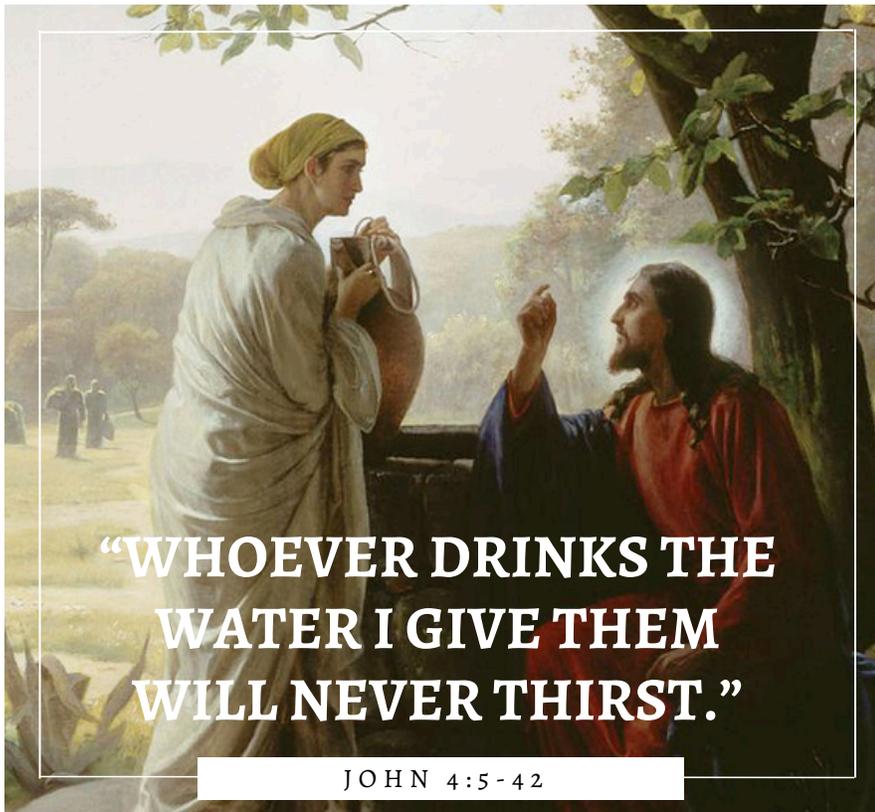


# PARISH FAMILY 14

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



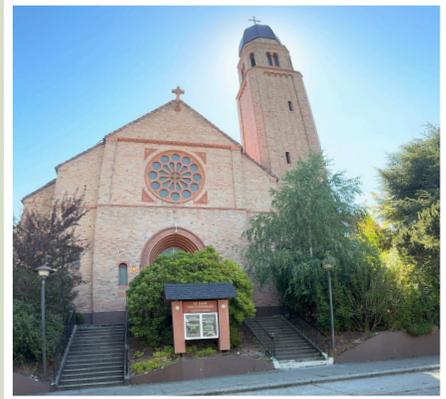
### ST. ALPHONSUS PARISH

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



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

# THIS WEEK'S CALENDAR

March 8, 2026

## THIRD SUNDAY OF LENT

Ex 17:3-7/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
<b>March 8</b> <b>THIRD SUNDAY</b> <b>OF LENT</b>	8 AM Confession 9 AM Mass 10 AM Coffee & Donuts 10:30 AM 1 <sup>st</sup> Communion Class - McGrath Room	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; 9:45 AM Confession 10:30 AM Mass with CLOW  Coffee & Donuts after both Masses 7:30 PM Faith Sharing Group via Zoom
<b>March 9</b> <b>Monday</b> <i>Saint Frances of Rome,</i> <i>Religious</i>	7 AM Confession 7:30 AM Daily Mass RIP: Marcia Warren 7 PM Men's Group - McGrath Rm	7 PM Gospel Study via Zoom	
<b>March 10</b> <b>Tuesday</b>	7 AM Confession 7:30 AM Daily Mass RIP: Paul Pioli	7 PM Young Men's Group - St. Mary's Room	
<b>March 11</b> <b>Wednesday</b>	7 AM Confession 7:30 AM Daily Mass 6:30 PM Social Justice Commission's Speaker Series: Welcoming the Stranger: Catholic Social Teaching on Immigration - McGrath Rm		
<b>March 12</b> <b>Thursday</b>	7 AM Confession 7:30 AM Daily Mass RIP: Mary Reed 10 AM Scripture Study 7 PM OCIA - McGrath Room	2:15 PM Family Adoration 5 PM Confession 6 PM Daily Mass INT: Louise Gervais	3 PM Family Adoration
<b>March 13</b> <b>Friday</b>	8:15 AM Adoration Chapel open to 5 PM		9 AM Daily Mass RIP: Rena Fregosi 5 - 8 PM <b>Fish Fry - Egan Hall</b> 6 PM <b>Stations of the Cross</b>
<b>March 14</b> <b>Saturday</b>	8 AM Daily Mass INT: Abraham Family & the souls in purgatory 11 AM Funeral Mass for Alicia Chandler-Rosary at 10am 4 PM Confession 5 PM Vigil Mass	9:30 AM Craft Group	11 AM Funeral Mass for Oscar Richardson 5 PM Vigil Mass (Livestream)  SVdP Collection at Mass
