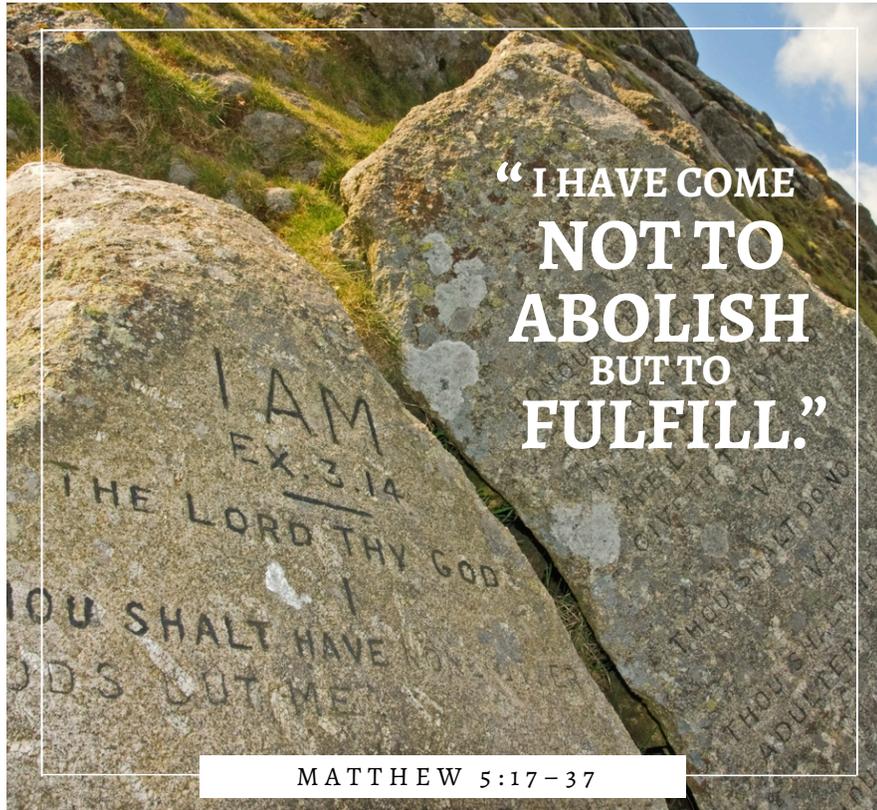


PARISH FAMILY 14

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
Thurs: 6:00 PM at St. Benedict
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.

CONFESSION

Mon - Thurs: 7:00 - 7:20 AM at St. Alphonsus
Thurs: 5:00 - 5:45 PM at St. Benedict
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 | lorcoro@parishfamily14.org | 1805 N 49th St, Seattle



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

THIS WEEK'S CALENDAR

February 15, 2026

SIXTH SUNDAY IN ORDINARY TIME

Sir 15:15-20/1 Cor 2:6-10/Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37

| | ST. ALPHONSUS | | ST. BENEDICT | | ST. JOHN | |
|---|--|---|--|--|--|---|
| February 15 SIXTH SUNDAY IN ORDINARY TIME | 8 AM 9 AM | Confession Mass Angel's Cafe | 11 AM 12 PM 12 PM | Youth Mass with CLOW (Livestream) Special collection for St. Vincent de Paul Social Hour Grief Support Group - Parish Center | 8:30 AM 9:30 AM 9:30 AM 9:45 AM 10:30 AM 7:30 PM | Mass Lectio Divina SVdP Meeting - Parish Admin Confession Mass with CLOW SVdP Collection at both Masses Coffee & Donuts after both Masses Faith Sharing Group via Zoom |
| February 16 Monday | 7 AM 7:30 AM | Confession Daily Mass | 8:30 AM 7 PM | SMdP Sandwich Making Gospel Study via Zoom | <i>President's Day - Parish Offices Closed</i> | |
| February 17 Tuesday <i>The Seven Holy Founders of the Servite Order</i> | 7 AM 7:30 AM | Confession Daily Mass INT: Machelle Roque | | | 6:30 PM | St. Francis of Assisi Ministry hosting <i>The Light Won't Dim</i> viewing and discussion - St. John Parish Admin Bldg |
| February 18 Wednesday ASH WEDNESDAY | 7 AM 7:30 AM 8:45 AM 6 - 9 PM 7 PM | Confession - CANCELLED Daily Mass - CANCELLED School Mass - Ash Wednesday <i>All are welcome!</i> Lenten Penance Service Ash Wednesday Mass | 9 AM | School Mass - Ash Wednesday <i>All are welcome!</i> | 9 AM | School Mass - Ash Wednesday <i>All are welcome!</i> |
| February 19 Thursday | 7 AM 7:30 AM 10 AM 6 PM | Confession Daily Mass RIP: Lester Reed Scripture Study Grounded in Grace - Family Center | 5 PM 6 PM | Confession Daily Mass RIP: Susan Donat | 3 PM | Family Adoration |
| February 20 Friday | 8:15 AM to 8 PM 6 PM | Adoration Chapel open Stations of the Cross followed by Soup Supper | | | 9 AM | Daily Mass RIP: Dawn Walton INT: Lil Stanley |
| February 21 Saturday <i>Saint Peter Damian, Bishop and Doctor of the Church</i> | 8 AM 4 PM 5 PM | Daily Mass RIP: Donna Day Confession Vigil Mass | | | 5 PM | Vigil Mass (Livestream) |
| February 22 FIRST SUNDAY OF LENT | 8 AM 9 AM 10:30 AM | Confession Mass Coffee & Donuts OCIC - McGrath Rm | 11 AM 12 PM 12 PM | Mass with CLOW (Livestream) Coffee & Donuts Grief Support Group - Parish Center | 8:30 AM 9:30 AM 9:45 AM 10:30 AM 7:30 PM | Mass Lectio Divina Confession Mass with CLOW Coffee & Donuts after both Masses 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 | |

