen to the wisdom being imparted like Mary knew to do. This week remember what Pope Francis wrote, **"Nature is filled with words of love, but how can we listen to them amid constant noise?"** (Laudato Si' #225). Take some time this week to sit outside, rest from your work, and listen for nature's words of love.

To celebrate the 5th anniversary of Pope Francis' Encyclical "Laudato Si': On Care for Our Common Home," **the Archdiocese has put together an action plan for Integral Ecology.** To learn more, go to our website: **parish.stbens.net > Parish Life > Theology > Laudato Si'**

GREAT SPIRITUAL CONTENT

St. Benedict has a subscription to Formed, which means you do as well! Formed has fantastic sources for any faith topic. Go to **www.formed.org** and use code: **St. Catherine of Siena 98115 St. Benedict 98103.**



ALL THE NEWS YOU NEED

Stay up-to-date with church emails, bible study content, Zoom links, and messages from volunteer & ministry groups that you're interested in. It's all on Flocknote! Go to **www.stbenedict10.flocknote.com** to join!

WITH GRATEFUL HEARTS

Giving online is easy, no registration necessary! Look for this button on our homepage to go directly to online giving. Thank you for keeping the refuge of St. Benedict open for our Wallingford community! www.osvhub.com/stbens/funds.

EVENTS

Coffee & Donuts
Sundays, after 8AM Mass
No Coffee & Donuts 7/17

Bible Study: Letters of John
Sundays, 11:30AM
ZOOM: 823 2105 2785
PW: 902359
Contact: Shannon Wilson, sswaniga@gmail.com

Gospel Study
Mondays, 7PM
ZOOM: 875 5095 1722
PW: 510746

Men's Group: Into His Likeness
Fridays, 6AM
ZOOM
Contact: Chad Bitzer, cdbitz@gmail.com

Parish Picnic

July 17, After 11:15AM Mass
Celebrate the Feast Day of St. Benedict!
School Lawn

SMdP Sandwich Making
July 18, 8:30 - 10:00AM
Parish Center
Contact: Vicky Briones, vicster912@gmail.com

Thomas Merton Society
July 19, 7PM
ZOOM
Contact Nina Butorac for link,
nbutorac@yahoo.com

HCSJ Meeting
July 21, 7PM

St. Catherine SVdP Meeting
July 25, 7PM
ZOOM
Contact: Ed Ringness for link,
svdp@stcatherineparish.net

St. Benedict SVdP Meeting
July 26, 5:30PM
ZOOM: 859 6933 8012
PW: 179719

Indonesian Mass
August 7, 1PM
Led by Fr. Leo Hambur

Book Club
September 1, 7PM
ZOOM: 840 5690 9922
PW: 580903
Contact: Brenda Stratton,
jandmes.bjs@gmail.com

Food Lifeline
September 7, 6 - 8PM
Food sorting / packing at South Park Warehouse
Register: stbens.foodlifeline.volunteerhub.com

Indonesian Youth Retreat

September 30 - October 2
Black Diamond Retreat Center
Led by Fr. Leo Hambur

SACRAMENTS

Baptism Class

Saturday, August 13, 10AM - 12PM
St. Benedict Parish Center
Register: parish.stbens.net/baptism

Confession
St Benedict: Friday, 4 - 5PM
St. Catherine: Saturday, 3:30 - 4:30PM

Anointing of the Sick
St Catherine: 1st Friday Mass, 9AM
St. Benedict: 1st Saturday Mass, 9AM
Or by appointment, contact parish office

Communion at Home
Cabrini ministers available to bring Holy Communion to those unable to attend Mass.
Contact: parish office

MASS SCHEDULE

ST. CATHERINE

SATURDAY	5PM
SUNDAY	9:30AM
WEDNESDAY	9AM
FRIDAY	9AM

CONFESSION	SATURDAY 3:30 - 4:30PM
ADORATION AT ST. BENEDICT	1ST FRIDAY 6 - 7PM
ANOINTING OF THE SICK	1ST FRIDAY 9AM

ROSARIES

WEDNESDAY	9:30AM
FRIDAY	9:30AM

OPEN FOR PRAYER

FRIDAY	10AM - 12PM
SATURDAY	3:30 - 4:30PM

MASS SCHEDULE

ST. BENEDICT

SUNDAY	*8AM 11:15AM
TUESDAY	7PM
THURSDAY	9AM
1ST SATURDAY	9AM

CONFESSION	FRIDAY 4 - 5PM
ADORATION	1ST FRIDAY 6 - 7PM
ANOINTING OF THE SICK	1ST SATURDAY 9AM

*Livestream Available

ROSARIES

THURSDAY	8:30AM
1ST SATURDAY	8:30AM

OPEN FOR PRAYER

FRIDAY	4 - 5PM

DAILY SCRIPTURE

Monday, Weekday
Mi 6:1-4, 6-8/Mt 12:38-42
Tuesday, Weekday
Mi 7:14-15, 18-20/Mt 12:46-50
Wednesday, Weekday
Jer 1:1, 4-10/Mt 13:1-9
Thursday, Weekday
Jer 2:1-3, 7-8, 12-13/Mt 13:10-17

Friday, St. Mary Magdalene
Sg 3:1-4b or 2 Cor 5:14-17/
Jn 20:1-2, 11-18
Saturday, Weekday
Jer 7:1-11/Mt 13:24-30
Sunday, 17th Sun. Ordinary Time
Gn 18:20-32/Col 2:12-14/Lk 11:1-13

We ♥ love

having you as part of our Flock

Keep in touch with us via email and text!

Text

SAINTBENS

to 84576

OR

Connect with us online at:

stbenedict10.flocknote.com

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