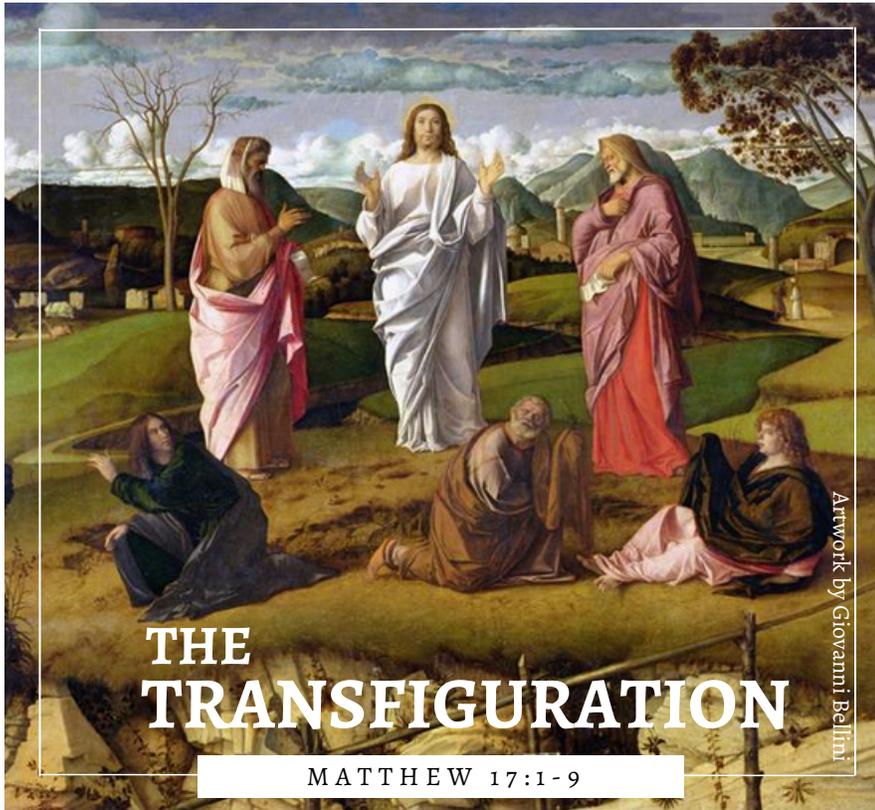


PARISH FAMILY 14

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
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 ext 6005 | lcrcoro@parishfamily14.org | 1805 N 49th St, Seattle

  @parishfamily14

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

THIS WEEK'S CALENDAR

March 1, 2026
SECOND SUNDAY OF LENT
 Gn 12:1-4a/2 Tm 1:8b-10/Mt 17:1-9

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
March 1 SECOND SUNDAY OF LENT	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 Room	10 AM 1 st Communion Class 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
March 2 Monday <i>Saint Polycarp, Bishop and Martyr</i>	7 AM Confession 7:30 AM Daily Mass RIP: Maureen Callaghan 7 PM Men's Group - McGrath Room	8:30 AM SMdP Sandwich Making 7 PM Gospel Study via Zoom	
March 3 Tuesday <i>Saint Katharine Drexel, Virgin</i>	7 AM Confession 7:30 AM Daily Mass INT: Tai Flynn	7 PM Women's Ministry via Zoom	
March 4 Wednesday <i>Saint Casimir</i>	7 AM Confession 7:30 AM Daily Mass INT: Mary Cummings 8:45 AM School Mass - <i>All are welcome!</i>		
March 5 Thursday	7 AM Confession 7:30 AM Daily Mass RIP: Michael Hansen 10 AM Scripture Study 7 PM Adoration/Confession 7 PM OCIA - McGrath Room	9 AM School Mass - <i>All are welcome!</i> 5 PM Confession 6 PM Daily Mass INT: Tom Barrett 7 PM Book Group	3 PM Family Adoration
March 6 Friday <i>Saint Gregory of Narek, Abbot and Doctor of the Church</i>	8:15 AM Adoration Chapel open to 5 PM		9 AM Daily Mass RIP: Madeline Kyle 6 PM Stations of the Cross followed by Soup Supper
March 7 Saturday <i>Saints Perpetua and Felicity, Martyrs</i>	4 PM Confession 5 PM Vigil Mass 6 PM Crab Feast - Family Center		9 AM 1 st Saturday Mass RIP: Venus Lusterio 1 PM Camino de Seattle - starts at St. John 5 PM Vigil Mass (Livestream)
March 8 THIRD SUNDAY OF LENT	8 AM Confession 9 AM Mass 10 AM Coffee & Donuts 10:30 AM OCIC - McGrath Rm	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 9:35 AM FHC Class - Kuyper's classrm; Parents in Egan Hall 9:45 AM Confession 10:30 AM Mass with CLOW Coffee & Donuts after both Masses 7:30 PM 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

