

One family together in Christ

ST JUDE + HOLY INNOCENTS + ST ANTHONY

Serving Redmond, Duvall, Carnation and the Snoqualmie Valley

JUNE 7, 2026 | SOLEMNITY OF THE MOST HOLY BODY & BLOOD OF CHRIST



ST JUDE

CATHOLIC CHURCH

10526 166th Ave NE
Redmond, WA 98052
425-883-7685
office@stjude-redmond.org
www.stjude-redmond.org



HOLY INNOCENTS

CATHOLIC CHURCH

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Duvall, WA 98019
425-788-1400
office@holynn.org
www.holynn.org



ST ANTHONY

MISSION CHURCH

31911 Blanche Street
Carnation, WA 98014
425-333-4930
stanthonyoffice@holynn.org
www.stanthony-carnation.org

WELCOME TO OUR FAMILY: ST JUDE, HOLY INNOCENTS, ST ANTHONY

PARISH FAMILY CLERGY

PASTOR

Rev. James Johnson
frjohnson@stjude-redmond.org

PAROCHIAL VICAR

Rev. Raphael Ambadan
frraphael@stjude-redmond.org

DEACONS

Deacon Reuben D'sa (St. Jude)
reuben@stjude-redmond.org
Deacon Mirek Sztanjo (Holy Innocents)
Deacon_mirek@holynn.org

MASS SCHEDULE

Please check calendar on insert
or parish website for most up to
date schedule.

ST JUDE

Sunday Mass
Saturday Vigil Mass: 5PM
Sunday: 9AM and 11AM
Daily Mass
M, W, TH, F: 9AM

HOLY INNOCENTS

Sunday Mass
Sunday: 8AM and 10:30AM
Daily Mass
T, TH, F: 9AM
W: 6PM

ST ANTHONY

Sunday Mass
Saturday Vigil Mass: 5PM

NEW TO DUVALL, REDMOND, OR CARNATION?

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



REGISTER
FOR
HOLY INNOCENTS

REGISTER
FOR ST JUDE



CELEBRATION OF THE SACRAMENTS

COMMUNION TO THE HOMEBOUND

Please contact your parish office to learn more or 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. At St. Jude, contact Betty. At Holy Innocents and St. Anthony, contact Debby.

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? At St. Jude, contact Deacon Reuben. At Holy Innocents and St. Anthony, contact the Holy Innocents parish office.

MARRIAGE

A preparation program over a period of several months is required. Contact Fr. Johnson at your parish's office to begin the process. Marriages are celebrated in the parish in which one of the Catholic parties lives.

RECONCILIATION - CONFESSIONS

ST JUDE: Wednesday 8:30-8:50AM and Saturday 3:30-4:30PM
HOLY INNOCENTS: Friday 6-6:45PM

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 your parish office. Catholic cemeteries serving our family: Calvary 206-522-0996 and Holyrood 206-363-8404

ST JUDE STAFF

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HOLY INNOCENTS STAFF

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Linda Johnson

THE BODY AND BLOOD OF THE LORD

Dear friends in Christ,

This Sunday we celebrate the Solemnity of the Body and Blood of Christ, Corpus Christi. Each year the Church dedicates the second Sunday after Pentecost to pondering this sacrament. The Blessed Sacrament has been given to us by the Lord to nourish and sustain us on our pilgrim way to the banquet of Heaven. Vatican II called us to a deeper appreciation of the Eucharist as the source and the summit of the Christian life. At the Altar, Christ becomes really and truly present to us, Body, Blood, Soul and Divinity! Nothing less! This sacrament is given to us for our transformation, so that we may become more like Jesus! Here is a passage from a Corpus Christi homily of Pope Leo last year to help us reflect on the gift of the Holy Eucharist this week:

In saving the crowds from hunger, Jesus proclaims that he will save everyone from death. That is the mystery of faith, which we celebrate in the sacrament of the Eucharist. For just as hunger is a sign of our radical needs in this life, so breaking bread is a sign of God's gift of salvation.

Dear friends, Christ is God's answer to our human hunger, because his Body is the bread of eternal life: Take this and eat of it, all of you! Jesus' invitation reflects our daily experience: in order to remain alive, we need to nourish ourselves with life, drawing it from plants and animals. Yet eating something dead reminds us that we too, no matter how much we eat, will one day die. On the other hand, when we partake of Jesus, the living and true Bread, we live for him. By offering himself completely, the crucified and risen Lord delivers himself into our hands, and we realize that we were made to partake of God. Our hungry nature bears the mark of a need that is satisfied by the grace of the Eucharist. As Saint Augustine writes, Christ is truly "panis qui reficit, et non deficit; panis qui sumi potest, consumi non potest" (Serm. 130, 2): he is bread that restores and does not run short; bread that can be eaten but not exhausted. The Eucharist, in fact, is the true, real, and substantial presence of the Saviour (cf. Catechism of the Catholic Church, 1413), who transforms bread into himself in order to transform us into himself. Living and life-giving, the Corpus Domini makes us, the Church herself, the Body of the Lord.

