

# 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  
Thursday: 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](mailto: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](mailto:info@parishfamily14.org) | 106 N 79th St, Seattle  
Parish Family Faith Formation Office: 206-632-0843 ext 6005 | [lcrcoro@parishfamily14.org](mailto:lcrcoro@parishfamily14.org) | 1805 N 49th St, Seattle

  @parishfamily14

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

# THIS WEEK'S CALENDAR

## February 22, 2026 FIRST SUNDAY OF LENT

Gn 2:7-9; 3:1-7/Rom 5:12-19 or 5:12, 17-19/Mt 4:1-11

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
<b>February 22</b> <b>FIRST SUNDAY OF LENT</b>	8 AM Confession 9 AM Mass Coffee & Donuts 10:30 AM OCIC - McGrath Rm	10 AM 1 <sup>st</sup> Communion class 11 AM Mass with CLOW (Livestream) 12 PM Coffee & Donuts 12 PM Grief Support Group - Parish Center	8:30 AM Mass 9:30 AM Lectio Divina 9:45 AM Confession 10:30 AM Mass with CLOW Coffee & Donuts after both Masses 7:30 PM Faith Sharing Group via Zoom
<b>February 23</b> <b>Monday</b> <i>Saint Polycarp, Bishop and Martyr</i>	7 AM Confession 7:30 AM Daily Mass RIP: Mary Frances Pleras 7 PM Men's Group - McGrath Room	7 PM Gospel Study via Zoom	
<b>February 24</b> <b>Tuesday</b>	7 AM Confession 7:30 AM Daily Mass RIP: Bertha Eriksson 6:30 PM Women's Group - McGrath Room	7 PM Young Men's Group - St. Mary Room	
<b>February 25</b> <b>Wednesday</b>	7 AM Confession 7:30 AM Daily Mass INT: Lillian Yamamoto		
<b>February 26</b> <b>Thursday</b>	7 AM Confession 7:30 AM Daily Mass INT: Marnie Ahern 10 AM Scripture Study 7 PM OCIA - McGrath Room	5 PM Confession 6 PM Daily Mass RIP: Fred Meier	3 PM Family Adoration
<b>February 27</b> <b>Friday</b> <i>Saint Gregory of Narek, Abbot and Doctor of the Church</i>	8:15 AM Adoration Chapel open to 5 PM 6 PM <b>Stations of the Cross followed by Soup Supper</b>		9 AM Daily Mass RIP: Sam Coric
<b>February 28</b> <b>Saturday</b>	8 AM Daily Mass RIP: Edward Martija 1 PM <b>Lent Retreat - Family Ctr</b> 4 PM Confession 5 PM Vigil Mass with Baptisms	9:30 AM Craft Group	5 PM Vigil Mass with Baptisms (Livestream) SVdP Collection at Mass
<b>March 1</b> <b>SECOND SUNDAY OF LENT</b>	8 AM Confession 9 AM Mass with Baptisms INT: Benefactors of St. Alphonsus St. Vincent de Paul Society 10 AM Coffee & Donuts 10:30 AM OCIC - McGrath Rm	11 AM Mass with Baptisms (Livestream) Special collection for St. Martin de Porres 12 PM Coffee & Donuts 12 PM Grief Support Group - Parish Center	8:30 AM Mass 9:30 AM Lectio Divina 9:30 AM SVdP Meeting - Parish Admin 9:45 AM Confession 10:30 AM Mass with Baptisms SVdP Collection at both Masses Coffee & Donuts after both Masses 2 PM St. Francis of Assisi - Parish Admin 7 PM Book Group - Parish Admin Bldg 7:30 PM Faith Sharing Group via Zoom
	<i>For livestream and recorded masses, click the links:</i>	<a href="https://parish.stbens.net">https://parish.stbens.net</a> <a href="http://www.facebook.com/stbenseattle">www.facebook.com/stbenseattle</a>	<a href="http://www.stjohnsea.org/live-stream-masses">www.stjohnsea.org/live-stream-masses</a>

# PARISH FAMILY HIGHLIGHTS

## PRIEST LOCATION SWAP

This weekend, Fr. Parrish and Fr. Nkolombidzo will begin their next location swap.

During the next six weeks, Fr. Parrish will celebrate Masses at St. John the Evangelist, while Fr. Nkolombidzo will serve at St. Alphonsus and St. Benedict.

This rotation is a meaningful step in strengthening our unity as one Parish Family, allowing each priest to become more present and connected in all our communities.

We ask for your prayers, flexibility, and continued support as we grow together in faith and collaboration.



