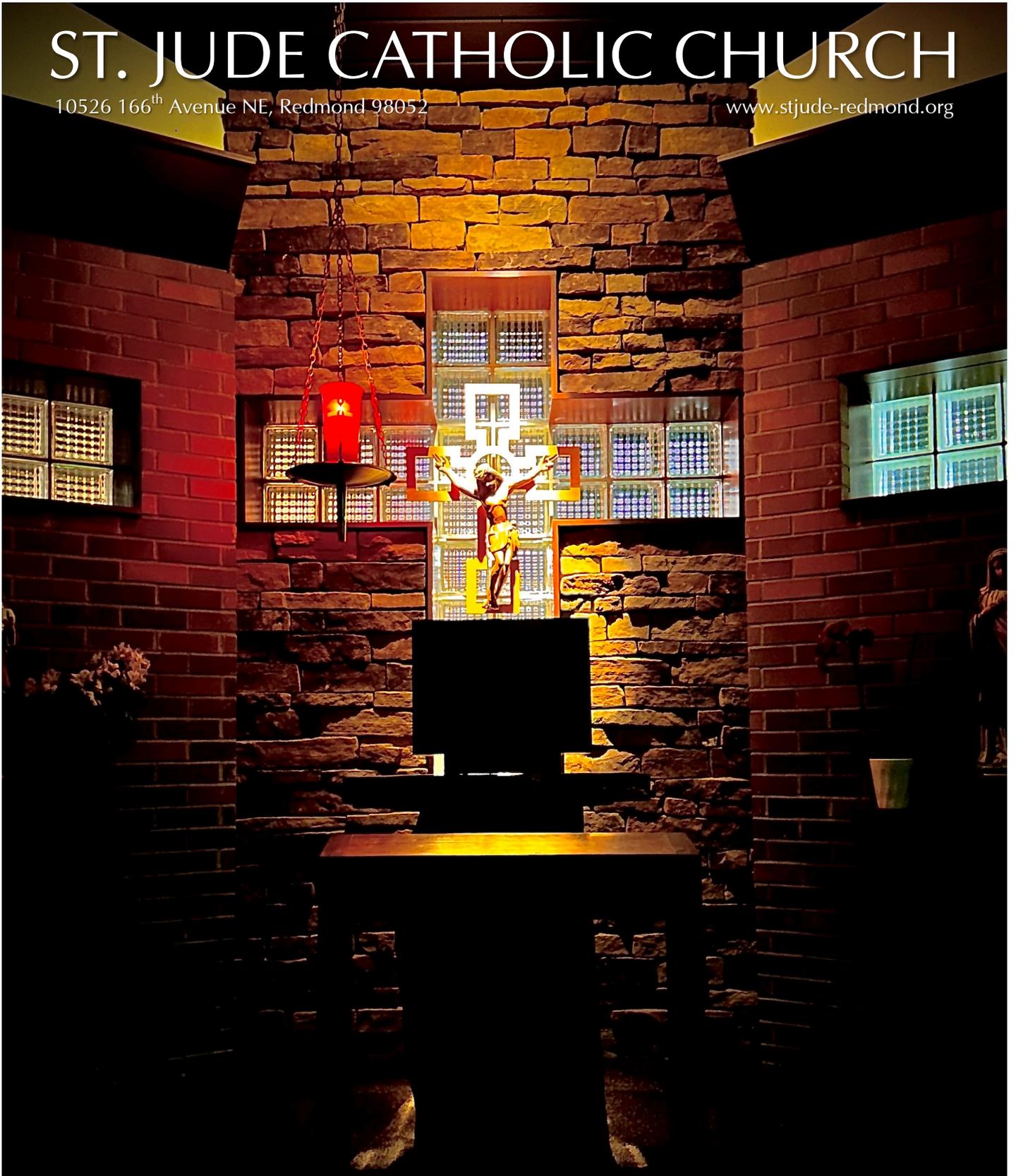


# ST. JUDE CATHOLIC CHURCH

10526 166<sup>th</sup> Avenue NE, Redmond 98052

[www.stjude-redmond.org](http://www.stjude-redmond.org)



Sixth Sunday in Ordinary Time  
February 15, 2026  
Parish Bulletin

**NEW TO REDMOND OR ST. JUDE?  
WELCOME!**

We would be glad to have you as a member of our parish! Please fill out a registration on our website or by scanning the QR code, so we can get to know and serve you better.