For this reason, echoing the Apostle Paul (cf. 1 Cor 10:17), the Second Vatican Council teaches that "in the sacrament of the Eucharistic bread, the unity of believers, who form one body in Christ, is both expressed and achieved. All are called to this union with Christ, who is the light of the world, from whom we come, through whom we live, and towards whom we direct our lives" (Dogmatic Constitution Lumen Gentium, 3)....

Strengthened by the food that God gives us, let us bring Jesus to the hearts of all, because Jesus involves everyone in his work of salvation by calling each of us to sit at his table.

Blessed are those who are called, for they become witnesses of this love! POPE LEO

CONGRATULATIONS TO OUR FIRST COMMUNICANTS AT HOLY INNOCENTS

It is especially wonderful that on Corpus Christi this weekend we celebrate the First Communion of the children at Holy Innocents. Their joy at receiving this sacrament renews our appreciation of the gift we have all received in Jesus in the Eucharist. Congratulations to them all and to their families. May their love of Jesus continue to grow through this sacrament!

SOLEMNITY OF THE SACRED HEART OF JESUS

Next Friday, we celebrate the Solemnity of the Sacred Heart of Jesus. We remember and give thanks for the passionate love of Jesus which flows from his wounded heart. This week we continue to reflect upon this great mystery with the second part of Pope Leo's Pastoral Letter on the Sacred Heart. There is also another insert on how we can renew this devotion in our own lives and in our families. God's love expressed in and through the heart of his beloved Son is what saves us and restores us to a right relationship to God and our neighbor. The love we have received from Him is meant to flow outward from us so that all might know and be caught up into the love of God. May our devotion to the Sacred Heart in these days expand our hearts with his love and remind us of the call that we have received, to pass on this love in our broken world.

MASS DURING SUMMER

Summer is a time when many of us try to get out enjoy the nice weather and travel a bit. It is a wonderful thing to rest in God's creation for a while. As we experience the beauty of the mountains and the sound over the summer, let us be mindful of the source of these wonderful blessings. There is no better time or reason to celebrate Sunday Mass than over the summer! The essence of Sunday Eucharist is offering thanks and praise for the many gifts he has given us. Whether you're here or away, praying the Mass each Sunday helps us appreciate vacation time all the more. I hope you will take advantage of the universality of our Church, and take time to pray the Mass with other Catholics if you are traveling this summer... and also to make it a priority to give God thanks and praise every Sunday here at Holy Innocents, St. Jude, and St Anthony. Our vacation time especially reminds us of all the many reasons we have to give thanks to God.

Blessings on your week!

Fr. Johnson

HAPPENING THIS WEEK

ST JUDE Office Hours: Monday-Thursday 9AM-4PM, Friday 9AM-12PM

Mon June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12	Saturday June 13	Sunday June 14
9:00am Daily Mass 10:00am Women of Faith		8:30am Confessions 9:00am Daily Mass 7:00pm House of Prayer	9:00am Daily Mass 12:15pm Steps to Freedom 1pm Rosary Cenacle	9:00am Daily Mass 9:30am-9:00pm Adoration of the Blessed Sacrament	3:30pm Confessions 5:00pm Saturday Vigil Mass	9:00am Sunday Mass 11:00am Sunday Mass International Pancake Breakfast after both Masses

HOLY INNOCENTS Office Hours: Monday-Thursday 9AM-4PM, Friday 9AM-12PM

Mon June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12	Saturday June 13	Sunday June 14
7:00pm St. Vincent de Paul Meeting	9:00am Daily Mass 3:00-6:30pm Food Pantry Open	10am-12noon Food Pantry Open 6:00pm Daily Mass	9:00am Daily Mass 11:30am Senior Lunch 7:00pm Knights of Columbus Meeting	9:00am Daily Mass 10:00am Baby / Toddler Group 6-6:45pm Confessions 6-8pm Adoration		8:00am Sunday Mass 10:30am Sunday Mass with Graduate Blessing

ST ANTHONY Office Hours: June 11, 2026 Thursday 10AM-1PM

Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12	Saturday June 13
6:00pm Adoration & Rosary		6:00pm Bible Study		5:00pm Saturday Vigil Mass 6:00pm New Lector Dress Rehearsal 6:00pm Parade Float planning

ASSISTANCE TO THOSE IN NEED

ST VINCENT DE PAUL

- St. Jude SVdP: Helpline assistance: 206-767-6449
- Holy Innocents: King County Crisis line at 211
- To learn more or to join the ministry contact:
 - Connie Dunn at Holy Innocents: connie@conniedunn.com
 - Diane Murphy at St Jude: svdp@stjude-redmond.org
- To donate furniture or household items email: svdpfurniture@stjude-redmond.org

PARISH FAMILY FINANCIAL UPDATES

HOLY INNOCENTS YEAR TO DATE 2025 - 2026



OPERATIONS	
Actual	\$494,606
Goal	<u>\$461,538</u>
Ahead/(Behind)	\$33,068
BUILDING	
Actual	\$226,062
Goal	<u>\$248,009</u>
Ahead/(Behind)	(\$20,053)

