



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

## OUR PARISHES



### ASSUMPTION

6201 33rd Avenue NE  
Seattle, WA 98115  
(206) 522-7674  
[assumptionseattle.com](http://assumptionseattle.com)



### OUR LADY OF THE LAKE

8900 35th Avenue NE  
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(206) 523-6776  
[ollparishseattle.org](http://ollparishseattle.org)



### ST. BRIDGET

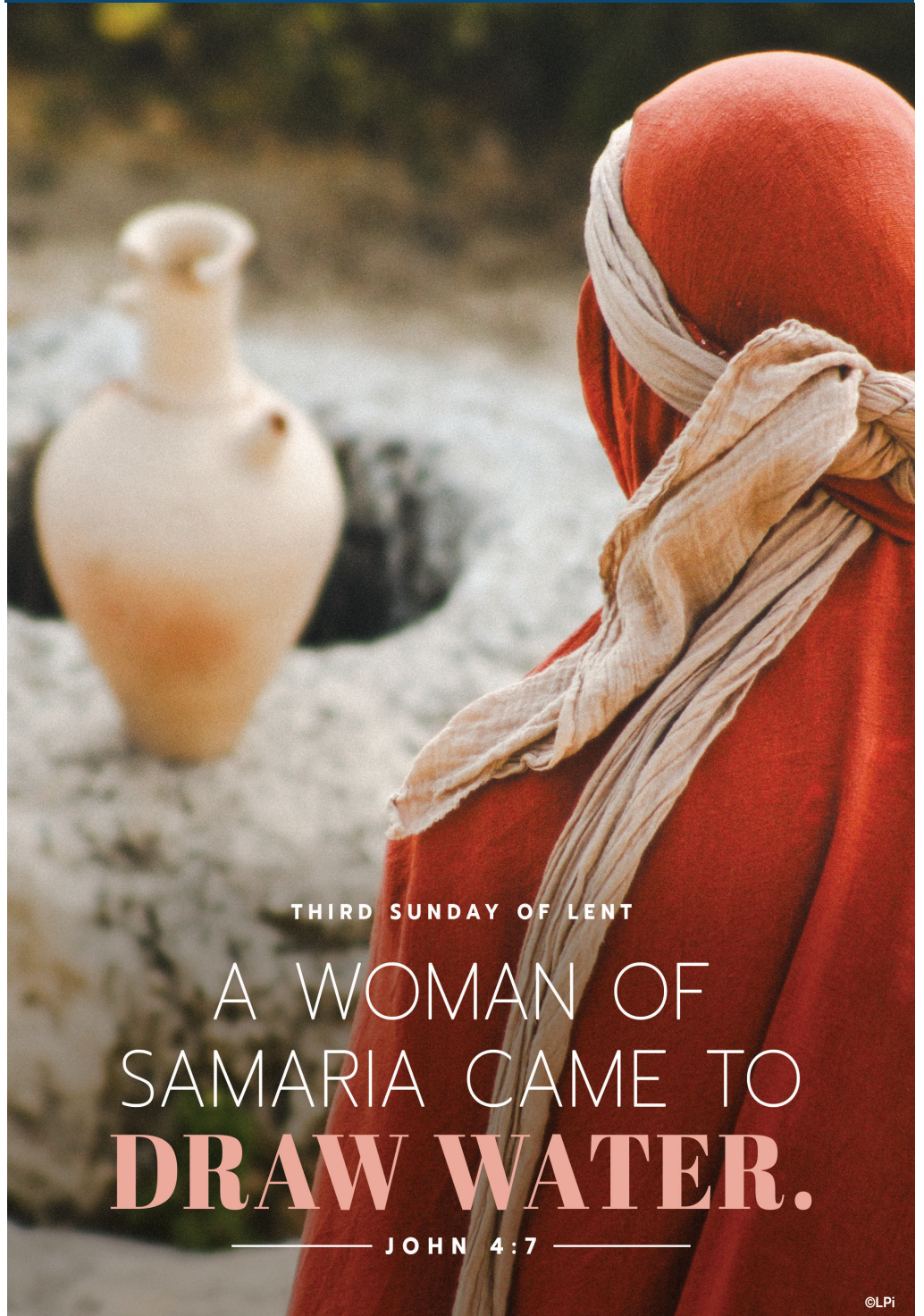
4900 NE 50th Street  
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(206) 523-8787  
[stbridgetchurch.org](http://stbridgetchurch.org)



