



Assumption | Our Lady of the Lake | St. Bridget | St. Catherine of Siena

OUR PARISHES



ASSUMPTION

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ollparishseattle.org



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(206) 523-8787
stbridgetchurch.org



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(206) 524-8800
stcatherineparish.net

FEBRUARY 1, 2026 | THE FOURTH SUNDAY IN ORDINARY TIME

FOURTH SUNDAY IN ORDINARY TIME

HE WENT UP THE
MOUNTAIN AND BEGAN
TO TEACH.

— MATTHEW 5:1 —





Assumption Catholic Church

(206) 522-7674

MASS TIMES

Friday at 9:00am | Sunday at 9:00am and 5:00pm

Reconciliation: Friday at 9:30am

FRONT OFFICE

Chris Covey

reception@neseattlecatholic.org

MUSIC DIRECTOR

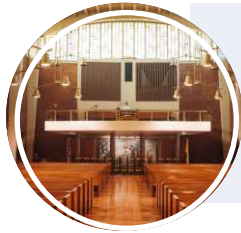
Craig Garretson

cgarretson@neseattlecatholic.org

CUSTODIAN

Kenny Kahaloe

kkahaloe@neseattlecatholic.org



Our Lady of the Lake

(206) 523-6776

MASS TIMES

Wednesday at 9:00am | Saturday at 5:00pm

Sunday at 11:00am | Reconciliation: Saturday at 4:00pm

ADMINISTRATIVE ASSISTANT

Grace Haider

parishadmin@neseattlecatholic.org

MUSIC DIRECTOR

Ann Radermacher

aradermacher@neseattlecatholic.org



NE Seattle Catholic Community All-Parish Family Clergy & Staff

www.neseattlecatholic.org

PASTOR

Fr. William Heric

wheric@neseattlecatholic.org

PAROCHIAL VICAR

Fr. Duc Nguyen

frduc@neseattlecatholic.org

DEACON

Denny Duffell

deacondenny@neseattlecatholic.org

DIRECTOR OF OPERATIONS

Torrie Smith

tsmith@neseattlecatholic.org

DIRECTOR OF LITURGY

Kristin Holland

kholland@neseattlecatholic.org

DIRECTOR OF COMMUNICATIONS

Susie Lane

susie@neseattlecatholic.org

FACILITIES SUPERVISOR

Jakob Pruss

jpruss@ollseattle.org

PASTORAL ASSISTANT

Jody Fitts

jfitts@neseattlecatholic.org

PAS. ASST. STEWARDSHIP

Anne Lovinger Earhart

aeartart@neseattlecatholic.org

MUSIC COORDINATOR

Sarah Chopyak

schopyak@neseattlecatholic.org

PAS. ASST. ADULT FAITH FORM. & LITURGIES

Alex Chopyak

achopyak@neseattlecatholic.org

RELIGIOUS EDUCATION

Ellen Bollard

ebollard@neseattlecatholic.org

BUSINESS MANAGER

Colleen Baardse

cbaardse@neseattlecatholic.org

Welcome New Parishioners in January!

It is with great JOY that we welcome the following new households to our Family of Four for January:

OLL: Kailey Pitts **AP:** Caitlin Baird-Zellers & Atticus Zellers

St. Bridget: Maureen & Branden De Luca, Hannah Jones & Robert Gagnon, Truc Do & Loc Chu

We are so glad you are here and can't wait to get to know you as part of our parish family!

03 | GET TO KNOW US

NE Seattle Catholic Community



St. Bridget Church

(206) 523-8787

MASS TIMES

Monday at 9:00am | Wednesday at 6:30pm | Sunday at 9:00am

Reconciliation: Wednesday at 7:00pm

ADMINISTRATIVE ASSISTANT

Mary-Anne Mutua

mmutua@neseattlecatholic.org



St. Catherine of Siena Church

(206) 524-8800

MASS TIMES

Tuesday at 9:00am | Thursday at 9:00am | Sunday at 11:00am |

Reconciliation: Tuesday at 9:30am

ADMINISTRATIVE ASSISTANT

Anakaren Medina-Ayala

amedina@neseattlecatholic.org

MUSIC DIRECTOR

Jennifer Kowalewski

jkowalewski@neseattlecatholic.org

CUSTODIAN

Omial Alfred

oalfred@neseattlecatholic.org

A REFLECTION BY FR. HERIC

Dear Friends in Christ,

On Thursday, January 22nd, I gathered with staff to celebrate the birthday of **Torrie Smith**, our director of operations. This was an occasion to celebrate her life and her ministry in our NE Seattle Catholic Community. Torrie oversees our parish budgets, staff, and all facilities-related matters. We could not begin to manage this without her hard work and administrative skills. Thank you, Torrie!

Friday, January 23, I gathered with the priests and lay staff in the **North Seattle Deanery of parishes**. It was a helpful time of prayer and mutual support, including our work on behalf of the "Partners in the Gospel" planning process. Later Friday, I met with the **St. Catherine school commission and finance council** to discuss the budget for the next school year. These good people met on a Friday evening to accommodate my busy schedule. Their leadership and others like them in all of our communities are vital for our parish life.