FIRST WEEK OF LENT

Ash Wednesday: School and Parish Family Masses

Stations of the Cross and Soup Supper at St. Alphonsus



**CURIOUS
WHAT
VOICES FROM
ALL THREE
PARISHES
REVEALED?**



bit.ly/PF14stListeningResults

SPRING FORWARD
March 8, 2026



**Set your clocks
one hour ahead!**

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

Mar 6 & 13, Fri, 6 PM, St. John

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 Church

LENTEN BOOK REFLECTION

Mar 21, Sat, 6 PM, St. Benedict Parish Center

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?

- 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

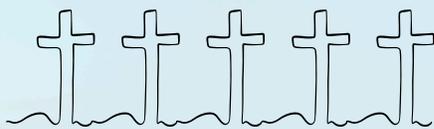
LENT EVENTS

STATIONS OF THE CROSS AND COMMUNITY DINNERS

FRIDAYS OF LENT | 6 PM

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

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



HELP BY DONATING SOUP OR BREAD!

For our Lent Community Dinners right after the
Stations of the Cross on Fridays of Lent, 6 PM

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



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 Feast 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
Henrietta Cottingham at
cottinghamh@gmail.com,
or Lori Corcoro at
206-632-0843 ext 6004.



Knights of
Columbus

CRAB FEAST

MAR 7, SAT, 6 PM
ST. ALPHONSUS FAMILY CENTER

GET YOUR
TICKETS
NOW!*

\$65



*Tickets available at St. Alphonsus School office or contact
Lori at 206-632-0843 ext 6004/ lcorcoro@parishfamily14.org.

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.

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.



Knights of Columbus Lenten Fish Fry

MARCH 13, 5 - 8PM, ST. JOHN EGAN HALL

It's a wonderful opportunity to share a simple meal, connect with friends, and prepare our hearts for Easter.



Please **RSVP** so we can be sure to prepare enough food for everyone!

Volunteer to help with setup, serving, and cleanup. Your help makes this event possible!



bit.ly/StJFishFryRSVP



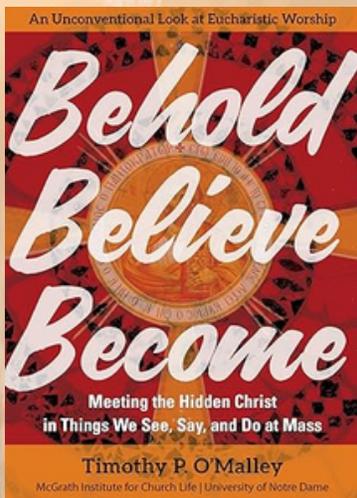
bit.ly/StJFishFry2026

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!



Two Faces in the Shadows

MAR 26 | THURS | 7 PM | ST. BENEDICT CHURCH
MAR 29 | SUN | 5 PM | ST. JOHN CHURCH



A performance by:
LEN KANNAPELL & MARK ADOLPH

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.

IT'S A **30-MIN** PERFORMANCE.

SEE YOU ALL THERE!



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



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.

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 22, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	115
Sunday, 9 AM	262

PARISH COLLECTION

Mass Collection	\$ 2,945.00
Online Donations	\$ 3,265.19
Mailed-in	\$ 2061.95

Total Collection \$8,272.14

Weekly Budget \$ 9,833.00

Under Weekly Budget \$ 1,560.86

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	\$ 1,086.00
Online Donations	\$ 3,403.44
Mailed-in	\$ 0.00

Total Collection \$ 4,489.44

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 1,565.56

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	105
Sunday, 8:30 AM	150
Sunday, 10:30 AM	174

PARISH COLLECTION

Mass Collection	\$ 3,820.00
Online Donations	\$ 7,933.24
Mailed-in	\$ 5,703.00

Total Collection \$ 17,456.24

Weekly Budget \$ 17,229.00

Over Weekly Budget \$ 227.24

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, Rich Huntsman, Tom Jepson, Nicholas Konopik, Lucy McGovern, Jay Parrish, Patricia Patterson, Paul Pioli, Bill Quackenbush, Lou Ayres Salumbides, Abby Simpson, Todd Stinebrickner and Lillian Yamamoto. For those who have died, including Michael Farrell, 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

Our Parish Family gathers in faith and hope to celebrate the following Funeral Masses:

Alicia Chandler - Sat, March 14, 11 AM at St. Alphonsus
Reception to follow at the Family Center
Oscar Richardson - Sat, March 14, 11 AM at St. John
Reception to follow at the Parish Admin Bldg
Michael Farrell - Fri, March 20, 11 AM at St. John



READINGS FOR SUNDAY, MARCH 8 -

Third Sunday of Lent

First Reading

Exodus 17:3-7

Water flowed from rock to quench the people's thirst.