**CHURCH OFFICE**

Telephone: 425-883-7685

Office Hours: Monday - Thursday 9 AM to 4 PM  
Friday 9 AM to 12PM

Church Address and Mailing Address:  
10526 166th Avenue NE, Redmond, WA 98052

Website: [www.stjude-redmond.org](http://www.stjude-redmond.org)

**PARISH STAFF**

**Pastor**

Rev. James Johnson frjohnson@stjude-redmond.org

**Parochial Vicar**

Rev. Raphael Ambadan fraphael@stjude-redmond.org

**Deacon**

Reuben D'sa reuben@stjude-redmond.org

**Pastoral Associate**

Betty Reyes bettyreyes@stjude-redmond.org

**Pastoral Assistant for Administration**

Krista Schafer kristas@stjude-redmond.org

**Front Office, Registration, Sacramental Records**

Avril Allori avril@stjude-redmond.org

**Faith Formation**

Rick Casolary rick@stjude-redmond.org

Joan Archana Chandran joan@stjude-redmond.org

**Database Coordinator, Ministry Events Scheduling**

Dorota Milewska dorota@stjude-redmond.org

**Office Manager, Communications, Events**

Norma Estoy norma@stjude-redmond.org

**Facilities Coordinator**

Angel Herrera angel@stjude-redmond.org

**CELEBRATION OF THE SACRAMENTS**

**SUNDAY MASS**

Saturday Vigil Mass: 5:00 PM

Sunday: 9:00 AM and 11:00 AM

**DAILY MASS**

Monday, Wednesday, Thursday, Friday: 9:00 AM

Please see Weekly Calendar on insert for any updated week-to-week schedule changes.

**EXPOSITION OF THE BLESSED SACRAMENT**

Fridays after 9:00 AM Mass until 9:00 PM. Sign up in advance at <http://stjude.weadorehim.com/> to help us ensure someone is always present with Jesus.

**CONFESSIONS**

Wednesdays, 8:30 — 8:50 AM

Saturdays 3:30 — 4:30 PM or by appointment

**COMMUNION TO THE HOMEBOUND**

Please contact the office to schedule a visit.

**BAPTISM OF INFANTS**

Infants and children under 7 are baptized monthly at Mass. A preparation session is required for parents and Godparents. Please contact Betty Reyes.

**BECOMING CATHOLIC**

Are you a non-baptized adult or were baptized in another Christian community and would like to become Catholic? Or have children age 7+ who would like to be baptized Catholic? Contact Deacon Reuben.

**MARRIAGE**

A preparation program over a period of several months is required. Contact Fr. Johnson to begin the process.

**ANOINTING OF THE SICK**

In case of serious illness, impending surgery or advanced age, please contact the parish office or Fr. Johnson. The sacrament should not be delayed until the person is unconscious or in imminent danger of death.

**FUNERALS**

Contact Fr. Johnson through the office at 425-883-7685.

**CATHOLIC CEMETARIES SERVING ST. JUDE**

Calvary 206-522-0996 Holyrood 206-363-8404

**ASSISTANCE TO THOSE IN NEED**

**ST. VINCENT de PAUL**

- SVdP Helpline number for assistance: 206-767-6449
- To learn more or to join the ministry contact: Diane Murphy at [svdp@stjude-redmond.org](mailto:svdp@stjude-redmond.org)
- To donate furniture or household items email: [svdpfurniture@stjude-redmond.org](mailto:svdpfurniture@stjude-redmond.org)

**SAFE PARKING**

Contact: [safeparking@stjude-redmond.org](mailto:safeparking@stjude-redmond.org)  
Safe Parking Helpline: 425-658-4982

**CATHOLIC COMMUNITY SERVICES**

Marriage, adolescent, family and individual counseling and referral. Call 1-800-872-3204

**KNIGHTS OF COLUMBUS**

[knightsofcolumbus@stjude-redmond.org](mailto:knightsofcolumbus@stjude-redmond.org)

