

PARISH FAMILY 14

ST. ALPHONSUS | ST. BENEDICT | ST. JOHN THE EVANGELIST



SUNDAY MASSES

Saturday: 5:00 PM Vigil at St. Alphonsus
 5:00 PM Vigil at St. John
 Sunday: 8:30 AM at St. John
 9:00 AM at St. Alphonsus
 10:30 AM at St. John
 11:00 AM at St. Benedict

DAILY MASSES

Mon - Thurs: 7:30 AM at St. Alphonsus
 Fri: 9:00 AM at St. John
 Sat: 8:00 AM at St. Alphonsus
 (except 1st Sat: 9:00 AM at St. John)
School Masses (Sept-June): All are welcome!
Refer to This Week's Calendar, page 2.

CONFESSION

Mon - Thurs: 7:00 - 7:20 AM at St. Alphonsus
 Saturday: 4:00-4:45 PM at St. Alphonsus
 Sunday: 8:00 - 8:45 AM at St. Alphonsus
 Sunday: 9:45 - 10:15 AM at St. John
 By appointment: info@parishfamily14.org
 First Thursday Confession and Adoration:
 7:00-8:00 PM at St. Alphonsus



ST. ALPHONSUS PARISH

5816 15th Ave NW, Seattle, WA 98107
 Website: <https://stalseattle.org>



ST. BENEDICT PARISH

1805 N 49th St, Seattle, WA 98103
 Website: <https://parish.stbens.net>



ST. JOHN THE EVANGELIST PARISH

106 N 79th St, Seattle, WA 98103
 Website: <https://stjohnsea.org>

Parish Family Admin Office: 206-782-2810 | 206-770-6494 (Fax) | info@parishfamily14.org | 106 N 79th St, Seattle
 Parish Family Faith Formation Office: 206-632-0843 | lcorcoro@parishfamily14.org | 1805 N 49th St, Seattle



@parishfamily14

For pastoral emergencies, please call: 206-271-3543.

THIS WEEK'S CALENDAR

February 8, 2026

FIFTH SUNDAY IN ORDINARY TIME

Is 58:7-10/1 Cor 2:1-5/Mt 5:13-16

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
February 8 FIFTH SUNDAY IN ORDINARY TIME	8 AM Confession 9 AM Mass No Coffee & Donuts 10:30 AM OCIC - McGrath Rm	11 AM Mass with CLOW (Livestream) No Coffee & Donuts	8:30 AM Mass 9:30 AM Lectio Divina 9:45 AM Confession 10:30 AM Mass with CLOW No Coffee & Donuts today 3 PM Superbowl Watch Party - Egan Hall 7:30 PM Faith Sharing Group via Zoom
February 9 Monday	7 AM Confession 7:30 AM Daily Mass RIP: Michael Eugene James Chiles & surviving wife & family 7 PM Men's Group - McGrath Room	7 PM Gospel Study via Zoom	
February 10 Tuesday Saint Scholastica, Virgin	7 AM Confession 7:30 AM Daily Mass INT: Nancy Wilt	7 PM Young Adult Men's Group - St. Mary Room	
February 11 Wednesday Our Lady of Lourdes	7 AM Confession 7:30 AM Daily Mass		
February 12 Thursday	7 AM Confession 7:30 AM Daily Mass 10 AM Scripture Study 7 PM OCIA - McGrath Room	2:15 PM Family Adoration	3 PM Family Adoration
February 13 Friday	8:15 AM Adoration Chapel open to 8 PM		9 AM Daily Mass RIP: Alina Rossano
February 14 Saturday Saints Cyril, Monk, and Methodius, Bishop	8 AM Daily Mass INT: Abraham Family and the souls in purgatory 4 PM Confession 5 PM Vigil Mass	9:30 AM Craft Group	5 PM Vigil Mass (Livestream) SVdP Collection at Mass
February 15 SIXTH SUNDAY IN ORDINARY TIME	8 AM Confession 9 AM Mass Coffee & Donuts	11 AM Youth Mass with CLOW (Livestream) Special collection for St. Vincent de Paul 12 PM Social Hour 12 PM Grief Support Group - Parish Center	8:30 AM Mass 9:30 AM Lectio Divina 9:30 AM SVdP Meeting - Parish Admin 9:45 AM Confession 10:30 AM Mass with CLOW SVdP Collection at both Masses Coffee & Donuts after both Masses 7:30 PM Faith Sharing Group via Zoom
	For livestream and recorded masses, click the links:	https://parish.stbens.net www.facebook.com/stbenseattle	www.stjohnsea.org/live-stream-masses



Sign up to **get notified of mass cancellations** or mass time changes.

<https://bit.ly/PF14NotifyMe>



Subscribe to **weekly bulletin and e-newsletter**.

<https://bit.ly/PF14WeeklyBulletin>



Submit your **questions & feedback** about our Parish Family.