### ST. CATHERINE OF SIENA

814 NE 85th Street  
Seattle, WA 98115  
(206) 524-8800  
[stcatherineparish.net](http://stcatherineparish.net)

MARCH 8, 2026 | THE THIRD SUNDAY OF LENT



THIRD SUNDAY OF LENT

A WOMAN OF  
SAMARIA CAME TO  
**DRAW WATER.**

JOHN 4:7



## Assumption Catholic Church

(206) 522-7674

### MASS TIMES

Friday at 9:00am | Sunday at 9:00am and 5:00pm  
Reconciliation: Friday at 9:30am

#### ADMINISTRATIVE ASSISTANT

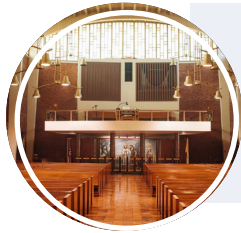
Chris Covey  
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#### MUSIC DIRECTOR

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cgarretson@neseattlecatholic.org

#### CUSTODIAN

Kenny Kahaloa  
kkahaloa@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  
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## NE Seattle Catholic Community

All-Parish Family Clergy & Staff

[www.neseattlecatholic.org](http://www.neseattlecatholic.org)

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#### BUSINESS MANAGER

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## Lenten Fasting and Abstinence

**Fasting:** One full meal and two small meals (the two small meals do not equal a full meal) Ash Wednesday and Good Friday, Ages 18-59

**Abstinence:** No meat, every Friday during Lent, Ages 14+

# 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

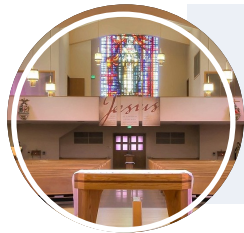
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#### MUSIC DIRECTOR

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schopyak@neseattlecatholic.org

#### CUSTODIAN

Kenny Kahaloa  
kkahaloa@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

Omal Alfred  
oalfred@neseattlecatholic.org

## Weekly Stewardship Collection

For the week ending February 22, 2026

### Assumption

#### Collections

Current Week	\$21,259
Month to Date	\$61,832
Month to Date Budget	\$56,000
<b>Over</b> budget	\$5,832

#### Year to Date

YTD Collections	\$371,930
YTD Budget	\$386,423
<b>Under</b> Annual Budget	\$(14,493)

### OLL

#### Collections

Current Week	\$19,239
Month to Date	\$51,878
Month to Date Budget	\$65,000
<b>Under</b> Budget	\$(13,122)

#### Year to Date

YTD Collections	\$525,885
YTD Budget	\$504,115
<b>Over</b> Annual Budget	\$21,769

## Ways to Give

### Planned Giving/Legacy Giving

Planned giving and legacy giving are generally interchangeable terms for future charitable gifts arranged during a donor's lifetime and realized after death. They allow for larger, non-cash donations than annual giving. Key examples include bequests in a will, retirement account designations, or life insurance policies.

You can learn more about planned giving here: <https://archseattle.mylegacygift.org/>

### St. Bridget

#### Collections

Current Week	\$8,795
Month to Date	\$45,822
Month to Date Budget	\$55,000
<b>Under</b> Budget	\$(9,178)

#### Year to Date

YTD Collections	\$523,431
YTD Budget	\$494,962
<b>Over</b> Annual Budget	\$28,469

### St. Catherine

#### Collections

Current Week	\$14,454
Month to Date	\$28,331
Month to Date Budget	\$46,000
<b>Under</b> Budget	\$(17,669)

#### Year to Date

YTD Collections	\$264,070
YTD Budget	\$359,615
<b>Under</b> Annual Budget	\$(95,545)



## Mass Intentions

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

### MONDAY, MARCH 9

9:00 am | For the Parish † - STB

### TUESDAY, MARCH 10

9:00 am | For the Parish † - STC

### WEDNESDAY, MARCH 11

9:00am | For Rico & Edita Lacsamana (safe travels)† - OLL

6:30pm | For the Parish † - STB

### THURSDAY, MARCH 12

9:00am | For the Parish † - STC

### FRIDAY, MARCH 13

9:00 am| For Cris Todd (RIP) † - AP

*To have a Mass said for someone deceased (†) or for the intentions of a living person, stop by the parish office or place a note in the collection basket with your donation.*

## Prayer Corner

### Please pray for those who are ill:

Carmina Bacani (OLL)  
Tom Barrett (OLL/STC)  
Ryan Corr (AP)  
Mary Ann Derr (OLL)  
Kathleen Genis (AP)  
Patti Herlihy (AP)  
Julie Kirkevold (All Parish)  
Lucy McGovern (OLL)  
Patrick Mulvihill (OLL)  
Ray Pinney (STB)  
Matt Todaro (STB)  
Crystal Vines (OLL)

### For those who have died:

Michael Eugene James Childs (STC)  
Millicent "Millie" DeForeest (AP)  
Patricia Meuller (STB)  
Patricia Pruss (OLL)  
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.

