



# St. Benedict

## CATHOLIC CHURCH

**February 25, 2024**  
**2nd Sunday of Lent**



This is my beloved Son.  
Listen to Him.  
Mark 9:7

### 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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WA 98103  
☎ 206-632-0843  
🌐 parish.stbens.net

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

THIS  
WEEK'S

# Schedule

Feb 25 - Mar 3, 2024

## ACTIVITIES

### SUNDAY, FEBRUARY 25, 2024

#### 2nd Sunday of Lent

- 8:00 AM Mass (Live stream)
  - Mass intention for Juanita Barbecho (RIP) by Racquel Servito
- 9:00 AM (following the 8:00 AM Mass) Coffee Hour
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass
  - Mass intention for Juan Diego-Dio (RIP) by Family

### MONDAY, FEBRUARY 26, 2024

- 7:00 PM Gospel Study via Zoom

### TUESDAY, FEBRUARY 27, 2024

### WEDNESDAY, FEBRUARY 28, 2024

- 5:00 PM Parish and Finance Council Meeting

### THURSDAY, FEBRUARY 29, 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, MARCH 1, 2024

- 12:10 PM Stations of the Cross

### SATURDAY, MARCH 2, 2024

- 8:30 AM Rosary
- 1st Saturday Mass

### SUNDAY, MARCH 3, 2024

#### 3rd Sunday of Lent

- 8:00 AM Mass (Live stream)
  - Mass intention for Deb Reilly (INT) by Joy Huckle
- 4:00-4:30 PM Reconciliation
- 5:00 PM Mass for the people

## LITURGIES

### SUNDAY, FEBRUARY 25, 2024

#### 2nd Sunday of Lent

Gn 22:1-2, 9a, 10-13, 15-18/Rom 8:31b-34/Mk 9:2-10 (26)

- 8:00 AM Mass
- 4:00-4:30 PM Reconciliation
- 5:00 PM

### MONDAY, FEBRUARY 26, 2024

Dn 9:4b-10/Lk 6:36-38 (230)

### TUESDAY, FEBRUARY 27, 2024

Saint Gregory of Narek, Abbot and Doctor of the Church  
Is 1:10, 16-20/Mt 23:1-12 (231)

### WEDNESDAY, FEBRUARY 28, 2024

Jer 18:18-20/Mt 20:17-28 (232)

### THURSDAY, FEBRUARY 29, 2024

Jer 17:5-10/Lk 16:19-31 (233)

- 9:00 AM Mass

### FRIDAY, MARCH 1, 2024

Gn 37:3-4, 12-13a, 17b-28a/Mt 21:33-43, 45-46 (234)

### SATURDAY, MARCH 2, 2024

Mi 7:14-15, 18-20/Lk 15:1-3, 11-32 (235)

- 1st Saturday Mass

### SUNDAY, MARCH 3, 2024

#### 3rd Sunday of Lent

Ex 20:1-17 or 20:1-3, 7-8, 12-17/1 Cor 1:22-25/Jn 2:13-25 (29)

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

#### PARISH OFFICE HOURS:

Monday - Friday; 9:00 AM - 4:00 PM  
Closed on lunch breaks (12:00 - 1:00 PM)  
and holidays

# HUMAN CONCERNS AND SOCIAL JUSTICE

## CARE FOR EARTH'S CREATIONS

Speaker Series # 1 (Spring)

A presentation by  
Laura Matter, Program  
Director for Natural Yard  
Care, Tilth Alliance - Seattle

## GARDENING TIPS

- ✓ Get a healthy veggie and flower garden started
- ✓ What are the best water-wise plants
- ✓ How to build a healthy soil
- ✓ What are the best plants for the PNW

**SUNDAY, MARCH 3, 2024**

following the 8AM Mass  
at the Coffee Hour in the vestibule



CRS RICE BOWL

GET YOUR RICE BOWLS  
FROM THE LENT TABLE  
AT THE VESTIBULE.

## FOR LENT FOR LIFE

This Lent, commit to our global  
human family through daily **prayer**,  
weekly **fasting** and **almsgiving**.  
Order your CRS Rice Bowls today.

[crsricebowl.org](http://crsricebowl.org)



## CARE FOR EARTH'S CREATION

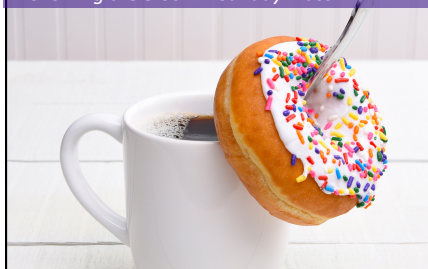
The climate is changing. Why aren't we?  
Only 60% of the state recycles. Do you recycle?



Join us!

## COFFEE HOUR

Following the 8:00AM Sunday mass



- Feb 25 Coffee Hour is hosted by **Diana Knight**.
- Coffee hour is the best way to get to know your fellow parishioners.
- You may also volunteer to host the coffee hour. Scan the QR code now!

