

PARISH FAMILY 14

ST. ALPHONSUS | ST. BENEDICT | ST. JOHN THE EVANGELIST



SUNDAY MASSES

Saturday: 5:00 PM Vigil at St. Alphonsus
5:00 PM Vigil at St. John

Sunday: 8:30 AM at St. John
9:00 AM at St. Alphonsus
10:30 AM at St. John
11:00 AM at St. Benedict

DAILY MASSES

Mon - Thurs: 7:30 AM at St. Alphonsus

Fri: 9:00 AM at St. John

Sat: 8:00 AM at St. Alphonsus

(except 1st Sat: 9:00 AM at St. John)

School Masses (Sept-June): All are welcome!
Refer to This Week's Calendar, page 2.

CONFSSION

Mon - Thurs: 7:00 - 7:20 AM at St. Alphonsus

Saturday: 4:00-4:45 PM at St. Alphonsus

Sunday: 8:00 - 8:45 AM at St. Alphonsus

Sunday: 9:45 - 10:15 AM at St. John

By appointment: info@parishfamily14.org
First Thursday Confession and Adoration:

7:00-8:00 PM at St. Alphonsus



ST. ALPHONSUS PARISH

5816 15th Ave NW, Seattle, WA 98107

Website: <https://stalseattle.org>



ST. BENEDICT PARISH

1805 N 49th St, Seattle, WA 98103

Website: <https://parish.stbens.net>



ST. JOHN THE EVANGELIST PARISH

106 N 79th St, Seattle, WA 98103

Website: <https://stjohnsea.org>

Parish Family Admin Office: 206-782-2810 | 206-770-6494 (Fax) | info@parishfamily14.org | 106 N 79th St, Seattle

Parish Family Faith Formation Office: 206-632-0843 | lcorcero@parishfamily14.org | 1805 N 49th St, Seattle



For pastoral emergencies, please call: 206-271-3543.

THIS WEEK'S CALENDAR

February 1, 2026
FOURTH SUNDAY IN ORDINARY TIME
 Zep 2:3; 3:12-13/1 Cor 1:26-31/Mt 5:1-12a

	ST. ALPHONSUS		ST. BENEDICT		ST. JOHN	
February 1 FOURTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10 AM 10:30 AM	Confession Mass Ham & pancake Breakfast OCIC - McGrath Rm	11 AM 11 AM to 8 PM	Mass with CLOW (Livestream) Special collection for St. Martin de Porres Italian Dinner	8:30 AM 9:30 AM 9:30 AM 9:45 AM 10:30 AM	Mass Lectio Divina SVdP Meeting - Parish Admin Confession Mass with CLOW SVdP Collection at both Masses Coffee & Donuts after both Masses 2 PM St. Francis of Assisi - Parish Admin 5 to 8 PM Italian Dinner - Egan Hall 7:30 PM Faith Sharing Group via Zoom
February 2 Monday The Presentation of the Lord	7 AM 7:30 AM 11 AM 7 PM	Confession Daily Mass INT: Mary Geiger Funeral Mass for Bertha Eriksson Men's Group - McGrath Rm	8:30 AM 7 PM	SMdP Sandwich Making Gospel Study via Zoom		
February 3 Tuesday Saint Blaise, Bishop and Martyr; Saint Ansgar, Bishop	7 AM 7:30 AM	Confession Daily Mass INT: Isabela Sundy	7 PM	Women's Ministry via Zoom		
February 4 Wednesday	7 AM 7:30 AM	Confession Daily Mass				
February 5 Thursday Saint Agatha, Virgin and Martyr	7 AM 7:30 AM 10 AM 7 PM 7 PM	Confession Daily Mass Scripture Study Adoration/Confession OCIA - McGrath Room	9 AM 7 PM	School Mass - All are welcome! Book Group - St. Mary Room	3 PM 7 PM	Family Adoration Confirmation Mass
February 6 Friday Saint Paul Miki and Companions, Martyrs	8:15 AM to 8 PM	Adoration Chapel open			9 AM	Daily Mass RIP: Trinidad Macias
February 7 Saturday	4 PM 5 PM	Confession Vigil Mass			9 AM 5 PM	1st Saturday Mass RIP: Jean Hushebeck Vigil Mass (Livestream)
February 8 FIFTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10:30 AM	Confession Mass No Coffee & Donuts OCIC - McGrath Rm	11 AM	Mass with CLOW (Livestream) No Coffee & Donuts	8:30 AM 9:30 AM 9:45 AM 10:30 AM 3 PM 7:30 PM	Mass Lectio Divina Confession Mass with CLOW Superbowl Watch Party - Egan Hall Faith Sharing Group via Zoom
	<i>For livestream and recorded masses, click the links:</i>		https://parish.stbens.net www.facebook.com/stbenseattle		www.stjohnsea.org/live-stream-masses	



Sign up to **get notified of mass cancellations** or mass time changes.

<https://bit.ly/PF14NotifyMe>



Subscribe to **weekly bulletin** and **e-newsletter**.

<https://bit.ly/PF14WeeklyBulletin>



Submit your **questions & feedback** about our Parish Family.

