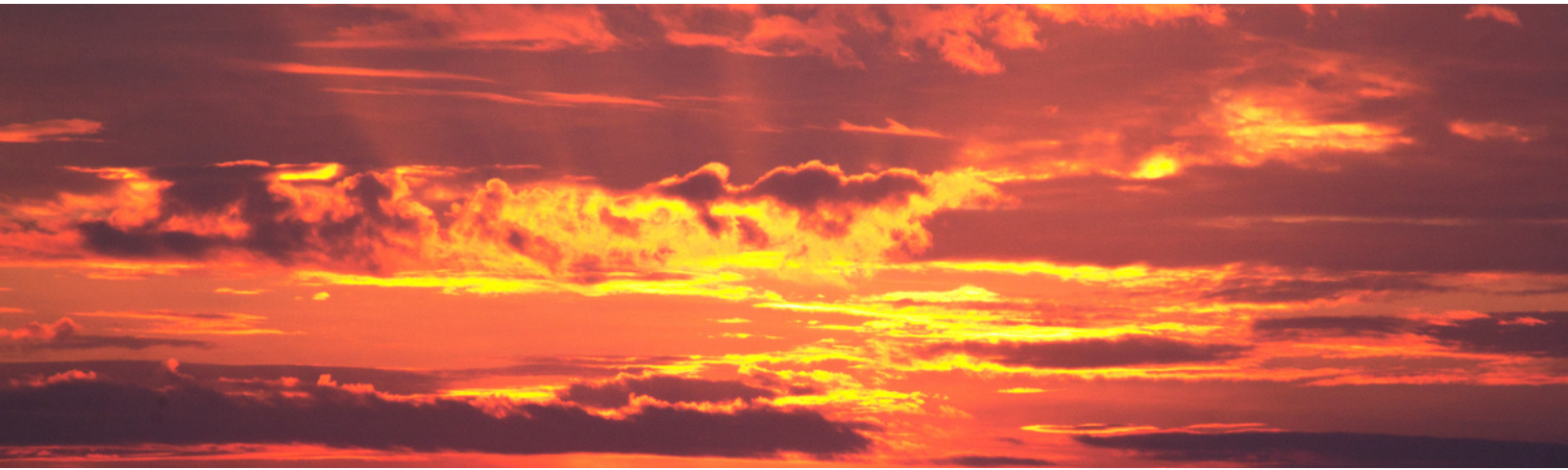




St. Benedict CATHOLIC CHURCH

TWENTY-THIRD SUNDAY IN ORDINARY TIME

SEPTEMBER 4, 2022



*"The only true riches are those
that make us rich in virtue.
Therefore, if you want to be
rich, beloved, love true riches.
If you aspire to the heights of
real honor, strive to reach the
kingdom of Heaven. If you
value rank and renown, hasten
to be enrolled in the heavenly
court of the Angels."*

Patron Saint of Musicians and Teachers

ST. GREGORY

"Scriptura sacra mentis oculis quasi quoddam speculum opponitur, ut interna nostra facies in ipsa videatur. Holy scripture is placed before the eyes of our mind like a mirror, so that we may view our inner face therein."

ST. GREGORY

[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

Fr. Marc Powell
Parochial Vicar
Fr.marc@stbens.net

Olaf Valderrábano-Aguilar
Pastoral Associate for Operations
PAO@stbens.net

Mitchell Price
Comms & Stewardship (temp)
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Becky Ortiz
Administrative Assistant
b.ortiz@stbens.net

Anita Hardwick
Facilities
a.hardwick@stbens.net

Brian Anderson
School Principal
b.anderson@stbens.net

MJ Price
PA for Music & Liturgy (temp)
m.price@stbens.net

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

	OFFERINGS	BUDGET
JAN	\$36,301	\$33,700
YTD	\$302,541	\$315,950

Fiscal Year Budget: \$428,450

*Thank you so much
for your generosity!*

Acclaim To The Suffering Christ
O Lord, You received affronts
without number from Your
blasphemers, yet each day You free
captive souls from the grip of the
ancient enemy.

You did not avert Your face
from the spittle of perfidy,
yet You wash souls in saving waters.
You accepted Your scourging without
murmur,
yet through your meditation
You deliver us from endless
chastisements.

You endured ill-treatment of all kinds,
yet You want to give us a share in the
choirs of angels in glory everlasting.

You did not refuse to be crowned
with thorns, yet You save us from the
wounds of sin.

In your thirst You accepted the
bitterness of gall, yet You prepare
Yourself to fill us with eternal
delights.

You kept silence under the derisive
homage rendered You by Your
executioners, yet You petition the
Father for us
although You are his equal in Divinity.