**Pastor**  
Fr. Colin Parish



**Parochial Vicar**  
Fr. Paul Nkolombidzo



## "WHAT ARE OUR GIFTS" LISTENING SESSIONS RESULTS SHARED

Last weekend, the Pastoral Leadership Council presented the results of our recent Listening Sessions at all Masses. We sincerely thank everyone who participated and generously shared their thoughts, concerns, and hopes for each of our parishes. We heard you, and we deeply appreciate your openness in sharing your experiences, highlights, concerns, and desires for our Parish Family.

Through the Listening Sessions and survey conducted last year, we heard from approximately 200 parishioners across our Parish Family. In addition, Fr. Parrish led a special Young Adult Listening Session, recognizing that our young adults are leaders of our future. The Pastoral Leadership Council carefully reviewed and synthesized all the feedback received.

**To read the full results from the three parishes, please check our parish websites, visit [bit.ly/PF141stListeningResults](https://bit.ly/PF141stListeningResults), pick up a printed copy in the church, or request a digital copy by email ([partners.info@parishfamily14.org](mailto:partners.info@parishfamily14.org)).** We encourage you to discuss the results with others and continue sharing your feedback and insights as we move forward together.



## JOIN OUR NEXT PARISH FAMILY LISTENING SESSIONS: OPPORTUNITIES AND CHALLENGES

Our next Listening Sessions will take place after Easter, on the weekends of April 18–19 and April 25–26, along with one weekday option. **Five sessions will be offered at various times, so everyone has the opportunity to participate, and may attend any session, as they are no longer parish-specific.** Additional details about the schedule, locations, and times will be shared soon.

This round of sessions will be different from the previous one. Rather than focusing on individual parishes, we will turn our attention to the next steps in building Parish Family 14. **Our conversations will center on the opportunities and challenges we face as one Parish Family.**

In preparation, we will share important information, including parish viability metrics and demographic reports, to help you better understand where we are and where there may be opportunities for growth.

We strongly encourage you to join us so that your voice can be heard, and continue to be heard, as we move forward together.

## LENT AND HOLY WEEK 2026

Journey with us through Lent and Holy Week as we grow in prayer and reflection. We look forward to seeing you at the following Lenten traditions!

### STATIONS OF THE CROSS AND COMMUNITY DINNERS

Feb 27, Fri, 6 PM, St. Alphonsus

### LENT RETREAT

Feb 28, Sat, 1 PM, St. Alphonsus Family Center

### CAMINO DE SEATTLE

Mar 7, Sat, 1 PM, starts at St. John

### JOURNEY THROUGH LENT AND HOLY WEEK: A PRESENTATION

Mar 18, Wed, 7 PM, St. John

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



**PARTNERS  
IN THE GOSPEL**

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

### What is Partners in the Gospel?

Read here: [bit.ly/WhatIsPITG](https://bit.ly/WhatIsPITG)

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

Read here: [bit.ly/PF14PITGStory](https://bit.ly/PF14PITGStory)

### Who are leading our Partners in the Gospel?

Read here: [bit.ly/PF14PITGLead](https://bit.ly/PF14PITGLead)

### Where are we now in the One Planning Process?

Read here: [bit.ly/PF14PITGNow](https://bit.ly/PF14PITGNow)

### What did we achieve together?

Read here: [bit.ly/PF14PITGAchieve](https://bit.ly/PF14PITGAchieve)

### What's coming up?

- March - Presentation of important information, e.g. parish viability metrics and demographic reports
- April - Listening sessions on Parish Family opportunities and challenges

### Questions? Email our PLC:

[partners.info@parishfamily14.org](mailto:partners.info@parishfamily14.org)

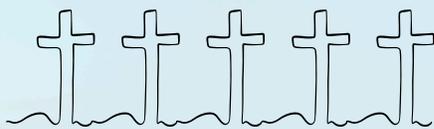
# LENT EVENTS

## STATIONS OF THE CROSS AND COMMUNITY DINNERS

FRIDAYS OF LENT | 6 PM

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

**Feb 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](https://bit.ly/PF14LentDinner)



## LENT COMMUNITY DINNERS

Right after the Stations of the Cross Fridays of Lent, 6 PM

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

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.



[bit.ly/PF14LentDinner](https://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](https://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 and logistics, 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>.

For inquiries, Contact Lori Corcoro at 206-632-0843 ext 6004 or [lcorcoro@parishfamily14.org](mailto:lcorcoro@parishfamily14.org).