<https://bit.ly/PF14Queries>



@parishfamily14

PARISH FAMILY HIGHLIGHTS

WANT TO GET CONNECTED? CONTACT OUR FAITH FORMATION TEAM!



Want to learn more or sign up for our small groups? Interested in joining the ministry to the homebound? Want to offer a mass for someone? Have questions about any of our faith formation programs?

Lori Corcoro | lcorcoro@parishfamily14.org | 206-632-0843 ext 6004
Executive Assistant for Faith Formation



Exploring Catholicism or seeking adult Confirmation? Do your kids want to grow in faith? Curious about joining or shaping a new small group ministry?

Claire Shea | cshea@parishfamily14.org | 206-632-0843 ext 6003
Evangelization Coordinator



Looking to baptize your child? Curious about First Reconciliation, First Communion or Youth Confirmation preparation? Need guidance for a funeral or memorial service? Interested in celebrating a Quinceañera? Interested in marriage in the Catholic Church?

Julia Rudden | jrudden@parishfamily14.org | 206-632-0843 ext 6008
Sacramental Coordinator



Want to help with planning and coordinating liturgies, including Youth Mass and CLOW? Curious about volunteering as altar servers, lectors, or other liturgical roles? Want to know the Mass schedule?

Daniel Pelfrey | dpelfrey@parishfamily14.org | 206-632-0843 ext 6006
Liturgy Coordinator

PARISH STEWARDSHIP OF TREASURE.



Stewardship Pledge Update: See our progress!

St. Alphonsus

- At 61% of its pledge goal of \$525,000 (Pledges received: \$319,562)

St. Benedict

- At 48% of its pledge goal of \$313,567 (Pledges received: \$149,398)

St. John

- At 84% of its pledge goal of \$877,435 (Pledges received: \$734,530)

It's not too late to make your pledge!

Making a pledge helps our parish plan ahead with confidence. Your commitment allows us to budget responsibly, sustain our ministries, support our staff, and continue the mission that brings our faith community to life.

Ways to make your pledge:

- In Church:** Pick up a pledge card in the church and return it in the collection basket or bring it over to the office.
- Online:** Scan the QR code or visit the link to complete the pledge form digitally.

St. Alphonsus



bit.ly/2026PledgeStAl

St. Benedict



bit.ly/2026PledgeStBen

St. John



bit.ly/2026PledgeStJohn



What is Partners in the Gospel?

Partners in the Gospel (PITG) is a strategic pastoral planning effort taking place across the Archdiocese of Seattle since 2023. Its goal is to re-invigorate and renew our local Catholic Church. It is a significant process of restructuring to maximize our existing pastoral leadership and provide a sustainable structure for the future. It will allow us to keep our parishes and schools vibrant and mission-focused.

The fruit of this discernment will be the **One Parish Plan**, which will be submitted to the Archbishop as part of forming the new unified parish.

To learn more about the PITG process, visit archseattle.org/partners.

Discover how Partners in the Gospel is shaping our Parish Family!

What is our Parish Family story and how did we start as a family?

Read here: bit.ly/PF14PITGStory

Who are leading our Partners in the Gospel? Read here: bit.ly/PF14PITGLead

Where are we now in the One Planning Process? Read here: bit.ly/PF14PITGNow

What did we achieve together?

Read here: bit.ly/PF14PITGAchieve

What's coming up?

February 2026

- Sharing of the synthesis of the listening session results

Spring 2026

- Reflecting on Parish Family demographic information to better understand whom we serve and to identify both the opportunities and challenges before us.

- Second round of listening sessions will be scheduled, and we warmly encourage everyone to participate and share their voice.

Questions? Email our PLC:
partners.info@parishfamily14.org

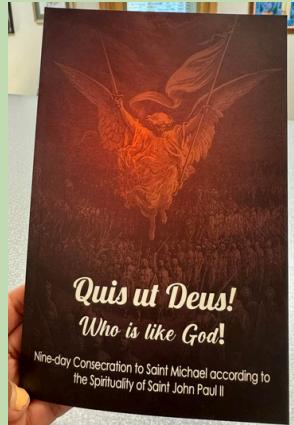
PARISH FAMILY UPDATES

Consecration to St. Michael the Archangel

Participate in the Consecration to St. Michael the Archangel, a solemn act of entrusting oneself, one's family, or our community to the protection and leadership of the chief of the heavenly armies. This powerful devotion

deepens our trust in God's protection, strengthens us in spiritual battle, and renews our commitment to live faithfully under St. Michael's guidance.

Consecration booklets are available at the St. John Parish Admin Building and the St. Benedict Parish Center for a \$20 suggested donation.



For more information, please contact Mauricio Torres at 323-404-1621 or mauriciototustuus@hotmail.com.

NEW DAILY MASS AT ST. BENEDICT!



Starting February 19:
Additional Daily Mass for our Parish Family will be celebrated at St. Benedict Church on Thursdays, 6:00 PM, with Reconciliation from 5:00 to 5:45 PM.

PARTICIPATION AND STEWARDSHIP OF TREASURE

Invite your friends and family to attend Mass and experience the peace, community, and spiritual growth it brings. Sharing our mass times with them can help strengthen our Parish Family!