<b>March 15</b> <b>FOURTH SUNDAY</b> <b>OF LENT</b>	8 AM Confession 9 AM Mass 10 AM Breakfast by Angel's Cafe 10:30 AM 1 <sup>st</sup> Communion Class - McGrath Room	10 AM 1 <sup>st</sup> Communion Class 11 AM Youth Mass with CLOW (Livestream)  Special collection for St. Vincent de Paul 12 PM Social Hour 12 PM Grief Support Group - Parish Center	8:30 AM Mass 9:30 AM Lectio Divina 9:30 AM SVdP Meeting - Parish Admin 9:35 AM FHC Class - Kuyper's classrm; Parents in Egan Hall 9:45 AM Confession 10:30 AM Mass with CLOW  SVdP Collection at both Masses Coffee & Donuts after both Masses 7:30 PM Faith Sharing Group via Zoom
	<i>For livestream and recorded</i> <i>masses, click the links:</i>	<a href="https://parish.stbens.net">https://parish.stbens.net</a> <a href="https://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

## SECOND WEEK OF LENT

### Stations of the Cross and Soup Supper at St. Alphonsus

Thank you to everyone who joined the Stations of the Cross at St. Alphonsus! A big thanks to those who brought soup, bread, and pizza. Your generosity made the evening extra special.



### Lent Retreat at St. Alphonsus Family Center

Parishioners from across our Parish Family gathered to deepen their Lenten journey through inspiring talks, quiet reflection, and shared fellowship in a retreat lead by Fr. Nkolombidzo and our Faith Formation Team.



## BAPTISMS

We joyfully celebrate the baptism of 14 children across our three parishes!



## 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 13, Fri, 6 PM, St. John (Fish Fry)  
Mar 20 & 27, Fri, 6 PM, St. Benedict (Potluck Soup Suppers)

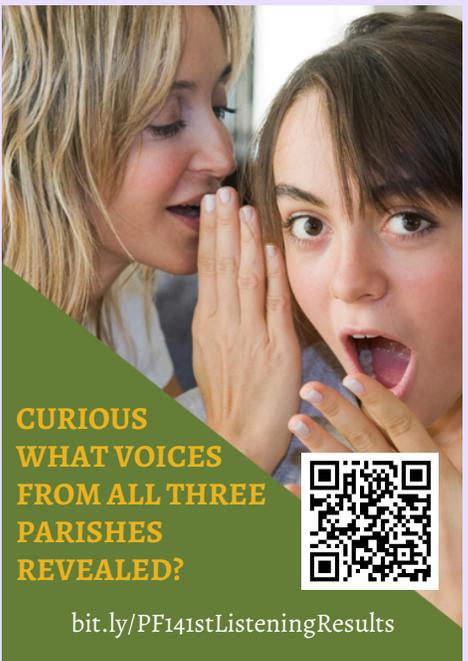
JOURNEY THROUGH LENT AND HOLY WEEK: A PRESENTATION  
Mar 18, Wed, 7 PM, St. John Church

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>

SPRING FORWARD  
March 8, 2026

Set your clocks  
one hour ahead!