# LENT EVENTS

## 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.

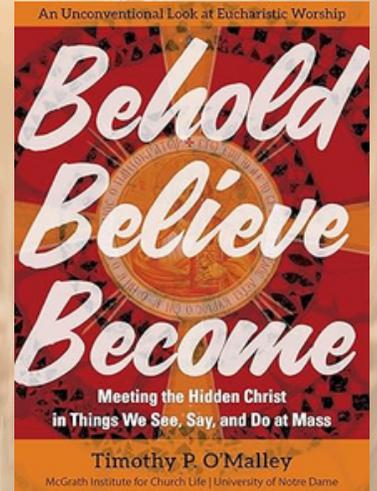


## LENTEN BOOK REFLECTION

MAR 21, 6 PM, ST. BENEDICT  
PARISH CENTER

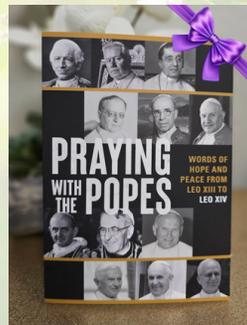
Join us for prayerful book reflections on *Behold, Believe, Become* by Timothy O'Malley as our Parish Family book groups gather to reflect and share.

All are warmly welcome!

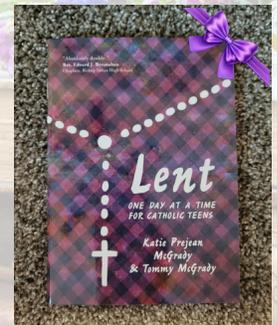


## A GIFT FOR YOUR LENTEN JOURNEY

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.



[crsricebowl.org/solidarity](https://crsricebowl.org/solidarity) | [crsplatodearroz.org/solidaridad](https://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](https://crsricebowl.org/join) to share your Lenten prayer intentions.



**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](http://bit.ly/2026PledgeStAl)

#### St. Benedict



[bit.ly/2026PledgeStBen](http://bit.ly/2026PledgeStBen)

#### St. John



[bit.ly/2026PledgeStJohn](http://bit.ly/2026PledgeStJohn)

Advertise your business in our parish bulletin! It's a great way to reach fellow parishioners while supporting the weekly printing and distribution of the bulletin that keeps our community updated on parish news and events.

## AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant faith community!

Julie Blissett from LPi, our bulletin publisher, will be securing new ads for our church in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our parish bulletin and/or a digital ad featured on ParishesOnline.com.



Julie Blissett  
425.305.1357  
JBlissett@4lpi.com

## 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 15, 2026

#### St. Alphonsus Parish

##### MASS ATTENDANCE

Saturday, 5 PM	80
Sunday, 9 AM	205

##### 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	163
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##### PARISH COLLECTION

Mass Collection	\$ 921.00
Online Donations	\$ 2,120.15
Mailed-in	\$ 2,320.00

**Total Collection** \$ 5,361.15

Weekly Budget \$ 6,055.00

**Under Weekly Budget** \$ 693.85

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	88
Sunday, 8:30 AM	133
Sunday, 10:30 AM	191

##### PARISH COLLECTION

Mass Collection	\$ 2,265.25
Online Donations	\$ 7,174.87
Mailed-in	\$ 2,576.00

**Total Collection** \$ 12,016.12

Weekly Budget \$ 17,229.00

**Under Weekly Budget** \$ 5,212.88

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, Tom Jepson, Nicholas Konopik, Lucy McGovern, Patricia Patterson, Bill Quackenbush, Lou Ayres Salumbides, Todd Stinebrickner and Lillian Yamamoto.

For those who have died, including Michael Farrell, and Alicia Chandler, 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, MARCH 1 -

## Second Sunday of Lent

### First Reading

*The call of Abraham*

Genesis 12:1-4a

### Psalm

*"Lord, let your mercy be on us, as we place our trust in you."*

Psalm 33

### Second Reading

*"Bear your share of hardship for the gospel."*

2 Timothy 1:8b-10

### Gospel

*Jesus is transfigured.*

Matthew 17:1-9

"This is my beloved Son, with whom I am well pleased," we hear in today's Gospel as Jesus is transfigured at the top of a high mountain. "Listen to him." Listening is important, so important that it is the Father's sole command to the three disciples who accompanied Jesus up the mountain. Let us now obey that command and listen to God's word—to Abraham, from Paul to Timothy, and Matthew's account of the Transfiguration—for we too are the Son's disciples, eager to grow in faith and understanding.

## 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](mailto: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](mailto:dpelfrey@parishfamily14.org) or Gian Orquia at [gianrfelo@gmail.com](mailto: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](mailto: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 22, 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 23, 7 PM** | St. Alphonsus Men's Group fellowship and faith sharing in the St. Al McGrath Room (Contact: Brian LeBlanc at brianleblanc76@gmail.com)

### Women's Group

**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 Raese at olivia@raesegroup.com.

**March 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 5 "Lamb of God". Come as you are, whether you've read the chapter or not, you are always welcome! act: Brenda Stratton at bjandmes@msn.com)

### Gospel/Scripture Ministry

**February 23, 7 PM** | St. Benedict Gospel Study via Zoom Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

**February 26, 10 AM** | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.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.