<https://bit.ly/PF14Queries>



@parishfamily14

PARISH FAMILY HIGHLIGHTS

CATHOLIC SCHOOLS WEEK CELEBRATIONS IN OUR PARISH FAMILY

Our Parish Family joyfully joined in the national celebration of Catholic Schools Week with special Masses honoring the gift of Catholic education.

St. Alphonsus School celebrated at the 9:00 AM Mass on January 25, and St. John School at the 10:30 AM Mass the same day. St. Benedict School marked the occasion at the 11:00 AM Mass on February 1.

We give thanks for our students, families, teachers, and staff who witness to faith, excellence, and service in our community. Please continue to pray for our schools as they form disciples of Christ for the future.



PARISH STEWARDSHIP OF TREASURE.



SAINT ALPHONSUS
PARISH



St. Benedict
CATHOLIC CHURCH



ST. JOHN
THE EVANGELIST PARISH

Stewardship Pledge Update: See our progress!

St. Alphonsus

- At 61% of its pledge goal | 20% participation (111 pledgers)

St. Benedict

- At 48% of its pledge goal | 11% participation (72 pledgers)

St. John

- At 84% of its pledge goal | 33% participation (362 pledgers)

Make your pledge now!

Making a pledge helps our parish plan ahead with confidence.

Ways to make your pledge:

- **In Church:** Pick up a pledge card in the church and return it in the collection basket or bring it over to the office.
- **Online:** Scan the QR code or visit the link to complete the pledge form digitally.

St. Alphonsus



bit.ly/2026PledgeStAl

St. Benedict



bit.ly/2026PledgeStBen

St. John



bit.ly/2026PledgeStJohn

LENT AND HOLY WEEK 2026

Journey with us through Lent and Holy Week!

Begin the holy season of Lent by joining us for Ash Wednesday Mass on Feb 18, 7 PM at St. Alphonsus, with Reconciliation available before mass starting at 6 PM, during mass and after mass until 9 PM.

Stations of the Cross followed by Community Dinners start on Feb 20, Friday, 6 PM at St. Alphonsus

We invite you to take part in our prayerful and meaningful events as we prepare our hearts for Easter.

Check out our Parish Family's full Lent and Holy Week calendar and join us along the way. <https://bit.ly/PF14Lent2026>



**PARTNERS
IN THE GOSPEL**

Discover how Partners in the Gospel is shaping our Parish Family!

What is Partners in the Gospel?

Read here: bit.ly/WhatIsPITG

What is our Parish Family story and how did we start as a family?

Read here: bit.ly/PF14PITGStory

Who are leading our Partners in the Gospel? Read here: bit.ly/PF14PITGLead

Where are we now in the One Planning Process? Read here: bit.ly/PF14PITGNow

What did we achieve together?

Read here: bit.ly/PF14PITGAchieve

What's coming up?

February 2026

- Sharing of the synthesis of the listening session results

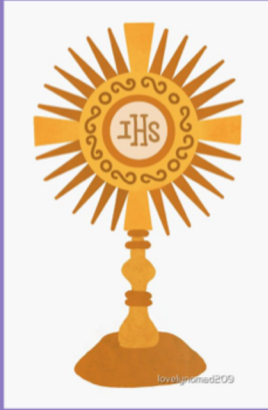
Spring 2026

- Reflecting on Parish Family demographic information to better understand whom we serve and to identify both the opportunities and challenges before us.
- Second round of listening sessions will be scheduled, and we warmly encourage everyone to participate and share their voice.

Questions? Email our PLC: partners.info@parishfamily14.org

UPCOMING EVENTS

FAMILY HOLY HOUR of Eucharistic Adoration in St. Benedict Church



COME and ADORE.

Looking for a moment of stillness and calm from the busy pace of life? All are welcome to come and rest in the presence of Jesus in the Holy Eucharist. This is a time of quiet personal reflection and prayer. Stay for any part of the hour that you are able.

Feb 12, Thursday, 2:15 - 3:15 PM

Youth MASS

**FEBRUARY 15, 2025
SUNDAY, 11 AM
ST. BENEDICT CHURCH**

Every 3rd Sunday

*Our young hearts come together
to worship and serve!*



*Calling all youth in our Parish Family!
Volunteer as altar servers, ushers,
readers, or Eucharistic ministers.
It is a great way to serve the Lord and get
involved in our parish community. Scan
the QR code to sign up!*



[bit.ly/PF14
YouthLitMinistry](https://bit.ly/PF14YouthLitMinistry)

ASH WEDNESDAY & PENANCE SERVICE

**February 18, 2026
St. Alphonsus Church
Mass - 7:00 PM**

Reconciliation available
before mass starting at 6:00 PM,
during mass and after mass
until 9:00 PM.



Walk with Christ. STATIONS OF THE CROSS Feb 20, 6:00 PM, St. Alphonsus Church

**Followed by
Community Dinner.**
Sign up to bring soup
or bread and share a
simple, meaningful act
of hospitality:
bit.ly/PF14LentDinner.



Meydenbauer Center • Bellevue, WA
May 16, 2026

VOLUNTEERS NEEDED!



