

**LENT BEGINS NEXT WEEK WITH
ASH WEDNESDAY**

Dear friends in Christ,

This coming Wednesday, February 18, Lent begins with Ash Wednesday, a day of fasting, prayer, and abstinence from meat for the whole church.

On Ash Wednesday, we fast and pray so that we might focus on the Lord, who is the source of all life and love. As we begin the season of Lent, in which we observe more intensive fasting, prayer, and almsgiving, it is important to remember why we engage in these Lenten practices. I like to call these practices, "Catholic calisthenics." We do them so that we might remember our deep need for God. We engage in these practices so that our hearts might be enlarged by God's grace. As we remove the noise, distractions, and barriers which prevent us from hearing God's word, we open our hearts to his saving love. Pope Francis gave us a guide us as we embark upon season in one of his Ash Wednesday homilies. Here is an excerpt:

When you give alms, or pray or fast, take care to do these things *in secret*, for your Father sees in secret (cf. *Mt* 6:4). "Go to your room": this is the invitation that Jesus addresses to each of us at the beginning of the Lenten journey. *Going to your room* means returning to the *heart*, as the prophet Joel admonishes (cf. *Joel* 2:12). It means journeying from without to within, so that our whole life, including our relationship with God, is not reduced to mere outward show, a frame without a picture, a draping of the soul, but is born from within and reflects the movements of our heart, our deepest desires, our thoughts, our feelings, the very core of our person.

Lent, then, immerses us in a bath of purification and of self-spoliation: it helps us to remove all the cosmetics that we use in order to appear presentable, better than we really are. To return to the heart means to go back to our true self and to present it just as it is, naked and defenseless, in the sight of God. It means looking within ourselves and acknowledging our real identity, removing the masks we so often wear, slowing the frantic pace of our lives and embracing life and the truth of who we are. Life is not a play; Lent invites us to come down from the stage and return to the heart, to the reality of who we are: a return to the heart and the truth.

That is why,.... in a spirit of prayer and humility, we receive ashes on our head. This gesture is meant to remind us of the ultimate reality of our lives: that we are dust and our life passes away like a breath

(cf. *Ps* 39:6; 144:4). Yet the Lord – he and he alone – does not allow it to vanish; he gathers and shapes the dust that we are, lest it be swept away by the winds of life or sink into the abyss of death.

The ashes placed on our head invite us to rediscover the secret of life. They tell us that as long as we continue to shield our hearts and hide ourselves behind a mask, to appear invincible, we will be empty and arid within. When, on the other hand, we have the courage to bow our heads in order to look within, we will discover the presence of God who loves us and has always loved us. At last those shields you have built for yourself will be shattered and you will be able to feel yourself loved with an eternal love.

Sister, brother, I, you, each of us, is loved with an eternal love. We are ashes on which God has breathed his breath of life, we are the earth which he has shaped with his own hands (cf. *Gen* 2:7; *Ps* 119:73), dust from which we will rise for a life without end prepared for us from all eternity (cf. *Is* 26:9).... POPE FRANCIS

PLEASE JOIN US ON ASH WEDNESDAY

Saint Jude - Redmond
Mass at 9AM, 12:15 PM, AND 7PM

Holy Innocents - Duvall
Mass at 9AM AND 7 PM

Saint Anthony – Carnation
Mass at 12 NOON

MAKE THIS LENT THE BEST EVER...

Lent is a great season to be renewed in our faith, to get back to basics, to attend to the most important relationship of our lives: our relationship with God. Each of our churches has special activities to help us grow in faith, please see this bulletin for more information on Lenten small groups, stations of the cross, confessions times and other ways to grow in faith.

LEARN MORE ABOUT THE SYRO MALABAR RITE

As you all know we have been very blessed to have Fr. Raphael, who is a priest of the Syro Malabar Rite. He celebrates that Mass at St. Jude on Sunday afternoons for the local Syro Malabar community. He has written a wonderful description of the history of this ancient rite for us. It is in the bulletin this week. It is a great way to learn more about this rich tradition from Southwestern India.

I wish all of you a blessed and fruitful Lent. May we be renewed by the saving love of the Lord in this holy season. Blessings on your week!
Fr. Johnson

WEEKLY CALENDAR

Monday, February 16

President's Day

No Daily Mass & Parish Office Closed

10:00 AM Women of Faith

Tuesday, February 17

No Daily Mass

Wednesday, February 18

Ash Wednesday

No Confessions

9:00 AM Ash Wednesday Mass

12:15 PM Ash Wednesday Mass

7:00 PM Ash Wednesday Mass

Thursday, February 19

9:00 PM Daily Mass

12:15 PM Steps to Freedom

1:00 PM Rosary Cenacle

5:30 PM Microsoft Mass

6:30 PM Sanctuary Choir Rehearsal
(for 9AM Masses)

