



# St. Benedict

## CATHOLIC CHURCH

**February 4, 2024**  
**5th Sunday in Ordinary Time**

And He healed many  
who were sick with  
various diseases, and  
cast out many  
demons.

Mark 1:34



### MASS SCHEDULE:

<b>Sunday Mass</b>	8:00 AM and 5:00 PM
<b>Daily Mass</b>	Thursdays, 9:00 AM
<b>Reconciliation</b>	Sundays, 4:00 - 4:30 PM
<b>Rosary</b>	Thursdays following daily mass
<b>Anointing of the Sick</b>	1st Saturdays, 9:00 AM mass

Holy days of obligation are posted in the Church Bulletin and on the parish website.

### PARISH STAFF

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*After hours sacramental  
emergency tel no.: 206-276-8085*

THIS  
WEEK'S

# Schedule

February 4 - 11, 2024

## ACTIVITIES

### SUNDAY, FEBRUARY 4, 2024

#### 5th Sunday in Ordinary Time

- 8:00 AM Mass (Live stream)
  - Mass intention for Mami Machado (RIP) by Lili Salas
- 9:00 AM (following the 8:00 AM Mass) Coffee Hour
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass

### MONDAY, FEBRUARY 5, 2024

- 7:00 PM Gospel Study via Zoom

### TUESDAY, FEBRUARY 6, 2024

### WEDNESDAY, FEBRUARY 7, 2024

### THURSDAY, FEBRUARY 8, 2024

- 9:00 AM Mass
- 9:30 AM Rosary
- 6:00 - 8:00 PM Children and Adult Choir Rehearsal
- 7:00 - 8:30 PM RCIA Meeting

### FRIDAY, FEBRUARY 9, 2024

### SATURDAY, FEBRUARY 10, 2024

### SUNDAY, FEBRUARY 11, 2024

#### 6th Sunday in Ordinary Time

- 8:00 AM Mass (Live stream)
  - Mass intention for Rebecca Ortiz (RIP) by Alma Beecham
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass

## LITURGIES

### SUNDAY, FEBRUARY 4, 2024

#### 5th Sunday in Ordinary Time

Jb 7:1-4, 6-7/1 Cor 9:16-19, 22-23/Mk 1:29-39 (74)

- 8:00 AM Mass
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass for the people

### MONDAY, FEBRUARY 5, 2024

*Saint Agatha, Virgin and Martyr*

1 Kgs 8:1-7, 9-13/Mk 6:53-56 (329)

### TUESDAY, FEBRUARY 6, 2024

*Saint Paul Miki and Companions, Martyrs*

1 Kgs 8:22-23, 27-30/Mk 7:1-13 (330)

### WEDNESDAY, FEBRUARY 7, 2024

1 Kgs 10:1-10/Mk 7:14-23 (331)

### THURSDAY, FEBRUARY 8, 2024

*Saint Jerome Emiliani; Saint Josephine Bakhita, Virgin*

1 Kgs 11:4-13/Mk 7:24-30 (332)

- 9:00 AM Mass

### FRIDAY, FEBRUARY 9, 2024

1 Kgs 11:29-32; 12:19/Mk 7:31-37 (333)

### SATURDAY, FEBRUARY 10, 2024

*Saint Scholastica, Virgin*

1 Kgs 12:26-32; 13:33-34/Mk 8:1-10 (334)

### SUNDAY, FEBRUARY 11, 2024

#### 6th Sunday in Ordinary Time

Lv 13:1-2, 44-46/1 Cor 10:31—11:1/Mk 1:40-45 (77)

- 8:00 AM Mass for the people
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass





# HUMAN CONCERNS AND SOCIAL JUSTICE

Join us!

## COFFEE HOUR

Following the 8:00AM Sunday mass



- Feb 4 Coffee Hour will be hosted by **Henrietta Cottingham**.
- Coffee hour is the best way to get to know your fellow parishioners.