ASCEND EUCHARISTIC REVIVAL

Fr. Parrish warmly invites everyone to join him
for this Eucharistic Revival Conference.

In Him, We Rise.

This moment is a time to refresh
and renew our hearts in hope and
ignite a deeper love for the Real
Presence of Jesus in the Eucharist.
We are called to become a beacon
of Christ's love for humanity in our
struggling world.

Mark your calendars for **May
16, 2026** and join us in drawing
deeper into the mystery of Christ's
Real Presence in the Eucharist.



FEATURING



Registrations will begin on February 10, 2026.

AscendEucharisticRevival.church

Scan here to
get alerts on
registration!



To view the complete list of events of our Parish Family Lent and Holy Week, go to: <https://bit.ly/PF14Lent2026>

UPCOMING EVENTS

LENT RETREAT: RETURNING TO GOD THROUGH ACCOMPANIMENT

FEB 28 | SAT | 1 - 5 PM

ST. ALPHONSUS FAMILY CENTER

Deepen your Lenten experience through prayer, reflection, and more. Join Fr. Nkolombidzo and the faith formation team to bolster your faith and empower you to return to God through the act of accompaniment. The session concludes with the 5 PM Vigil Mass. A quick sign-up helps us plan ahead: bit.ly/LentRetreat2026



CAMINO DE SEATTLE

MAR 7 | SAT | STARTS AT ST. JOHN CHURCH

Walk across our three parishes in a mini "Camino," praying the Stations of the Cross at each church while enjoying fellowship and the unique architecture of each parish

- 1:00 PM Assemble in St. John Church; View church; Pray stations 1-5
- 2:00 PM Depart on foot to St. Benedict Church
- 3:00 PM Arrive at St. Benedict; View church; Pray stations 6-11
- 3:30 PM Depart on foot to St. Alphonsus Church
- 4:30 PM Arrive at St. Alphonsus; View church; Pray stations 12-14
- 5:00 PM Attend 5 PM vigil mass at St. Alphonsus (optional)
- 6:00 PM Attend the Crab Feed hosted by St. Alphonsus Knights of Columbus at the Family Center (Optional; Pre-purchased tickets needed)

Support vans will be available for those who need assistance. For more info, contact Lori Corcoro at 206-632-0843 ext 6004.



LENT COMMUNITY DINNERS

RIGHT AFTER THE
STATIONS OF CROSS
FRIDAYS OF LENT, 6 PM

Our Parish Family will gather for simple community dinners of soup and bread. We invite you to be part of this beautiful tradition by **preparing a pot of soup, bringing bread, or helping set up and clean up.** It's a meaningful way to welcome one another and grow in fellowship.

Please use the sign-up link or scan the QR code to choose a date to help. Thank you for your generosity and for helping make these evenings a warm blessing for our Parish Family!

FEB 20 & 27 | ST. ALPHONSUS CHURCH
MAR 6 & 13 | ST. JOHN CHURCH
MAR 20 & 27 | ST. BENEDICT CHURCH



bit.ly/PF14LentDinner



PARISH FAMILY UPDATES



WATCH PARTY

JOIN US!

SUNDAY, FEB 8, 3 PM
ST. JOHN EGAN HALL



Beers will be provided. Feel free to bring a favorite snack or beverage to share. The more treats, the better the feast!

We'd love to see you there for an evening of laughter, connection, full of Seahawk pride and community spirit.

NEW DAILY MASS AT ST. BENEDICT!



Starting February 19:
Additional Daily Mass for our Parish Family will be celebrated at St. Benedict Church on **Thursdays, 6:00 PM,** with **Reconciliation** from 5:00 to 5:45 PM.

PARTICIPATION AND STEWARDSHIP OF TREASURE

Invite your friends and family to attend Mass and experience the peace, community, and spiritual growth it brings. Sharing our mass times with them can help strengthen our Parish Family!

Week of February 1, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	113
Sunday, 9 AM	193

PARISH COLLECTION

Mass Collection	\$ 3,316.00
Online Donations	\$ 3,963.54
Mailed-in	\$710.00

Total Collection \$ 7,969.54

Weekly Budget \$ 9,833.00

Under Weekly Budget \$ 1,843.46

Thank you so much for all your support to St. Alphonsus Parish!

Set up your recurring online giving now!



St. Benedict Parish

MASS ATTENDANCE

Sunday, 11 AM	198
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PARISH COLLECTION

Mass Collection	\$ 1,025.00
Online Donations	\$ 4,015.51
Mailed-in	\$ 308.00

Total Collection \$ 5,348.51

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 706.49

Thank you so much for all your support to St. Benedict Parish!

Set up your recurring online giving now!



St. John Parish

MASS ATTENDANCE

Saturday, 5 PM	83
Sunday, 8:30 AM	152
Sunday, 10:30 AM	192

PARISH COLLECTION

Mass Collection	\$ 4,254.50
Online Donations	\$ 8,052.61
Mailed-in	\$ 1,259.00

Total Collection \$ 13,566.11

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 3,662.89

Thank you so much for all your support to St. John Parish!