Week of January 25, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	107
Sunday, 9 AM	344

PARISH COLLECTION

Mass Collection	\$ 3,300.00
Online Donations	\$ 3,950.82
Mailed-in	\$ 295.00
Total Collection	\$ 7,545.82
Weekly Budget	\$ 9,833.00
Under Weekly Budget	\$ 2,287.18

Thank you so much for all your support to St. Alphonsus Parish!

Set up your recurring online giving now!



St. Benedict Parish

MASS ATTENDANCE

Sunday, 11 AM	153
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PARISH COLLECTION

Mass Collection	\$ 1,350.00
Online Donations	\$ 4,733.32
Mailed-in	\$ 460.00
Total Collection	\$ 6,543.32
Weekly Budget	\$ 6,055.00
Over Weekly Budget	\$ 488.32

Thank you so much for all your support to St. Benedict Parish!

Set up your recurring online giving now!



St. John Parish

MASS ATTENDANCE

Saturday, 5 PM	102
Sunday, 8:30 AM	133
Sunday, 10:30 AM	443

PARISH COLLECTION

Mass Collection	\$ 2,754.82
Online Donations	\$ 9,550.65
Mailed-in	\$ 15,756.00
Total Collection	\$ 28,061.47
Weekly Budget	\$ 17,229.00
Over Weekly Budget	\$ 10,832.47

Thank you so much for all your support to St. John Parish!

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



MORE UPDATES



SAVE THE DATE!
SUNDAY, FEB 8, 3 PM
ST. JOHN EGAN HALL

WATCH PARTY

Cheer, snack, and enjoy the fun with fellow parishioners!
Beers and other drinks are provided.

Seattle Seahawks logo



**A WELL-ORDERED SOCIETY
ROOTED IN TRUTH, JUSTICE, AND PEACE**
A PASTORAL LETTER BY ARCHBISHOP PAUL D. ETIENNE



Read Archbishop's Pastoral Letter: bit.ly/4ri8W3N



Youth MASS
Every 3rd Sunday

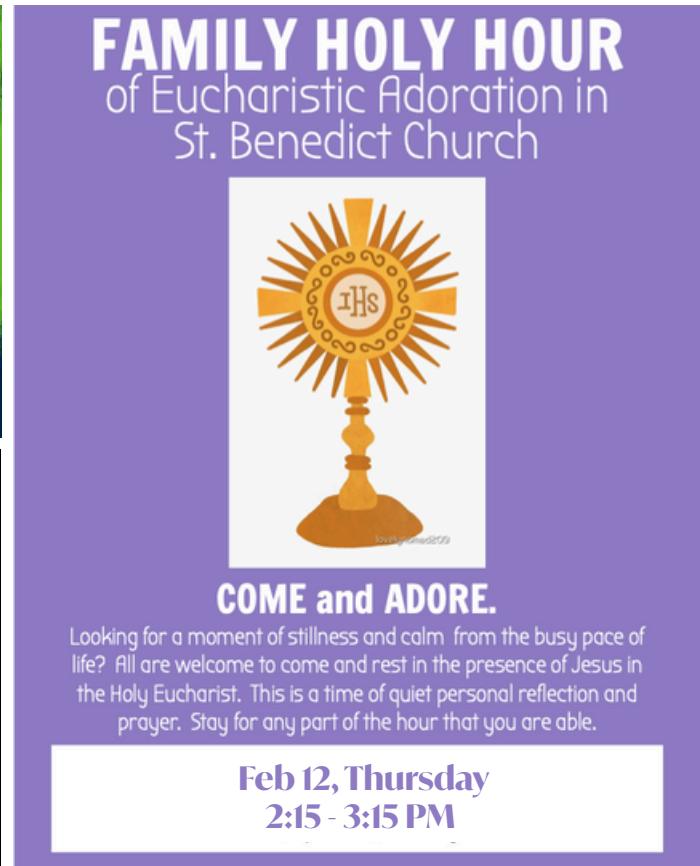
FEBRUARY 15, 2025
SUNDAY, 11 AM
ST. BENEDICT CHURCH

Our young hearts come together to worship and serve!



*Calling all youth in our Parish Family!
Volunteer as altar servers, ushers,
readers, or Eucharistic ministers.
It is a great way to serve the Lord and get
involved in our parish community. Scan
the QR code to sign up!*


[bit.ly/PF14
YouthLitMinistry](http://bit.ly/PF14YouthLitMinistry)