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 26 at 7:00 PM  
Meeting ID: 864 2616 6842  
Password: 961919

Read books with us!

## BOOK GROUP

First Thursdays, 7:00PM, via Zoom



- Read books with a group of people and grow in faith together!
- Our book for February is **Be Water, My Friend** by Shannon Lee (Bruce Lee's daughter shares her father's philosophies).
- To join the group and for inquiries, please contact Brenda Stratton at [bjandmes.bjs@gmail.com](mailto:bjandmes.bjs@gmail.com).



Date: March 7, 2024 at 7:00 PM  
Meeting ID: 899 0612 7138  
Password: 555145



# 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
- **RCIA dismissals will continue at 8AM Sunday mass until Easter Sunday, March 31, 2024.**
- For more information, please contact Kim Burkhardt at 206-632-0843 ext 217 or [rcia@stbens.net](mailto:rcia@stbens.net).

## DO YOU LOVE TO SEW? WE NEED YOU!

We are seeking volunteers who can do some sewing at home that will support faith formation for people coming through RCIA each year. Basic sewing skills will suffice, project can be done on your own schedule. For more info, contact Kim Burkhardt at [rcia@stbens.net](mailto:rcia@stbens.net)



St. Benedict and St. Catherine RCIA groups attended the Rite of Election at St. James Cathedral on Thursday, Feb. 15, 2024 Shown in the photo are our adult cohort from both parishes.



## PARISH STEWARDSHIP - FEBRUARY 18, 2024

<b>Offering Total</b>	<b>\$4,515.13</b>	<b>School Donations</b>	<b>10.00</b>
8:00 AM Mass	343.00	<b>Food Bank</b>	<b>75.00</b>
5:00 PM Mass	156.00	<b>St. Vincent De Paul</b>	<b>466.11</b>
Online Giving	2,901.13	<b>St. Martin De Porres</b>	<b>10.00</b>
Office Collection	1,040.00	<b>Prepares</b>	<b>17.75</b>
Coffee Hour	35.00		
<i>Please note: It takes \$6,500.00 to cover our weekly operational Expenses and Archdiocesan Assessment.</i>		<b>Mass</b>	Ash Wednesday: 98
<i>Thank you so much for your continued generosity and support.</i>		<b>Attendance:</b>	8:00 AM Mass: 61
			5:00 PM Mass: 74
			Virtual Attendance: 60

WE'RE DOING  
THINGS BETTER!

SET UP YOUR  
**ParishStaq**

IT'S SO EASY!



OUR CATHOLIC  
COMMUNITY

SCAN THE QR CODE  
TO INSTALL THE APP  
ON YOUR PHONE



### WHAT CAN YOU DO WITH THE APP?

- Get updates on mass schedule and other important Parish announcements
- Watch the livestream of Sunday 8AM mass
- Register to the Parish and for sacraments
- Learn and sign up on the upcoming events
- Set up online giving through PushPay
- See open positions and request for liturgical roles
- Submit mass intentions and prayer requests
- Get connected to the Parish community and your selected groups
- And a lot more!





# LENT 2024

## How to make a good confession



If you haven't gone to confession in a while, Lent is the perfect time to reconcile yourself with God and the church. Most parishes have communal penance services with prayers and Scripture readings, followed by the opportunity for individual confession (a necessity for absolution of mortal sins). Or you can also make a private appointment with a priest.

Preparation for confession should include an examination of conscience, which means you think back on sins you have committed since your last confession.

What happens during confession depends on the priest and the person. Most people still start with the formula: "Bless me, Father, for I have sinned. It has been (state the number of months or years) since my last confession."

If you can't remember the words or you don't recall how long it's been, don't worry. Just tell the priest it's been a long time, and he will guide you through the process.

What you will experience is the healing gift of God's love, the chance to start over with a clean conscience and an overwhelming sense of gratitude.

### Examination of Conscience

Recall your sins. Calmly and honestly ask yourself what you have done with full knowledge and full consent against God and the church's commandments.

- Do I pray to God every day? Have I thanked God for his gifts to me?
- Did I put my faith in danger through reading material that is hostile to Catholic teachings?
- Have I been involved in non-Catholic sects? Did I engage in superstitious practices, such as palm-reading or fortune telling?
- Did I take the name of God in vain? Did I curse, or take a false oath?
- Did I miss Mass on Sundays or holy days of obligation through my own fault? Am I attentive at Mass? Did I fast and abstain on the prescribed days?
- Did I disobey my parents or lawful superiors in important matters?
- Did I hate or quarrel with anyone, or desire revenge? Did I refuse to forgive? Was I disrespectful?
- Did I get drunk? Did I take illicit drugs? Did I consent to, recommend, advise or actively take part in an abortion?
- Did I willfully look at indecent pictures, watch immoral movies, or read immoral books or magazines? Did I engage in impure jokes or conversations? Did I willfully entertain impure thoughts or commit impure acts, alone or with others? Did I use artificial means to prevent conception?
- Did I steal or damage another's property? Have I been honest in my business relations?
- Did I tell lies? Did I sin by gossiping about others? Did I judge others rashly in serious matters?
- Have I envied other people?