ST JUDE YEAR TO DATE JULY 1, 2025 - MAY 31, 2026



St Jude	
Actual	\$1,095,800
Goal	<u>\$1,037,600</u>
Ahead/(Behind)	\$58,200

SAFE PARKING AT ST JUDE

Safe Parking Helpline: 425-658-4982
safeparking@stjude-redmond.org

KNIGHTS OF COLUMBUS

Holy Innocents:
 Contact George Doty 360-668-2224
Dotyga@aol.com
 St Jude:
knightsofcolumbus@stjude-redmond.org



“Learn from Me for I Am Meek and Humble of Heart”

A Pastoral Letter on the Sacred Heart of Jesus

+Archbishop Paul D. Etienne

PART II

The Sacred Heart and Eucharistic Communion

Eucharistic adoration or through contemplation of a sacred image — is not escapism. It is an act of resistance to a culture that no longer knows how to dwell with love. The Heart of Jesus is revealed most fully where his love is most completely given: in the self-offering of the cross and in the permanent gift of the Eucharist. As the Church teaches, “The immense love of the Son of God ... induced Him to deliver Himself up to death for us and to give Himself entirely to us in the Blessed Sacrament of the altar.”

Devotion to the Sacred Heart is inseparable from Eucharistic faith, for the Eucharist is the privileged place where the Church encounters the living Heart of Christ. In every celebration of the Mass, the same love that beat in the Heart of Jesus on Calvary is made present sacramentally and offered anew for the life of the world. Eucharistic communion, therefore, is not only reception; it is conformation — the shaping of our hearts according to his.

Devotion to the Sacred Heart finds its most authentic expression here. The Eucharist is the sacramental locus of this treasury, where Christ gives not something of himself, but himself entirely. For this reason, frequent Communion, Eucharistic adoration and the offering of daily life in union with the Mass are not just optional devotional practices; they are concrete ways in which the faithful learn to live from the Heart of Christ. Such communion bears fruit in peace. Where hearts are formed by Eucharistic communion with the Sacred Heart, division gives way to reconciliation, indifference to charity and fear to hope. St. Paul exhorts the Church: “Let the peace of Christ control your hearts” (Colossians 3:15).

All of this calls for interior conversion. Without the right interior dispositions, devotion risks becoming merely performative or routine. But with them, our devotion can become transformative. In an age of distraction and spiritual fatigue, interior recollection is itself an act of reparation. To place the Heart of Jesus before one’s eyes — whether through Eucharistic adoration or through contemplation of a sacred image — is not escapism. It is an act of resistance to a culture that no longer knows how to dwell with love.

The Sacred Heart and the Mission of the Church

The love revealed in the Sacred Heart of Jesus is never self-referential. It is, by its very nature, missionary. The Heart that was opened on the Cross remains open in the life of the Church, sending her forth as a sacrament of Christ’s love for the world. True devotion to the Sacred Heart does not withdraw the believer from the world but configures the Church for her evangelical mission. This missionary character flows directly from the inner logic of the Gospel. Jesus said: “Where your treasure is, there also will your heart be” (Matthew 6:21). When the Heart of Christ becomes the treasure of the Church, her mission takes on his form — marked by humility, mercy, patience and self-

giving love. Evangelization ceases to be strategy and becomes witness, born of communion. The Church does not invent her mission; she participates in the mission of the Son of God, Jesus. St. Paul expresses this with radical clarity: “I live, no longer I, but Christ lives in me” (Galatians 2:20). The apostolic life is possible only because Christ first

gives himself interiorly, dwelling in the hearts of believers through faith (cf. Ephesians 3:17). Devotion to the Sacred Heart keeps this truth before the Church. The tradition insists that the Heart of Jesus is “the treasury of all supernatural gifts and of all graces.” Mission does not arise from human zeal alone, but from abiding in this treasury. The Church evangelizes effectively only to the extent that she draws from the inexhaustible love of Christ and allows that love to shape her words, her works and her witness. Mission without communion is merely activism. This has concrete implications. Where the Sacred Heart is known and loved, families find unity, communities are reconciled and hardened hearts are softened — not by force, but by mercy. The tradition speaks of the fruit of devotion to the Sacred Heart, “to establish union and peace in the most divided families” and “to obtain victory over the strongest passions.” These are not private benefits; they are evangelical signs in a fractured world.

An Invitation to the Church Today

“Publish this devotion everywhere,” Christ said to St. Margaret Mary, as “a sure and easy means to obtain ... a true love of God” for the faithful and “an efficacious means to arrive at the perfection of their state” for clergy and religious. These words of Jesus to St. Margaret Mary are addressed to the Church of every age. Today, the Lord entrusts this devotion anew to the Church. In a time marked by division, weariness and a loss of confidence in love itself, the Sacred Heart of Jesus remains what it has always been: the revelation of who God is and who we are called to become. Earlier this year, Pope Leo XIV stated: “In the face of the many questions of the human heart, as well as tragic situations of injustice, violence and suffering that mark our time, our faith needs to be alert, attentive and prophetic. Faith should open our eyes to the darkness of the world, and bring others the light of the Gospel through our commitment to peace, justice and solidarity.” Devotion to the Sacred Heart of Jesus does not close us off from the realities of the world but opens our eyes to the needs around us. In every age, the Church must ask not only what she proclaims, but with what heart she proclaims it. The Sacred Heart of Jesus provides the answer.