PARISH FAMILY HIGHLIGHTS

CONGRATULATIONS, CONFIRMANDS!

Congratulations to our Confirmands on receiving the Sacrament of Confirmation!

We give thanks for your “yes” to the Holy Spirit and for the gifts you bring to our Parish Family. May this be the beginning of a lifelong journey of faith, courage, and service.

Let us pray for and support these young people as they continue to grow in Christ. A kind word, a prayer, or a note of encouragement can mean more than you know!



WANT TO GET CONNECTED? CONTACT OUR ADMIN TEAM!

Want to reserve a facility for your ministry meetings or events? Need to check if your event conflicts with other Parish Family activities?



St. Alphonsus:
Lori Corcoro
lcorcoro@parishfamily14.org
206-632-0843 ext 6004



St. Benedict:
Anita Hardwick
ahardwick@parishfamily14.org
206-632-0843 ext 6009



St. John:
Sheila Marty
smarty@parishfamily14.org
206-782-2810 ext 358

Do you have an item to submit for the bulletin or other parish communications?
Would you like to receive our weekly e-newsletter? Are you looking for ways to stay connected with Parish Family news and events?



Racquel Servito
r.servito@parishfamily14.org
206-632-0843 ext 6002



HongPhuc Nguyen
hpnguyen@parishfamily14.org
206-782-2810 ext 300



Sheila Marty
smarty@parishfamily14.org
206-782-2810 ext 358

LENT AND HOLY WEEK 2026

Journey with us through Lent and Holy Week!

ASH WEDNESDAY MASS
Feb 18, 7 PM, St. Alphonsus Church

PENANCE SERVICE
Feb 18, Wed, 6 - 9 PM, St. Alphonsus Church

**STATIONS OF THE CROSS AND
COMMUNITY DINNER S**
Feb 20, Fri, 6 PM, St. Alphonsus

Check out our Parish Family's full Lent and Holy Week calendar and join us along the way. <https://bit.ly/PF14Lent2026>



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

What is Partners in the Gospel?
Read here: bit.ly/WhatIsPITG

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

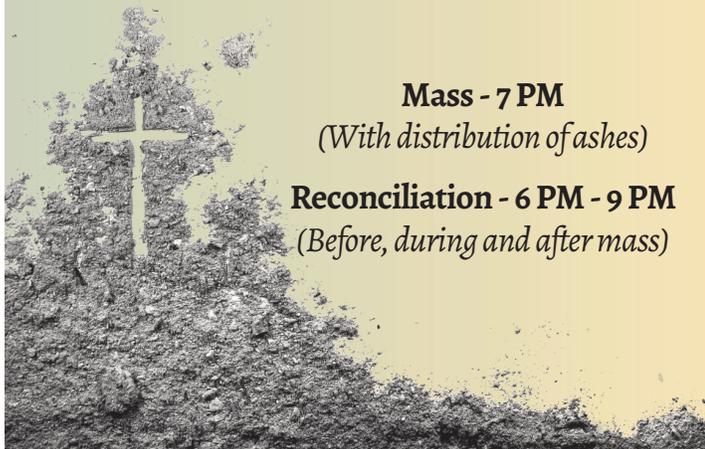
- Reflecting on Parish Family demographic information to better understand whom we serve and to identify both the opportunities and challenges before us.
- Second round of listening sessions will be scheduled, and we warmly encourage everyone to participate and share their voice.