CURIOUS  
WHAT VOICES  
FROM ALL THREE  
PARISHES  
REVEALED?



[bit.ly/PF141stListeningResults](https://bit.ly/PF141stListeningResults)

# LENT EVENTS

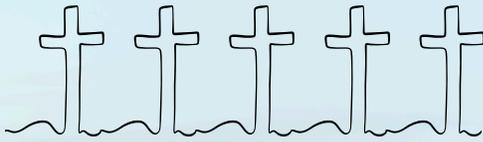
## STATIONS OF THE CROSS AND COMMUNITY DINNERS

FRIDAYS OF LENT | 6 PM

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

**Mar 13 - St. John Church**

**Mar 20 & 27 - St. Benedict Church**



Followed by Community Dinners, e.g. potluck soup supper and fish fry. All are welcome!



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](https://bit.ly/StJFishFryRSVP)



[bit.ly/StJFishFry2026](https://bit.ly/StJFishFry2026)

## 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 20 & 27  
ST. BENEDICT**



Our Parish Family will gather for simple community dinners of soup and bread. [bit.ly/PF14LentDinner](https://bit.ly/PF14LentDinner)

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.



## 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.



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).

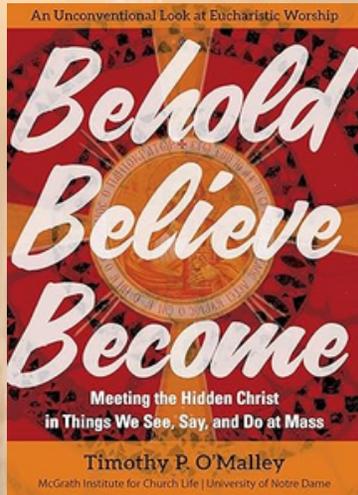
# LENT EVENTS

## 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!

## FAMILY HOLY HOUR of Eucharistic Adoration in St. Benedict Church



COME and ADORE.

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

MARCH 12, THURSDAY  
2:15 - 3:15 PM

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

Coming to Bellevue, WA | May 16, 2026



# In Him, We Rise.



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



REGISTER  
NOW!

# PARISH FAMILY UPDATES

## Youth MASS

Every 3<sup>rd</sup> Sunday

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



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



[bit.ly/PF14](https://bit.ly/PF14)  
YouthLitMinistry

JOIN US FOR ST. PATRICK DAY POTLUCK AT THE  
SCHOOL CAFETERIA AFTER MASS!

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 March 1, 2026

#### St. Alphonsus Parish

##### MASS ATTENDANCE

Saturday, 5 PM	116
Sunday, 9 AM	236

##### PARISH COLLECTION

Mass Collection	\$ 4,962.00
Online Donations	\$12,104.45
Mailed-in	\$ 500.00

**Total Collection** \$17,563.45

Weekly Budget \$ 9,833.00

Over Weekly Budget \$ 7,730.45

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	183
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##### PARISH COLLECTION

Mass Collection	\$ 1,877.00
Online Donations	\$ 3,827.36
Mailed-in	\$ 488.00

**Total Collection** \$ 6,192.36

Weekly Budget \$ 6,055.00

Over Weekly Budget \$ 137.36

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	130
Sunday, 8:30 AM	188
Sunday, 10:30 AM	249

##### PARISH COLLECTION

Mass Collection	\$ 4,721.25
Online Donations	\$ 11,221.83
Mailed-in	\$ 1,959.00

**Total Collection** \$ 17,902.08

Weekly Budget \$ 17,229.00

Over Weekly Budget \$ 673.08

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, Bill Quackenbush, Lou Ayres Salumbides, Abby Simpson, Todd Stinebrickner and Lillian Yamamoto. For those who have died, including Paul Pioli, 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 15 -