**March 5, 7 pm** | St. Benedict Book Group at St. Mary Room (upper level of Parish Center); In February, St. Benedict Book Group is reading *Spinning Silver* by Naomi Novik, Fantasy Fiction. The heart of this fantasy fiction novel is myth and fairy tales that weaves a multilayered mosaic tapestry with the reimagining of a fairy tale to tell a story that is both timeless and now. For more information, contact Brenda Stratton at bjandmes.bjs@gmail.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](https://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!

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



Join the next packing and sorting event!

**Wednesday | March 4, 2026 | 6:00 - 8:00 PM**

Note that all volunteers must register in advance (FLL recommends 5 days prior). If you don't have an FLL account (required), it usually takes 2-3 minutes to create the account.

Sign up now by scanning the QR code or contact Len Kannapel at [kannapel@yahoo.com](mailto:kannapel@yahoo.com).



## St. Martin de Porres Sandwich Making

SMdP sandwich makers prepare a total of 800 sandwich lunches every month for men who live at the SMdP shelter in downtown Seattle.

Next sandwich making will be on Monday, March 2, 2026, at 8:30 AM in the St. Benedict Parish Center.

A special collection for SMdP is held every first Sunday of the month at St. Benedict. Please consider supporting our neighbors in need. You may pick up an envelope in the pew or donate online using the QR code or link.



[bit.ly/SMDP](https://bit.ly/SMDP)

## Social Justice Commission's SPEAKER SERIES

### WELCOMING THE STRANGER: CATHOLIC TEACHING ON IMMIGRATION

March 11, Wed, 7 PM  
St. Alphonsus McGrath

Join us as Terri Nelson leads us in exploring the Church's teachings on migration and helps us discern how to live out our faith in today's world.

Together, we will reflect on the Gospel call to uphold human dignity, practice compassion, and respond with love and justice to the needs of our brothers and sisters.

Light snacks and refreshments will be provided.



**Terri Nelson**  
Director of Integral Human Development - Archdiocese of Seattle



### NEXT STEP IS HIRING!

*Are you being called to step into meaningful pro-life service?*

Next Step Pregnancy Services is seeking a compassionate, mission-driven part-time Registered Nurse for our clinic.

This is a paid, part-time role with paid training provided to become our second Ultrasound Nurse, serving women with compassionate, life-affirming care. For more information, please contact Heather Vasquez, Executive Director, at [heather@nextstepnw.com](mailto:heather@nextstepnw.com).

## Sancta Vita

By her tender and compassionate love for the sick and by her acceptance of unavoidable suffering while elevating it to a spiritual level, Mother Teresa upholds the importance, value, and dignity of each human life – unborn, newborn, young, old, sick, disabled – and the need to respect and protect it.

- Brian Kolodiejchuk

## 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 and to volunteer as a Eucharistic Minister, please contact the following:  
St. Alphonsus: Lori Corcoro - [lcorcoro@parishfamily14.org](mailto:lcorcoro@parishfamily14.org)  
St. Benedict's Cabrini Ministry: Brenda Stratton - [bjandmes.bjs@gmail.com](mailto:bjandmes.bjs@gmail.com)  
St. John: Marion Johnson - [marijo9974@yahoo.com](mailto: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](https://bit.ly/PF14SocialJustice). Everyone is welcome!



# FAITH IN FOCUS



## Fast and Abstinence

DURING LENT, Catholics in the United States abstain from meat on Ash Wednesday and on all the Fridays of the season. They fast on Ash Wednesday and Good Friday. They are encouraged to continue the fast on Holy Saturday as well, in union with those preparing for Baptism. On a fast day, people eat only one full meal; they may also eat two partial meals and should not snack between any of them.



The laws of fast and abstinence may vary from one country to another; however, they accomplish the same goals.

- They help us imitate the example of Jesus, who fasted forty days to prepare for his ministry.
- They help us display our common repentance. More than declaring our personal desire for conversion of heart, they strengthen our community by expressing our corporate sorrow for social sin.
- They teach us a detachment from passions and turn our hearts more toward God and less toward food.
- They make us more disciplined and more charitable.

The purpose of fast and abstinence, then, is not to punish us but to make us more loving, more prayerful, more detached from whatever may keep us from God.

Fasting becomes more spiritually effective when sustained by other practices such as prayer, charity, and almsgiving. The prayers at Mass during Lent presume that the community is supporting its prayer with fasting and its fasting with prayer.