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



PRAYER, SCRIPTURE & LITURGY

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Akeem Arana, Michael Eugene James Chiles & his surviving wife & family, Ritchell Cunanan, Nicholas Konopik, Lucy McGovern, Patricia Patterson, Bill Quackenbush, Lou Ayres Salumbides, Todd Stinebrickner and Lillian Yamamoto.

For those who have died, including Teresa Medina, that they may rest in the healing embrace of our Lord, Jesus Christ, we pray to the Lord. For Armed Forces personnel throughout the world, that they come home safely to their families, we pray to the Lord.

Note: The prayer list is updated every first week of the month. To keep your request active, please resubmit it each month. To request a prayer, please call the Faith Formation Office at 206-632-0843 or use the QR code or this link: <https://bit.ly/PF14Prayer>.



READINGS FOR SUNDAY, FEBRUARY 15 - Sixth Sunday in Ordinary Time

First Reading

Sirach 15:15-20

There is set before you fire and water, life and death.

Psalms

Psalms 119

"Blessed are they who follow the law of the Lord!"

Second Reading

1 Corinthians 2:6-10

Eye has not seen, ear has not heard what God has prepared for us.

Gospel

Matthew 5:17-37

So it was said to your ancestors; but I say this to you.

Keeping the commandments will save us, Sirach says in the first reading, for God's wisdom is infinite and all-powerful. In the Gospel, Jesus expands on four commandments in particular, laying out their implications and explaining the spirit of each. For those who take the commandments to heart, the kingdom of heaven awaits. Let us examine our consciences, conscious that we have the power to choose between good and evil, between life and death.

LITURGICAL MINISTRY

Volunteer at Our Masses

We invite you to consider sharing your time and talents as a **lector, altar server, Extraordinary Minister of Holy Communion, usher, sacristan or CLOW leads**. Whether you are young or young at heart, there is a place for you to serve.

Training and support are provided, and all are welcome!

Please note that safe environment training and background check are required for all volunteers.

To learn more, volunteer, or receive help signing up to serve at Mass, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org or the respective ministry heads.

Your "Yes" can help our parish worship with greater joy and reverence.



Children's Liturgy of the Word (Sunday School)

Children ages Preschool and older are invited to participate in Children's Liturgy of the Word, offered **most Sundays during the 10:30am Mass at St. John, and all Sundays at the 11 AM Mass of St. Benedict.**

If you are interested in volunteering or would like more information, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org or Gian Orquia at gianrfelo@gmail.com.



Request for Mass Intentions

Share your prayers and intentions by offering a Mass for thanksgiving, a special intention, or the repose of a loved one's soul. Mass intentions are offered on our weekday masses: Monday to Thursday, 7:30 AM at St. Alphonsus and Friday, 9 AM at St. John.

To arrange a Mass intention:

- Call: 206-632-0843 ext 6004
- Email: lcorcoro@parishfamily14.org
- Visit: Faith Formation Office at the St. Benedict Parish Center or Admin Office at St. John Parish Admin Building. Mass cards are also available at both offices.



FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

February 8, 7:30 PM | St. John Group via Zoom
Everyone is welcome to join, ask questions, and share insights as they grow together in faith. For zoom link and more info, contact tressa.lombardi@hotmail.com

Men's Group

February 9, 7 PM | St. Alphonsus Men's Group fellowship and faith sharing in the St. Al McGrath Room (Contact: Brian LeBlanc at brianleblanc76@gmail.com)

Gospel/Scripture Ministry

February 9, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

February 12, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

February 24, 6:30 PM | St. Alphonsus Women's Group in the McGrath Room; Join us for a presentation on PERSONAL DISCERNMENT offered by Stacy Cates-Carney. Stacy is a retreat facilitator and spiritual director who will speak on the ability to make decisions by paying attention to your values, prayer life, and experience to figure out what's true, good, and best for you. No RSVP needed. Questions? Contact Olivia Raese at olivia@raesegroup.com.

Grounded in Grace

February 19, 6 PM | St. Alphonsus Family Center
If you are navigating the pain of divorce or marital separation, join Grounded in Grace, a safe and confidential space for healing and hope. Explore spirituality as a source of strength, share your experiences, and find peace and clarity on this new path. For more information, please contact Olivia Raese at olivia@raesegroup.com.

Book Group

March 1, 7 PM | St. John Parish Admin Building
We will be reading *The Wandering Jew* by Stefan Heym. Drawing on the ancient legend of Ahasverus—cursed to wander the earth after refusing Christ a place to rest—Heym reimagines the myth as a reflection on faith, rebellion, and hope. The novel follows Ahasverus and Lucifer, both cast from heaven, as they encounter figures from Christ to Luther to modern East Germany, debating whether love and resistance can lead humanity toward redemption. Questions? Contact Diana Grusczyński at diana.grusczyński@outlook.com.



Looking to grow in faith and friendship? Check out the many Small Faith Sharing Groups across our Parish Family! Scan the QR code or go to: bit.ly/PF14SmallGroups. Everyone is welcome, whether you're new or have been with us for years.