**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

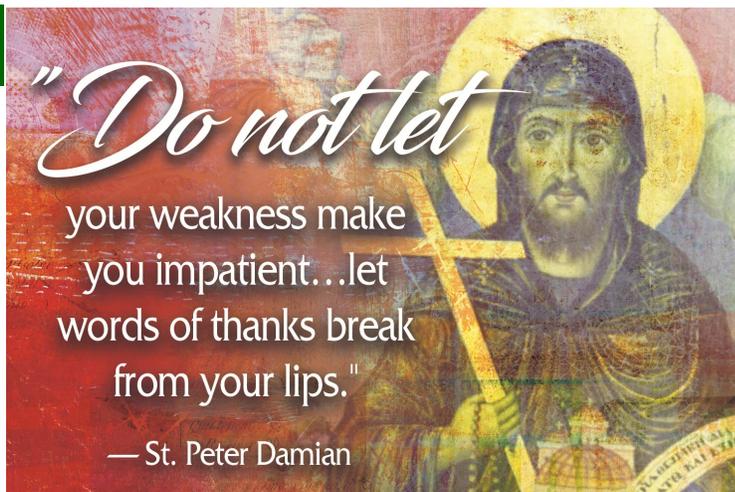
Wine & Cheese after Mass

**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

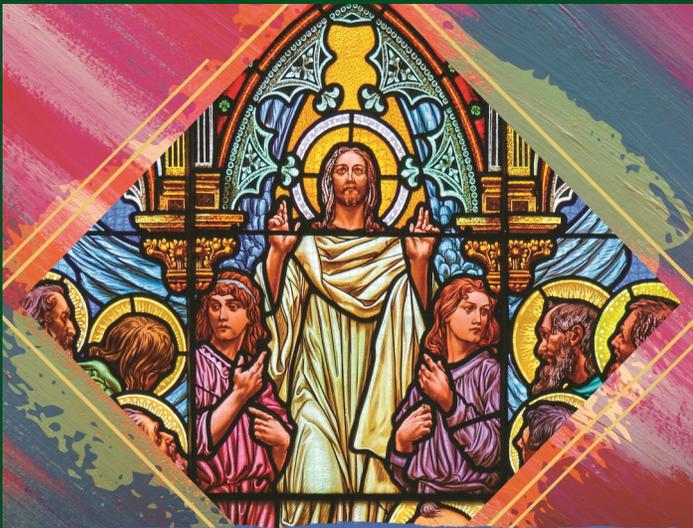
ANN CHRISTINA GOMEZ GUTIEERREZ

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)

Published Feb 11, 2026 – March 8, 2026

# PARISH NEWS



## 6TH SUNDAY IN ORDINARY TIME

"I say to you, whoever is angry with his brother will be liable to judgment." - Mt 5:22a

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPI



### February 18, 2026

#### Mass Times

9:00AM 12:15PM 7:00PM



[crsricebowl.org/solidarity](http://crsricebowl.org/solidarity) | [crsplatodearroz.org/solidaridad](http://crsplatodearroz.org/solidaridad)

## Ending Hunger With CRS Rice Bowl

This Lent, our community will participate in CRS Rice Bowl—connecting our prayers, fasting and almsgiving to encounter God through our global family. We'll meet, pray for and learn from families in Ghana, Guatemala and Timor-Leste who are rising above the challenges of hunger and malnutrition. Pick up your rice bowl from the basket in the Narthex starting Ash Wednesday, February 18. Then, to share your Lenten prayer intentions, visit [crsricebowl.org/login](http://crsricebowl.org/login).

There will be no Daily Mass and the parish office will be  
**CLOSED FOR**  
**PRESIDENT'S DAY**  
**MONDAY FEBRUARY 16 2026**



## Microsoft Mass

February 19, 2026  
5:30PM Thursday

Catholics at Microsoft have organized a social email distribution group (CAMS or Catholics at Microsoft) with over 200 members. It is a warm and welcoming faith community. If you are or know a Catholic working at Microsoft, encourage them to join [CAMS@microsoft.com](mailto:CAMS@microsoft.com). **All techies welcome!**



**Feb. 28, 2026**  
**After 5PM Mass**

We celebrate Valentine's all February! Bring your sweetheart(s) and come join us because we've got a "divine" menu to share with you: Chicken Divan (chicken, broccoli, with just a hint of curry to spice things up) served over a bed of rice with a "hearty" salad. And of course, it just wouldn't be Valentine's Day without some chocolate making an appearance so save some room **—because there's always dessert at the Diner!**



## 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](http://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.**

# PREPARING FOR LENT

## PREPARE FOR LENT

**JOIN US**  
FOR STATIONS  
OF THE CROSS  
FRIDAYS 12PM & 7PM

### LENTEN DISCIPLINES OF FASTING & ABSTINENCE

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on Ash Wednesday and Good Friday.

Fasting consists of eating only one meal, with the possibility of two smaller snacks that do not add up to a single full meal.

Catholics age 14 and older are to abstain from meat on all Fridays in Lent.

HOW  
ARE YOU  
CHOOSING TO  
WALK IN HIS  
SANDALS  
THIS LENT?