You came to taste death,
yet You were the Life
and had come to bring it to the dead.

Amen.

ST. OF THE WEEK - ST. GREGORY THE GREAT

Gregory's moral theology shaped medieval spirituality and in his writings offered a practical wisdom for the Christians of his day. Several of his works, including the *Moralia on Job* (579–596) and his handbook for rulers, *Pastoral Rule* (591), were extremely popular. The *Dialogues* (before 594), which contain a life of St. Benedict of Nursia that describes the saint's many miracles, was also popular and influential. Gregory's *Homilies on the Gospel* (593) were preached to the people and offered practical wisdom, and his *Homilies on Ezechiel* (591–593) explained the mysterious symbolism of the Temple of Jerusalem to monastic audiences. Gregory's other surviving works include fragments of his exegesis of the *Song of Songs* (594–598), as redacted by Claude of Ravenna, and nearly 900 letters that document his papacy. .

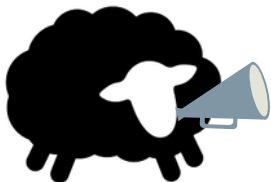


Gregory read St. Augustine of Hippo, but he was also deeply influenced by the ascetic tradition of St. John Cassian, the Desert Fathers, and St. Jerome and helped make monastic ideals more flexible and applicable to the church as a whole. Every Christian had a place in the concord of Gregory's church, from contemplatives to laity. Deeply influenced by Stoicism, he adapted the ideals of discretion and moderation to show how all Christians could and must love their neighbour as well as God to the best of their ability. Although he did so in less-sophisticated terms than the other Fathers of the Church, Gregory addressed timeless themes: the mystery of suffering; the failure of virtue despite one's will; the conflict between contemplative purity and the dangers of public duties. He supplied a way for Christians to deal with life's "adversities" and "prosperities," teaching that both could be signs of either God's grace or God's wrath. Existence was a trial that could be managed only by offering one's life as a sacrifice and performing continual penitence, whether one experienced good or bad fortune, virtue or sin.



SPIRITUAL CONTENT

Our church 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!



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 community! **www.osvhub.com/stbens/funds**.



COMPLETE BULLETIN

Looking for the full bulletin? Find events, news, ministries, mass times, and more. Go to our website at **www.parish.stbens.net** > bulletins.



The Great Wallingford Wurst Festival is back!!!

Save the dates! Friday, September 16 and Saturday, September 17

After two long years the Wurst Fest is returning and we would like you to come join the fun while supporting the St. Benedict Community! This community event has something for everyone from food, games, outdoor beer garden, live music, inflatables, vendors, sweet shop, and so much more! Don't know what the Wurst Fest is? More information is available online at

<https://www.stbens.net/school/giving/wurst-festival/>, or on our social media pages

@wallingfordwurstfestival (Facebook) and @wallingfordwurstfest (Instagram).

Interested in volunteering at the Wurst Fest? There are many ways to help out, such as supervising in the Fun Zone (kid favorite games), selling raffle tickets, serving at a food booth, helping to set up the week prior, or tearing down on Sunday, just to name a few. If you are interested in volunteering please contact Tiffany Barnes at tiffbarnes@hotmail.com.

We look forward to seeing you at the Wurst Fest!

RCIA CLASSES BEGIN SEPT. 8

The RCIA (Rite of Christian Initiation of Adults) is a process of initiation into the Catholic Church for persons who are seeking baptism in the Catholic Church or full Communion with the Catholic tradition of Eucharist and Confirmation. **Classes will be led by Fr. Dean and begin on Thursday, September 8, 6:30 - 7:30PM** at St. Benedict Parish Center, 1805 N. 49th Street, Seattle, 98103. **Register on our RCIA Page at www.parish.stbens.net/rcia.**



LOOKING FOR GREAT SUPPORT STAFF

St. Benedict and St. Catherine need you to spread the word and recruit some great applicants! We are currently hiring: **Pastoral Assistant for Faith Formation**. Our parishes have fantastic volunteers who keep many ministries, sacraments, and resources available throughout the year and we would love to

have staff in place to support you! 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.**

SACRED TIME: LITURGY INTENSIVE

In this year's Liturgy Intensive, "Sacred Time," we'll focus on **understanding the feasts and seasons of the liturgical year**, and celebrating them more effectively in our parish communities. Come to one session or all four! These free virtual workshops are for anyone—clergy, lay, volunteers, or staff—who wants to learn more about the liturgy and the liturgical year. These programs are especially geared towards those who coordinate Sunday liturgies or liturgical ministers. Monday, **August 22: Pope Francis'**

Vision for the Liturgy (Corinna Laughlin); Tuesday, **August 23: Theology of Liturgical Time** (Father Jim Johnson); Wednesday, **August 24: The Incarnation and Paschal Cycles** (Corinna Laughlin); Thursday, **August 25: Saints and Feasts of the Lord** (Father Jim Johnson). All meetings will take place on **Zoom from 10AM to 12PM**. For questions or to register, please contact **Jennifer Day** in the Liturgy Office of the Archdiocese of Seattle, jennifer.day@seattlearch.org.