Psalm

Psalm 95

"If today you hear his voice, harden not your hearts."

Second Reading

Romans 5:1-2, 5-8

God's love is poured into our hearts in the gift of the Spirit.

Gospel

John 4:5-42

The water Jesus gives is the wellspring of eternal life.

"Is the LORD in our midst or not?" This question is posed at the end of the first reading, but it could be asked in all three. First, we hear the Israelites complain to Moses about the lack of water in the desert. Paul proclaims to the Romans that our hearts are filled with the love of God, though we may not realize it. In the Gospel, Jesus reveals to the woman at the well that he is the Messiah, the Christ, the one who she and her people had been waiting for. The Lord is indeed in our midst, as for the Chosen People in the desert, as in the early church in Rome, and as with the woman at the well.

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.



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.

Youth Mass

Join us for the Youth Mass every 3rd Sunday at 11:00 AM at St. Benedict Parish. This special Mass highlights and celebrates the presence of our young people in the liturgy.

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

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.



bit.ly/PF14YouthLitMinistry

FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

March 1, 7:30 PM | St. John Group via Zoom
We are meeting the saints this year through film, discussion, and prayer. 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

March 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

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

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

Women's Group

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)

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 Gruszczynski at diana.gruszczynski@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. The heart of this fantasy fiction novel is myth and fairy tales, which weave a multilayered mosaic tapestry that reimagines a fairy tale to tell a story that is both timeless and now. For more information, contact Brenda Stratton at bjandmes.bjs@gmail.com.

Young Adult Group

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 individuals 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. Contact youngadultsp14@gmail.com to be connected.



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

Join our Parish Family as we joyfully celebrate the Sacrament of Infant Baptism all three of our churches this weekend, February 28 and March 1. All are warmly invited to attend and support the families as we welcome our newest members into the Church! 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 kannapell@yahoo.com.



St. Francis of Assisi

The Saint Francis of Assisi ministry brings together individuals who are concerned about the care for creation and climate change. We meet monthly and our next meeting is **Sunday, March 1 at 2 PM** in the St. John Parish Admin Building. All are welcome. More details about our group can be found at saintfrancisseattle.org.

Sancta Vita

40 Days for Life spring campaign is February 18th through March 29, 2026. Help protect mothers and children by joining this worldwide mobilization! Through prayer and fasting, peaceful vigils, and community outreach, 40 Days for Life has inspired over 1,000,000 volunteers and saved over 26,000 babies! Sign up to pray one hour/week in North Seattle or Lynnwood. Learn more by visiting 40daysforlife.com. Questions? Contact Rebecca at 40daysforlife.lynnwood@gmail.com or Elizabeth at yesseattle40daysforlife@gmail.com

Hunger Project

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



As of January 2026, 327 lbs food, \$100 worth of diapers were collected.

Immigrant and Refugee

The Archdiocese of Seattle's Immigrant & Refugee Ministry (IRM) provides care and resources for immigrant families, and equips and empowers parishes to develop their own immigrant response programs. For more information and for those who desire to know how better to help with any Immigration concerns, please visit: <https://archseattle.org/ministries/outreach-ministries/immigrant-refugee-ministry/>

Social Justice Commission's SPEAKER SERIES

WELCOMING THE STRANGER: CATHOLIC SOCIAL TEACHING ON IMMIGRATION

March 11, Wed, 6:30 PM
St. Alphonsus, McGrath Room

Join us as Terri Nelson and Chris Koehler lead 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



Chris Koehler

Director of Missions & Immigrant Affairs - Archdiocese of Seattle

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

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



Silence before Mass

SILENCE IS, sacred. No words can adequately express the mystery of God. Everything we try to say falls short.

In quiet, we can sense God's presence even more deeply than in sound.

At designated times of the Mass, we fall silent to offer prayers, to reflect on the Scripture or to thank God for the Eucharist. But "it is a praiseworthy practice for silence to be observed in the church, in the sacristy, in the vesting room, and in adjacent areas, so that all may dispose themselves to carry out the sacred celebration in a devout and fitting manner" (*General Instruction of the Roman Missal*, 45).

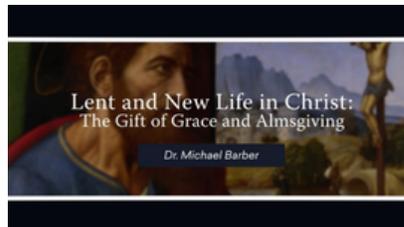
Many sounds precede Mass. At home and in the car, you may have the television or radio on, or you may be conversing with family and friends about many things. At church, in the minutes before Mass begins, you might hear people greeting people, someone leading a Rosary, musicians tuning their instruments, cantors rehearsing the Responsorial Psalm, or coins plunking in the poor box. The organist might play a prelude, or the song leader might rehearse a hymn with you. All these sounds serve some purpose, and they help prepare us for the Eucharist.