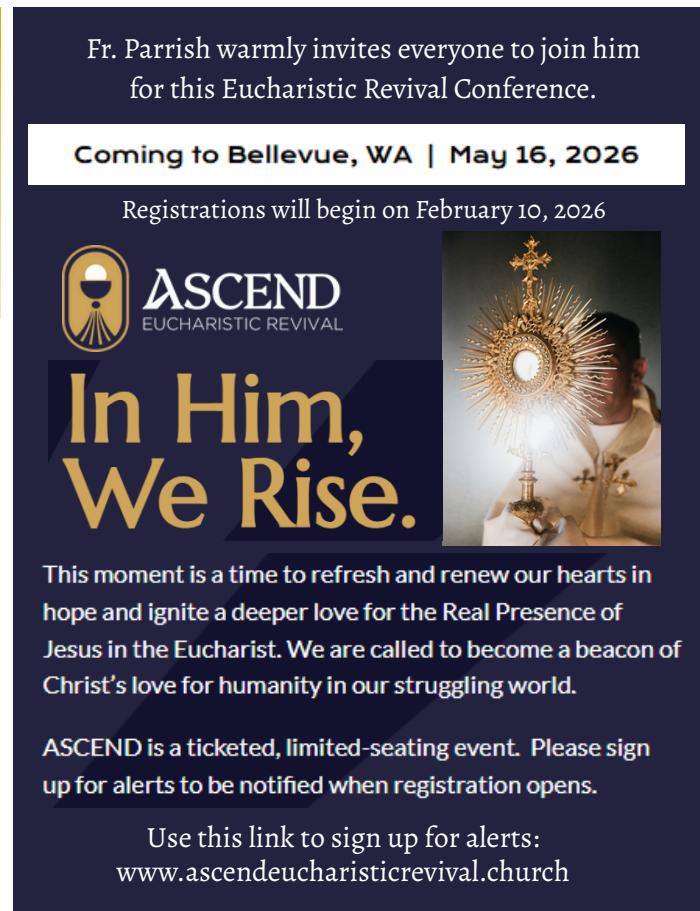
FAMILY HOLY HOUR
of Eucharistic Adoration in
St. Benedict Church



COME and ADORE.

Looking for a moment of stillness and calm from the busy pace of life? All are welcome to come and rest in the presence of Jesus in the Holy Eucharist. This is a time of quiet personal reflection and prayer. Stay for any part of the hour that you are able.

**Feb 12, Thursday
2:15 - 3:15 PM**



Fr. Parrish warmly invites everyone to join him for this Eucharistic Revival Conference.

Coming to Bellevue, WA | May 16, 2026

Registrations will begin on February 10, 2026


ASCEND
EUCARISTIC REVIVAL

In Him, We Rise.



This moment is a time to refresh and renew our hearts in hope and ignite a deeper love for the Real Presence of Jesus in the Eucharist. We are called to become a beacon of Christ's love for humanity in our struggling world.

ASCEND is a ticketed, limited-seating event. Please sign up for alerts to be notified when registration opens.

Use this link to sign up for alerts:
www.ascendeucharisticrevival.church

LENT AND HOLY WEEK 2026



ASH WEDNESDAY MASS AND PENANCE SERVICE

FEB 18, 7 PM, ST. ALPHONSUS CHURCH

Begin the holy season of Lent by joining us for Ash Wednesday Mass, with Reconciliation available before mass starting at 6 PM, during mass and after mass until 9 PM.



STATIONS OF THE CROSS AND COMMUNITY DINNERS

FRIDAYS OF LENT, 6 PM

Experience a prayerful walk with Christ on His journey to Calvary. Following the Stations, all are welcome to a simple dinner, e.g. soup supper or fish fry, for fellowship and community.

Feb 20 & 27 - St. Alphonsus Church

Mar 6 & 13 - St. John Church

Mar 20 & 27 - St. Benedict Church

Help nourish our community!

Sign up to bring soup or bread and share a simple, meaningful act of hospitality:

bit.ly/PF14LentDinner



TWO FACES IN THE SHADOWS

Enter more deeply into the mystery of Christ's suffering, mercy, and love in a dramatic dialogue between Simon Peter and Judas Iscariot as they remember and discuss the Passion of Christ.

Mar 26, Thurs, 7 PM - St Benedict Church

Mar 29, Sun, 5 PM - St John Church



HOLY WEEK

Celebrate the heart of our faith with our Parish Family, from Palm Sunday through the Sacred Triduum and the joy of Easter Sunday.

Regular Sunday Mass Schedule:

Palm Sunday of the Passion of the Lord, Mar 29

Easter Sunday of the Resurrection of the Lord, Apr 5



Saturday Vigil Masses

(Except Holy Saturday)

5 PM - St. Alphonsus

5 PM - St. John the Evangelist



Sunday Masses

8:30 AM - St. John the Evangelist

9 AM - St. Alphonsus

10:30 AM - St. John the Evangelist

11:00 AM - St. Benedict



LENT RETREAT: RETURNING TO GOD THROUGH ACCOMPANIMENT

FEB 28, SAT, 1 - 5 PM

ST. ALPHONSUS FAMILY CENTER

Deepen your Lenten experience through prayer, reflection, and more. Join Fr. Nikolombidzo and the faith formation team to bolster your faith and empower you to return to God through the act of accompaniment. The session concludes with the 5 PM Vigil Mass. A quick sign-up helps us plan ahead: bit.ly/LentRetreat2026



CAMINO DE SEATTLE

MAR 7, SAT, 1 PM, STARTS AT ST. JOHN CHURCH

Walk across our three parishes in a mini "Camino," praying the Stations of the Cross at each church while enjoying fellowship and the unique architecture of each parish. The journey concludes with the 5 PM Mass at St. Alphonsus, followed by the Crab Feed.