SACRAMENTAL PREPARATION

Infant Baptism

Baptisms in our Parish Family are scheduled during the Saturday Vigil and Sunday Masses at our three churches. **Upcoming baptism dates: February 28 and March 1.** For more information, contact Julia Rudden at jrudden@parishfamily14.org.

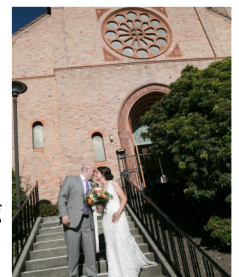
Order of Christian Initiation of Adults (OCIA)

Are you an adult seeking confirmation or interested in becoming Catholic? Join our OCIA! Sessions are held on **Thursday evenings at 7 PM in the St. Alphonsus Family Center.** Email Claire Shea at cshea@parishfamily14.org for more information. All are welcome!

Marriage

Marriage in the Catholic Church is a sacrament and a lifetime commitment—preparation is vital to ensuring that the bride and groom are ready to enter into this serious, life-affirming and life-long commitment. We aim to support and assist you as you start your journey toward the joys of married life.

To get started, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 217.

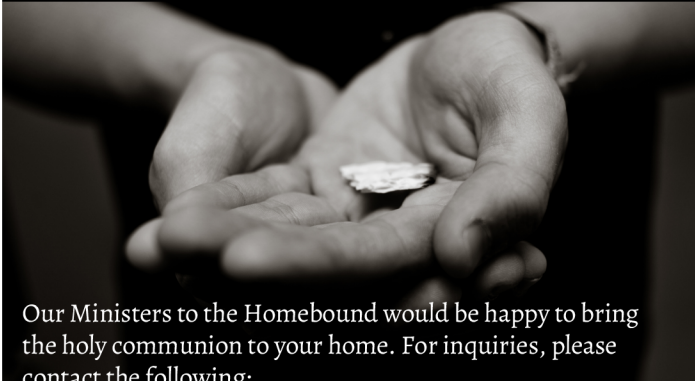


Please feel free to contact us for the following:

First Holy Communion and Reconciliation, Youth Confirmation, Sacrament of Matrimony and Funerals, Sacramental Records - Julia Rudden at jrudden@parishfamily14.org
Order of Christian Initiation for Adults and Children - Claire Shea at cshea@parishfamily14.org
Parish Advocates for Annulment - annulment@stjohnsea.org

SOCIAL JUSTICE COMMISSION

ARE YOU HOMEBOUND, IN NURSING HOME OR HOSPITAL AND WANT TO RECEIVE THE HOLY COMMUNION?



Our Ministers to the Homebound would be happy to bring the holy communion to your home. For inquiries, please contact the following:

St. Alphonsus: Lori Corcoro - lcorcoro@parishfamily14.org
St. Benedict's Cabrini Ministry: Brenda Stratton - bjandmes.bjs@gmail.com
St. John: Marion Johnson - marijo9974@yahoo.com

**ARE YOU MOURNING THE LOSS OF A LOVED ONE?
ARE YOU LONGING FOR UNDERSTANDING,
COMFORT, OR SIMPLY A PLACE TO BE HEARD?**



You don't have to grieve alone. Join our Grief Support Group. Together, we walk the journey of healing with faith, prayer, and mutual support.

First session starts on Feb 15!

Right after St. Benedict's 11:00 AM Mass. Enjoy a quick Coffee Hour at the School Cafeteria, then head over to the St. Benedict Parish Center.

Eight weekly 2-hour meetings (Sundays).

A minimum of 8 participants is needed. **Registration is required.**

For questions and to register, please email Maggie at margaretalquist1@gmail.com.



**St. Francis of Assisi Ministry
VIEWING AND
DISCUSSION**

**Feb 17, Tues, 6:30 - 7:30 PM
St. John Parish Admin Bldg**

The Light Won't Dim is a 30-minute documentary exploring the promise and urgency of solar power in a

time of climate crisis. From Puerto Rico's Centro Buen Pastor, where solar panels became a lifeline after Hurricane Maria, to New York City schools and small-town rooftops, the film shows how communities are taking energy into their own hands.

All are welcome, including children.

Sancta Vita

Please pray this month the February 2026 Prayer Intention from Pope Leo: For children with incurable diseases.

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

<https://popesprayerusa.net/popese-intentions/>

**FOOD
LIFELINE**
HUNGER DOESN'T HAVE TO HAPPEN



Join the next **packing and sorting event on Wednesday, March 4, 6:00 - 8:00 PM** at the South Park Warehouse. Children as young as 10 years old (with parental accompaniment) can join.

Note that all volunteers must register in advance (FLL recommends 5 days prior). If you don't have an FLL account (required), it usually takes 2-3 minutes to create the account.

Sign up now! Scan the QR code or contact Len at kannapell@yahoo.com.



Want to put your faith into action?

Our Social Justice Ministries need hearts and hands like yours. For more details, go to bit.ly/PF14SocialJustice. Everyone is welcome!