6:30 PM Knights of Columbus - Fourth Degree
Meeting

7:00 PM OCIA

7:00 PM St. Vincent de Paul Meeting

Friday, February 20

9:00 AM Daily Mass

9:30 AM Adoration until 7PM

10:00 AM Guardians & Angels

12:00 PM Stations of the Cross

6:00 PM Confessions

7:00 PM Stations of the Cross

Saturday, February 21

3:30 PM Confessions

5:00 PM Saturday Vigil Mass

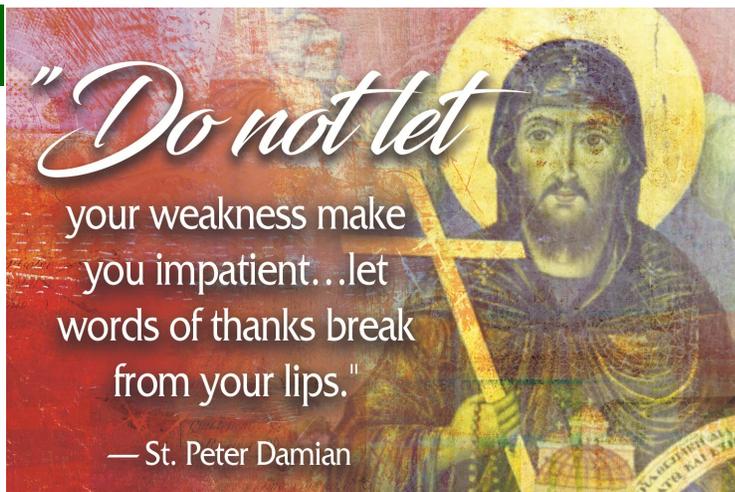
Wine & Cheese after Mass

Sunday, February 22

9:00 AM Sunday Mass

11:00 AM Sunday Mass

Coffee & Donuts after both Masses



SCAM Alert Reminder

Once again, we are seeing an uptick in online scams: expect these to increase as we head into Lent - they aim to prey upon those with giving hearts of the season. This is a **reminder to double-check the sources of any suspicious emails or text that claim to be from Fr. Johnson, Fr. Raphael, or any parish staff.**



! Safety Reminder !

With TEMPS DROPPING, we want to remind all our parishioners that SAFETY doesn't just happen, it is PRACTICED.

- Use handrails when going down the stairs, especially in inclement weather.
- Get dropped off/picked up at the front door of church, if needed, to minimize walking on slippery sidewalks.
- When walking on icy pavement, tread carefully.
- Accessible Parking is located on the lower level parking lot behind the Parish Hall.
- There is an elevator just inside the entrance to the Parish Hall that goes right up to the church.
- If you see a potential hazard, please inform parish staff.



**PARTNERS
IN THE GOSPEL**

WELCOME TO OUR PARISH FAMILY!

St Jude | Holy Innocents
Mission Church of St. Anthony

Marriage Banns

FERNANDO SILVA MARINEZ
AND

ANN CHRISTINA GOMEZ GUTIEERREZ

Are to be married at Parroquia del Senor de Buen
Despacho in Mexico City

All the faithful are obliged to reveal any impediments they know about, if any, to the pastor or local ordinary before the celebration of the marriage. (canon 1069)

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PARISH COMMUNITY

Holy Family Syro-Malabar Catholic Community

The Holy Family Syro-Malabar Catholic Community, affiliated with St. Jude Catholic Church, Redmond, is a vibrant and faith-filled community dedicated to the spiritual and integral growth of its members. Through Catholic worship, faith formation, and active community life, we seek to live and share the love of Christ. We serve 170 families and approximately 500 faithful of the Eastern Catholic tradition. Our Faith Formation Program currently nurtures 165 children from Pre-K through Grade 12, helping them grow in faith and tradition. The Syro-Malabar Holy Qurbana is celebrated every Sunday at 4:00 PM and every Saturday at 9:00 AM at St. Jude Catholic Church. Our community is blessed with a vibrant youth ministry and a variety of active parish-level ministries, offering opportunities for spiritual growth, service, and fellowship for all ages.

OUR SYRO-MALABAR HERITAGE

The Syro-Malabar Church is one of the 22 Eastern (Oriental) Catholic Churches in full communion with the Pope and is the second largest Eastern Catholic Church in the world. Its origins trace back to the evangelizing mission of St. Thomas the Apostle in the first century, making it one of the most ancient Christian communities in existence.

The Church is governed by a Major Archbishop and consists of nine archdioceses and twenty-six dioceses, four of which are outside India. Among them, the St. Thomas Syro-Malabar Diocese of Chicago is the first and primarily serves Eastern Catholic migrants from India in the United States.

