

Dear friends in Christ,

As we begin this season of Lent, the season for repentance and renewal, I invite you to reflect upon our Holy Father, Pope Leo's message to the Church for this Holy Season. In his message for Lent, he highlights two practices which aid us in the conversion the Lord desires of us; listening and fasting:

Dear brothers and sisters,

Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.

Listening

This year, I would first like to consider the importance of making room for the word through *listening*. The willingness to listen is the first way we demonstrate our desire to enter into relationship with someone.

In revealing himself to Moses in the burning bush, God himself teaches us that listening is one of his defining characteristics: "I have observed the misery of my people who are in Egypt; I have heard their cry" (Ex 3:7). Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

Our God is one who seeks to involve us. Even today he shares with us what is in his heart. Because of this, listening to the word in the liturgy teaches us to listen to the truth of reality. In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering. In order to foster this inner openness to listening, we must allow God to teach us how to listen *as he does*. We must recognize that "the condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church."

Fasting

If Lent is a time for listening, *fasting* is a concrete way to prepare ourselves to receive the word of God. Abstaining from food is an ancient ascetic practice that is essential on the path of conversion. Precisely because

it involves the body, fasting makes it easier to recognize what we "hunger" for and what we deem necessary for our sustenance. Moreover, it helps us to identify and order our "appetites," keeping our hunger and thirst for justice alive and freeing us from complacency. Thus, it teaches us to pray and act responsibly towards our neighbor.

With spiritual insight, Saint Augustine helps us to understand the tension between the present moment and the future fulfillment that characterizes this custody of the heart. He observes that: "In the course of earthly life, it is incumbent upon men and women to hunger and thirst for justice, but to be satisfied belongs to the next life. Angels are satisfied with this bread, this food. The human race, on the other hand, hungers for it; we are all drawn to it in our desire. This reaching out in desire expands the soul and increases its capacity." Understood in this way, fasting not only permits us to govern our desire, purifying it and making it freer, but also to expand it, so that it is directed towards God and doing good.

However, in order to practice fasting in accordance with its evangelical character and avoid the temptation that leads to pride, it must be lived in faith and humility. It must be grounded in communion with the Lord, because "those who are unable to nourish themselves with the word of God do not fast properly." As a visible sign of our inner commitment to turn away from sin and evil with the help of grace, fasting must also include other forms of self-denial aimed at helping us to acquire a more sober lifestyle, since "austerity alone makes the Christian life strong and authentic."

In this regard, I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace. POPE LEO

I will be away next week until March 4, getting a little post- Christmas, pre-Lent (a little late) R and R. We will have a modified weekday Mass schedule. Please note, too, that there will be no Friday night confessions at St. Jude next week. I will keep you in my prayers while I am away. Please pray for me, too! Many thanks!

Blessings on your Lent! Blessings on your week!

Fr Johnson

WEEKLY CALENDAR

Monday, February 23

9:00 AM Daily Mass
10:00 AM Women of Faith

Tuesday, February 24

No Daily Mass
5:30 Faith Formation K-6

Wednesday, February 25

8:30 AM Confessions
9:00 AM Daily Mass
7:00 PM House of Prayer: No Greater Love
7:00 PM Gospel Choir Rehearsal (for 11AM Mass)

Thursday, February 26

No Daily Mass

12:15 PM Steps to Freedom
1:00 PM Rosary Cenacle
6:30 PM Sanctuary Choir Rehearsal
(for 9AM Mass)
6:30 PM Knights of Columbus - Officers Meeting
7:00 PM OCIA

Friday, February 27

9:00 AM Daily Mass
9:30 AM Adoration until 7PM
10:00 AM Guardians & Angels
12:00 PM Stations of the Cross

No Confessions

7:00 PM Stations of the Cross

Saturday, February 28

3:30 PM Confessions
5:00 PM Saturday Vigil Mass
6:00 PM Saturday Night Diner:
Valentine's Theme

Sunday, March 1

9:00 AM Sunday Mass
11:00 AM Sunday Mass
Coffee & Donuts after both Masses
6:30 PM Teen Group



**PARTNERS
IN THE GOSPEL**

WELCOME TO OUR PARISH FAMILY!