The Church is sent into the world bearing not an abstract message, but a living person — Christ himself — whose heart remains gentle and humble, even when rejected. In a culture often suspicious of truth claims, yet deeply wounded by lovelessness, the Sacred Heart reveals what credible evangelization looks like: truth spoken in charity, mercy offered without compromise and fidelity lived with patience. The Church does not persuade the world by power, but by love made visible.

Devotion to the Sacred Heart must never be relegated to the past or confined to a particular spirituality. It belongs to the Church’s present mission. It forms priests after the Heart of Christ, strengthens families as domestic churches and sustains the faithful in works of justice, mercy and evangelization. In short, it shapes a missionary Church whose heart beats in unison with the Heart of her Lord.

An Exhortation and Entrustment

An Exhortation and Entrustment

Today, the Sacred Heart of Jesus continues to stand before us not only as a mystery to be contemplated, but as a life to be embraced. The Lord who reveals himself as “gentle and humble of heart” continues to invite his Church to learn from him — not in theory, but in the concrete rhythms of daily Christian life.

As a nation soon to be consecrated to the Sacred Heart of Jesus, I ask: What would it look like for us as a nation to live this consecration — mutual love, respect for persons, loving the neighbor, working for peace?

I therefore exhort all the faithful of this archdiocese to embrace a devotion to the Sacred Heart of Jesus in ways that are simple, ecclesial and enduring, so that faith may take root not only in our words, but in our homes, our parishes, and our daily offering of life.

To families, I say: Let the Sacred Heart reign in your homes. In a culture that often weakens commitment and obscures love, the Heart of Jesus remains a sure refuge and a school of fidelity. I encourage families and individuals to enthrone an image of the Sacred Heart of Jesus in their homes, placing before their eyes a visible reminder that Christ is the center of family life and the source of mercy, forgiveness and peace. Such a practice quietly but powerfully shapes the heart, forming the home as a domestic church where love is learned, sustained and given. I also commend to all the daily Morning Offering, by which the faithful consciously unite their prayers, works, joys and sufferings to the sacrifice of Christ offered throughout the world. This simple act places the whole of life within the Heart of Jesus, teaching us to live not for ourselves, but *with Christ and in Christ*.

I urge parishes and the faithful to reclaim the First Friday devotion, rooted in participation at Mass and reception of holy Communion in a spirit of reparation and love. In returning regularly to the Eucharistic Heart of Jesus, the Church learns again that her strength does not come from herself, but from Christ who gives himself entirely for the life of the world. These practices are not burdens imposed from without. They are paths of freedom, helping us resist spiritual fatigue, forgetfulness and division. They guard against a faith that remains abstract and, instead, form hearts capable of love — ardent, faithful and missionary.

To priests and deacons, I offer a particular exhortation. You are called to shepherd the people of God after the Heart of Christ. I ask you to lead by example, drawing from the Eucharistic Heart of Jesus the charity, patience and humility that sustain pastoral ministry. In a time of complexity and strain, return often to the Heart from which your vocation flows.

To the young, the poor, the sick and all who carry heavy burdens: Know that the Heart of Christ is open to you. He is not distant. He is near, merciful and faithful.

As your bishop, I entrust our archdiocese, our families, our parishes and our mission to the Sacred Heart of Jesus. The desire of Christ’s Sacred Heart is our transformation and conversion. The end goal of this devotion is greater love — that we may love as we have been loved first by Christ. (See 1 John 4:19.) May this love renew our faith, purify our hearts and send us forth as witnesses of hope in a world in need of mercy. It is fitting to call to mind Bishop A.M.A. Blanchet, the first bishop of our archdiocese. Bishop Blanchet’s motto was “O cor amoris victima” (“O heart, victim of love”) and his coat of arms was an image of the Sacred Heart. When he placed the Blessed Sacrament at Vancouver for the first time, he wrote,

“His eyes and His heart will always be here.” May God always fill us with the love of Christ and lead us to and strengthen our love for His Most Sacred Heart!

***Most Reverend Archbishop
+ Paul D. Etienne, D.D., S.T.L.***



Living the Sacred Heart Devotion

The goal of the Sacred Heart Devotion is to grow deeper in our relationship with Jesus and transform our hearts through his abundant love and mercy.

Five ways to grow closer to Jesus through his Sacred Heart

1 Place an image of the Sacred Heart in your home

Keeping Jesus Christ at the center of our lives is an important part of the Sacred Heart Devotion. Placing an image or statue of the Sacred Heart in your home, also called enthronement, is one way to remind us of his love and is an important element of the devotion. When enthroning the image in your home, use a Sacred Heart enthronement prayer*, and place the image where you can light a candle or place a flower to pray.