## Fourth Sunday of Lent

**First Reading** **1 Samuel 16:1b, 6-7, 10-13a**  
*Samuel anointed David to be king.*

**Psalm** **Psalm 23**  
*"The Lord is my shepherd; there is nothing I shall want."*

**Second Reading** **Ephesians 5:8-14**  
*Rise from the dead, children of light.*

**Gospel** **John 9:1-41**  
*I know this much: I was blind, but now I see.*

Two overlooked people play starring roles in today's readings. First, we hear the LORD choose David—the youngest of Jesse's sons, who was left tending the sheep while his brothers were paraded before Samuel—to be king. Then, after Jesus heals a blind man on the sabbath, the man is questioned repeatedly as to how this happened. By the end of the Gospel, it becomes obvious who truly has eyes of faith. As we listen to today's readings, may we remember not to overlook those who seem less capable or remarkable.

## 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 email [dpelfrey@parishfamily14.org](mailto:dpelfrey@parishfamily14.org) or the respective ministry heads.

### 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).



## ST. PATRICK'S DAY Mass

The Irish Heritage Club will be hosting a Mass at **St. John** on St. Patrick's Day, **March 17, Tuesday, at 6 PM**. Fr. Martin Bourke will be presiding. There will be a reception following in the Parish Admin Building. All are welcome.

## DAILY MASS AT ST. BENEDICT!

**Thursdays, 6 PM**

With Confessions starting at 5 PM

# FAITH FORMATION AND SACRAMENTS

## SMALL FAITH SHARING GROUPS

### Faith Sharing Group

**March 8, 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](mailto:tressa.lombardi@hotmail.com)

### Men's Group

**March 9, 7 PM** | St. Alphonsus Men's Group fellowship and faith sharing in the St. Al McGrath Room (Contact: Brian LeBlanc at [brianleblanc76@gmail.com](mailto:brianleblanc76@gmail.com))

### Gospel/Scripture Ministry

**March 9, 7 PM** | St. Benedict Gospel Study via Zoom  
Meeting ID: 864 2616 6842 Password: 961919  
(Contact: Brenda Stratton at [bjandmes@msn.com](mailto:bjandmes@msn.com))

**March 12, 10 AM** | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room  
(Contact: Mary Green at [mgquilts46@gmail.com](mailto:mgquilts46@gmail.com))

### Women's Group

**March 24, 6:30PM** | St. Alphonsus Women's Group in the McGrath Room; Join us for a discussion with Helen Oesterle as we end our lenten journey. Helen currently serves at Our Lady of Guadalupe Parish in Seattle. She has a Certification in the Mastery of the Catechism and is a Commissioned Lay Ecclesial Minister for the Archdiocese. No RSVP needed. Questions? Contact [olivia@raesegroup.com](mailto:olivia@raesegroup.com).

### Grounded in Grace

**March 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. Questions? Contact [olivia@raesegroup.com](mailto:olivia@raesegroup.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. Please stand by for upcoming schedule. For more information, contact Julia Rudden at [jrudden@parishfamily14.org](mailto:jrudden@parishfamily14.org).



### 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](mailto:cshea@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](mailto:cshea@parishfamily14.org) for more information. All are welcome!



### 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](mailto: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](mailto:jrudden@parishfamily14.org)  
**Order of Christian Initiation for Adults and Children** - Claire Shea at [cshea@parishfamily14.org](mailto:cshea@parishfamily14.org)  
**Parish Advocates for Annulment** - [annulment@stjohnsea.org](mailto:annulment@stjohnsea.org)

# SOCIAL JUSTICE COMMISSION

## 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

## Breakfast

by Angel's Cafe

March 15 | Sunday  
after the 9 AM Mass  
St. Alphonsus Family Center

Enjoy a hearty Western omelette made with green and red peppers, sausages, onions, and cheddar cheese, along with fresh fruit salad, assorted sweet breads, and your choice of coffee or tea.

Don't miss this chance to eat, relax, and connect with fellow parishioners!