JOURNEY THROUGH LENT AND HOLY WEEK: A PRESENTATION

MAR 18, WED, 7 PM, ST. JOHN CHURCH

Deepen understanding of Lent and Holy Week as Daniel Pelfrey guides us through the meaning, traditions, and rhythms of these sacred seasons.



LENTE BOOK REFLECTION

MAR 21, 6 PM, ST. BENEDICT PARISH CENTER

Join us for prayerful book reflections on *Behold, Believe, Become* by Timothy O'Malley as our Parish Family book groups gather to reflect and share. All are warmly welcome.



Holy Thursday

Apr 2, 7 PM, St. John Church



Good Friday

Apr 3, 7 PM, St. Alphonsus Church



Easter Vigil

April 4, 8:30 PM, St. Benedict

(Don't miss the Resurrection Party following the Easter Vigil at the St. Benedict School Cafeteria!)

PRAYER, SCRIPTURE & FORMATION

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Akeem Arana, Nicholas Konopik, Bill Quackenbush, Lou Ayres Salumbides, Ritchell Cunanan, Todd Stinebrickner and Lillian Yamamoto.

For those who have died, including Oscar Richardson, that they may rest in the healing embrace of our Lord, Jesus Christ, we pray to the Lord. For Armed Forces personnel throughout the world, that they come home safely to their families, we pray to the Lord.

Note: The prayer list is updated every first week of the month. To keep your request active, please resubmit it each month. To request a prayer, please call the Faith Formation Office at 206-632-0843 or use the QR code or this link: <https://bit.ly/PF14Prayer>.



FUNERAL ANNOUNCEMENT

The Funeral Mass for **Bertha Eriksson** will be on Monday, February 2, at 11 AM at St. Alphonsus Parish. Reception follows in the Family Center.



READINGS FOR SUNDAY, FEBRUARY 8

- Fifth Sunday in Ordinary Time

First Reading

When your fasting feeds the hungry, a new day dawns.

Isaiah 58:7-10

Psalm

"The just man is a light in darkness to the upright."

Psalm 112

Second Reading

Paul's message doesn't rest on his own wisdom but on the power of the Spirit.

1 Corinthians 2:1-5

Gospel

You are the salt of the earth and the light of the world.

Matthew 5:13-16

Light binds together today's scripture readings. Isaiah preaches that when we share what we have with those in need, light will drive out the dark. In the psalm we sing that the one who acts with justice is a light in the darkness. Paul tells the Corinthians that the power of the Holy Spirit has enlightened their faith. In the Gospel, Jesus instructs his disciples to let their light shine, so the world can see the good that they do. As we listen to the words of scripture, let us appreciate the metaphor of light in expressing what God asks us to do.



Our mission is to grow in community and faith with other Catholic young adults (21-35) within our Parish Family 14 community. We strive to have people come together to ignite a community that lives the true mission of the Church. We offer men's and women's bible study groups, monthly events, and volunteer opportunities.

Scan the QR code to be connected or contact Eva-Maria at 469-251-9391.



FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

February 1, 7:30 PM | St. John Group via Zoom
Everyone is welcome to join, ask questions, and share insights as they grow together in faith. For zoom link and more info, contact tressa.lombardi@hotmail.com

Men's Group

February 2, 7 PM | St. Alphonsus Men's Group fellowship and faith sharing in the St. Al McGrath Room
(Contact: Brian LeBlanc at brianleblanc76@gmail.com)

Gospel/Scripture Ministry

February 2, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

February 5, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Book Group

February 5, 7 PM | St. Benedict Book Group at St. Mary Room (upper level of Parish Center); Book for discussion is *Accidental Pope* by Raymond Flynn and Robin Moore; (Contact: Brenda Stratton at bjandmes@msn.com)



Looking to grow in faith and friendship? Check out the many Small Faith Sharing Groups across our Parish Family! Scan the QR code or visit: bit.ly/PF14SmallGroups. Everyone is welcome, whether you're new or have been with us for years.



Women's Group

February 3, 7 PM | St. Benedict Women's Ministry on Zoom
Meeting ID: 83832067839 Password: 042299. All women in our Parish Family are invited to our monthly gatherings on the first Tuesday of each month from 7–9 PM.

This year, we're reading *Jesus, the God Who Knows You* by Max Lucado. For our February meeting, we'll be discussing Part 4 – Miracle Worker. Come as you are, whether you've read the chapter or not, you are always welcome!

For more information, please call or leave a message for Debra Reilly at debras.reilly@gmail.com or 206-755-1751.

February 24, 6:30PM | St. Alphonsus Women's Group in the McGrath Room; Join us for a presentation on PERSONAL DISCERNMENT offered by Stacy Cates-Carney. Stacy is a retreat facilitator and spiritual director who will speak on the ability to make decisions by paying attention to your values, prayer life, and experience to figure out what's true, good, and best for you. No RSVP needed. Questions? Contact olivia@raesegroup.com.

Grounded in Grace

February 19, 6 PM | St. Alphonsus Family Center
If you are navigating the pain of divorce or marital separation, join Grounded in Grace, a safe and confidential space for healing and hope. Explore spirituality as a source of strength, share your experiences, and find peace and clarity on this new path. For more information, please contact Olivia Raese at olivia@raesegroup.com.