Everyone age fourteen and older is bound by the law of abstinence. Younger children are to be educated in its significance. Other Catholics are expected to avoid meat on Ash Wednesday and the Fridays of Lent no matter how old they become.

However, fasting binds from after one's eighteenth birthday until after the fifty-ninth. Catholics younger and older than that need not fast on Ash Wednesday and Good Friday. Nonetheless, fasting is a praiseworthy penitential practice, even when it is not required.

Throughout the year Catholics fast from food and drink one hour before sharing communion.

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



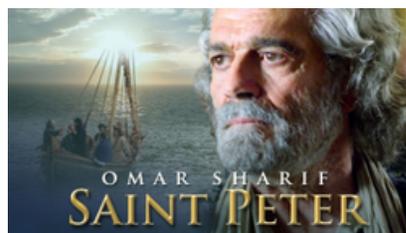
**This Week on Formed**  
Week of February 22, 2026



<https://app.formed.org/app/videos/3492238>

### Foretold

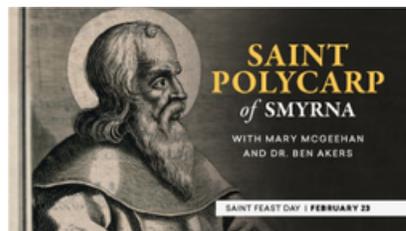
From the beginning, God had a plan to save man from sin. With Jesus, that plan was fulfilled. But he also has a specific plan for you. Watch *Foretold* to rediscover God's providential love for you.



<https://app.formed.org/app/videos/588407>

### Saint Peter

Watch the epic story of the spread of Christianity during the early years of the Church. This film follows the journey of St. Peter through his martyrdom on a cross.



<https://app.formed.org/app/videos/2603594>

### St. Polycarp | Catholic Saints

Join Dr. Ben Akers and Mary McGeehan as they dive into the life of St. Polycarp, a second century bishop and martyr. St. Polycarp was a student of St. John the Apostle, defended the faith against early heresies, and offered his life like Christ as a martyr.

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



# SCHOOL NEWS

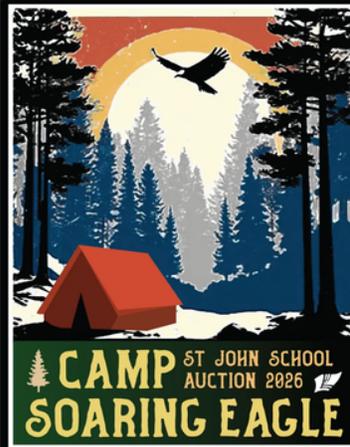


The cast and crew invite you to *A Wrinkle in Time!* Tickets are on **sale** now! Tickets will NOT be available for purchase at the door, so **purchase** your tickets now. Please note: ticket purchases are non-refundable.

Performances are:

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

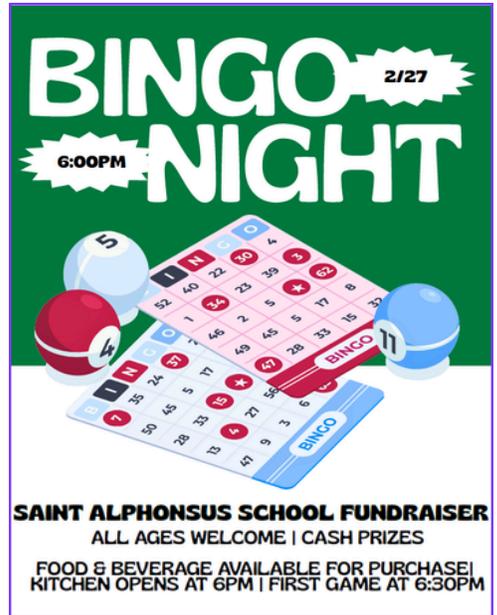
**GIFT BAGS:** Back by popular demand, Middle School Drama gift bags are available for **purchase!** The themed gift bags are full of treats, toys and fun! Purchased gift bags will be ready for pick up in Egan Hall when you check in for the show. Supplies are limited. Proceeds support St. John Drama!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



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](mailto:auction@st-johnschool.org).

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



## 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!

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Nick Padrnos, Principal  
[npadrnos@stalseattle.org](mailto:npadrnos@stalseattle.org)

Melissa Murphy, Director of Admissions  
[admissions@stalseattle.org](mailto:admissions@stalseattle.org)  
206-782-4363

**St. Benedict Catholic School**  
Brian Anderson, Principal  
[b.anderson@stbens.net](mailto:b.anderson@stbens.net)

Penny Ziemer, Advancement Director  
[p.ziemer@stbens.net](mailto:p.ziemer@stbens.net)  
206-633-3375

**St. John Catholic School**  
Abby Mansfield, Principal  
[amansfield@st-johnschool.org](mailto:amansfield@st-johnschool.org)

Jonna Skokan, Director of Admissions  
[skokan@st-johnschool.org](mailto:skokan@st-johnschool.org)  
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## AN AMAZING NIGHT AT ST. AL'S AUCTION!