### St. Vincent de Paul Society

SVDP society assists the poor and needy within our parish boundaries through grocery, transportation and rent vouchers. Support by donating and volunteering with them. For more info, contact the following:

St. Alphonsus: Doug Martin - [doug@martinenv.com](mailto:doug@martinenv.com)  
St. Benedict: Sherry Zane - [svdp@stbens.net](mailto:svdp@stbens.net)  
St. John: Joyce Farrell - [joycefarrello8@gmail.com](mailto:joycefarrello8@gmail.com)

If you need assistance, please call Helpline Call Center at (206) 767-6449, M-F, 8 AM - 3 PM.

### Knights of Columbus

The Knights of Columbus is a global organization of Catholic men committed to the principles of charity, unity, fraternity, and patriotism. The local council supports the community through fundraising for local organizations, assisting with parish events, hosting pancake breakfasts, and holding regular meetings to plan and grow its outreach. For more info, contact the following:

St. Alphonsus: Louie Van Hollebeke - [louiervh@gmail.com](mailto:louiervh@gmail.com)  
St. John: Aaron Amort - [aaronamort@gmail.com](mailto:aaronamort@gmail.com)

### Sancta Vita

Please pray this month the March 2026 Prayer Intention from Pope Leo: **For disarmament and peace.**

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence. Read more:

<https://popesprayerusa.net/popos-intentions/>

### 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/>

### 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



## Intinction



ANY MINISTERS of Holy Communion can tell you this story: They offer the cup to the next person in line, “The Blood of Christ.” The communicant answers, “Amen.” But instead of taking the cup, the communicant dips the host in the cup, pops it in the mouth, and slips back to the pew. Intinction, right? Wrong. Our Church does not invite the faithful to this method of receiving Communion.

We offer several methods for receiving Communion. We may take the Body of Christ on the tongue or in the hand. We may accept the Blood of Christ from the cup. In some parts of the Catholic world, the Blood of Christ is administered through a tube or spoon.

We also have intinction: The priest dips a particle into the chalice and, showing it, says: “The Body and Blood of Christ.” The communicants respond: “Amen,” receive Communion in the mouth, and return to their places.

The Congregation for Divine Worship and the Discipline of the Sacraments forbids communicants to intinct the host themselves into the chalice, “nor to receive the intincted host in the hand” (*Redemptionis Sacramentum*, 104).

Ever since Jesus appointed the disciples to distribute the great multiplication of loaves, we have designated certain ministers to offer holy food to the faithful. This simple distinction helps us all approach the Communion Table with reverence like beggars, not thieves. We do not “take” Communion so much as we “receive” it.

Even with intinction, we do not stretch forth our own hands to dip the hosts into the wine, like chip-and-dip football appetizers. If intinction is offered, the priest completes the action before placing Communion directly in the mouth of the faithful.

Shortly after Vatican II, intinction enjoyed some popularity. However, when we got permission to take the Body of Christ in the hand, intinction became less attractive. The minister couldn't place a damp host in the hands of the faithful.

Besides, the two separate actions of eating and drinking helped us connect the Eucharist with the Last Supper and with the way we eat at home. These actions deepen the sense of mystery that our all-powerful God comes to us in the ordinary forms of bread and wine.

*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.



Go to [archseattle.org/lent](https://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.



## This Week on Formed Week of March 8, 2026



<https://app.formed.org/app/videos/3494727>

### How to Lent

In *How To Lent*, you will be guided by priests and religious in the disciplines of prayer, fasting, and almsgiving so that you can make this your best Lent yet.

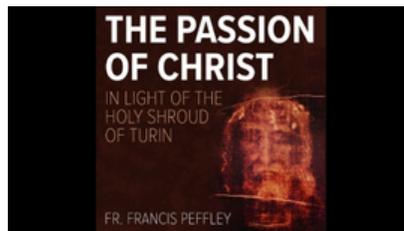


<https://app.formed.org/app/videos/2612987>

### St. Frances & Liturgical Living

Join the Tierney family as they celebrate the feast of Saint Frances of Rome, patroness of homemaking! Learn about practicing the corporal works of mercy in the home, the very Catholic Lenten history of pretzels and beer, and watch Kendra and three-year-old Barbara make something they like to call “trash can soup.” Find this episode's feature recipes and more about liturgical living in the home at Catholic All Year.