FAITH IN FOCUS



Participation



You come to Mass not as a spectator, but as a participant. Vatican II's *Constitution on the Sacred Liturgy* says in paragraph 14 that the full, conscious, and active participation of the people is their right and obligation as the priestly people of God (1 Peter 2:9).

The phrase “full, conscious, and active participation” expands a sentiment expressed by Pope Pius X in *On Sacred Music*, where he urged the assembled faithful to acquire the true Christian spirit from its source: “active participation” in the mysteries and solemn prayer of the Church. When he wrote this in 1903, most people prayed devoutly at a typical Mass, but not yet fully engaged with the liturgical action exercised by the ministers in the sanctuary.

When the Second Vatican Council promoted this idea in the 1960s, it called for a participation that was not only “active,” but “full” and “conscious” as well; it gave these examples for its execution: acclamations, responses, psalms, antiphons, hymns, actions, gestures, and bodily attitudes (*Constitution on the Sacred Liturgy*, 30). In 1967, the Sacred Congregation of Rites issued an instruction on sacred music, citing these passages from the Council, and calling for both an internal and an external participation of the people.

As a result, when you come to Mass you have words to say, songs to sing, gestures to make, and postures to assume. But all these external actions should be supported by an internal sense that gives them deliberate meaning.

This is why the famous Catholic “Sunday obligation” appears in the *Code of Canon Law* not as an obligation to “go” to Mass on Sundays and holydays of obligation—but to “participate” at Mass on those days. The obligation is more than just being there. It is to sing and respond from the heart.

Bulletin Inserts for the Liturgical Life of the Parish: Gestures, Postures, and Customs of the Liturgy © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner. CSL © 1963, Libreria Editrice Vaticana.

formed[™]
Forming Catholics for *Life*.

This Week on Formed
Week of February 8, 2026



<https://app.formed.org/app/videos/2866076/>

Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



<https://app.formed.org/app/videos/586236/>

Beloved

Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first “I do” ... whether you said it last year or many years ago.



<https://app.formed.org/app/videos/588750/>

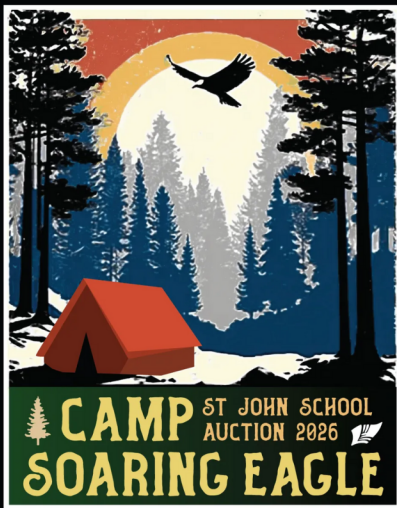
Lourdes: Story of Faith, Science, & Miracles

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.

Our Parish Family has a **free Formed subscription** for you! Simply scan the QR code or visit formed.org/signup to create your account and select our Parish Family to get free access to these contents and much more!



SCHOOL NEWS



We'll be heading off into the wilderness for St. John School's 41st annual auction, **Camp Soaring Eagle** on Friday, March 27, at Fremont Studios.

The auction is the school's largest fundraiser, directly impacting the everyday running of the school. Besides volunteering, attending the live event and bidding on items, there are several ways you can get involved now. You may want to consider being a business sponsor, which helps underwrite the cost of the event.

Contact your auction team Ainslie, Courtney or Chris, with questions at auction@st-johnschool.org.

For more info, visit: <https://st-johnschool.org/cash-donation-to-the-auction/>.

DISCOVER THE GIFT OF CATHOLIC EDUCATION

Our Parish Family is blessed with vibrant Catholic schools that partner with families in nurturing faith, knowledge, and community.

We invite you to consider them for your child's education and contact our schools.

We look forward to welcoming your family into our school communities!



St. Alphonsus Parish School

Nick Padrnos, Principal
npadrnos@stalseattle.org

Melissa Murphy, Director of Admissions
admissions@stalseattle.org
206-782-4363



St. Benedict Catholic School

Brian Anderson, Principal
b.anderson@stbens.net

Penny Ziemer, Advancement Director
p.ziemer@stbens.net
206-633-3375



St. John Catholic School

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Grazie!

Thank YOU for being our guest at Italian Dinner. With your generous support, we exceeded our fundraising goal! All proceeds fund Environmental Camp for middle school students at Camp Hamilton this May.

A special thank you to our sponsors! Your generosity was instrumental in helping us reach our goal.



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A huge thank you to everyone that contributed to the Italian Dinner February 1st!

We made \$5,266.09 for the Troop!

That's more than double the amount that we made last year!