SCAN AND  
SIGN-UP TO  
VOLUNTEER



## Prepare for mass! GOSPEL STUDY GROUP

Mondays, 7:00PM, via Zoom



- Prepare for mass each week by studying gospels.
- Each study group stands on its own, making it easy to join on any given night.
- For inquiries, please contact Brenda Stratton at [bjandmes.bjs@gmail.com](mailto:bjandmes.bjs@gmail.com).



Date: **February 5 at 7:00 PM**  
Meeting ID: 864 2616 6842  
Password: 961919

## Strengthen your faith! WOMEN'S MINISTRY

First Tuesdays, 7:00PM, via Zoom



- Women of all ages and walks of life are invited to join others in updating their faith and continuing their spiritual journeys in a friendly supportive environment.
- For more information, call/text Debra Reilly at 206-755- 1751.



Date: **February 6, 2024 at 7:00 PM**  
Meeting ID: 83832067839  
Password: 042299

## FamilyWorks

Nourishing • Connecting • Empowering

A big thanks to all parishioners who donated food to our FamilyWorks food drive!

We donated a total of 3,237 lbs in 2023 which includes cash-to-lb donations.

Special thanks to Randy Buckles, who takes the monthly food donations to FamilyWorks and keeps the records of the weight.

Please continue to donate. Our less fortunate neighbors always need your help.



## DIAPER DRIVE

Help us wrap little ones in comfort and care!

Diapers of all sizes are needed. Place them in the vestibule on Sundays or give them to the Parish Office from Mon to Fri, 9AM – 4PM.

**Accepting donations through Feb 25, 2024.**



## Souper Bowl FOOD DRIVE

Happy Souper Bowl season! Let's support

FamilyWorks by donating canned food and shelf-stable items on **Feb 5-16**. Last year, we donated over 350lbs of food! Let's see if we can double it this year!

- ✓ High-protein food: Canned tuna, canned chicken, beef stew, peanut butter, canned nuts, canned or dry beans, and shelf-stable milk
- ✓ Shelf-stable goods: Rice, pasta, cereal, instant oatmeal, dried fruit, crackers, cooking herbs and spices, canned soups, canned spaghetti sauce, fruit cups, juice boxes, mac & cheese



# VOLUNTEER FOR LITURGICAL ROLES!

Please keep an eye out for upcoming requests to serve in our Sunday masses through the **Parishstaq**. We kindly ask for your prompt response to facilitate better planning of roles.

For those interested in signing up for any liturgical ministry, please do so through the Parishstaq or call the Parish Office.

**NOTE: WE NEED MORE VOLUNTEERS  
ESPECIALLY FOR 5PM MASS!**

- Greeters/Ushers
- Collectors
- Lectors/Readers
- Altar Servers
- Sacristans



## EVANGELIZATION AND FAITH FORMATION



### INFANT BAPTISM

(For children ages 6 and below)

- At St. Benedict, baptisms are on **Sundays at 8:00 AM mass** on the following dates:
  - April 7, and May 5, 2024
- At St. Catherine of Siena, baptisms are on **Sundays at 9:30 AM mass** on the following dates:
  - April 21, May 19, and June 16, 2024



### FIRST COMMUNION, RECONCILIATION AND CONFIRMATION

- Classes for 2023-24 are already full.
- For information on next year's classes and other faith formation classes, please contact Olaf Valderrabano at 206-632-0843 ext 216 or [faithformation@stbens.net](mailto:faithformation@stbens.net).



### RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

- RCIA meetings are held **every Thursday, 7:00 PM, at the St. Benedict Parish Center**
- Join us to help better understand and experience the teachings and practices of the Catholic Church
- **On February 8, topic will be Reconciliation.**
- **Our RCIA group will be attending the RCIA Rite of Election at St. James Cathedral on February 15, 2024.**
- For more information, please contact Kim Burkhardt at 206-632-0843 ext 217 or [rcia@stbens.net](mailto:rcia@stbens.net).