Saturday was a mix of good and bad for me. I had the privilege of celebrating **first reconciliation** for about 33 of our children. They were all precious in their sincere desire to grow as Christians, and hopefully, they experienced a deep sense of Christ's healing love and mercy. Speaking of needing that, later in the day, I learned with many of you about the tragic and senseless killing of a 38-year-old man who was peacefully protesting the behavior of ICE agents in **Minneapolis, Minnesota**. The video of this shooting clearly contradicts the official government version of the incident and has raised deep concerns in many about the conduct of federal agents in our cities. The whole episode has shaken me to the core.

Sunday brought the blessing of students from our three parish schools serving in various roles at Mass as part of **"Catholic Schools Week."** We also had a powerful **retreat day for our PFAC**. On top of all that, our Seahawks won the NFC championship and are headed to the **"Super Bowl"** on February 8th. It doesn't get any better than this, I thought!

I was wrong about that. On Monday morning, January 26, a 4-year-old girl with her dad was waiting for me at the coffee shop on 35th Ave, NE, which I like to frequent. She had participated in one of our parish Children's Liturgy of the Word last Sunday and decided to give me a special gift. It was a red bag filled with all the money in her personal piggy bank, which **she wanted to give to help the homeless in our city**. It totaled \$13.71, which I have offered to our SVDP.

Whatever happens to our Seahawks on February 8, this little girl has already won the "Super Bowl." That gives me strength and hope when I really need it!

Blessings of peace,



Fr. William Heric, Pastor



Mass Intentions

Our Mass celebrants will remember the following Intentions during the celebration of the Eucharist:

MONDAY, FEBRUARY 2

9:00 am | For the Parish † - STB

TUESDAY, FEBRUARY 3

9:00 am | For the Parish † - STC

WEDNESDAY, FEBRUARY 4

9:00am | For Brian Frantz (RIP) † - OLL

6:30pm | For the Parish † - STB

THURSDAY, FEBRUARY 5

9:00am | For the Parish † - STC

FRIDAY, FEBRUARY 6

9:00 am| For Mykhailo (RIP) † - AP

Mass intentions may be requested through the parish office.



Readings for the week of February 1, 2026

Sunday:

Zep 2:3; 3:12-13/Ps 146:6c-7, 8-9a, 9b-10/1 Cor 1:26-31/Mt 5:1-12a

Monday:

Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/ Lk 2:22-40 or 2:22-32

Tuesday:

2 Sm 18:9-10, 14b, 24-25a, 30-19:3/ Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

Wednesday:

2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

Thursday:

1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

Friday:

Sir 47:2-11/Ps 18:31, 47 and 50, 51/ Mk 6:14-29

Saturday:

1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/ Mk 6:30-34

Next Sunday:

Is 58:7-10/Ps 112:4-5, 6-7, 8-9/1 Cor 2:1-5/ Mt 5:13-16

Prayer Corner

Please pray for those who are ill:

Carmina Bacani (OLL)
Tom Barrett (OLL/STC)
Ryan Corr (AP)
Kathleen Genis (AP)
Mary Gill (AP)
Patti Herlihy (AP)
Julie Kirkevold (All Parish)
Jim McFarland (AP)
Patrick Mulvihill (OLL)
Ann Penning (OLL)
Matt Todaro (STB)
Crystal Vines (OLL)

For those who have died:

Sheldon Joseph Best (STC)
Ronald Bollinger (STC)
Fr. Marlin Connoles (All Parish)
Joanne Deligan (STC)
Carol Gary (OLL)
Eva Kenly (AP)
Kathleen Methot (STC)
Fr. Roger O'Brien (All Parish)
Brian Ward (OLL/STC)

Holy Rosary

You are warmly invited to join us each week in praying the Holy Rosary. We gather on **Wednesdays at 5:30 pm at St. Bridget** and on **Thursdays at 9:30 am at St. Catherine**. This is a beautiful opportunity to reflect on the mysteries of our faith, lift up our intentions, and spend time in prayerful community together.

05 | COMMUNITY LIFE

NE Seattle Catholic Community

Let Your Light Shine

Kindling Community - Liturgical Ministry Open House

Discover your gifts and help our parish family shine! Join us after Mass for our Liturgical Ministry Open House, where you can meet ministry leaders, learn about liturgical roles, and enjoy refreshments and warm hospitality.

Featured ministries include: Altar Servers • Eucharistic Ministers • Lectors • Sacristans • Ushers • Greeters • Gift Bearers • Music • Hospitality

Pick up a Ministry Passport, visit each table, and return your completed passport to be entered into a raffle for a \$50 gift card!

Dates: OLL – 2/1 and STC – 2/8



Join Family Choir at STC!

Family Choir is a special choir at St. Catherine made up of kids and their loved ones. We practice 2x/month and lead the music at Sunday Mass once a month. We sing, have fun, and serve our community--and it all counts as service hours!