2 Pray

Memorize a Sacred Heart prayer. Knowing prayers by heart means we carry them with us everywhere whether we're waiting in line or sitting in traffic. Here are some simple prayers:

- Morning Offering* to the Sacred Heart
- Jesus, gentle and humble of heart, touch our hearts and make them like your own.
- Heart of Jesus, I put my trust in you.
- Sacred Heart of Jesus, let me love you and make you loved.

There are also the Sacred Heart Novena, Sacred Heart Litany and other prayers.

3 Attend First Friday Mass and Adoration

The First Friday of each month has been set aside as a time to embrace the devotion to the Sacred Heart and receive the Eucharist. In addition to First Fridays, take part in Holy Hours and Adoration focusing on love of Christ. As St. John Henry Newman prayed: "O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still... O make my heart beat with Thy Heart."

4 Read Scripture

Reflect on the Gospels and words of our Savior. One easy way to start this habit is to read the daily Gospel reading available from the USCCB.org or on apps like Hallow. Pope Francis wrote "The Sacred Heart is a synthesis of the Gospel" (*Dilexit Nos*, 83). Pray with the Scriptures, reading and meditating on them in light of the love and mercy of Christ.

5 Perform works of mercy

When we perform the works of mercy, the love of Christ comes to life in us. As Pope Leo XIV wrote, "Works of mercy are recommended as a sign of the authenticity of worship, which, while giving praise to God, has the task of opening us to the transformation that the Spirit can bring about in us, so that we may all become an image of Christ and his mercy towards the weakest" (*Dilexi te*, 27). Look for ways to bring Christ's mercy to others by serving others through your parish, school or community.

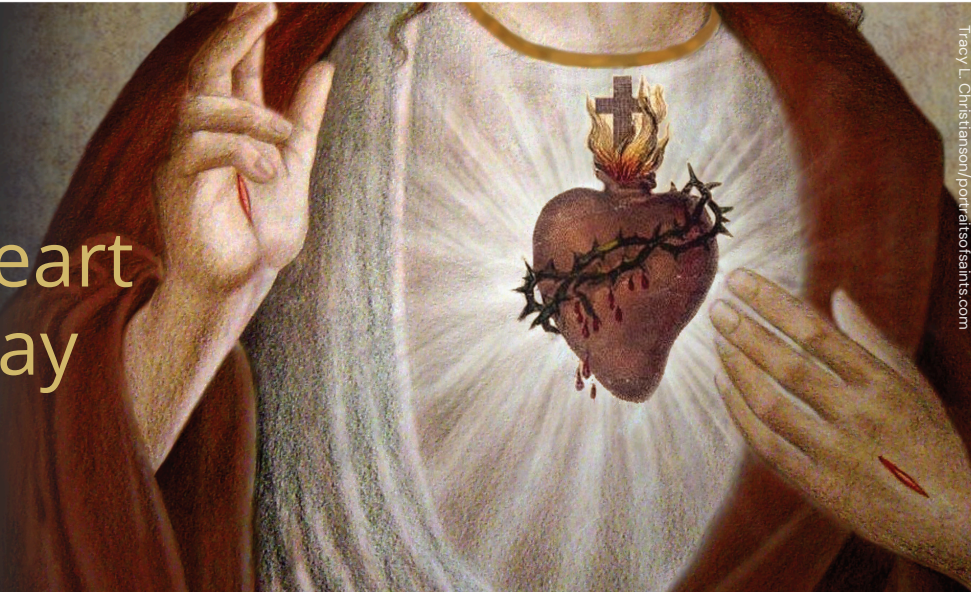


Archdiocese
of Seattle

*For the Sacred Heart enthronement prayer, the Morning Offering, litany, novena and others, go to archseattle.org.sacredheart or scan the QR code.



Make Our Hearts Like Your Own The Sacred Heart Devotion Today



Why the Sacred Heart Devotion is relevant today

Images of the Sacred Heart of Jesus are found everywhere in our Catholic churches, but devotion to the Sacred Heart is often misunderstood. Some think of it as an antiquated devotion from the past that's no longer relevant, and this couldn't be further from the truth.

In his 2024 encyclical on the Sacred Heart, *Dilexit nos*, Pope Francis wrote, "Some have questioned whether this symbol is still meaningful today." He went on, "living as we do in an age of superficiality, rushing frenetically from one thing to another without really knowing why, and ending up as insatiable consumers and slaves to the mechanisms of a market unconcerned about the deeper meaning of our lives, all of us need to rediscover the importance of the heart" (*Dilexit nos*, 2).

The Sacred Heart is Christ's love for us

To contemplate Christ's heart is not to separate his heart from the rest of his body, but to focus our attention on Christ's saving love. In Scriptures, the heart is the center, the interior reality of the person, the place of truth, the source of compassion and love. Thus, when we speak of the heart of Christ, we are speaking of the very core of his being; and the image of the Sacred Heart shows us Christ generously revealing his heart to humanity: a heart wounded by thorns, yet on fire with love.