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

LENT EVENTS

ASH WEDNESDAY MASS AND PENANCE SERVICE

FEB 18 | ST. ALPHONSUS CHURCH



Mass - 7 PM

(With distribution of ashes)

Reconciliation - 6 PM - 9 PM

(Before, during and after mass)

Begin the Lenten season with us this Ash Wednesday. Priests will be available for the Sacrament of Reconciliation, offering a grace-filled opportunity to renew our hearts and return to the Lord.

All are welcome. Bring your family and friends as we start this holy journey together.

STATIONS OF THE CROSS AND COMMUNITY DINNERS

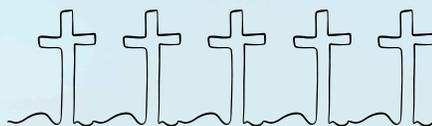
FRIDAYS OF LENT | 6 PM

Experience a prayerful walk with Christ on His journey to Calvary.

Feb 20 & 27 - St. Alphonsus Church

Mar 6 & 13 - St. John Church

Mar 20 & 27 - St. Benedict Church



Please consider signing up to help by preparing a pot of soup, bringing bread, or assisting with setup and cleanup.

bit.ly/PF14LentDinner



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. Nkolombidzo 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 | 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

- 1:00 PM Assemble in St. John Church; View church; Pray stations 1-5
- 2:00 PM Depart on foot to St. Benedict Church
- 3:00 PM Arrive at St. Benedict; View church; Pray stations 6-11
- 3:30 PM Depart on foot to St. Alphonsus Church
- 4:30 PM Arrive at St. Alphonsus; View church; Pray stations 12-14
- 5:00 PM Attend 5 PM vigil mass at St. Alphonsus (optional)
- 6:00 PM Attend the Crab Feed hosted by St. Alphonsus Knights of Columbus at the Family Center (Optional; Pre-purchased tickets needed)

Support vans will be available for those who need assistance. For more info, contact Lori Corcoro at 206-632-0843 ext 6004.



To view the complete list of events of our Parish Family Lent and Holy Week, go to: <https://bit.ly/PF14Lent2026>

UPCOMING EVENTS

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.



crsricebowl.org/solidarity | 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 pews. Then, visit crsricebowl.org/join to share your Lenten prayer intentions.

LENT COMMUNITY DINNERS

RIGHT AFTER THE
STATIONS OF THE CROSS
FRIDAYS OF LENT, 6 PM

Our Parish Family will gather for simple community dinners of soup and bread. We invite you to be part of this beautiful tradition by **preparing a pot of soup**, **bringing bread**, or **helping set up and clean up**. It's a meaningful way to welcome one another and grow in fellowship.

Please use the sign-up link or scan the QR code to choose a date to help. Thank you for your generosity and for helping make these evenings a warm blessing for our Parish Family!

FEB 20 & 27 | ST. ALPHONSUS CHURCH
MAR 6 & 13 | ST. JOHN CHURCH
MAR 20 & 27 | ST. BENEDICT CHURCH



bit.ly/PF14LentDinner



ASCEND
EUCHARISTIC REVIVAL

Meydenbauer Center
Bellevue, WA
May 16, 2026

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

[Register now!](#)



PARISH FAMILY UPDATES

PARISH STEWARDSHIP OF TREASURE.

Stewardship Pledge Update: See our progress!

St. Alphonsus

- At 82% of its pledge goal* | 34% participation (115 pledgers)

St. Benedict

- At 53% of its pledge goal | 12% participation (79 pledgers)

St. John

- At 87% of its pledge goal | 34% participation (372 pledgers)

*Corrected the pledge goal amount.

Make your pledge now!

Making a pledge helps our parish plan ahead with confidence.

Ways to make your pledge:

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

St. Alphonsus



bit.ly/2026PledgeStAl

St. Benedict



bit.ly/2026PledgeStBen

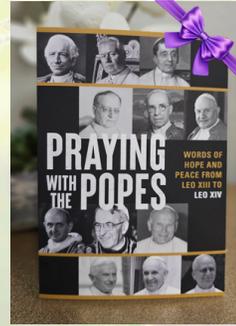
St. John



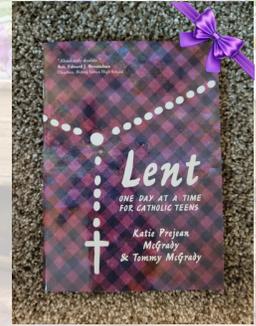
bit.ly/2026PledgeStJohn

A GIFT FOR YOUR LENTEN JOURNEY

Free Lenten books are available in the church vestibule, at the St. John Admin Bldg, and at the St. Benedict Parish Center. Pick one up and let it accompany your prayer this Lent, drawing you closer to Christ on the journey to Easter.