## PARISH STEWARDSHIP - JANUARY 28, 2024

<b>Offering Total</b>	<b>\$4,836.90</b>
8:00 AM Mass	588.00
5:00 PM Mass	73.00
Online Giving	3,758.00
Office Collection	334.90
Coffee Hour	38.00
Mass Intentions	45.00

<b>School Donations</b>	<b>204.48</b>
<b>Food Bank</b>	<b>75.00</b>
<b>St. Vincent De Paul</b>	<b>92.00</b>
<b>St. Martin De Porres</b>	<b>50.00</b>
<b>Northwest Catholic Magazine</b>	<b>75.00</b>

*Please note: It takes \$6,500.00 to cover our weekly operational Expenses and Archdiocesan Assessment.*  
**Thank you so much for your continued generosity and support.**

<b>Mass</b>	8:00 AM Mass:	99
<b>Attendance:</b>	5:00 PM Mass:	54
	Virtual Attendance:	148





# LENT 2024

Lent 2024 starts on **Ash Wednesday, February 14**, and lasts until the beginning of the Evening Mass of the Lord's Supper on Holy Thursday. Reflect on the Word of God and pray that our hearts may be open to encounter Jesus in all the ways he comes to us: in word, in sacrament and in all his people.

For weekly Lenten reflections, prayers, readings and reflection questions, please take time to visit <https://archseattle.org/lent/> or pick up a copy of Word Among Us at the vestibule.

Let us also prepare ourselves for fasting and abstinence. In addition to fasting from food, there are other ways to fast that can help us renew our faith in Jesus, like time on our screens and social media. The point is to use whatever we give up as an opportunity to offer it to Jesus and grow closer to him.

Also, watch out for St. Benedict Parish's calendar of events such as Ash Wednesday masses, Stations of the Cross, Soup Supper, and environment for the church that could be good opportunities for volunteer hours.

- FEB 14** - **ASH WEDNESDAY**
- FEB 18** - **1ST SUNDAY OF LENT**
- FEB 25** - **2ND SUNDAY OF LENT**
- MAR 3** - **3RD SUNDAY OF LENT**
- MAR 10** - **4TH SUNDAY OF LENT**
- MAR 17** - **5TH SUNDAY OF LENT**
- MAR 24** - **PALM SUNDAY OF THE PASSION OF THE LORD**
- MAR 28** - **HOLY THURSDAY**
- MAR 29** - **GOOD FRIDAY**
- MAR 30** - **HOLY SATURDAY**
- MAR 31** - **EASTER SUNDAY OF THE RESURRECTION OF THE LORD**

## HAPPENING ELSEWHERE

*"God, what do you want me to do with my life for you?"*

### Preaching on Vocations

When: Feb 10 - 11 2024  
Where: St. Stephen the Martyr, Renton



**NACC**  
National Association of Catholic Chaplains

When: Feb 10, 2024, 10AM - 5PM  
Where: Issac Orr Conference Room, Seattle

Moved with  
**COMPASSION**

### THE INTERSECTION OF MENTAL HEALTH AND CATHOLIC PROFESSIONALS

Co-sponsored by  
The Archdiocese of Seattle  
Catholic Health Association  
National Association of Catholic Chaplains

## Share the Good News



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A portion of the Northwest Catholic Collection supports the USCCB's Catholic Communication Campaign

**NORTHWEST CATHOLIC**  
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# LENT 2024



St. Benedict  
CATHOLIC CHURCH



REFLECT.  
REPENT.  
RESTORE.