SACRAMENTAL PREPARATION

Infant Baptism

Baptisms in our Parish Family are scheduled during the Saturday Vigil and Sunday Masses at our three churches. **Upcoming baptism dates: February 28 and March 1.** For more information, contact Julia Rudden at jrudden@parishfamily14.org.

Order of Christian Initiation of Adults (OCIA)

Are you an adult seeking confirmation or interested in becoming Catholic? Join our OCIA! Sessions are held on **Thursday evenings at 7 PM in the St. Alphonsus Family Center**. Email Claire Shea at cshea@parishfamily14.org for more information. All are welcome!

Marriage

Marriage in the Catholic Church is a sacrament and a lifetime commitment—preparation is vital to ensuring that the bride and groom are ready to enter into this serious, life-affirming and life-long commitment. We aim to support and assist you as you start your journey toward the joys of married life.

To get started, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 217.



Please feel free to contact us for the following:

First Holy Communion and Reconciliation, Youth Confirmation, Sacrament of Matrimony and Funerals -

Julia Rudden at jrudden@parishfamily14.org

Order of Christian Initiation for Adults and Children - Claire Shea at cshea@parishfamily14.org

Parish Advocates for Annulment - annulment@stjohnsea.org

SOCIAL JUSTICE COMMISSION

HAM AND PANCAKE BREAKFAST AT ST. ALPHONSUS



Sancta Vita

Sancta Vita would like to request your support for the deacons ministering to the ladies working Aurora Ave N.

The deacons meet with the ladies offering prayers, listening, reminding the ladies they are loved by God, and providing requested safety supplies. If desired, they hand out referrals to local agencies who help folks to escape from this street life.

Please consider this ministry in your prayers.

You can donate here: <https://ppay.co/XJr26JFdNLg>. Or you can mail or put a check in the collection basket made out to St. Luke in an envelope marked Aurora Avenue Ministry no later than Sunday, February 8. St. Luke administers this ministry, we will get all donations to them. Thank you for your support of this ministry.

ARE YOU HOMEBOUND, IN NURSING HOME OR HOSPITAL AND WANT TO RECEIVE THE HOLY COMMUNION?



Our Ministers to the Homebound would be happy to bring the holy communion to your home. For inquiries, please contact the following:

St. Alphonsus: Lori Corcoro - lcorcoro@parishfamily14.org
St. Benedict's Cabrini Ministry: Brenda Stratton - bjandmes.bjs@gmail.com
St. John: Marion Johnson - marij09974@yahoo.com

Want to put your faith into action?

Our Social Justice Ministries need hearts and hands like yours. For more details, go to bit.ly/PF14SocialJustice. Everyone is welcome!

On Sunday, **February 1**, the men of the **Holy Name Society** will serve up a ham and pancake breakfast after the 9 AM Mass, at the St. Alphonsus Family Center. **All Parish Family members are invited!**



ARE YOU MOURNING THE LOSS OF A LOVED ONE? ARE YOU LONGING FOR UNDERSTANDING, COMFORT, OR SIMPLY A PLACE TO BE HEARD?

You don't have to grieve alone. Join our Grief Support Group. Together, we walk the journey of healing with faith, prayer, and mutual support.

Eight weekly 2-hour meetings (Sundays). 

A minimum of 8 participants is needed. 
Registration is required.

First session is moved to Feb 15! Right after St. Benedict's 11:00 AM Mass. Enjoy a quick Coffee Hour at the School Cafeteria, then head over to the St. Benedict Parish Center.

For questions and to register, please email Maggie at margaretalquist1@gmail.com. 

St. Francis of Assisi Ministry

The Parish Family 14 Saint Francis of Assisi Ministry is rooted in Catholic faith and inspired by the spirit of St. Francis. They bring together individuals who care deeply about the sanctity of the Earth and all life God has created.

They meet monthly (first Sunday of every month at 2 PM in the St. John Parish Admin Bldg) and take part in community-wide actions and initiatives that promote environmental stewardship and sustainability. Its mission is to educate, inspire, and encourage action to care for our common home. All are welcome to join! Learn more at saintfrancisseattle.org or contact Paul Litwin at paul@thelitwins.com

Hunger Project

St. Benedict collects food donations that are sent to the Family Works Food Bank every month. Donations may be placed at the box in the vestibule or brought over to the Parish Center. For more info, contact Len Kannapel at kannapell@yahoo.com.



FAITH IN FOCUS



Dance

“Let them praise [God’s] name in dance” (Psalm 149:3).



“Praise [the Lord] with tambourines and dance” (Psalm 150:4).

“And all shall sing in their festive dance” (Psalm 87:7).

“David and all Israel danced before God with great enthusiasm, amid songs and music” (1 Chronicles 13:8).

“Then young women shall make merry and dance.... I will turn their mourning into joy” (Jeremiah 31:13).