Deepen your prayer by walking in faith with the successors of St. Peter. It gathers reflections and insights from the Holy Fathers, guiding us to encounter Christ more personally through Scripture, silence, and the wisdom of the Church.



Slow down, listen to God, and discover how much He wants to be part of your story. It speaks your language, connecting everyday struggles, friendships, and questions with the journey of faith.

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 February 8, 2026

St. Alphonsus Parish

MASS ATTENDANCE

| | |
|----------------|-----|
| Saturday, 5 PM | 106 |
| Sunday, 9 AM | 205 |

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 4,590.00 |
| Online Donations | \$ 2,270.59 |
| Mailed-in | \$ 2,010.00 |

Total Collection \$8,870.59

Weekly Budget \$9,833.00

Under Weekly Budget \$ 962.41

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 | 160 |
|---------------|-----|

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 627.00 |
| Online Donations | \$ 2,845.11 |
| Mailed-in | \$ 2,975.00 |

Total Collection \$ 6,447.11

Weekly Budget \$ 6,055.00

Over Weekly Budget \$ 392.11

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 | 109 |
| Sunday, 8:30 AM | 140 |
| Sunday, 10:30 AM | 158 |

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 4,846.26 |
| Online Donations | \$ 9,817.78 |
| Mailed-in | \$ 2,396.00 |

Total Collection \$ 17,060.04

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 169.00

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

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



PRAYER, SCRIPTURE & LITURGY

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Akeem Arana, Michael Eugene James Chiles & his surviving wife & family, Ritchell Cunanan, Nicholas Konopik, Lucy McGovern, Patricia Patterson, Bill Quackenbush, Lou Ayres Salumbides, Todd Stinebrickner and Lillian Yamamoto.

For those who have died, including Alicia Chandler and Teresa Medina, 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>.



READINGS FOR SUNDAY, FEBRUARY 22 - First Sunday of Lent

First Reading

"The Lord God planted a garden in Eden."

Psalm

"Be merciful, O Lord, for we have sinned."

Second Reading

In Adam all die. In Christ all live.

Gospel

Jesus fasted forty days and forty nights.

Genesis 2:7-9; 3:1-7

Psalm 51

Romans 5:12-19

Matthew 4:1-11

On the first Sunday of Lent, we are reminded how easy it is to succumb to temptation. We are faced with it every day and it seems magnified during Lent. Today, we hear how Adam and Eve gave in to temptation while Jesus resisted it. Jesus found strength in the word of God, which he used effectively to outduel the devil in the desert. Let us listen now to God's powerful word, aware that Jesus' use of it to resist temptation enables us to share in his righteousness.

LITURGICAL MINISTRY

Volunteer at Our Masses

We invite you to consider sharing your time and talents as a **lector, altar server, Extraordinary Minister of Holy Communion, usher, sacristan or CLOW leads**. Whether you are young or young at heart, there is a place for you to serve.

Training and support are provided, and all are welcome!

Please note that safe environment training and background check are required for all volunteers.

To learn more, volunteer, or receive help signing up to serve at Mass, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org or the respective ministry heads.

Your "Yes" can help our parish worship with greater joy and reverence.



Children's Liturgy of the Word (Sunday School)

Children ages Preschool and older are invited to participate in Children's Liturgy of the Word, offered **most Sundays during the 10:30am Mass at St. John, and all Sundays at the 11 AM Mass of St. Benedict**.

If you are interested in volunteering or would like more information, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org or Gian Orquia at gianrfelo@gmail.com.



Request for Mass Intentions

Share your prayers and intentions by offering a Mass for thanksgiving, a special intention, or the repose of a loved one's soul. Mass intentions are offered on our weekday masses: Monday to Thursday, 7:30 AM at St. Alphonsus and Friday, 9 AM at St. John.

To arrange a Mass intention:

- Call: 206-632-0843 ext 6004
- Email: lcorcoro@parishfamily14.org
- Visit: Faith Formation Office at the St. Benedict Parish Center or Admin Office at St. John Parish Admin Building. Mass cards are also available at both offices.



FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

February 15, 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 16, 7 PM | St. Alphonsus Men's Group fellowship and faith sharing in the **CANCELLED** McGrath Room
(Contact: Brian LeBlanc at brianleblanc76@gmail.com)

Gospel/Scripture Ministry

February 16, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

February 19, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

February 24, 6:30 PM | 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 Raese at 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.