## MASS SCHEDULE

### Ash Wednesday

- Feb 14 at 9:00 AM & 7:00 PM

### Palm Sunday

- Mar 24 at 8:00 AM & 5:00 PM

### Holy Thursday

- Mar 28 at 7:00 PM

### Good Friday

- Mar 29 at 7:00 PM (only at St. Catherine of Siena Church)

### Easter Vigil

- Mar 30 at 8:00 PM

### Easter Sunday

- Mar 31 at 8:00 AM
- No 5:00 PM Mass

**JOIN US IN PRAYERFUL AND REFLECTIVE LENTEN SEASON.  
YOU CAN ALSO VOLUNTEER!**

#### **Feb 4 at 9:00 AM (following the 8 AM Sunday Mass) - Lenten Table**

Sign-up for Lent volunteer opportunities! Get a copy of the Lent Calendar with daily inspirations for your Lenten journey. Books for Lenten reflections and readings are also available.

#### **Feb 12 at 10:00 AM - Change of Environment for Lent**

Please help us change the banners and tablecloths to purple, change the altar cloth to simple cloth. We will also take the green plants off sanctuary and near the tabernacle, put out spiral willow stems and remove all flowers from the church. We will place one candle on each side of the sanctuary stairs and each side of the altar.

#### **Fridays from Feb 16 - Mar 22 at 12:00 NN - Stations of the Cross**

Everyone is invited and welcome to lead the prayers.

#### **Mar 22 at 6:00 PM - Soup Supper and "Two Faces in the Shadows"**

Come and join us or you can also sign up to volunteer to bring your cooked vegetarian soup for sharing with everyone. It shall be followed by "Two Faces in the Shadows," a 2-person play.

**If you want to volunteer, please email us at [parish@stbens.net](mailto:parish@stbens.net) or call the Parish Office at 206-632-0843. We need you!**

## LENTEN BOOKS

Starting February 11, Sunday, a selection of books for lent will be placed in the vestibule for you. Please take time to use these different texts to help you with your spiritual journey. We only ask that you sign for the books you take.

- Screwtape Letters by CS Lewis – A wickedly fun examination of the contours of moral life and the pitfalls we may encounter as we pursue holiness.
- The Spiritual Exercises of St. Ignatius – A critical examination of the self and our inner psyche in relation to our spiritual journey.
- Rule of St. Benedict – Our patron Saint's guide for his community. Many of the qualities of good monks are qualities we find in any good relationship.



# ST. BENEDICT BOOK GROUP

## 2024 BOOK LIST

MONTH	BOOK TITLE AND AUTHOR
January	Gray Mountain by John Grisham
February	Be Water my Friend by Shannon Lee [Bruce Lee's daughter shares her father, Bruce Lee's philosophies]
March	Galway Bay by Mary Pat Kelly [Ireland]
April	What Did You Do In The War, Sister? Catholic Sisters in the WWII Nazi Resistance by Dennis J Turner
May	The Plaque and I (memoir) by Betty MacDonald
June	The Scarlet and Black: The True Story of Monsignor Hugh O'Flaherty, Hero of the Vatican by J. P. Gallagher [Read the book & watch the movie in July]
July	Our Shoes, Our Selves: 40 Women, 40 Stories, 40 Pairs of Shoes by Bridget Moynahan , Amanda Benchley
August	The House in the Cerulean Sea by TJ Klune
September	The First Ladies by Marie Benedict [story about the friendship of First Lady Eleanor Roosevelt and civil rights activist Mary McLeod Bethune]
October	Almost Sisters by Joshilyn Jackson
November	The Lemon Tree: An Arab, a Jew, and the Heart of the Middle East by Sandy Tolan
December	The Christmas Surprise [Rosie Hopkin's Sweet Shop #3] by Jenny Colgan