St Jude | Holy Innocents
Mission Church of St. Anthony

SPECIAL COLLECTION

We need the **Good News**
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The Northwest Catholic Collection will be taken up next week at all Masses. Your support ensures that Northwest Catholic magazine is delivered six times a year, free of charge, to every registered Catholic household in Western Washington, and that its website, **NWCatholic.org**, is updated every day with local, national and international Catholic news.

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! 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.

Marriage Banns

FERNANDO SILVA MARINEZ
AND
ANN CHRISTINA GOMEZ GUTIERREZ

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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LENTEN ALMSGIVING OPPORTUNITY: HOLY INNOCENTS FOOD PANTRY



Holy Innocents Catholic Church-Food Pantry ***FIGHTING HUNGER. FEEDING LIVES***

FOOD DRIVE - February 28 and March 1, 2026

A recommended list of **food and basic hygiene** items suitable for donation

✓ **Bakery, Bread, Grains**

- Whole-grain bread, bagels or rolls
- Barley and oats
- Tortillas



✓ **Canned Goods and Non Perishables**

- Pasta sauce
- Tomato sauce
- Boxed Cereal
- Jam/jelly
- Canned fruit: peaches, pears, mandarin oranges, fruit cocktail
- Cooking oil/spray
- Condiments: Ketchup, mayo, mustard, salsa, salad dressing, spices



✓ **Fresh Produce (durable Items)**

- Apples, oranges, bananas, seasonal melons (whole)
- Cabbage, carrots, celery, bell peppers, squash, zucchini
- Leafy greens (lettuce, spinach, kale)

✓ **Basic Hygiene Items**

- **Personal Care:** Soap/body wash, deodorant, shampoo & conditioner
- **Laundry:** detergent pods
- **Oral Health:** Toothbrushes, toothpaste, dental floss
- **Menstrual Care:** Pads
- **Shaving Needs:** Disposable razors and shaving cream
- **Baby Care:** Diapers (3-6), pull-ups (4T-5T), baby wipes



Important Tips:

- Ensure items are **in good condition** and **within freshness dates**.
- Make sure that the items are in the **original packaging** or securely bagged.
- Do not donate left-overs from your refrigerator or storage shelves.
- We will be collecting donations only on Saturday, February 28, and Sunday, March 1—before and after each Mass. **DO NOT** drop-off items earlier.

LENTEN PRAYER OPPORTUNITIES: MINISTRY GROUPS

NO GREATER LOVE

A BIBLICAL WALK THROUGH
CHRIST'S PASSION



Five-Session Lenten Reflections from Ascension Press Hosted by the House of Prayer Group

Beginning on Wednesday, February 25, Dcn. Reuben D'sa will facilitate a five-part Lenten Reflection Series that will help you experience Christ's Passion and Death in a deeper and more transformative way. In *No Greater Love: A Biblical Walk Through Christ's Passion*, we are going to walk step-by-step with Jesus on his journey from his Agony in the Garden to his Crucifixion on Mount Calvary. Along the way, we will explore the biblical background of these events, and most especially, the ways Jesus is inviting us to walk more closely with him today.



Place: Lovett Hall from 7-8:30pm

Dates: February 25, March 4, March 11, March 18, and April 1
(no meeting on March 25 - Parish Mission)

Contact to RSVP: Kathy Amundsen - toothmom03@comcast.net
Beata Jannova - bjannova@gmail.com



LEARN TO LET GOD LEAD THIS LENT

St. Jude Parish - Women of Faith Group

ALL WOMEN OF OUR PARISH FAMILY ARE INVITED TO JOIN OUR LENTEN JOURNEY WITH
CRUX: DAILY LENTEN MEDITATIONS BY FR. COLUMBA JORDAN, CFR.

Crux: Daily Lenten Meditations is a daily devotional from Ascension Press designed to help us build a habit of Scripture reading and prayer, keeping our eyes fixed on our Lenten goals. Throughout the season, we will read the entire Gospel of Mark, reflecting on our identity as God's beloved children and responding by prayer and practical action.

DATES | TIME | LOCATION

MONDAYS 10-11:30 AM
FEBRUARY 23 - MARCH 30
LOVETT HALL, ST. JUDE CHURCH

FOR MORE INFORMATION AND TO RSVP

CONTACT **Jacque Kinzer** or **Su Laing**
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sulaing@outlook.com



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ASCENSION Lenten reflections



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Fr. Columba's DAILY Lenten reflections
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