SYRO-MALABAR CHURCH IN THE UNITED STATES

Syro-Malabar migrants began arriving in the United States in the late 1960s. They formed small faith communities that nurtured their spiritual, cultural, and social traditions. Over time, these gatherings grew into vibrant centers of prayer, worship, and community life. Recognizing this growth, Pope St. John Paul II established the St. Thomas Syro-Malabar Catholic

Diocese of Chicago on March 13, 2001, appointing Fr. Jacob Angadiath, a migrant priest from India, as its first bishop. The Diocese is currently celebrating its Silver Jubilee (25th Anniversary). Today, the Diocese includes 54 parishes, 32 communities, and 70 priests, serving nearly 30,000 Catholic families and about 90,000 faithful throughout United States through various pastoral ministries.

Preserving Faith, Culture, and Identity

One of the most vital services of the Syro-Malabar Church is preserving the faith, language, culture, and traditions of migrant families who left their homeland. By providing opportunities to celebrate and pass on these traditions, the Church helps future generations remain deeply rooted in their spiritual and cultural identity.

The Holy Family Syro-Malabar Catholic Community is deeply grateful to Rev. Fr. James Johnson and the people of St. Jude Catholic Church for their continued support, generosity, and hospitality.

Fr. Raphael Ambadan
Parochial Vicar, St. Jude, Holy Innocents
and St Anthony Catholic Churches
and
Pastoral Director of the Holy Family
Syro Malabar Community, Redmond.



LENT AT ST JUDE 2026

PRAY



Prayer teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy.

STATIONS OF THE CROSS

Fridays of Lent: 12 Noon and 7 PM

The Stations of the Cross are a 14-step devotion that commemorates Jesus Christ's last day on Earth as a man, and focuses on specific events of His last day, beginning with his condemnation. This mini-pilgrimage allows us to meditate on His ultimate sacrifice for us.

ADORATION

Fridays, from after 9 AM Mass to 7 PM

Come spend some quiet time before the Lord, worshipping, adoring, and letting God speak to you in the depths of your heart.

DAILY MASS

Monday - Friday 9 AM (except Tuesdays)

At Daily Mass we enter into Christ's sacrifice and grow in our relationship with him.

HOLY WEEK

March 29 PALM SUNDAY

April 2 HOLY THURSDAY

Mass of the Lord's Supper - 7 PM

April 3 GOOD FRIDAY

Celebration of the Lord's Passion - 7 PM

April 4 HOLY SATURDAY

Easter Vigil - 8 PM

April 5 EASTER SUNDAY

Masses at 9 AM and 11 AM

FAST



Fasting is learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts.

FAST DAYS

Ash Wednesday, February 18, 2026

Good Friday, April 3, 2026

ABSTINENCE FROM MEAT DAYS

Ash Wednesday, February 18, 2026

Good Friday, April 3, 2026

and all the Fridays of Lent

Fasting is to be observed by all who are 18-60 years old. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Abstinence from Meat is observed by all fourteen years of age and older. On days of abstinence no meat is allowed. Note that when health would be seriously affected, the law does not oblige.

FASTING FROM ELECTRONIC DEVICES

Our electronic devices often command so much of our time and attention crowding out time which could be used for acts of prayer, love, and service. Try fasting from cell phone use or the internet for an hour or two a day.

GIVE



By Almsgiving, we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. Thus, we rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

CRS RICE BOWL

begins on Ash Wednesday. By giving up what we might otherwise eat or drink and saving what we might spend for those in need across the world, we become more mindful of all our brothers and sisters. Check out www.crsricebowl.org for resources to help you LIVE Lent! Pick up your Rice Bowl and other materials in the church narthex.

ALL PARISH SERVICE DAY

Saturday, March 14, 2026 9 AM

We begin with a gathering at 8:30AM for a light breakfast, followed by work beginning at 9AM. Come and work with fellow parishioners to help our neighbors, spruce up our parish, and build up those in need.

ST. VINCENT DE PAUL AND SAFE PARKING

These two important efforts of our parish help those in need. Your funds and volunteering help so many who are in crisis in concrete ways.

PARISH MISSION: Abundant Life in Christ

Jesus proclaims in John 10:10, "I have come that you may have life, and have it abundantly." Are you living in that fullness? Join our parish mission and discover how Christ leads us into a deeper, richer, more joyful life with Him.

Monday March 23, 2026 7-8:30PM

Tuesday March 24, 2026 7-8:30PM

Wednesday March 25, 2026 7-8:30PM

SACRAMENT OF RECONCILIATION - CONFESSIONS

Experience God's Mercy and let His grace remove obstacles that interfere with your relationship with Him.

Fridays of Lent beginning February 18 from 6:00 – 6:55 PM

Saturdays 3:30 – 4:30 PM (Except Holy Saturday, April 4)

LENTEN PENANCE SERVICE: Individual Confessions –

6 confessors Monday, March 16, 2026 7:00 PM

This is the ideal time to make your confession before Easter.