Book Group

March 1, 7 PM | St. John Parish Admin Building
We will be reading *The Wandering Jew* by Stefan Heym. Drawing on the ancient legend of Ahasverus—cursed to wander the earth after refusing Christ a place to rest—Heym reimagines the myth as a reflection on faith, rebellion, and hope. The novel follows Ahasverus and Lucifer, both cast from heaven, as they encounter figures from Christ to Luther to modern East Germany, debating whether love and resistance can lead humanity toward redemption. Questions? Contact Diana Grusczyński at diana.grusczyński@outlook.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 go to: bit.ly/PF14SmallGroups. Everyone is welcome, whether you're new or have been with us for years.



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!

Order of Christian Initiation of Children (OCIC)

If your kids are from another faith tradition but feel at home in our Parish Family, or baptized Catholic but want to learn more, OCIC might be the perfect place for them to grow in faith. For more information, please contact Claire Shea at cshea@parishfamily14.org.

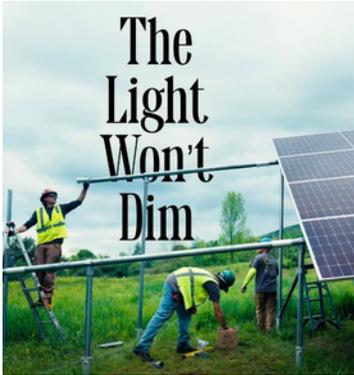
Funerals

The death of a loved one brings sorrow and grief, yet our faith in Christ's Resurrection offers comfort and grace amid sadness. To begin making funeral arrangements, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 6008.

Please feel free to contact us for the following:

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



St. Francis of Assisi Ministry
VIEWING AND DISCUSSION
Feb 17, 6:30 - 7:30 PM
St. John Parish
Admin Bldg

The Light Won't Dim is a 30-minute documentary exploring the promise and urgency of solar power in a

time of climate crisis. From Puerto Rico's Centro Buen Pastor, where solar panels became a lifeline after Hurricane Maria, to New York City schools and small-town rooftops, the film shows how communities are taking energy into their own hands.

All are welcome, including children.

Sancta Vita

Pope Leo's prayer for children with incurable diseases: Lord Jesus, who welcomed the little ones in your arms and blessed them tenderly, today we bring before you the children living with incurable illnesses. Their fragile bodies are a sign of your presence, and their smiles, even in the midst of pain, are a testimony of your Kingdom.

We ask you, Lord, that they may never lack proper medical care, human and compassionate attention, and the support of a community that accompanies them with love. Sustain their families in hope, in the midst of weariness and uncertainty, and make of them witnesses of a faith that grows stronger through trial.

Bless the hands of doctors, nurses, and caregivers, so that their work may always be an expression of active compassion. May your Spirit enlighten them in every difficult decision, and grant them patience and tenderness to serve with dignity.

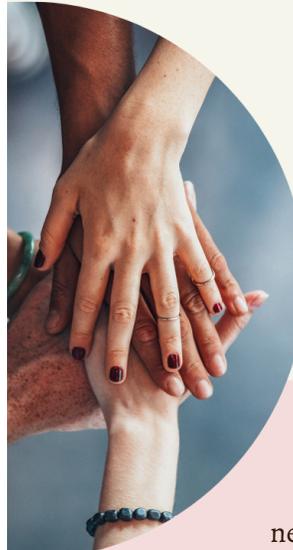
Lord, teach us to recognize your face in every suffering child.

May their vulnerability awaken our compassion, and move us to care, accompany, and love with concrete gestures of solidarity.

Make of us a Church that, animated by the feelings of your Heart and moved by prayer and service, knows how to uphold fragility, and in the midst of suffering, becomes a source of comfort, a seed of hope, and a proclamation of new life. Amen.

- Pope Leo XIV, 02/04/2026

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.

First session starts on 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.

Eight weekly 2-hour meetings (Sundays).

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

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

Holy Name Society

St. Alphonsus' Holy Name Society is a men's group dedicated to honoring the name of Jesus Christ and promoting reverence for it. The Society participates in parish activities, like family breakfasts, events, and service projects. To join and for more information, please contact Karl Hoffman at 206-784-7152 or karl3hoffmann@gmail.com.

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 - marijo9974@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!



FAITH IN FOCUS



Ashes

“YOU’VE GOT dirt on your forehead.”

We’re likely to hear those words from thoughtful friends who display their intimate concern as well as their religious absentmindedness when we go out in public after Mass on Ash Wednesday.