FROM ANCIENT times, faithful people have praised God with dance. Prayer may involve the sound of the singing voice or the silence of a fixed gaze. The body may participate with folded hands and bowed heads, or in the more complex ways of dance. St. Teresa of Avila, St. Philip Neri, and St. Gerald Majella are among those who incorporated dance in their prayer. Even today, dance is one way that some people lift their minds and hearts to God in the unity of the Holy Spirit.

Liturgical dance has never been an official part of the universal Roman liturgy. But there are plenty of examples of sung and instrumental music, vocal and silent prayer. Still, some Catholics have danced to express their religious sentiments before God. In 1975, the Vatican said dance “cannot be introduced into liturgical celebrations” in the West, because it relates to the “profaneness” of Western culture (Notitiae 11, CDWDS). However, dance has continued in some liturgical celebrations throughout the world, even at Masses with the pope.

Because dance is still unusual in liturgical prayer, many Catholics sense discomfort when it is presented. But those who dance usually do so because of their faith, in hopes of lifting the thoughts of others up from malice and toward prayer.

Bulletin Inserts for the Liturgical Life of the Parish: Gestures, Postures, and Customs of the Liturgy © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner. Psalms. 149 and 150; Jeremiah 31, NABRE © 2010, CCD. Psalm 87, *Lectionary for Mass* © 2001, CCD. I Chronicles 13, NAB © 1970, CCD.



This Week on Formed
Week of February 1, 2026



<https://app.formed.org/app/videos/3279962/>

The Presentation

The Presentation is already foreshadowing the Cross. The offering Mary makes at the Presentation in the Temple becomes manifested and reaches its fulfillment at Calvary.



<https://app.formed.org/app/videos/3346368/>

The Martyrs | Littles Saints

When a young Christian girl is arrested and imprisoned in ancient Rome, she hears stories of martyrs like St. Catherine of Alexandria and St. Lawrence the Deacon - will she find the strength to make the ultimate sacrifice for her faith?



<https://app.formed.org/app/videos/1355348/>

Martyrs and Monastics

Dr. Ben Akers sits down with Dr. Elizabeth Klein, Professor of Theology at the Augustine Institute Graduate School, to discuss her Short Course: Martyrs and Monastics. Who are the early Church martyrs? What fueled their witness to the faith? How did monasticism develop? These questions and more are addressed in this show.

Our Parish Family has a **free Formed subscription** for you! Simply scan the QR code or visit formed.org/signup to create your account and select our Parish Family to get free access to these contents and much more!



SCHOOL NEWS



Italian Lunch

Sunday February 1st
11AM – 8PM



Get tickets or donate

<https://stbens.ejoinme.org/ItalianDinner2026>

A fundraiser for St Benedict environmental camp

It's Girl Scout Cookie Time!



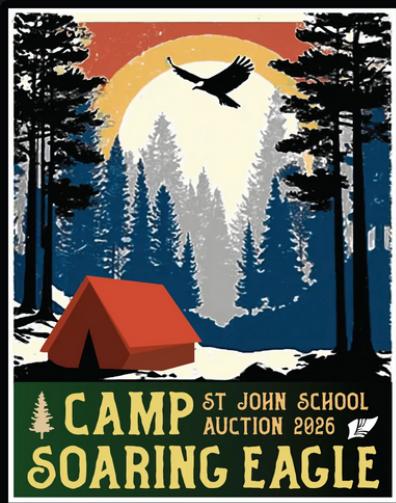
St. Benedict's own **Girl Scout Troop 44467** is raising funds for an overnight campout in the Cascades, where girls will build outdoor and adventure skills.

Funds support troop adventures and community service projects. Our Girl Scouts are learning how to set goals, budget, and work together as a team. They will build confidence through talking to customers and practice serving their community with cookie donations.

Order your cookies now in Troop44467's Digital Cookie Store!



bit.ly/4qXCaoy



We'll be heading off into the wilderness for **St. John School's 41st annual auction, Camp Soaring Eagle on Friday, March 27, at Fremont Studios.**

Contact your auction team Ainslie, Courtney or Chris, with questions at auction@st-johnschool.org.

For more info, visit: <https://st-johnschool.org/cash-donation-to-the-auction/>



ITALIAN DINNER FUNDRAISER

SUNDAY, FEBRUARY 1st, 2026
between 5:00 PM – 8:00 PM

ST JOHN EGAN HALL
123 N 79th ST, LOWER LEVEL

Help support the Greenwood Scout's Troop 121 by enjoying a great dinner with your family, friends, and the north Seattle community.

To pay and for more details, go to: bit.ly/GrScoutsItalianDinner.

DISCOVER THE GIFT OF CATHOLIC EDUCATION

Our Parish Family is blessed with vibrant Catholic schools that partner with families in nurturing faith, knowledge, and community.

We invite you to consider them for your child's education and contact our schools.

We look forward to welcoming your family into our school communities!

St. Alphonsus Parish School
Nick Padronos, Principal
npadronos@stalseattle.org



Melissa Murphy, Director of Admissions
admissions@stalseattle.org
206-782-4363

St. Benedict Catholic School
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b.anderson@stbens.net

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St. John Catholic School
Abby Mansfield, Principal
amansfield@st-johnschool.org

Jonna Skokan, Director of Admissions
skokan@st-johnschool.org
206-782-2810 ext 310

THROUGHOUT THE ARCHDIOCESE



Holy Name Society Monthly Mass for First Responders



February 2 | 7:30 - 8:30 AM | Blessed Sacrament Church

Attendees are encouraged to attend in uniform and sit together.