The Sacred Heart draws us to the Eucharist

Devotion to the Sacred Heart should draw us closer to Jesus in the Eucharist: "O most Sacred, most loving Heart of Jesus, Thou art concealed in the Holy Eucharist, and Thou beatest for us still," prayed St. John Henry Newman.

(continued on other side)



Archdiocese
of Seattle

Learn more

To learn more about the Sacred Heart devotion and read Archbishop Paul D. Etienne's 2026 pastoral letter about it, go to archseattle.org.sacredheart or scan the QR code.



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ALL YEAR LONG**

Donating online is easy! Use your phone camera to scan your parish's QR code below.



ST JUDE

You can also donate online on our website www.stjude-redmond.org. Our St Jude Parish Finance Council thanks you and asks for your continued generosity!



HOLY INNOCENTS

As a reminder... At Holy Innocents, we have two Stewardship Campaigns, our operations budget and our building loan. You can make a donation to either or both of these through our online giving platform found at our website www.holyinn.org. Thank you for your ongoing generosity toward supporting our parish.



ST ANTHONY

VACATION BIBLE SCHOOL

RAINFOREST FALLS

Exploring the Nature of God
Totally Catholic Edition™

July 13-17, 2026 9:00 AM - 12:30 PM COST \$100 4-12 years old

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ST JUDE

We invite our parish family and neighbors to join the fun at VBS 2026!



STEWARDSHIP REFLECTION

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

GN 14:18-20; PS 110:1, 2, 3, 4; 1 COR 11:23-26; LK 9:11B-17

Today we celebrate the Solemnity of the Most Holy Body and Blood of Christ — a feast centered on one of the greatest gifts we have received, the Eucharist. As Christian stewards, we recognize that all we are and all we have come from God. Among His greatest gifts is His own Son, given to us in the Eucharist as true spiritual nourishment. In our Gospel, we hear the account of the multiplication of the loaves. Jesus takes what is offered — a small and seemingly insufficient gift — blesses it, and transforms it into more than enough to feed thousands. This is not only a miracle of provision, but a powerful image of the stewardship way of life.

When we offer our gifts to the Lord, no matter how small they may seem, He receives them, blesses them, and uses them to accomplish far more than we could ever imagine.

In the second reading, St. Paul reminds us of the institution of the Eucharist. Christ gives Himself completely — His Body and Blood — for our salvation. The Eucharist is not merely symbolic. It is the real presence of Christ, given to sustain us.

This gift strengthens us for mission. We are nourished so that we can go forth and live as His disciples. The Eucharist forms us into what we receive — the Body of Christ — sent out to serve others.

The stewardship way of life flows directly from the Eucharist. We receive the total self-gift of Christ, and we are called to respond with a total gift of ourselves.

Let us approach the Eucharist with gratitude and reverence. And let us allow this great gift to transform how we live — so that everything we do becomes an offering back to God.

ANNUAL CATHOLIC APPEAL

Annual Catholic Appeal 2026 Together in Faith

Please make your 2026 ACA gift today!



Through the 2026 Annual Catholic Appeal, our parish has answered the call to strengthen our local Catholic community. Your generous gifts sustain the ministries that serve the needs of our faith family and help build the future of our Church. From chaplains bringing comfort to those in hospitals and prisons, to multicultural and inclusion ministries fostering a culture of belonging rooted in faith—your support makes this possible.

Additionally, every dollar raised above our parish goal will go toward a specific project per parish - further supporting our parishes and mission.

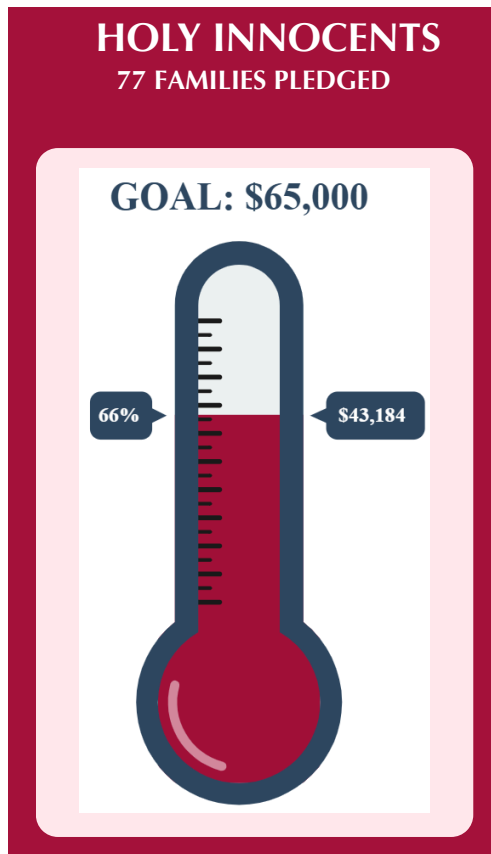
Thank you to all who have participated over the past few months. If you haven't yet contributed, there's still time! You can use a pew envelope or donate online.