### THE THREE PILLARS OF LENT

**PRAYER**  
CONNECT  
WITH GOD

**FASTING**  
CONNECT  
WITH SELF

**ALMSGIVING**  
CONNECT  
WITH NEIGHBORS



# FOOD DRIVE

*FIGHTING HUNGER. FEEDING LIVES*



## DONATE TO THE HOLY INNOCENTS CATHOLIC CHURCH FOOD PANTRY

Join the Knights of Columbus Council 8102 in donating fresh food and basic hygiene items to support the food pantry. All donations go to help needy families and individuals served by our Parish family in Redmond, Duvall, Carnation and Monroe

**Sat Feb 28th - Sun Mar 1st**  
Before and After Mass Only

**Drop Off Location:**  
St. Jude Church - Parish Hall

DO NOT bring donations outside of the times noted as we have minimal storage and refrigeration space. For more information contact: Vinod Nazareth [v29nazareth@gmail.com](mailto:v29nazareth@gmail.com)



We kindly ask that you donate items that are in good condition and within freshness dates. Make sure they are in their original packaging or securely bagged

### SUGGESTED ITEMS

- ✓ **Fresh Produce (durable items)**
  - Apples, oranges, bananas, melons (whole)
  - Cabbage, carrots, celery, bell peppers, squash
  - Sweet potatoes, onions
  - Leafy greens (spinach, kale)
- ✓ **Bakery, Bread, Grains**
  - Whole-grain bread, bagels, rolls
  - Tortillas
- ✓ **Basic Hygiene Items**
  - Personal Care: soap, deodorant, shampoo
  - Oral Health: toothbrush, toothpaste, dental floss
  - Menstrual Care: pads
  - Shaving Needs: disposable razors, shaving cream
  - Baby Care: diapers (sizes 4-6), Pull-ups (4T-6T), baby wipes

Lent 2026

# Hope and Renewal

February 18–April 4

Lent, derived from the word “springtime,” is a time of hope and spiritual renewal as we prepare to enter more fully into the Paschal Mystery of Christ’s passion, death and resurrection.

Go to [archseattle.org/lent](http://archseattle.org/lent) for Lenten inspiration from Archbishop Etienne, engaging stories from Northwest Catholic and more. Follow us on Facebook and Instagram @archdioceseofseattle to get local Lenten inspiration.

For Lenten inspiration and resources,  
go to [archseattle.org/lent](http://archseattle.org/lent).



Archdiocese  
of Seattle



## AROUND THE ARCHDIOCESE



### 'You Are Not Alone' Regional Gatherings

The Archdiocese of Seattle invites all Catholics to gather for 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 or learn more:  
[www.archseattle.org/events/you-are-not-alone/](http://www.archseattle.org/events/you-are-not-alone/)

## FINANCE COUNCIL REPORT

**Stewardship is a fulfillment of our innate desire to give and God's call for us to lead sacrificial lives.**

### Stewardship of Treasure

Parish Financial Giving/Sunday Offertory

July 1, 2025 through February 1, 2026

Actual... \$695,902

Goal... \$659,700

**Ahead (Behind) Budget \$66,202**

### St. Jude offers Online Giving

To donate, scan the QR Code or visit our website at [www.stjude-redmond.org](http://www.stjude-redmond.org)

**Our Parish Finance Council Thanks you and asks for your Continued Generosity!**

Ron Fetcher  
 Diane Murphy  
 Vinod Nazareth  
 Shane Perry  
 Frank Slavick  
 Fr. James Johnson

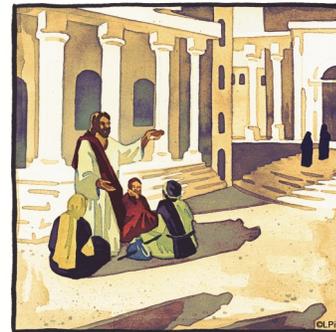


## MASS INTENTIONS

### Mass Intentions Week of February 16— February 19

Thursday, February 19 Bill Franz †

Friday, February 20 Larry Gregory †



*“Again you have heard that it was said to your ancestors, ‘Do not take a false oath, but make good to the Lord all that you vow.’ But I say to you, do not swear at all. Let your ‘Yes’ mean ‘Yes’ and your ‘No’ mean ‘No.’”*

— Mt 5:33-34a, 37

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

## LIVE THE LITURGY INSPIRATION FOR THE WEEK

Jesus does not want us to live within the law — he wants the law to live within us. God's law, fulfilled by His Son, is rich soil. We must let it nourish the words and the decisions of our Christian life — only then will it flow forth into the world.