THROUGHOUT THE ARCHDIOCESE



**Laudato Si Movement –
Washington (LSM-WA) Chapter
Monthly Meetings**
February 10 | 6:30 - 8:00 PM | Virtual

Interested in Care for Creation and don't know where to begin? Already have a Creation Care Team or Parish Gardens and wish to collaborate with other communities? Are you interested in taking care of the environment, forests, waters, flora and fauna, and creatures of the earth? All parishioners, parish leaders, and volunteers are invited to join us at our monthly LSM-WA Chapter Meetings! For meeting link, please contact Terri Nelson, Director of Integral Human Development at the Archdiocese of Seattle at terri.nelson@archseattle.org



February 12 | 6:00 - 9:00 PM | St. Monica, Mercer Island

Join other young Catholics for the Young Catholic Professionals (YCP) Speaker Series with Deacon Frank DiGirolamo, Executive Director of Operation Nightwatch, who will share his career, faith journey and current role ministering to the extreme margins in Seattle. Open to young professionals in their 20s and 30s. Registration is required. Light refreshments will be provided. To learn more about Deacon Frank and to register, please visit: <https://ycp.glueup.com/event/executive-speaker-series-with-deacon-frank-163414/>



**Join Bishop Frank Schuster on a pilgrimage to Italy
October 11-22, 2026**

Travel to the sacred cities of Rome, Assisi and Florence with Bishop Frank R. Schuster, Crozier Society members and fellow Catholics from the Archdiocese of Seattle. Limited spots available. Learn more and register at <https://bit.ly/400OoWc>



CALLED BY NAME
PRAY • DISCERN • INVITE

Called By Name weekend is January 31 & February 1, 2026.

Do you know someone aged 16-35 who might be called to the priesthood or religious life? Our Lord often calls young people forth through family, friends, teachers, mentors, and parishioners. Like Philip inviting Nathanael to "come and see," prayerfully consider those you know who show signs of a call through their love of the Lord, our Church, and their heart of service. **Nominate someone by February 13**, and they will receive a letter from Archbishop Etienne to encourage and support them in their discernment. There will also be an opportunity to attend an Operation Andrew or Miriam dinner, where they will learn more about these vocations and interact with their peers. More info at archseattle.org/called-by-name.



'You Are Not Alone' Regional Gatherings

The Archdiocese of Seattle invites all Catholics to gather for You Are Not Alone, two regional events to hear about and discern the ways they are called to stand in solidarity with our immigrant brothers and sisters during these turbulent times. We will ground ourselves in scripture and Catholic social teaching, get an update on current immigration issues, and hear from people actively living out their faith in support of immigrants.

Participants will leave with specific, tangible next steps to take.

February 21 at St. Leo the Great, Tacoma
February 28 at St. John the Evangelist, Vancouver
9:30 AM – Noon

[Register here!](#)

Registration for CYO Summer Camp is open!

Both day camp and overnight camp options available for grades 1-12.

Learn more and register at <https://cyo.camp>





One Minute Meditations

St. Onesimus

Born in Phrygia, St. Onesimus was enslaved to Philemon of Colossae in present-day Turkey. He encountered St. Paul during the apostle's imprisonment in Rome, where Onesimus had fled after stealing from his master. Moved by Paul's witness, he repented, was baptized, and later gained his freedom. Onesimus became a trusted companion and co-worker of St. Paul and was eventually martyred for the faith during the persecutions under Emperor Domitian.

God's Valentine to us

If God sent a Valentine, it might sound something like this: *"My darling child"* (Jeremiah 31:20), *"You are precious in my eyes, and honored, and I love you"* (Isaiah 43:4). *"As the Father has loved me, so I have loved you; abide in my love"* (John 15:9). *"Greater love has no man than this, that a man lay down his life for his friends. You are my friends..."* (John 15:13-14). *"Do you love me?"* (John 21:16) That makes the Bible the world's longest love letter.

"God is not the enemy of our freedom but its ground. That is something we ought to relearn in these days. Only love that is almighty can ground a joy that is free from anxiety." Pope Benedict XVI

"What do you seek?" (John 1:38)

Have you ever felt restless or quietly dissatisfied, sensing that something in your life needs changing? Lent offers that opportunity. It is a spiritual reset, inviting us to reorient our hearts toward Christ, the true source of peace, joy, purpose, and meaning. Here are practical ways to deepen your encounter with God and His love this Lent.

Faith is relational, not informational. The first disciples were not content with simply hearing about Jesus. They wanted to be with Him and to know Him personally. Christ extends that same invitation to us today. We respond by making room for Him through prayer and meditation, regular participation in Mass, and time with Scripture, not as duties to complete, but as ways of choosing a living relationship with the One who loves us most.

Choose trust over control. "Let Him lead and guide you," Pope Leo has urged. God's invitation to deeper friendship is renewed each day, and Lent is a privileged time to respond with intention. Begin each morning by

offering your day to God, placing your work, relationships, and uncertainties in His hands. This simple act of trust opens the door to genuine freedom.

Share what you have received. A true encounter with God naturally leads to what Pope Leo called "missionary

"If you sense the Lord calling you, do not be afraid...He alone knows the deepest, perhaps hidden, longings of your heart — the path that will lead you to true fulfillment." (Pope Leo XIV)

zeal," the desire to share with others what we have received. After meeting Christ, St. Andrew simply brought his brother, Simon Peter, to Him. Likewise, sharing your faith is often as simple as an honest conversation with a friend about the source of your hope. You are not persuading or performing; you are inviting someone you care about to meet the Friend who has changed your life.