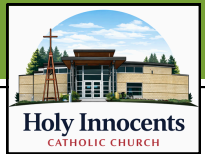
It's easy to give!
Scan
the QR code
or visit
[archseattle.org/
giveaca](https://archseattle.org/giveaca).

- **St Jude parish goal is \$230,000.** The average gift from last year was \$745. St Jude's parish project will be replacing the carpet in the parish hall classrooms.
- **Holy Innocents parish goal is \$65,000.** The average gift last year was \$544. Holy Innocent's parish project will be a new portable sound system for the hall and events on the plaza.
- **St Anthony parish goal is \$12,000.** St Anthony's average gift last year was \$488. St. Anthony's parish rebate will go towards church maintenance.

AS OF MAY 29, 2026:



HOLY INNOCENTS NEWS



Congratulations to the following children celebrating First Holy Communion Today!

- Jose Adan Cisneros Pulido
- Nash Ditter
- Jose Francisco Espinoza-Paniagua
- Janelly Guadalupe Gonzalez Aguilera
- Oliver Daniel Hunt
- Julian Rafael Lopez
- Vianca Celina Lopez Ortiz
- Fatima Yaretzi Martinez Fraga
- Jesus Emmiliano Padilla Garcia
- Harrison Pierce Phi
- Susana Esmeralda Rodriguez Fraga
- Roland Roberts
- Jacob Mauricio Sevilla Gregorio
- David Shafer
- Isabella Tafolla



HOLY INNOCENTS PANTRY

The pantry is looking for canned fruit over the next few weeks. Consider picking up a can or two of peaches or pears on your next grocery trip and donating them to the Holy Innocents Food Pantry.



You can drop your donations in the food baskets at the doors of the church or drop them on Monday mornings, 9 am — 12 noon, when our pantry volunteers are here.



**Holy Innocents Food Pantry is open:
Tuesdays 3-6:30 pm and Wednesday, 10 am - noon.**

Senior Lunch

Thursday, June 11th, 11:30-1 pm
Down in Holy Innocents parish hall.



Summer BBQ is on the menu this month, and Fr. Johnson is cooking the hamburgers and hot dogs. If you have a favorite side dish or dessert that pairs well with a summer BBQ, you are invited to bring it along to share!



**Saturday August 1, 2026
5:30 pm - 8:30 pm
Holy Innocents Church**

Volunteers Needed: It takes many volunteers to organize and put on VINO with the View. We are looking for people to help bake desserts; set up and clean up; work check-in and check-out; help serve the dinner and desserts; manage the wine store and more. Volunteer signups can be found at the VINO table out in the narthex at Holy Innocents or at the website.



Holy Innocents annual fundraiser goes to supporting operations and costs of running the food pantry.



Volunteer at the VINO Webpage



Do you have an item that you would be willing to donate to the VINO with a View silent auction? Pick up a donation form at the Welcome Booth or at the VINO page at our website

For more information email:
Events@holynn.org

“Blessing of the Graduates” At Holy Innocents



To all young graduates, we remind you that the special blessing will take place next Sunday, June 14, at the 10:30 a.m. Mass. Please come forward when father calls you up for the blessing.

Are you Interested in Becoming Catholic?



There will be an information gathering next Sunday June 14th after the 10:30 mass down in the parish hall. For more information reach out to Gail Dimock at gaildimock1@gmail.com

PRAYER REQUESTS FROM HOLY INNOCENTS & ST. ANTHONY



Call the Office (425)788-1400

At the celebration of the Eucharist this week and in your prayers, please remember those from our parish family for whom we have been asked to pray: For all who are sick, & for all those have died.

Mary Lou Kittridge, Shirley Bushy, Teresa Swedman, Audrey Lawton, Michael Barroga-Hulett, Xavier Charbonneau Teece, Kristi Douglas, Jo Ann Douglas, Marcia Evans, Gina Howell, Lisa Hackett, Anne Lavigueure,

St Anthony Mission: Pat Layman, Mike Bladow, Skip Johnson



Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit.

CCC 1213



BAPTISM PREP CLASS

JUNE 7, 2026 12:30PM

The preparation classes for parents and godparents are held once a month. Contact Betty Reyes at bettyreyes@stjude-redmond.org



INTERNATIONAL BREAKFAST

JUNE 14, 2026 AFTER BOTH MASSES

The Knights of Columbus aim to bring us delicious breakfast foods from around the world once again, in this beloved iteration of breakfasts by the Knights of Columbus. Join us after both Masses in the Parish Hall for food and fellowship.

MICROSOFT MASS

JUNE 18, 2026 5:30PM & SOCIAL AFTER

Catholics at Microsoft have organized a social email distribution group (Catholics at Microsoft or CAMS) 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! Contact: Cams@microsoft.com. All techies welcome to join us for Mass and then a short social gathering afterward.



• THE MOST HOLY BODY AND BLOOD OF CHRIST •

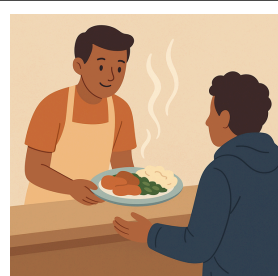
WHOEVER EATS THIS BREAD WILL LIVE FOREVER.