<https://catholicallyear.com/at-home/>.



<https://app.formed.org/app/videos/607949>

### The Passion of Christ in Light of the Holy Shroud

The Holy Shroud of Turin was called the greatest relic in Christendom by Pope St. John Paul II. Fr. Peffley presents new, detailed scientific and medical evidence for the authenticity of the Holy Shroud.

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!



# Speak UP

**Let your voice guide our next steps  
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Join our next **Listening Sessions** as we continue building our Parish Family together.

Let's reflect together on the question:

**“WHAT OPPORTUNITIES AND  
CHALLENGES EXIST FOR OUR  
PARISH FAMILY?”**

**MARK YOUR CALENDARS!**

**Weekends of  
April 18–19  
April 25–26**

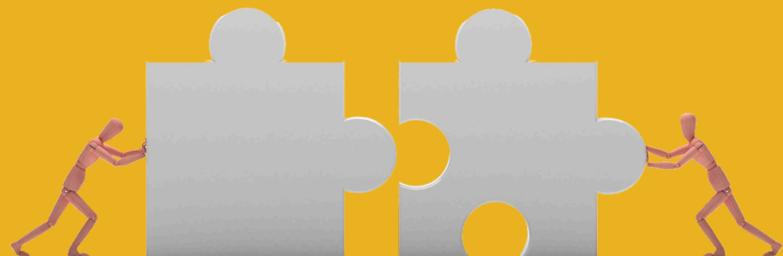
**along with one weekday option.**

*Additional details about the schedule,  
locations, and times will be shared soon.*

***Attend any session, they are no longer parish-specific!***

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# THROUGHOUT THE ARCHDIOCESE



## Laudato Si Movement – Washington (LSM-WA) Chapter Monthly Meetings March 10 | 6:30 - 8:00 PM | Virtual

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](mailto:terri.nelson@archseattle.org)



## 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. [Register here!](#)



## Mar 13 - 15 | 5:30 - 1:30 PM | Cedar Springs Christian Ret. Ctr.

Join other young adults for the Frassati Lenten Retreat with Fr. Colin Parrish & Fr. Marcin Szymanski, O.P who will give talks on our retreat theme of perseverance. There will be plenty of time for prayer and reflection, and time for fellowship. Ages: 18-35  
[archseattle.cbchurch.com/goto/forms/7254/responses/new](http://archseattle.cbchurch.com/goto/forms/7254/responses/new)



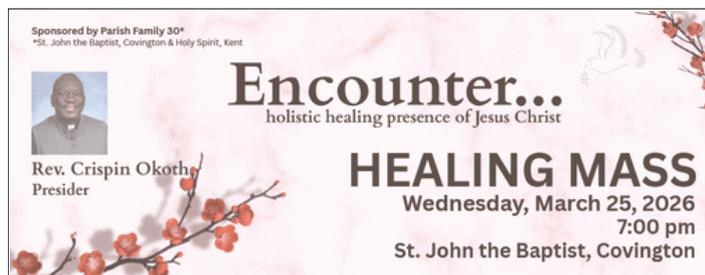
## Saturday, March 14 | 7:00 - 10:00 PM | Archdiocese of Seattle

Join us for the Young Catholic Professionals Fruit of the Vine Anniversary Celebration - an elegant evening of curated wine tastings, meaningful fellowship, and reflection on the growth of our Seattle YCP community.

The night will begin at 7pm on Saturday, March 14 in the Isaac Orr Conference Room (910 Marion Street, Seattle WA). Come dressed in your best cocktail attire!

Free admission for YCP Belong and Belong+ members and priests/religious, \$20 admission for non-members, \$30 admission at the door.