VOCATION DISCERNMENT RETREAT

Is God Calling you to be a Sister? **Do you wonder what being a Sister is all about? Come and see!** The Daughters of Charity of St. Vincent de Paul invite you to join us for a Religious Vocation **Discernment Retreat in the Bay Area from Sept. 30 to Oct. 2.** This retreat is for Single Catholic Women ages 18 - 40. For details, contact Sr. Lisa Laguna, D.C., at 650-949-8890 / 213-210 9903 or srllaguna@doc1633.org. Web: www.Daughters-Of-Charity.com.



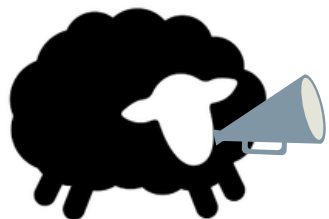
HELP FOR TROUBLED MARRIAGES

Considering Separation or Divorce? Wait! There is an alternative. Retrouvaille (pronounced retro-vi) has **brought healing to tens of thousands of troubled marriages worldwide.** For confidential information about Retrouvaille, or to register for our upcoming program on **Oct. 14 - 16**, call 206-706-2608 or go to www.helpourmarriage.org.



GREAT SPIRITUAL CONTENT

Our church 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!



SHARE IN 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.



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.

MINISTRIES & RESOURCES

WOMEN'S MINISTRY

Women of all ages welcome to join our monthly conversation. Next year's readings to be announced! Signup for Flocknote "Women's Ministry" to receive email updates. For more info, contact Deb Reilly, debras.reilly@gmail.com.

OCTOBER 4 | 7 PM

ZOOM ID: 814 2612 4669

PASSWORD: 958228



MEN'S FAITH GROUP

Join the current series *The Faithful Traveler*. For discussion schedule and video links, go to www.parish.stbens.net/mens-faith-group. Men's Group meets Fridays at 6AM. Contact Chad Bitzer for Zoom link, cdbitz@gmail.com.

FRIDAYS | 6 AM

ZOOM MEETING



PARISHIONERS HELPING PARISHIONERS



Could you or someone you know benefit from the financial assistance program available at St. Benedict? Parishioners Helping Parishioners provides funds for members who need help. Learn more on our website: [Resources > PHP](#).

PRAYER GROUP

Join this purpose-filled group who invites you to unite in prayer for healing and peace throughout the world. Meetings on Messenger Conference, contact Vicky Briones at vicster912@gmail.com for details.

WEEKDAYS | 4 - 5 PM

SATURDAYS | 10AM-12PM



ST. BEN'S BOOK CLUB

Join us to discuss *A Gentleman in Moscow* by Amor Towles. Signup for Flocknote "Book Club" to receive email updates. For more info, contact Brenda Stratton, bjandmes.bjs@gmail.com.

OCTOBER 6 | 7 PM

PARISH CENTER BACKYARD



ST. BEN'S GOSPEL STUDY

Engage in reflection that prepares you for Mass each week. Each study stands alone, easy to join in any time!

MONDAYS | 7 PM

ZOOM ID: 875 5095 1722

PASSWORD: 510746



A D O R A T I O N

1st Friday 6 - 7 PM
at St. Benedict



R O S A R I E S

Thursday 8:30 AM

1st Saturday 8:30 AM

A N O I N T I N G

1st Friday 9 AM SC

1st Saturday 9 AM SB



GIVE BACK TO OUR COMMUNITY

SANDWICH MAKERS

This group meets on the first and third Mondays of the month in the Parish Center to assemble and deliver sandwiches to the SMdP Men's Shelter. Sign up for Flocknote "SMdP Group" or contact Vicky Briones at vicster912@gmail.com.

Next meeting: September 5, 8:30AM.

COFFEE & DONUTS

Sign up to host coffee hour after 8AM Mass. Make it a family or friends event by asking them to help you host! Weekly slots available. Join the Flocknote Group "Coffee & Donuts" for email updates and signups. Questions? Contact Jojo Reardon at joannelreardon@gmail.com or 414.841.7062.

FOOD LIFELINE

Volunteers meet every other month at the Food Lifeline Warehouse to sort and salvage food for distribution to over 270 foodbanks. To get involved, contact Len Kannapell at kannapell@yahoo.com or 206-909-2735. **Next Event: September 7, 6-8PM.** Use this link to register: stbens.foodlifeline.volunteerhub.com.