# 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 Lent Retreat! For more details and to register, go to: <https://archseattle.org/events/lent-retreat-with-speaker-dr-karlo-broussard/>



**Are you unhappy in your marriage?**

It doesn't have to be that way! Retrouvaille (pronounced retro-vi) is a marriage program that helps couples restore their marriage and rebuild a loving relationship. Whether you need a refresh or a rescue, we can help.

Our next program starts **April 10, 2026**. To learn more, go to [www.marriagehelpnw.com](http://www.marriagehelpnw.com) or call 206-706-2608



**Bishop Frank Schuster Appointed**  
**Vicar for Multicultural Ministry**

Read the press release at <https://bit.ly/4rIPzB3>



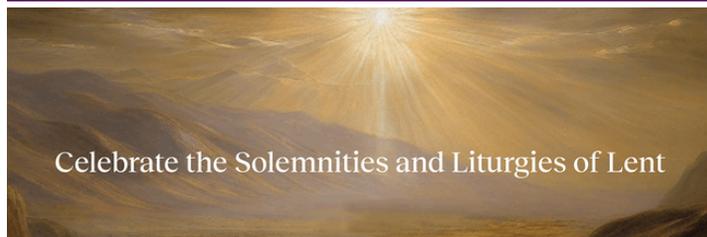
Lent 2026 Hope and Renewal

February 18-April 4

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

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

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



Celebrate the Solemnities and Liturgies of 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](http://archseattle.org/lent) for Archbishop Etienne's Lent video, weekly reflections, prayers, encouragement and more.

WWCCR Women's Retreat  
 March 13-15, 2026



**Beloved**  
 Zephaniah 3:11

Retreat Speaker:  Kelly Wahlquist

Spiritual Director:  Fr. Jim Northrop

at the Archbishop Brunett Retreat Center, Federal Way, WA

Register online at <https://wwccr.org/womens-retreat>

# Understanding Lent

## Walking with Christ Toward Easter

Lent is a sacred season, a time set apart for renewal of heart and soul. Each year, the Church invites us to step away from distractions and walk with Christ in a deeper way. For forty days, we trace his footsteps—entering the desert with him, learning to listen, pray, and trust. This sacred journey mirrors the rhythm of our own lives: seasons of challenge that prepare us for new life in God.

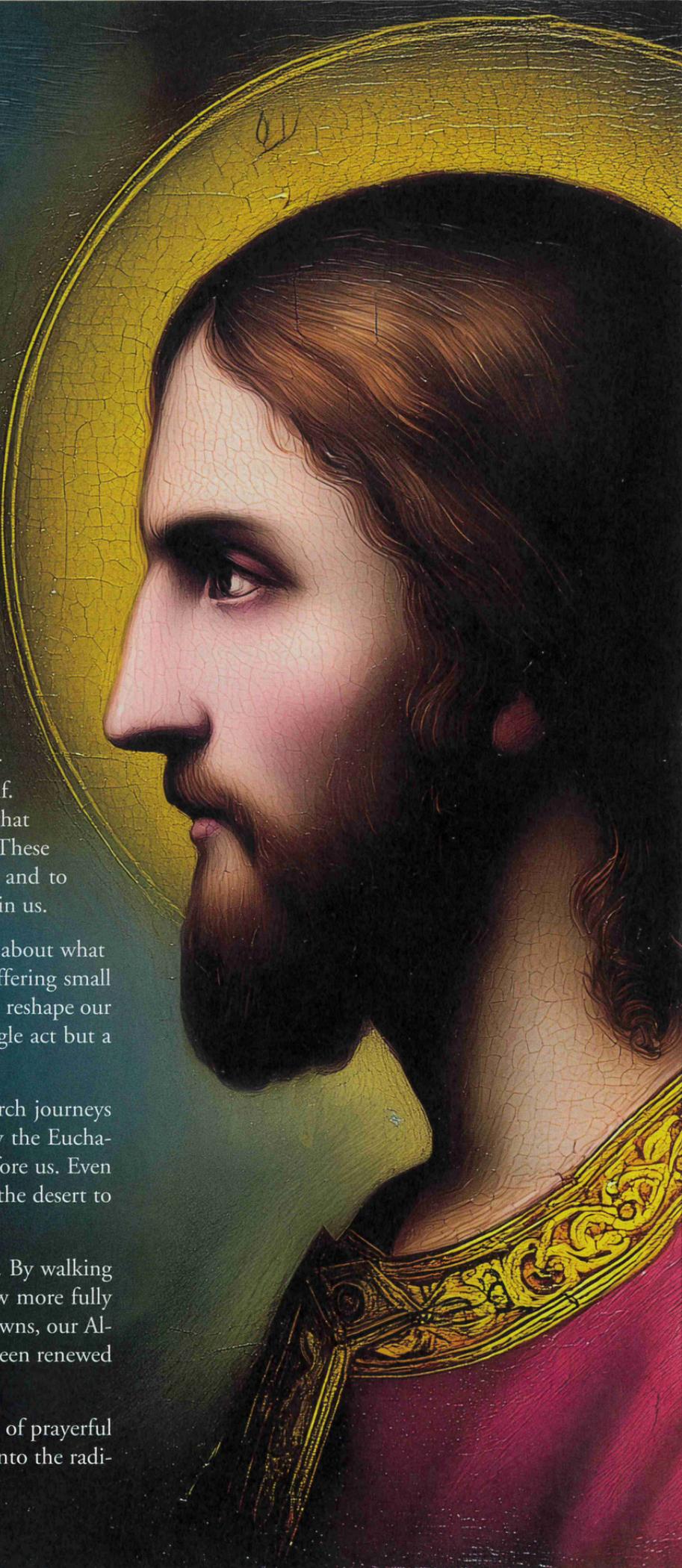
The practices of Lent—prayer, fasting, and almsgiving—are not burdens but pathways. **Prayer** deepens our friendship with God, opening our hearts to his voice. **Fasting** teaches us that we are not ruled by our appetites but created for something greater—communion with God himself. **Almsgiving** lifts our gaze outward, reminding us that love of neighbor is inseparable from love of God. These disciplines work together to form us, to free us, and to awaken us to the life of grace already present within us.