©LP



DID YOU KNOW?

THE FIRE IN MANY IMAGES OF THE SACRED HEART OF JESUS REPRESENTS THE TRANSFORMATIVE POWER OF DIVINE LOVE.



HOT MEALS FOR SAFE PARKERS

NEXT DATE NEEDED JUNE 21, 2026

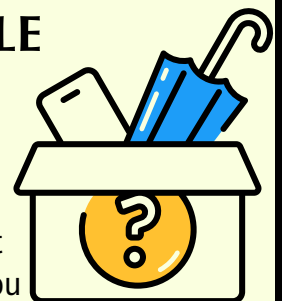
Our Hot Meals program for our Safe Parkers is still ongoing and we are grateful for all those who signed up to provide a main dish, salad/veggie, and dessert to our 10-12 guests living in their cars through our Safe Parking ministry. We have open spots starting the end of July onwards through September: please consider signing up and providing a hot meal to our Safe Parking guests on an upcoming Sunday. Visit <https://www.stjude-redmond.org/ministries/safe-parking> or scan code to learn more.



LOST AND FOUND TABLE

ST. ANTHONY WOULD LIKE YOU TO GET YOUR ITEMS BACK!

Our Lost & Found bin has reached the brim! Starting on June 13th and for two weeks after, we will have a table of lost items displayed out in the Narthex. If you see something that is yours, please reclaim them! Otherwise, any items left on the table by the end of the two weeks will be donated or disposed of. Thank you!



MASS INTENIONS

Week of June 8 - June 12

Monday, June 8	Maria Galam †
Wednesday, June 10	Bill Franz †
Thursday, June 11	Souls in Purgatory
Friday, June 12	Agatha Evie Gunawan †



St. Anthony Carnation

OFFICE HOURS: THURSDAY, JUNE 11

10AM-1PM

ADORATION AND ROSARY: TUESDAY 6PM

ST. ANTHONY CHURCH



ADORATION AND HOLY ROSARY

Experience the Power of the Holy Rosary



BIBLE STUDY GROUP:
THURSDAY
6PM



FATHER'S DAY STREET TACOS

6/20 • 3-7PM



Blanche Street TACOS
JUNE 20 • 3PM-7PM

\$20 FOR 5 TACOS INCLUDES A DRINK

PORK TACOS	CHICKEN	BEEF
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EXTRAS

Water	\$2
Coffee	\$1

St. Anthony Carnation
Come for tacos, stay for mass
Fun Raiser for church

WE NEED HELP SETTING UP TABLES!



5/9 Mothers Day Potluck



6/20 JUNE 20 • 3PM-7PM Street Tacos 3-7pm



7/4 Happy 4th of July



9/12 Harvest Day Potluck



WE NEED A VEHICLE FOR THE PARADE AND IDEAS!

4TH OF JULY PARADE PLANNING ON JUNE 13TH AFTER MASS



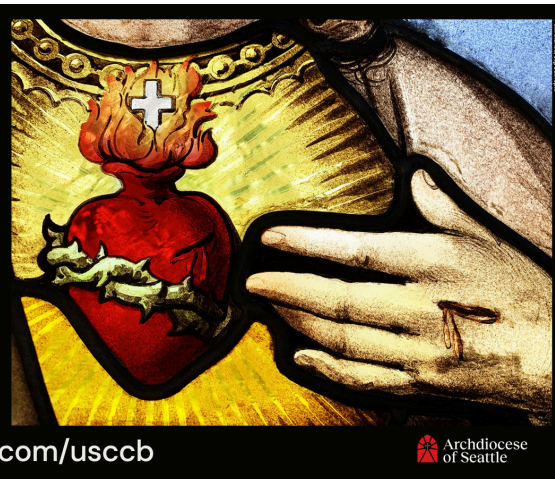
AROUND THE ARCHDIOCESE

Watch the **Consecration of the U.S. to the Sacred Heart of Jesus**

in honor of the nation's 250th Anniversary

June 11 | 1pm PT

Livestream on youtube.com/usccb



As part of the celebration of the 250th anniversary of the signing of the Declaration of Independence, the U.S. bishops—including Archbishop Paul D. Etienne—will consecrate the United States of America to the Sacred Heart of Jesus. The consecration will be held on Thursday, June 11 which is the day before the Solemnity of the Most Sacred Heart of Jesus on June 12.

Watch the livestream on Thursday, June 11, at 1 pm Pacific Time on the USCCB's YouTube channel, youtube.com/usccb.

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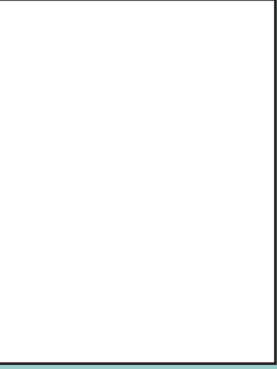


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