(Source: <https://nwcatholic.org/news/osv-news-cff8f985-532f-4976-8aa1-135d23a103d8/how-to-make-a-good-confession>; This article was first published at [simplycatholic.com](http://simplycatholic.com))

## SCHOOL EVENTS




### OPEN HOUSE & TOURS

**Schedule your tour now!**



- Now enrolling for Preschool through Eighth Grade for the 2024-2025 school year!
- Visit the school, hear about all the great things we have to offer and see what a typical day looks like for our students.

For more info, please email us at [p.ziemer@st.bens.net](mailto:p.ziemer@st.bens.net)



### NIGHT AT THE DISCO

SAVE THE DATE

## St. Benedict School

### 2024 AUCTION

SATURDAY NIGHT \* APRIL 13TH 2024 \* 5:30PM  
BALLARD ELKS CLUB

The 25th Annual Auction is open to all St. Benedict friends, family and community members. More info on the event, procurement and sponsorship opportunities, please visit: <https://stbens.ejoinme.org/nightatthedisco>.

## PRAYER FOR THE SICK

*Father God, we lift up those who are facing illness today. We ask that you would bring healing, comfort and peace to their bodies. Calm their fears and let them experience the healing power of Your love. In Jesus name, amen.*

- Len Andrews
- Deb Reilly
- Judy Burke




*Walk with Christ.*

### STATIONS OF THE CROSS

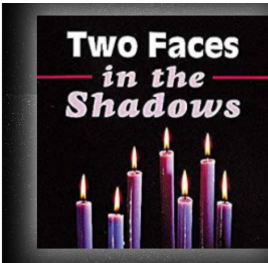
STARTING FEB 16  
FRIDAYS, 12:10 PM

 ST. BENEDICT CATHOLIC CHURCH  
1805 N 49th St., Seattle, WA 98103

Join us as we remember Jesus' journey to Calvary and experience the power of His resurrection through the Stations of the Cross.

It will be held inside the St. Benedict Church every Friday of Lent, starting February 16 until March 22, 2024 (Good Friday) at 12:10 PM.

Everyone is invited and welcome to lead the prayers.



### Two Faces in the Shadows

**MARCH 22, 2024  
FRIDAY @ 7PM**

ST. BENEDICT CATHOLIC CHURCH  
1805 N 49TH ST., SEATTLE, WA 98103

JOIN US FOR SOUP SUPPER  
BEFORE THE PERFORMANCE AT 5:45 - 6:45PM.

Watch and listen to a 35-min performance of **Two Faces in the Shadows** on March 22, 2024, Friday, 7PM at St. Benedict Church. It is a dramatic dialogue between Simon Peter and Judas Iscariot, to be played by Len Kannapell and Mark Adolph, as they remember and discuss the events of the Passion of Christ.

Come early between 5:45 to 6:45 PM for the soup supper. To ensure we have enough soup for all, please RSVP here -> <https://bit.ly/2FacesStBens>



## HOW TO CANCEL OSV ONLINE GIVING

Go to  
[www.osvhub.com/stb-ens/giving/funds](http://www.osvhub.com/stb-ens/giving/funds)

1

On the top of the  
page, click "My Gifts"

3

Choose "Delete Gift"

5

2

Log into your account

4

Under upcoming gifts,  
click the 3 dots to the  
right of your gift, where  
you will have 3 options.

- If you have more than one account, do this steps for all of them.
- Should you need assistance, feel free to call the Parish Office at 206-632-0843



What is Lenten Adventure?

**KIDS ages 5-12 love this...**  
**...and Moms and Dads do, too!**

To sign up, go to <https://lentenadventure.com/>

"The Lenten Adventure videos are truly a gift to shepherd the heart of our children."  
-Kathleen in IL

"I just wanted to thank you for your Lenten Adventure. What a wonderful way to celebrate this season with my children. We love the videos, the prayers, the worksheets. Thank you."  
-Wendy

"Thank you for all you do! You add such richness to teaching faith to my kiddoes!"  
-Martianne

**Your  
Best Lent  
EVER!**

"We wouldn't want to go through Lent with out it!"  
-Melissa

"You guys have really helped bring the Liturgical Year alive for our children. Your adventures are so fun, educational, and organically Catholic. Great job and keep on spreading the Good News!"  
-Colleen (Mother of 7 and Holy Heroes Fan)



## FAITH AND RACIAL HEALING COURSE THIS SPRING: EMBRACING TRUTH, JUSTICE, AND RESTORATION AT OUR LADY OF THE LAKE CHURCH

This program explains the historical context behind the racial inequalities we face today, whether in education, the criminal justice system, the workforce, or even in church life.

Though we focused specifically on enslaved Africans and their descendants, this program will open participants' eyes to patterns of injustice that affect other minority groups across the nation as well.

Through the one-day opening retreat, immersion experience, and eight sessions, your group will emerge from Faith and Racial Healing better equipped to work toward restoration.

Registration is open now through Feb. 29th.

REGISTER  
HERE!