This Lent, let renewal take root. Choose presence, trust, and generosity, and allow God to do the rest.

Why Do Catholics Do That? Why do Catholics give up meat on Fridays in Lent?

Abstaining from meat on Fridays in Lent is not merely a rule, but a reverent sacrifice rooted in remembrance of Christ's sacrifice on Good Friday. By giving up something we enjoy but do not need, we unite a small, bodily sacrifice to His offering on the Cross.

This "prayer of the body" strengthens the prayer of the soul, training our hearts in discipline and gratitude. It keeps our focus on Christ and serves as a quiet, outward sign of faith. For the same reasons, the Church encourages Friday penance throughout the year.

When things go wrong, choose charity

When difficulties arise, our instinct is often to complain, assign blame, or turn inward with harsh self-criticism. These reactions rarely solve the problem. More often, they weaken charity, cloud judgment, and strain relationships. A more constructive response is to choose kindness deliberately, in thought, speech, and action.

Practice kindness in thought: When self-pity, resentment, comparison, or harsh self-judgment appear, treat them as temptations rather than truths. Pause and redirect your thinking. Replace them with a steady reminder such as, "This is difficult, but I can respond well." Offer yourself the same patience you would give a friend.

Practice kindness in speech: Before speaking, ask whether

your words will help or simply vent frustration. If you would not say something to or about someone you love, refrain. When emotions run high, bring your complaints to prayer first. Naming them before God can bring clarity and restraint.

Practice kindness in action: Focus on what you can do rather than what you cannot control. Choose one concrete act of goodwill: express gratitude, offer help, listen attentively, or perform a small, unnoticed kindness. These simple actions restore perspective and soften difficult moments.

Responding with kindness does not ignore problems. It creates the conditions for peace, clearer judgment, and constructive action to take root.

from **S**cripture

Matthew 4:1-11, He chose us

In this passage, Jesus is tempted by the Devil. First, Satan tempted Jesus to satisfy His hunger with a miracle – to put physical needs above spiritual needs. Jesus showed us that spiritual needs come first, and to entrust both to God’s care. Next, Satan commanded Jesus to jump from the temple roof, forcing God’s hand. Again, Jesus refused: serving God means doing things God’s way.

Finally, Satan offered to surrender all the kingdoms of the world if Jesus would worship him. While horrible, it

promised a “painless” way to save the world. Jesus rejected it, choosing the Cross because it was the only way to save us. He chose us. When tempted to do what’s “easy” versus what’s morally right, ask for the strength to choose what’s right.

The season of Lent is a powerful opportunity for spiritual renewal and growth in love. We can take comfort knowing Jesus faced the same temptations we do and conquered them. If we stay close to Jesus, He will lead us to victory.

Q & A

What to do with dryness in prayer

God never leaves us, yet our experience of prayer can ebb and flow. There are times of joy and peace, and others marked by dryness and difficulty. While dry seasons can be discouraging, that is often when our faith can grow the most. Don’t avoid them, but live them well.

Ask why. Dryness in prayer can point to areas that need attention. Chronic stress, lack of rest, constant busyness, excessive screen time, or unresolved sin can weaken our attentiveness to God. Examine your habits and ask what may be interfering with prayer.

Remember the good times. When times are tough, memory sustains love. Follow Mary’s example, who “kept all these things, pondering them in her heart” (Luke 2:19). Recall the ways God has acted in your life. Remembering His faithfulness restores confidence.

Renew your “yes” daily. Mary’s consent to God’s will was a daily surrender, even amid suffering. Resist the temptation to abandon prayer. Each day, echo her words: “Let it be done unto me according to your word” (Luke 1:38).

Feasts & Celebrations

February 5 – St. Agatha (c.251). Born to a noble Sicilian family, St. Agatha dedicated herself to God at the age of fifteen. The governor Quintianus was determined to marry her and threatened her if she refused him. She kept her vow despite torture, and imprisonment. God sent her a vision of St. Peter to comfort her, heal her, and fill her dungeon with heavenly light.

February 18 – Ash Wednesday. The first day of Lent. The ashes of old palms are placed on the forehead in the shape of a Cross, as a sign of penance. It’s

also a day of abstinence from meat and fasting – one regular meal and two small meals that together don’t equal a full meal.

February 22 – St. Margaret of Cortona (1297). St. Margaret’s conversion came after the sudden death of the man she was having an affair with. Shaken, she repented and became a Franciscan tertiary. She founded a hospital and an order of Tertiary sisters — *le Poverelle* — to operate it.

February 22 – The Chair of St. Peter. Today marks St. Peter’s establishment of the Holy See, the “seat” of authority, in Rome. We thank God for His Church and pray for its holy preservation.

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To provide practical ideas that promote faithful Catholic living.

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