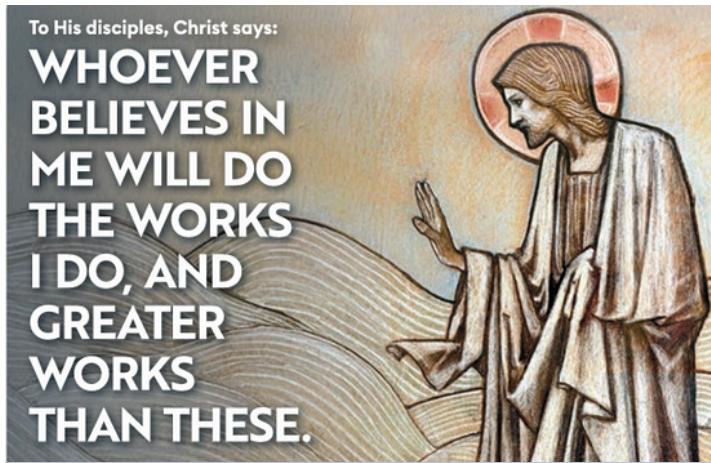


Police and Fire Chaplain Support Session



February 4, 2026 | 6:00 - 7:00 PM | Virtual

The Archdiocese of Seattle's First Responder Ministry invites all police and fire chaplains to join with Police Chaplain Linda Haptonstall for facilitated monthly peer support sessions. These sessions will be held virtually via Zoom on the first Wednesday of every month from 6:00 -7:00 PM. Join with fellow Catholic police and fire chaplains to pray together in our tradition and debrief incidents, callouts, and pastoral encounters. To register and receive the Zoom link, please email Joe Cotton at joe.cotton@seattlearch.org.



Join seminarians, priests, & religious of the Archdiocese in prayer to hear what the Lord is calling each of us to & the strength to respond – and to see how He continues to fulfill His promises today!

We begin at 6pm, with Holy Mass concelebrated by Bishop Elizondo, Fr. Hans Olson, Fr. Justin Ryan, and other priests of the Archdiocese, followed by dinner with clergy and religious from the area.

2026 SERRA CLUB VOCATIONS RALLY on
FRIDAY, FEBRUARY 6, 2026 with **MOST REVEREND
EUSEBIO ELIZONDO, MSPS, Auxiliary Bishop of Seattle,**
at ST. MARY MAGDALEN PARISH, Everett

Tickets are \$20, with free entrance for youth ages 12 to 17.
For more info or to reserve tickets, contact Deb Forsman
at 425 499-6560



Called By Name weekend is January 31 & February 1, 2026.

Do you know someone aged 16-35 who might be called to the priesthood or religious life? Our Lord often calls young people forth through family, friends, teachers, mentors, and parishioners. Like Philip inviting Nathanael to "come and see," prayerfully consider those you know who show signs of a call through their love of the Lord, our Church, and their heart of service. **Nominate someone by February 13**, and they will receive a letter from Archbishop Etienne to encourage and support them in their discernment. There will also be an opportunity to attend an Operation Andrew or Miriam dinner, where they will learn more about these vocations and interact with their peers. More info at archseattle.org/called-by-name.



February 7 | 10:00 AM - 12:00 PM | St. James Cathedral

To complement the 100th anniversary of the presentation of the very first Ad Altare Dei religious emblem for Scouts, all Scouts are invited to this special Mass with Bishop Eusebio Elizondo. Scouts will be leading our liturgical ministries and Bishop Elizondo will bless religious emblems of all Scouts in the archdiocese who have earned them. Scouts and adult Scouters should bring their earned emblems and wear their Scouting uniform. A simple reception will follow after Mass. Please register at <https://bit.ly/45tsnOL>

Questions? E-mail Andrew Casad at acasad@odea.org.

More information about religious emblems for Scouts can be found here: <https://nccs-bsa.org/religious-emblems>



**Laudato Si Movement –
Washington (LSM-WA) Chapter
Monthly Meetings**

February 10 | 6:30 - 8:00 PM | Virtual

Interested in Care for Creation and don't know where to begin? Already have a Creation Care Team or Parish Gardens and wish to collaborate with other communities? Are you interested in taking care of the environment, forests, waters, flora and fauna, and creatures of the earth? All parishioners, parish leaders, and volunteers are invited to join us at our monthly LSM-WA Chapter Meetings! For meeting link, please contact Terri Nelson, Director of Integral Human Development at the Archdiocese of Seattle at terri.nelson@archseattle.org

PARISH FAMILY STAFF

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Fr. Colin Parrish
pastor@parishfamily14.org
<https://linktr.ee/frparrish>

Parochial Vicar

Fr. Paul Nkolombidzo
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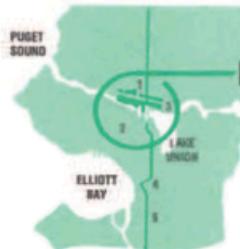
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