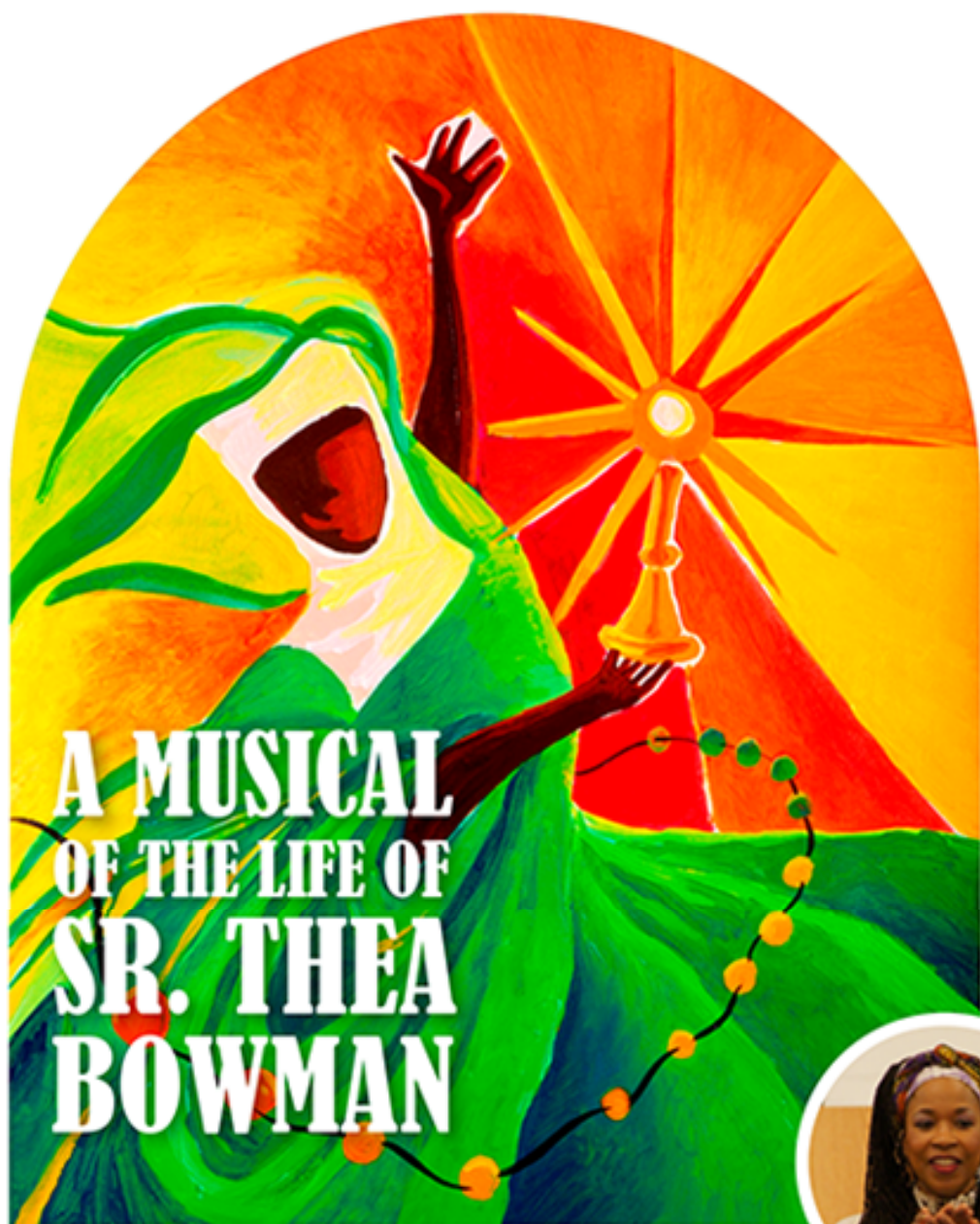
- **Book Group meets on the 1st Thursday of every month, at 7:00 PM.**
- Currently, we meet via ZOOM to discuss the books we selected for monthly discussion.
- We read a book in one month and discuss it the next month, (i.e., February's book will be discussed in March).
- The June book has a movie we will watch at July's discussion.
- For more information, contact Brenda Stratton at 206-527-8593 or bjandmes.bjs@gmail.com.