The Distribution of Ashes after the homily replaces the Penitential Act at the beginning of Mass. Instead of merely “calling to mind our sins,” we receive a very public reminder of our sinfulness.

We hear: “Repent and believe in the Gospel,” or, “Remember that you are dust and to dust you shall return.”

But it wasn’t always that way. In the early Church, only public sinners wore ashes. These sinners convened regularly to prepare for their reconciliation at a parish service and they formed—well, what we now call “support groups.” As penitents, they used to wear ashes on their heads or in their clothes. Symbols of human mortality, ashes represented their complete dependence on the mercy of God. In the Middle Ages, the support groups dwindled, but sinners remained strong in numbers. So Pope Urban II ordered up the first Ash Wednesday in 1091. Ashes were for everybody, and we’ve been rubbing dirt on our foreheads ever since.

Dirt is something we’re constantly washing off children and ourselves. Only in church do we deliberately put dirt on the most public part of our bodies, our foreheads.

Ashes are what’s left in the now-cold fireplace. Ashes heat the barbecue. Ashes are all that remains of the home after the tragic fire. Ashes enrich the compost heap. Ashes of the faithful departed fill commemorative urns. Ashes represent destruction, refuse, and waste, but they hint at new life.

Long before recycling became popular, the church got into the act on Ash Wednesday. Ever wonder what happens to those Palm Branches left over from last Holy Week? They’ve been burned into ash, stuffed into bags and now await the chance to dirty your forehead on Ash Wednesday this year. The symbol of Christ’s glory has become the symbol of our sin.

On Ash Wednesday, you’re not just another dirty face. No, you’ve tossed yourself into the recycling bin of Lent, ready for renewal this Easter.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner.



This Week on Formed
Week of February 15, 2026



<https://app.formed.org/app/videos/3526394/>

Lent | What Catholics Believe

Join Fr. Scott Bailey, a priest in the Archdiocese of Denver, as he answers some of the Internet's most asked questions about Lent. What is Lent? Why is it 40 days long? Or even, what should I give up for Lent? Find out in this episode of What Catholics Believe.



<https://app.formed.org/app/videos/1329430/>

Whole 40

Sit down with Dr. Ben Akers and Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.



<https://app.formed.org/app/videos/3927321/>

Heart of Prayer

Heart of Prayer invites participants into an intimate and peaceful retreat with Bishop Andrew Cozzens. Set in the beautiful Chateau on the Augustine Institute Campus, Heart of Prayer reveals the beauty and transcendence of a prayer life, as Bishop Cozzens draws from Scripture and the saints to offer guidance that is practical and down-to-earth.

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

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 Troop 44467's Digital Cookie Store!



bit.ly/4qXCaoy



The cast and crew invite you to *A Wrinkle in Time*! Tickets are on **sale** now! Tickets will NOT be available for purchase at the door, so **purchase** your tickets now. Please note: ticket purchases are non-refundable. Performances are:

- Friday, 2/27, 7pm
- Saturday, 2/28, 7pm
- Sunday, 3/1, 2pm

GIFT BAGS: Back by popular demand, Middle School Drama gift bags are available for **purchase**! The themed gift bags are full of treats, toys and fun! Purchased gift bags will be ready for pick up in Egan Hall when you check in for the show. Supplies are limited. Proceeds support St. John Drama! Thank you for your support!

BINGO NIGHT 2/27
6:00PM

SAINT ALPHONSUS SCHOOL FUNDRAISER
ALL AGES WELCOME | CASH PRIZES
FOOD & BEVERAGE AVAILABLE FOR PURCHASE | KITCHEN OPENS AT 6PM | FIRST GAME AT 6:30PM

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 Padrnos, Principal
npadrnos@stalseattle.org

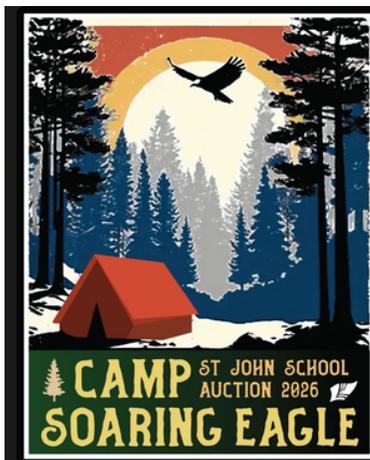
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We'll be heading off into the wilderness for **St. John School's 41st annual auction, Camp Soaring Eagle on Friday, March 27, at Fremont Studios.**

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/>.

SPECIAL THANKS TO THE ST. BENEDICT 6TH GRADE STUDENTS AND THEIR FAMILIES WHO HELPED WITH THE 11 AM MASS THIS WEEKEND!