Lent is not simply about what we “give up.” It is about what we receive: mercy, forgiveness, and renewal. By offering small sacrifices and acts of love, we allow God’s Spirit to reshape our hearts. In this way, conversion becomes not a single act but a daily turning—away from sin and toward Christ.

We do not walk this road alone. The entire Church journeys together, nourished by Scripture, strengthened by the Eucharist, and inspired by the saints who have gone before us. Even in our struggles, God is near, leading us through the desert to the joy of Easter morning.

Ultimately, Lent prepares us for the Resurrection. By walking the way of the cross with Jesus, we come to know more fully the life that only he can give. And when Easter dawns, our Alleluia rings out with deeper joy because we have been renewed in heart and spirit.

May this Lent be a season of grace for you, a time of prayerful return to the Lord, and a journey that leads you into the radiant light of Easter.



## SYMBOLS AND PRACTICES OF LENT

Lent is rich with symbols that help us live out this season of renewal. The most visible sign is the **ash cross** traced on our foreheads on Ash Wednesday. It reminds us of our mortality—“Remember that you are dust, and to dust you shall return”—and of our call to repentance.

The **liturgical color purple** is used in churches throughout Lent, symbolizing penance, humility, and preparation. In some parishes, crucifixes and statues may be veiled in the final weeks, creating a sense of longing and anticipation for Easter’s joy.

Another central devotion is the **Stations of the Cross**, traditionally prayed on Fridays during Lent. By reflecting on Christ’s Passion step by step, we learn to unite our own sufferings with his and to see the depth of his love.

Many Catholics also embrace **simplicity and silence** during Lent—reducing entertainment, quieting daily noise, and creating space for God’s voice. Acts of service and charity flow naturally from this spirit, reminding us that Lent is not just about discipline but love of neighbor. The **Sacrament of Reconciliation** holds special importance, offering grace and renewal as we return to God’s mercy.

The Church teaches that Catholics in **good health** are to observe the following rules for **fasting** and **abstinence**. From the United States Conference of Catholic Bishops:

“Ash Wednesday and Good Friday are obligatory days of fasting and abstinence. Fridays during Lent are obligatory days of abstinence. Fasting is required from age 18 until age 59. It permits one full meal and two smaller meals that together are not equal to a full meal. Abstinence from meat binds Catholics from age 14 and older.”

Together, these symbols and practices point us toward the heart of Lent: a season of turning back to God and preparing to celebrate the Resurrection with renewed faith.

## THE MEANING OF LENT

The word *Lent* comes from the Old English *lencten*, meaning “springtime.” In the Church, Lent refers to the forty-day season of prayer, fasting, and almsgiving that prepares us for Easter. The number forty has biblical significance: Moses fasted forty days before receiving the Ten Commandments, Elijah journeyed forty days to Mount Horeb, and Jesus fasted forty days in the desert.