But some time of silence beforehand helps everyone enter the Mass devoutly. In silent prayer, we think about the role we are to play, the songs we will sing, the prayers we will offer, the Scriptures we will hear, the sacrifice we make, the service we give to our neighbor, and the presence of Jesus Christ, who comes to us in sacrament to nourish us at this Mass and throughout the week. His holiness renders us speechless.

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. GIRM © 2010, ICEL.



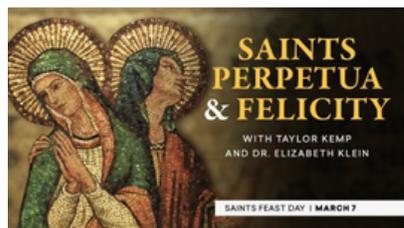
This Week on Formed
Week of March 1, 2026



<https://app.formed.org/app/videos/204253>

Lent and New Life in Christ

What is the importance of almsgiving? Dr. Michael Barber discusses the transformative power of almsgiving for your life.



<https://app.formed.org/app/videos/2582392>

Sts. Perpetua & Felicity | Catholic Saints

Dr. Elizabeth Klein and Taylor Kemp discuss the life and impact of two female martyrs from the third century, Sts. Perpetua and Felicity. Both were beheaded for refusing to renounce their Christian faith.



<https://app.formed.org/app/videos/3940424>

The Total Gift: A Katharine Drexel Story

Saint Katharine Drexel chose a life dedicated entirely to serving marginalized communities. Born into a wealthy Philadelphia family, Katharine Drexel used her fortune to challenge societal norms and dedicate her life to education and racial healing.

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!



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.

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!

It's Girl Scout Cookie Time!



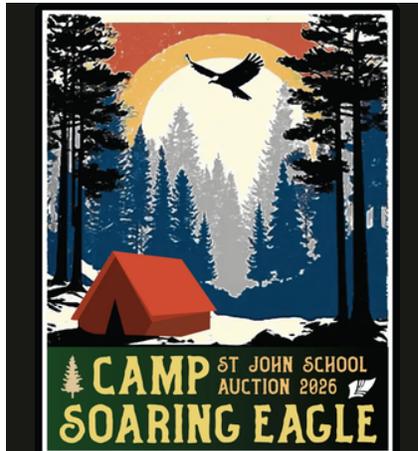
St. Benedict's own **Girl Scout Troop 44467** is raising funds for an overnight campout in the Cascades, where girls will build outdoor and adventure skills.

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



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/>.

St. Ben's Soup Bowl was a success!

Together, the students and parents collected 201.8 lbs of non-perishable food to support our community and delivered a \$13,000 check from the Parish to help those in need.



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

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



St. Benedict Catholic School

Brian Anderson, Principal
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St. John Catholic School

Abby Mansfield, Principal
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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**



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

Attendees are encouraged to attend in uniform and sit together.



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

Journey in Faith: A Lenten Retreat for Young Adults
Sunday, March 15, 2026
St. Mary on the Lake | Peace & Spirituality Center

Retreat Leaders




Chera Chuva, CSJP
US Vocation Director
Sisters of St. Joseph of Peace

Carmel Little, CSJP
Author, The CSJP Weekly Peace Prayer
Sisters of St. Joseph of Peace



Congregation of the
Sisters of St. Joseph of Peace
Pursuing justice, we seek God's gift of peace.

This day of prayer and reflection offers time to step away from the busyness of life, deepen your relationship with God, and walk alongside other young adults during the Lenten season. This retreat offers a space for prayer, reflection, and community as we journey together in faith during this sacred season. This retreat also includes Mass & lunch with sisters. Welcoming those ages 18 to 40. Freewill offerings gratefully accepted. Space is limited. RSVP Required by Friday, March 6. <https://bit.ly/WALentRetreat>




**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 or call 206-706-2608



**Police and Fire Chaplain
Support Session**

March 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.

**Grant applications open
now through March 13**



The St. Joseph Foundation supports Catholic ministry and encourages Catholic nonprofits in Western Washington to apply for funding. For more information, go to <https://archseattle.org/st-joseph-foundation>



**You Are
Not Alone:**
A Catholic Immigration
Solidarity Gathering

March 14, 2026 | 9:30 AM - Noon | St. Charles, Burlington

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

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>

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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Music Director - St. John

Kate Reinhard - St. John
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St. John Facilities Supervisor

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