- Finn and his Mom, Dad, and Moxie — Dad, thanks for the juice run!
- Yuna and her Mom and Dad
- Henrick and his Mom and Dad — Dad, thanks for picking up the donuts!
- Lochlyn and his Mom and Dad

We truly couldn't spread the joy of our Mass without your help. Thank you for sharing your time and energy with our Parish Family! 😊

THROUGHOUT THE ARCHDIOCESE



'You Are Not Alone' Regional Gatherings

The Archdiocese of Seattle invites all Catholics to gather for You Are Not Alone, 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 here!](#)



HOLY FAMILY SEATTLE INVITES YOU TO AN
All Day Lenten Retreat
with Karlo Broussard
SATURDAY, FEBRUARY 28, 2026
Purgatory, The Atonement
& The Resurrection

February 28, 2026 | 10:30 AM- 3:30 PM | Holy Family, Seattle

Join Catholic Answers', Karlo Broussard for an All-Day Lenten Retreat! For more details and to register, go to:
<https://archseattle.org/events/lent-retreat-with-speaker-dr-karlo-broussard/>

October 11–22, 2026

PILGRIMAGE TO ITALY

with Bishop Schuster



Archdiocese of Seattle | The Crozier Society

Join Bishop Frank Schuster on a pilgrimage to Italy
October 11-22, 2026

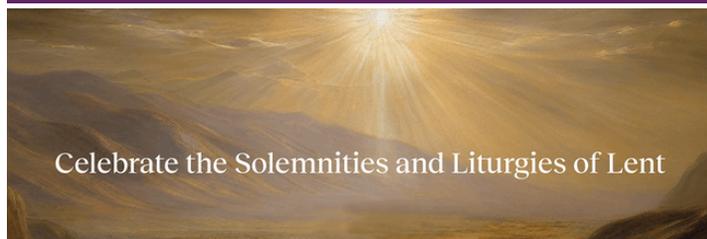
Travel to the sacred cities of Rome, Assisi and Florence with Bishop Frank R. Schuster, Crozier Society members and fellow Catholics from the Archdiocese of Seattle. Limited spots available. Learn more and register at <https://bit.ly/4ooOoWc>



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 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.



| | | | | | |
|--|--|---|--|---|---|
|  Ash Wednesday 2/18 |  Solemnity of St. Joseph 3/19 |  Solemnity of the Annunciation 3/25 |  Palm Sunday 3/29 |  Holy Thursday 4/2 |  Good Friday 4/3 |
|--|--|---|--|---|---|

There are six solemnities and liturgies during Lent. Learn about and celebrate all six. Go to archseattle.org/lent for Archbishop Etienne’s Lent video, weekly reflections, prayers, encouragement and more.

Registration for CYO Summer Camp is open!

Both day camp and overnight camp options available for grades 1-12.

Learn more and register at <https://cyo.camp>



ASH WEDNESDAY AND LENT

Advent has us preparing for the arrival of Jesus.

Lent has us preparing for his sacrifice.

Are we prepared for our own Lenten journey?

The word Lent is derived from an old English term meaning "The lengthening of days"

Ashes were used in the time of the Old Testament to express mourning, penance and repentance.

Today the ashes we used come from burned palms fronds from the previous year and used as an outward sign of our penance and faith.

In 1091 Pope Urban II at the Council of Benevento establishes Ash Wednesday as a liturgical celebration to start the season of Lent.

Ash Wednesday begins the season of Lent, 40 days (40 Lenten days + 6 Sundays) of preparation for Easter through prayer, fasting and Almsgiving. This day we begin with fasting and abstinence (from meat) and will do so again on Good Friday. Additionally, there is the practice of abstinence throughout Lent of giving something up, such as chocolate, alcohol, television, or other sacrifice.

A different practice of adding something into your daily life instead of subtracting can also be done. Perhaps adding something to your routine is an option, such as a daily rosary, starting a new podcast (examples include "Bible in a Year" or "2 Minute Reflections for Lent"), or reading the bible for 5 minutes a day.



As our brows are marked with the sign of mortality we pledge to repent and be faithful to the Gospel. This is a public sign of penance, pledging to return to the Lord with our whole heart.

Fasting:

Catholics between the ages of 18 and 60 are called to fast on Ash Wednesday and Good Friday. This means one full meal during the day and two smaller meals that when combined would not equal a full meal.

Abstinence:

In addition to Ash Wednesday and Good Friday, the faithful are called to abstain from meat on Fridays throughout Lent.