For more information and to register, go to <https://bit.ly/3NaHFC1>



Join us for a healing mass to encounter the holistic healing presence of Jesus Christ as we come together and embrace Holy Week and Easter with faith and hope. In Kenya, Fr. Crispin has preached in open air Healing Mass rallies. He worked with other priests in the ministry of prayer, healing & deliverance, bringing hope & renewal to many. Praise & worship begins @ 6:30pm. 7:00pm HEALING MASS – Followed by Eucharistic Adoration, Healing Service & Prayer Teams All are welcome! Come & be on your journey to wholeness – spirit, mind & body! For information, call Marilou or Myke (253) 630-0701

**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>



## One Minute Meditations

### St. Turibius of Mogrovejo

Born in Mayorga, Spain, in 1538, St. Turibius studied law at the University of Salamanca. Known for his prudence and integrity as a judge, St. Turibius was nominated by King Philip II to be archbishop of Peru. After witnessing the need of the faithful in Lima, St. Turibius agreed and was ordained. He spent his office reforming the Peruvian diocese of corruption, founded schools, seminaries, and hospitals, and worked to protect the rights of the natives.

### Lent is about love

Lent can feel discouraging. After all, we give up things we like and focus on suffering. Yet, in Holy Week, for which Lent is the preparation, we see God’s response to us in our sins. He meets us in our mess. He returns our rejection with freely offered love, our selfishness with radical self-gift, and our suffering with unfathomable mercy. We give up things for Lent because Love gave Himself up for us.

“[Our Lord] is thinking about you and not only about you but about every hair of your head: this is an article of faith and you must not have the slightest doubt about it... you have no cause to doubt that he is looking upon you with love...” — St. Francis de Sales, *Selected Letters*

## Create space for grace

Lent is not just a season of temporary sacrifice, but a call to lasting conversion. Consider choosing disciplines that reshape daily habits and create space for grace. Here are five meaningful ways to begin redirecting your path:

**Practice trust.** *“Which of you by being anxious can add one cubit to his span of life?”* (Matthew 6:27). Concern is human, but persistent worry bears little fruit. When anxiety rises, turn it into prayer, “Jesus, I trust You, I place this moment and its outcome in Your hands.” Trust grows through repetition.

**Refocus your heart.** Lasting fulfillment does not come from appearance or possessions, but from knowing God and resting in His love. Keep a daily record of blessings received. Review it often.

**Create quiet.** St. Teresa of Calcutta said, “God is the friend of silence.” Silence begins by turning off what

competes for attention. Place screens in another room. Silence notifications. Turn to God in the silence.

**Give rather than acquire.** Learn to distinguish between wants and needs. Limiting spending to what is truly necessary challenges the habit of

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*“Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving.”*  
St. Augustine

---

seeking comfort or status in possessions. When we forgo nonessential purchases and redirect those resources to others, we cultivate detachment, strengthen generosity, and put our security in God.

**Choose mercy.** Resentment binds the heart; forgiveness frees it. On the Cross, Christ chose mercy. This Lent, choose the same path toward healing and peace.

## Why Do Catholics Do That? Why do Catholics practice prayer, penance, and almsgiving during Lent?

Prayer, penance, and almsgiving are grounded in the prophets’ call to genuine conversion. Joel urges the people to return to God with their whole hearts, not merely with outward gestures. Isaiah makes clear that the fast God desires feeds the hungry and shelters the poor, linking worship with justice. Jesus deepens this teaching in

Matthew 6. He assumes His followers will pray, fast, and give alms, but warns against practicing them for recognition.

When done in secret, these disciplines purify motives, reshape desire, and free us from attachment to possessions and approval. Properly embraced, they train the heart to seek lasting treasure in God rather than passing reward.

## The right time is now

When is the right time to proclaim the Gospel, live the faith with greater intention, and renew our commitment to God's plan? During a January Angelus address, Pope Leo said, "God is at work at all times; every moment is 'God's time'." The call to discipleship is not reserved for a future time when life feels more settled. It is meant for us today.