## Liturgy Corner

### Lent

by Fr. Paul Turner



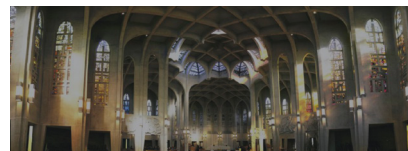
Lent is the season that prepares us to celebrate Easter. The main reason Lent is important is that Easter is more important. On Easter we celebrate the resurrection of Jesus Christ, the Son of God, whose passage beyond death into life offers redemption to believers. The resurrection is the cornerstone of Christian faith. The mystery of Christ's rising from the dead is so deep that the Church invites us to six weeks of preparation before we fully celebrate it. We call that period Lent.

For the faithful, Lent is a time of penitential practices and spiritual discipline. During this time we acknowledge our sins and seek God's help to overcome them. Traditionally, we engage in acts of prayer, fasting, and almsgiving. Together these actions show our dependence on God, our renunciation of the fascinations of this world, and our desire to better the lives of others.

For the elect, those preparing for baptism, Lent is a time of intense spiritual preparation. They will celebrate baptism at Easter because in this sacrament they enter the mystery of Christ's dying and rising. They dieto their former way of life and open their hearts fully to discipleship in Jesus. For the elect, this is a season of purification and enlightenment. The prayers of this season help scrutinize and purify their intentions, removing whatever might block their commitment, and strengthening their resolve. They will become fully illumined with the light of Christ when they celebrate initiation at the Easter Vigil.

Lent begins on Ash Wednesday and ends before the Mass of the Lord's Supper on Holy Thursday. Ash Wednesday is a day of fast and abstinence. All the Fridays of Lent are days of abstinence.

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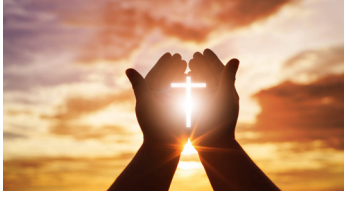


## 2026 Seattle Catholic Men's Retreat

The 2026 Seattle Catholic Men's Retreat will start Friday, August 14 at Westminster Benedictine Abbey in Mission, B.C. and end Sunday August 16. For information contact Greg Gosch at 425-220-3019 or gjgosch@gmail.com

# 05 | COMMUNITY LIFE

NE Seattle Catholic Community



## Stewardship of Time

During Lent, we are called to look to our spiritual growth and find ways to strengthen our connection to God.

This Lenten season we will be sharing weekly activities to try that will help you grow in your faith as we lead up to Holy Week.

## Prayer Walk

As spring begins to bloom, now is a perfect time to get more walks in! While we walk, we can pray. There are many wonderful prayers of thanks for God's creation of our planet, such as this:

### Reverence For God's Creation

God of love,  
we praise you for the magnificence of creation.  
We marvel at both its grandeur  
and the intricacies of its smallest microscopic life forms.  
As we reflect on the creation, help us to take in its true significance.  
This is your work in which you have invested deeply of yourself.  
It is the costly outpouring of your creativity.

So, we ask you to instill in us a proper reverence for all that you have made - a genuine respect for all environments and all creatures.

Lord, we are in awe of the formidable power of nature,  
but, in these times, may we also come to comprehend its complex fragility.

Amen.

- Reverend Prebendary Mark Geldard

For more prayers for our environment, check out <https://tinyurl.com/bdfyhthj>

## Fish Fry

Mark your calendar for **Friday, March 27 at 5:30 pm** and join us at **Assumption Parish** for our Annual Fish Fry!

Enjoy a delicious fish dinner, great company, and a fun evening with your parish family. It's a beloved tradition and a wonderful way to gather during Lent.



We also need volunteers to help make this event a success. Please consider signing up to lend a hand. It's a great way to come together, meet new people, have fun, and even earn school volunteer hours if needed.

We can't wait to see you there! Scan the link below to purchase tickets.



ST. CATHERINE  
**IRISH PUB NIGHT**  
SATURDAY  
MARCH 21ST, 2026  
MUSIC AND IRISH DANCING BY  
**A FIDDLE IN THE FOREST**  
VICTORIA HALL - DOORS OPEN AT 5:30 PM

GRAB YOUR FRIENDS, DON YOUR GREEN, AND GET READY FOR A NIGHT FILLED WITH MUSIC, LAUGHTER, AND A TRADITIONAL IRISH CORNED BEEF AND CABBAGE DINNER. ADULTS ONLY.