LENT 2026

= a day of abstinence from meat

= a day of fasting and abstinence from meat



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|--|
| <p>"Lent is the liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triduum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer" (<i>Catechism of the Catholic Church</i>).</p> | <p>February</p> | <p>18 <i>Ash Wednesday</i> Attend Mass and receive the cross of ashes — a sign of humility and repentance.</p> | <p>19 Fast from social media for one evening each week.</p> | <p>20 Remember to abstain from meat today. Pray for those who can't afford to have meat.</p> | <p>21 Spend five minutes in silent prayer each morning or night during Lent.</p> | |
| <p>22 Stay after Mass and pray for a spiritually fruitful Lent.</p> | <p>23 Pray the Morning Offering before checking your phone.</p> | <p>24 "Peace begins with a smile" (Mother Teresa). Resolve to smile at everyone.</p> | <p>25 Pray for one specific person by name today.</p> | <p>26 Worry closes the heart. Replace it with trust, "Jesus, I trust in You."</p> | <p>27 Even when things go wrong, be patient, starting with yourself.</p> | <p>28 Fulfill a commitment or promise you've been putting off.</p> |
| <p>I March Read Matthew 17:1-9. Where does God want to transform your heart, prayer, and life?</p> | <p>2 Today, pray for the Holy Souls in Purgatory, who always need our prayers.</p> | <p>3 Read the daily Gospel and meditate on one line that stands out to you.</p> | <p>4 Today, choose silence instead of complaining.</p> | <p>5 Pray for Christians experiencing persecution. Pray for a conversion of heart for the persecutors.</p> | <p>6 Return love for Love. Visit Jesus in the Blessed Sacrament, where He waits in love.</p> | <p>7 Avoid gossip and change the subject when it starts. If it's untrue, unkind, or confidential, don't say it.</p> |
| <p>8 Read John 4:5-42. Where do you go when life feels messy? What if Jesus met you there?</p> | <p>9 If your responsibilities permit it, choose one weekday this week to attend Daily Mass.</p> | <p>10 Practice patience intentionally with one difficult person.</p> | <p>11 Skip a meal and donate the money saved from fasting to the poor box.</p> | <p>12 First thing today, tell God, "Thy Will be done!" — and really mean it!</p> | <p>13 Give up a small luxury - drive-thru coffee, streaming, take-out meals - just for today for God.</p> | <p>14 Do a hidden act of service without seeking thanks.</p> |
| <p>15 <i>Laetare Sunday</i> The priest wears rose for the halfway point of Lent. Enjoy a small treat to celebrate.</p> | <p>16 Holy Week and Easter are busy times for parishes and ask how you can help.</p> | <p>17 <i>St. Patrick's Day</i> Pray for missionaries and catechists who, like St. Patrick, bring the faith to every corner of the world.</p> | <p>18 Experience God's mercy and attend Confession this week.</p> | <p>19 <i>St. Joseph's Day</i> Say an extra prayer for your father. Don't forget the priests — spiritual fathers.</p> | <p>20 Buy food or hygiene items for a local pantry.</p> | <p>21 Take a mini-retreat. Reserve time to silence your phone, light a candle, and be with Jesus.</p> |
| <p>22 Stay after Mass and pray for the intentions of the Pope and your bishop.</p> | <p>23 Give the gift of a spiritual bouquet — a note recording prayers said for someone who needs them.</p> | <p>24 Think before you speak, especially before responding in annoyance or anger, recall the presence of God.</p> | <p>25 <i>The Annunciation</i> We celebrate Mary's "yes," which opened the way for Christ's coming. Pray the Rosary in her honor.</p> | <p>26 Set out a box and fill it with gently used items, books, or clothes. When it's full, bring it to its destination.</p> | <p>27 Abstain from recreational screen-use between 12:00pm and 3:00pm in honor of Jesus' final hours on the Cross.</p> | <p>28 Visit a church or chapel for 10 minutes of quiet if possible.</p> |
| <p>29 <i>Palm Sunday</i> Read Matthew 27:11-54, accompanying Jesus through His trial, Passion, and Death.</p> | <p>30 This whole week, practice the Heroic Minute and get up the moment your alarm rings.</p> | <p>1 April Today is the day, Judas plotted to betray Christ. Take time to seek forgiveness or to extend it, if needed.</p> | <p>2 <i>Holy Thursday</i> Visit Jesus in the Blessed Sacrament. Thank Him for the Eucharist, the Mass, and the Priesthood.</p> | <p>3 <i>Good Friday</i> Pray the Stations of the Cross. Your presence and love today consoled Him then.</p> | <p>4 <i>Holy Saturday</i> Thank God for His blessings this Lent. Consider which practices you will continue.</p> | |

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