Please contact Jennifer Kowalewski for details: jkowalewski@st-c.org



Atrium Open House

We have a unique Montessori approach to faith formation in our parish family for children 3-12 (adults love it too). You are invited to come explore our materials and see our dedicated space at Assumption.

Enjoy wine and cheese and learn about how this program enriches the faith life of our children. Experience the wonder yourself.

March 1: Noon – 1 pm at Assumption (after sacramental prep class)

March 15: 6 – 7 pm at Assumption (after 5pm Mass)

We look forward to seeing you. Learn more at cgsusa.org.

Any questions? Please email Ellen.Bollard@seattlearch.org

YCP Anniversary Celebration

Young adults! Join us for the Young Catholic Professionals Fruit of the Vine Anniversary Celebration - an elegant evening of curated wine tastings, meaningful fellowship, and reflection on the growth of our Seattle YCP community.

The night will begin at 7 **pm on Saturday, March 14th, in the Isaac Orr Conference Room (910 Marion Street, Seattle, WA).**

Come dressed in your best cocktail attire!



Celebrate St. Bridget's Feast Day

Join us at St. Bridget following Mass on **Sunday, February 1** as we celebrate our patron saint's feast day! All are invited to gather for a festive pancake breakfast, good conversation, and joyful fellowship as we honor St. Bridget together. Bring your family, invite a friend, and stay awhile — we can't wait to celebrate with you!

Middle School Encounter Saints In The Making

Saturday, March 21 | 9:30am - 5:00pm

Kennedy Catholic High School

Calling all students in grades 6–8! Join us for the annual Middle School Encounter, a fun, faith-filled, day-long retreat designed just for middle schoolers. This year's theme, Saints in the Making, reminds us that holiness is possible — and joyful — right here and now.

Highlights include:

- Mass presided by Bishop Elizondo
- Live music
- Games and engaging activities



Adoration

- Lunch and refreshments included

More details will be shared in January, with registration opening mid-February 2026.

Questions? Contact Kimberly Abadir, Director of Youth Ministry for the Archdiocese of Seattle, at kimberly.abadir@seattlearch.org



Called By Name

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.

After the submission deadline, a letter from Archbishop Etienne will be sent out to encourage and support them in their discernment, as well as inviting the nominees to Andrew and Miriam dinners, where they will learn more about these vocations and interact with their peers. For more information go to:

<https://archseattle.org/called-by-name/>

Homebound Ministry

Our Homebound Ministers bring the Holy Eucharist to those in the NE Family Parish who are unable to attend Mass. This includes our seniors, the sick, and those disabled or recovering from an injury who are living at home or in a local care facility.



Homebound Ministers also provide companionship and serve as an essential link between the homebound and their parish community. This helps those who are unable to attend Mass stay connected with their parish family and allows our Eucharistic Ministers to keep a careful eye on the health and safety of our homebound friends. All of our ministers are trained and certified by the Seattle Archdiocese to work with vulnerable people.

If you are looking for an opportunity to serve our parishioners in this capacity, please contact Fr. Duc Nguyen. And if you know someone who is unable to attend Mass and wishes to receive Holy Communion, please let your parish office know!

Greeters Needed (All Parish)

A wonderful way to give of your talents is to join the greeter ministry! Greeters are the first people parishioners see when arriving at Mass, and hand out worship aides and the bulletin. Greeters create the welcoming atmosphere for regular attendees and visitors alike! If interested, reach out to Kristin Holland - kholland@neseattlecatholic.org

DID YOU KNOW? Volunteering in liturgical roles - both for adults and kids - **counts towards school service hours!** Please see the Weekly Word or your parish website for more volunteering opportunities!

Have a bulletin story or pictures to share? Scan this code to learn more.



07 | COMMUNITY LIFE

NE Seattle Catholic Community



SCAN HERE TO REGISTER!



SUCH A TIME AS THIS

PLEASE JOIN US FOR A
PHOEBE CIRCLE WOMANS
RETREAT
FEBRUARY 7TH, 2026
8:30AM- 3PM AT
ASSUMPTION PARISH

ALL WOMEN IN THE NE
SEATTLE CATHOLIC
FAMILY ARE INVITED TO
ATTEND!

ESTHER 4:14

"WHO KNOWS?
PERHAPS YOU HAVE
COME TO ROYAL
DIGNITY FOR JUST
SUCH A TIME AS THIS."

FOR QUESTIONS OR MORE INFORMATION PLEASE
CONTACT KRISTIN HOLLAND AT
KHOLLAND@NESEATTLECATHOLIC.ORG



Valentine's Breakfast

Wednesday, February 11 | 11:00am

Assumption Fellowship Hall

Seniors, You're invited to a Valentine's "Breakfast"

The Third Grade classes from Assumption-St. Bridget warmly invite our senior groups to a special Valentine's Breakfast filled with smiles, sweet treats, and heartfelt fellowship.

Join us for a delightful morning of food, laughter, and time together as our students share a little Valentine's joy. We would love to celebrate with you!

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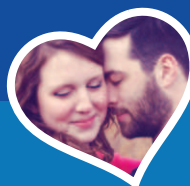
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