Purchase Tickets by March 17th

\$25 - Adult  
\$15 - Senior (65+)  
\$5 Drinks

## CRS Rice Bowl

### Stories of Hope: Guatemala

In the town of Janlay, Guatemala, the streets are filled with people wearing bright, colorful clothes that stand out against the bold green of the surrounding mountains. Many in the community are talented weavers—like Maribel, who creates traditional güipiles, the embroidered blouses worn by Indigenous women in Central America.

Maribel is also mom to a cheerful little girl named Juana, who—like many toddlers—keeps Maribel on her toes. “She’s a very healthy little girl. She loves running around the house. She’s the one who brings happiness to our home,” Maribel says.

But they face challenges too. When Juana was just 4 months old, Maribel’s husband had to travel far to find work. Maribel stayed home with Juana, doing her best to take care of her. She needed help. Then she joined a CRS program that offered nutrition classes, where she learned how to make healthy food choices for her family. Her family was used to eating chips and drinking soda, which made them feel tired and unwell. But after making changes to their diet, their health is improving.

Now, Maribel feeds Juana fruits, vegetables, eggs and hot cereal full of vitamins and protein. She also makes her own drinks instead of buying soda.

“The moment we stopped drinking soda, my mom started to feel better,” Maribel says. Now, her mom’s hands don’t hurt when she knits and she can stand up to wash clothes.

Maribel also learned that it’s important for her to take vitamins, like iron, because Juana receives them through her breast milk. “We learned that we need to stay healthy for our children, and not just as mothers. It’s important for all girls to take their vitamins so that we are well,” she says.

The program also taught families—and the whole community—how to save money and build better habits for everyday life.

Today, Maribel is thankful for the program. She says, “For all the support they’ve given us, we feel very grateful. Through healthy eating and the practice of saving, we have been able to improve our family’s health, nutrition and financial well-being.”



## Lent Recipes

### Tostadas - Guatemala

**Ingredients:** 3-5 large avocados, halved & pitted; 1/2 onion, finely diced; juice of 2 limes; 1 tsp dried oregano; salt and pepper to taste; 12 corn tortillas; oil for frying; 1 jar red salsa or pico de gallo; 1 can refried beans; 10 oz cotija cheese, crumbled; chopped cilantro.

**Method:** Into a large bowl, scoop the avocado from its shell. Mash it with a fork to desired consistency. Stir in onion, lime juice and oregano. Salt and pepper to taste.

In a large skillet on medium-high heat, pour a half inch of oil. When the oil is hot, add the tortillas in a single layer and fry until crispy. Transfer to a plate with a paper towel to drain excess oil. Once the tortillas have cooled, spread three tortillas with guacamole, three with refried beans and three with salsa. Garnish with cheese and cilantro.



## Help Needed

Help us share Christ’s word and love with children on Sundays! St Catherine’s Children’s Liturgy of the Word needs volunteers!

**Please contact Kristin Holland if you’re interested!**

**To volunteer to work with children, you must be VIRTUS compliant.** To check your status, please reach out to Colleen Baardse.

**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.



NE Seattle Catholic Community

## THRIVING TOGETHER: Care, Community, and Creation

TOWN HALL 

**Saturday • March 7th**  
**10am – 11:30am**  
**LeRoux Conference Center**  
**Student Center**  
Seattle University  
901 12th Ave., Seattle 98122



2025 Town Hall

Join the IPJC Youth Action Team Interns and Seattle University students for a town hall focused on healthcare, housing, immigration, and ecological justice. They will share their vision for a flourishing community in King County with Councilmembers Rod Dembowski and Jorge L. Barón!



Councilmember Rod Dembowski  
*Attendance Tentative*



Councilmember Jorge L. Barón  
*Attendance Confirmed*



**REGISTER HERE!**

[bit.ly/thriving-together-town-hall-registration](https://bit.ly/thriving-together-town-hall-registration)

*If you have already registered for the town hall through the NW Ignation Advocacy Summit registration, you do not need to register.*



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## St. Patrick's Day with Seniors



Seniors, you're invited to our **St. Patrick's Day celebration on March 11 at 11:00 am at Assumption!** Our ASB third graders are excited to host, with delicious treats and plenty of fun planned just for you. We look forward to celebrating together with a little extra green, lots of smiles, and joyful community. Save the date and don't forget to wear your lucky colors!

## Bereaved Parent Support Group

The Bereaved Parent Support Group will gather on **Monday, March 16 at 7:00 pm at St. Bridget's.** This gentle and compassionate group offers a safe, welcoming space for parents who have experienced the loss of a child to come together, share, listen, and support one another. Whether your loss is recent or from years past, you are not alone. All are welcome, and you are warmly invited to join us for an evening of understanding, prayer, and quiet companionship.

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