**St. Benedict**  
CATHOLIC CHURCH



# "I Will Live Until I Die"



"THIS LITTLE LIGHT OF MINE" © Br. Mickey McGrath, OSFS



Starring playwright  
Valimar Jansen  
along with local actors

**March 1 & 2, 2024**

**7:00pm "Roof Raising" Local Gospel Choir Concert**

**8:00pm Curtain Call (9:30pm End of Show)**

**St. Patrick Church, 815 E. Edgar St., Seattle, WA**

Under the supervision of St. Joseph Parish

**Get Your Tickets Here:**  
<https://bit.ly/41KBdVh>

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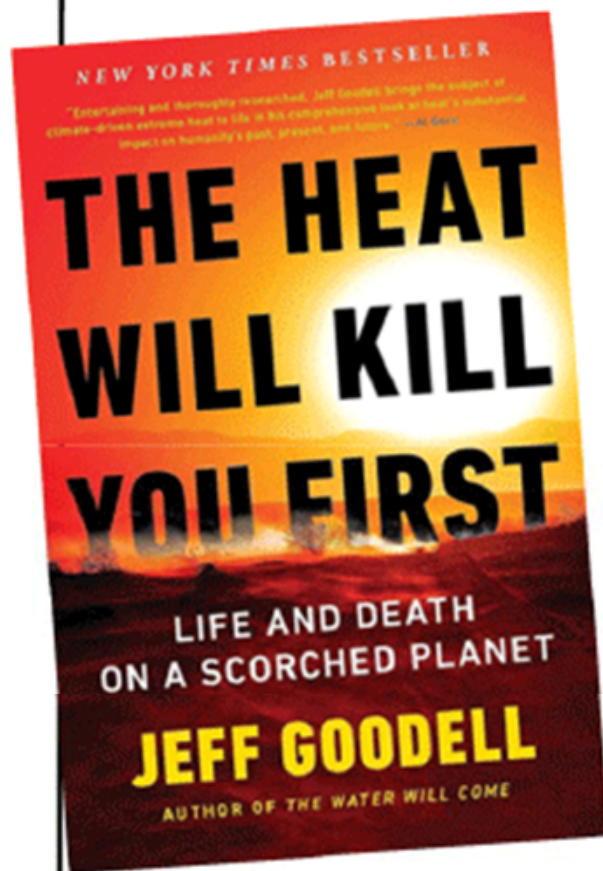
Intercommunity  
Peace & Justice Center



JEFF GOODELL

# The Heat Will Kill You First

## Life and Death on a Scorched Planet



Copies are available for purchase in the Cathedral Bookstore.

**Thursday, February 15, 2024**

**7:00 pm | Holy Names Room**

Pastoral Outreach Center (907 Columbia St.)

The Cathedral Book Club and the Care for Creation Team are co-sponsoring the next Book Club. We are reading *The Heat Will Kill You First* by Jeff Goodell. The discussion will be led by parishioner Judith Mayotte, who recently led a compelling four part series on the impact of climate change. Registration is recommended but not required.

*Most Anticipated Book by The New York Times, The Washington Post, The Los Angeles Times • A Next Big Idea Book Club Selection • The New York Times Book Review Editor's Choice • NPR Favorite Books of the Year • Los Angeles Times Best Books of the Year • The Economist Best Books of the Year*

Register, Joyce Mork-O'Brien, 206-226-4099 or [jamob14@comcast.net](mailto:jamob14@comcast.net)

"With his trademark blend of meticulous research, vivid storytelling, and unflinching honesty, Goodell exposes the devastating toll that extreme heat is already taking on communities around the world, and the inspiring efforts of scientists, activists, and everyday people who are working tirelessly to find solutions. Urgent, compelling, and deeply informative, *The Heat Will Kill You First* is a must-read for anyone who cares about the future of our planet...I couldn't put it down."—Eleni Myrivili, Global Chief Heat Officer, UN-Habitat