**Receive St. Jude news straight to your inbox!**

Sign up for our email newsletter by scanning the QR code or signing up on our website.



**Peace of Mind**  
ADULT FAMILY HOME

Where Residents are Family!  
Call for a tour at 425-442-0930

Sheila Navaluna, RN, BSN  
"Recommended by longtime parishioner Meg Lewis"

**Special Eyes**  
EYECARE

Located in **COSTCO** Redmond, WA  
www.wholesale.com

**Book an Appointment**  
Call Us Today!  
**(425) 406-5397**  
specialeyes2020.com

**COLUMBIA & HARVEY FUNERAL HOME**  
Serving Catholic Families  
Funeral Home Manager  
K.C. Engle-Forfua  
Parishioner of St. Stephens the Martyr  
**(206) 722-1100**  
columbiamfuneralhome.com

**IF YOU LIVE ALONE**

**MDMedAlert!**™ As Low As **\$19<sup>95</sup>** /mo

✓ Ambulance ✓ Police/Fire  
✓ Family/Friends ✓ GPS & Fall Alert

**CALL NOW! 800.808.9294** • md-medalert.com

Service and New Efficient Systems **206-783-1190**  
**425-974-1003**

**FISCHER**  
Heating and Air  
"The Technicians People Recommend"

Guaranteed work!  
"Ask your neighbor!"  
40 Years of Integrity & Skill

www.fischerheating.com

**SUPPORT OUR PARISH**

**FISCHER PLUMBING**

\*100,000 Satisfied Customers  
**206-783-4129**  
**425-455-1310**

"The Plumber People Recommend"  
40 Years of Integrity and Skill

www.fischerplumbing.com

**NOBLE PLUMBING**  
SNOQUALMIE, WA

noble-plumbing.com - admin@thenobleplumber.com - (425) 200-5642

Residential & Commercial Plumbing

Are you facing challenging care decisions?  
**We Can Help.**

**Team Stowe Homes**  
Kelly and Michelle Stowe  
**425-761-3674**  
teamstowe.com

**COLDWELL BANKER DANFORTH**

Looking to buy or sell a home, or have questions about the Local Market? We are Real Estate Brokers serving our local community for over 10 years and we would love to hear from you!

**WE APPRECIATE OUR ADVERTISERS!**

**SENIOR CARE AUTHORITY**

Senior Living and Care Solutions  
Veronica Griffiths  
Certified Senior Advisor

Call us today! (206) 888-7206

**Home Helpers®**  
Home Care of Kirkland, WA

For more information call Lynn  
**425-772-7255**

- Personal Care • Errands
- Companionship • Meal Prep
- Light Housekeeping • More!

Each office is independently owned and operated.

**Señor De Los Milagros Missions Call 425-523-2903**

- Children Parent Support Group online - \$25 per meeting
- We give out hygiene/care packages to the homeless (Free)

Please Donate | <https://lordofmiracles1.wordpress.com>

**Inventor Safe Haven Call 206-659-1676**

- Starting a Business Workshop online - \$25 per meeting
- Support Group for Inventors, & Creators online - \$25 per meeting

Please Donate | <https://inventorsafehaven.wordpress.com>

**Therapy Guide Counseling 757-286-0333**  
Psychoeducational Group Sessions online - \$45 per meeting

**BH CONTRACTING**

Kitchen & Bath Remodels • Additions  
Decks • Small Projects

**206-423-9387**  
www.bhcontractingservices.com

**FAIRWINDS REDMOND**

A LEISURE CARE PREMIER COMMUNITY

Indoor Pool  
Personal Trainers  
Large 1 & 2 Bedrooms  
Private Transportation  
Restaurants on-site  
Assisted Living

**BEST SENIOR LIVING** USNews

9988 Avondale Road NE | Redmond, WA 98052  
425-558-4700 | www.FairwindsRedmond.com

**EASTSIDE CATHOLIC**

Unlock Potential,  
Transform Your Future

Coed, Grades 6-12

**RS ROOFSMART**  
EST. 2011  
★ Nailed it! ★

Catholic Owned Business  
**206-487-4877**

CALL TODAY FOR OUR EXCLUSIVE MOVE-IN OFFERS!

**COGIR KIRKLAND SENIOR LIVING**

- BOUTIQUE ASSISTED LIVING -

CALL US TO SCHEDULE A TOUR!  
**(425) 793-2114**

CogirofKirkland.com