Lent begins on **Ash Wednesday** and concludes at the start of the **Paschal Triduum**—Holy Thursday, Good Friday, and Holy Saturday. Sundays are not counted in the forty days, as each Sunday is a “little Easter,” a celebration of the Resurrection.

The focus of Lent is conversion of heart. The Church encourages us to pray more faithfully, fast from food or distractions, and give generously to the poor. These practices are not ends in themselves but signs that we are turning away from sin and toward God. Lent invites us to renew our baptismal commitment and prepare joyfully for the Resurrection of Jesus.

## HOLY WEEK & THE TRIDUUM

The final days of Lent lead into **Holy Week**, the most sacred time of the Church year. Holy Week begins with **Palm Sunday**, when we remember Christ’s triumphant entry into Jerusalem. The palms we carry remind us both of his kingship and the Passion that follows.



On **Holy Thursday**, we celebrate the Mass of the Lord’s Supper, recalling the institution of the Eucharist and Jesus washing the disciples’ feet. After Mass, the Eucharist is placed in a place of repose, inviting quiet adoration.



**Good Friday** commemorates the Passion and Death of Jesus. The liturgy includes the reading of the Passion, solemn intercessions, veneration of the Cross, and for some, Holy Communion, but no Mass. It is a day of fasting and abstinence, uniting us to Christ’s sacrifice.



**Holy Saturday** is a day of waiting and reflection. That night, the **Easter Vigil** begins in darkness with the blessing of the new fire and the Paschal Candle. We hear salvation history proclaimed, celebrate baptisms and confirmations, and rejoice in the Resurrection.

These three days form the **Paschal Triduum**. They are the heart of the Christian faith, leading us from the cross to the joy of Easter morning.

# PARISH FAMILY STAFF

## Pastor

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

## Parochial Vicar

Fr. Paul Nkolombidzo  
 fr.nkolombidzo@parishfamily14.org

## PARISH FAMILY ADMIN/OPERATIONS TEAM

(Location: St. John Admin Building; Main Line: 206-782-2810)

### Director of Operations

Dani D'Amelio  
 ddamelio@parishfamily14.org  
 ext 314

### Pastoral Assistant for Administration

Mary Wiseman  
 mwiseman@parishfamily14.org  
 ext 313

### Director of Communications

Racquel Servito  
 r.servito@parishfamily14.org

### Director of Development

Teresa Gillett  
 tgillett@parishfamily14.org  
 ext 355

### Bookkeeper St. Al/St. Ben

Michelle Knott  
 m.knott@parishfamily14.org  
 ext 308

### Administrative Assistant

Sheila Marty  
 smarty@parishfamily14.org  
 ext 358

### Receptionist/Admin Assistant

HongPhuc Nguyen  
 hpnguyen@parishfamily14.org  
 ext 300

## PARISH FAMILY FAITH FORMATION TEAM

(Location: St. Benedict Parish Center; Main Line: 206-632-0843 ext 6005)

### Executive Assistant

Lori Corcoro  
 lcorcoro@parishfamily14.org  
 ext 6004

### Liturgy Coordinator

Daniel Pelfrey  
 dpelfrey@parishfamily14.org  
 ext 6006

### Evangelization Coordinator

Claire Shea  
 cshea@parishfamily14.org  
 ext 6003

### Music Director - St. Al/St. Ben

Andrew Koch  
 akoch@parishfamily14.org  
 ext 6007

### Sacramental Coordinator

Julia Rudden  
 jrudden@parishfamily14.org  
 ext 6008

### Music Director - St. John

Kate Reinhard - St. John  
 kreinhard@parishfamily14.org

## ON-SITE STAFF

### St. Benedict Site Director

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

### St. Alphonsus Facilities Supervisor

John Skaar  
 facilities@stalseattle.org

### St. John Facilities Supervisor

Beatriz Palomo  
 bpalomo@stjohnsea.org

## PARISH FAMILY PASTORAL LEADERSHIP COUNCIL

partners.info@parishfamily14.org

Mary Pat O'Leary, St Alphonsus  
 marypattyostb@gmail.com

Michael Corcoro, St Alphonsus  
 mcorcoro@gmail.com

Olivia Raese, St Alphonsus  
 olivia@raesegroup.com

Brian Beach, St. Benedict -  
 brianebeach@gmail.com

Nausica Zorzi, St. Benedict -  
 nausicazorziseattle@gmail.com

Philip Orquia, St. Benedict -  
 porquia@gmail.com

Joe Sullivan, St. John -  
 joe.sullivan1020@gmail.com

Olga Sala Torra, St. John -  
 salatorra@yahoo.com

Teresa Lombardi, St. John -  
 tressa.lombardi@hotmail.com

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