ST. VINCENT DE PAUL

St. Vincent de Paul assists our neighbors with vouchers that provide help with rent, utilities, and food. The basics! Donate to SVdP on our online giving platform, OSV (find button on our homepage). Interested in volunteering? Contact Len Andrews at leonardjandrews@gmail.com.

LITURGICAL MINISTRY

Looking for volunteers to serve during Mass: Lectors, Ushers, Eucharistic Ministers, etc. Interested? Join Flocknote Group "Liturgical Ministry" for emails & sign-ups. Contact: Becky Ortiz at parish@stbens.net.

BLUE BAG PROGRAM

Thanks for donating over **1,957 lbs.** of food so far in 2022! Donate to Family Works foodbank by dropping off food at Mass. Grab a blue bag in the Narthex with a list of most needed items!

LIVESTREAM TEAM

Looking for volunteers to livestream Mass on Sunday morning. Join Flocknote Group "Tech Team" for emails & sign-ups. Contact: John Fowble at johnfowble@gmail.com.

HOLIDAY TEAMS

Decorate the church! Looking for volunteers to take care of floral arrangements and decorations during Lent and Advent. Also includes seasonal events like the church picnic. Interested? Join Flocknote Group "Holiday Teams" for updates. Contact: Becky Ortiz at parish@stbens.net.

“

People say, 'What is the sense of our small effort?' They cannot see that we must lay one brick at a time, take one step at a time.

—Dorothy Day

”

E V E N T S

Coffee & Donuts

Sundays, after 8AM Mass



Bible Study: Wisdom Books

SUNDAYS | 11:15 AM

ZOOM ID: 823 2105 2785

PASSWORD: 902359

Contact: Shannon Wilson, sswaniga@gmail.com



Gospel Study

Mondays, 7PM

ZOOM: 875 5095 1722

PW: 510746



Men's Group: The Faithful Traveler

Fridays, 6AM

ZOOM

Contact: Chad Bitzer, cdbitz@gmail.com



Indonesian Mass

September 4, 1PM

Led by Fr. Leo Hambur



SMdP Sandwich Making

September 5, 8:30 - 10:00AM

Parish Center

Contact: Vicky Briones, vicster912@gmail.com



Food Lifeline

September 7, 6 - 8PM

Food sorting / packing at South Park Warehouse

Register: stbens.foodlifeline.volunteerhub.com



WURST FESTIVAL

September 16-17

Parking Lot

Contact tiffbarnes@hotmail.com



St. Benedict SVdP Meeting

September 27, 5:30PM

ZOOM: 859 6933 8012

PW: 179719



The Great Wallingford Wurst Festival raffle tickets will be on sale after both Masses on August 28th, September 4th, and September 11th! Tickets can be purchased with cash or a check for \$5 a piece, or a book of 5 for \$25. If

you have any questions or would like to purchase any tickets outside of these times, please contact Beth Purpur at elizabeth.jean41@yahoo.com. We are so very grateful for the support from our parish community!

Indonesian Youth Retreat

September 30 - October 2

Black Diamond Retreat Center

Led by Fr. Leo Hambur



Book Club

October 6, 7PM

ZOOM: 840 5690 9922

PW: 580903

Contact: Brenda Stratton,
jandmes.bjs@gmail.com



SACRAMENTS

RCIA Class

Thursday, September 8, 6:30 - 7:30PM

St. Benedict Parish Center

Register: parish.stbens.net/rcia



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
	*Livestream Available



R O S A R I E S
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



R O S A R I E S
THURSDAY 8:30AM
1ST SATURDAY 8:30AM



OPEN FOR PRAYER
FRIDAY 4 - 5PM

DAILY SCRIPTURE

Monday, Weekday

1 Cor 5: 1-8
LK 6:6-11

Tuesday, Weekday

1 Cor 6:1-11
LK 6:12-19

Wednesday, Weekday

1 Cor 7:25-31/LK 6:20-26

Thursday, Nativity of Mary

Mi 5:1-4a/Mt 1:1-16, 18-23

Friday, St. Peter Claver

1 Cor 9:16-19, 22-27/LK 6:39-42

Saturday, Weekday

1 Cor 10:14-22
LK 6:43-49

Sunday, 23rd Sun. Ordinary Time

Ex 32:7-11, 13-14
1 Tim 1:12-17
Lk 15:1-32



We ♥ love
having you as part of our Flock

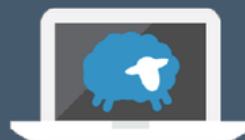
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via email and text!



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Connect with us online at:



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