**God works in uncertain moments.** The Gospels show that Jesus did not wait for favorable conditions. Matthew records that His public ministry began after John the Baptist's arrest, a moment marked by instability and threat. Rather than withdraw, Jesus proclaimed, "*Repent, for the kingdom of heaven is at hand*" (Matthew 4:17). What seemed like a setback became the starting point of His mission. If we postpone

necessary change until circumstances improve, we may never act. Every moment, even a difficult one, can become the moment of conversion because God is always at work.

**God draws close.** Jesus also chose an unexpected location. He began not in Jerusalem, the religious center, but in Galilee, a region known for cultural and religious diversity. His mission made clear that God's grace is not confined to a single place or people. As Pope Leo explained, the Gospel reveals a God who draws near to all. No environment is beyond His presence. In our own lives, this means that God's invitation unfolds in ordinary settings. He calls us to deeper friendship, lasting conversion, and faithful witness wherever we are.

### from **S**cripture

#### **Matthew 26:14-27:66, God turns suffering into glory**

In this passage, we read Matthew's account of the Passion, which begins with Judas agreeing to betray Jesus for thirty pieces of silver and continues through the preparations for the Last Supper. At that meal, Jesus institutes the Eucharist, giving His Body, Blood, Soul, and Divinity to His disciples. The contrast is striking. While Judas pursues his own self-interest, Jesus gives Himself in total self-offering.

In Gethsemane, the contrast deepens. As Jesus endures profound anguish, He asks His closest companions to remain with Him in prayer. They fall asleep. Soon after, Judas arrives with an armed

crowd and identifies Jesus with a kiss. Jesus is then bound, falsely accused, mocked, and beaten. By the next day, He is scourged, condemned, crucified, and laid in the tomb.

Through these events, Matthew highlights Jesus' trust in the Father and His commitment to the Father's will. The Passion is not a sign of divine abandonment. It reveals the depth of God's mercy. In Christ's willing sacrifice, suffering becomes the means of redemption, grace is poured out, and death itself is conquered. Holy Week shows that God can transform even the darkest hour into the path to glory.

### **Feasts & Celebrations**

**March 1 – St. David of Wales (c. 601).** St. David is the patron saint of Wales. He was born into Welsh nobility, but instead chose to become a priest. He was later consecrated a bishop. He is best known for founding an ascetic monastery, and ridding the area of the Pelagian heresy, which states that we must earn our salvation. He was known for his inspiring preaching, penitential life, and kindness to the poor.

**March 4 – St. Casimir of Poland (1483).** Born to King Casimir IV of Poland, St. Casimir became known for his piety and integrity at a young age. When

the prince was older and his father sent him to conquer Hungary, Casimir assessed the odds against winning the war and turned back out of concern for his troops. He resolved never to be involved in war again. He died of illness when he was twenty-five.

**March 19 – St. Joseph, Husband of Mary (1st Century).** Jesus' earthly father and husband to the Blessed Mother, St. Joseph is a model of fatherhood and a protector of families.

**March 29 – Palm Sunday of the Lord's Passion (1st Century).** On Palm Sunday of the Lord's Passion, we recall Jesus' triumphant entry into Jerusalem, when He was greeted by crowds waving palms and cheering. This Sunday marks the beginning of Holy Week.

### **Q & A** Does repeated failure & change how God loves me?

It can be discouraging to struggle with the same sins repeatedly. The pattern may feel discouraging. Yet discouragement should never become despair. The central truth of the Christian life is that when repentance is sincere and there is a real desire to improve, God always receives us. As Pope Francis said, "He does not tire in forgiving. We are the ones who tire in asking for forgiveness." His mercy does not diminish with repetition.

At times, God may permit ongoing struggles to deepen our humility. Repeated weakness can protect us from spiritual pride, which blinds us to our faults and keeps us from seeking grace. Humility, however, recognizes imperfection without losing trust. A humble person is not shocked by failure but returns to God with greater dependence.

If you feel anxious about Confession, whether for a new sin or a familiar one, remember the father in the parable of the Prodigal Son. He waits, watches, and runs to meet his child. This is how God receives us. In every sincere confession, we encounter not frustration, but mercy renewed.

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To provide practical ideas that promote faithful Catholic living.

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(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible - Revised)

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