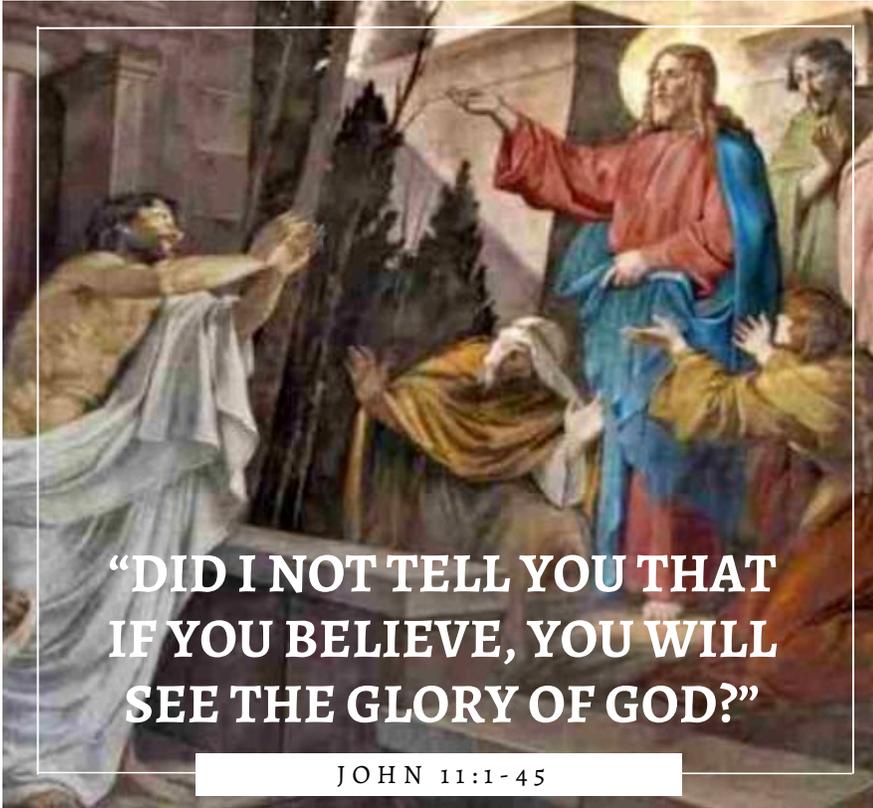


PARISH FAMILY 14

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



“DID I NOT TELL YOU THAT
IF YOU BELIEVE, YOU WILL
SEE THE GLORY OF GOD?”

JOHN 11:1-45

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 | lcorcoro@parishfamily14.org | 1805 N 49th St, Seattle

  @parishfamily14

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

THIS WEEK'S CALENDAR

March 22, 2026

FIFTH SUNDAY OF LENT

Ez 37:12-14/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

| | ST. ALPHONSUS | ST. BENEDICT | ST. JOHN |
|--|---|--|---|
| March 22 FIFTH SUNDAY OF LENT | 8 AM Confession 9 AM Mass 10 AM Coffee & Donuts 10:30 AM 1 st Communion Class - McGrath Room | 10 AM 1 st 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 9:35 AM FHC Class - Kuyper's classrm; Parents in Egan Hall 9:45 AM Confession 10:30 AM Mass with CLOW Pancake Breakfast after both Masses 7:30 PM Faith Sharing Group via Zoom |
| March 23 Monday <i>Saint Turibius of Mogrovejo, Bishop</i> | 7 AM Confession 7:30 AM Daily Mass INT: Rich & Kathy Huntsman 7 PM Men's Group - McGrath Rm | 7 PM Gospel Study via Zoom | |
| March 24 Tuesday | 7 AM Confession 7:30 AM Daily Mass INT: Anto Abraham & Family 6:30 PM Women's Group - McGrath Room | 7 PM Young Men's Group - St. Mary's Room | |
| March 25 Wednesday THE ANNUNCIATION OF THE LORD | 7 AM Confession 7:30 AM Daily Mass INT: Marnie Ahern | | |
| March 26 Thursday | 7 AM Confession 7:30 AM Daily Mass INT: Lillian Yamamoto 10 AM Scripture Study 7 PM OCIA - McGrath Room | 5 PM Confession 6 PM Daily Mass RIP: Jessica Fuller 7 PM Two Faces in the Shadows | 3 PM Family Adoration |
| March 27 Friday | 8:15 AM Adoration Chapel open to 5 PM 12 PM Organ Passion | 11 AM Funeral Mass - Mary McCune 6 PM Stations of the Cross followed by Soup Supper | 9 AM Daily Mass INT: Dang Thap |
| March 28 Saturday | 8 AM Daily Mass INT: Jeff Otano 4 PM Confession 5 PM Vigil Mass | 9:30 AM Craft Group | 5 PM Vigil Mass (Livestream) |
| March 29 PALM SUNDAY OF THE PASSION OF THE LORD | 8 AM Confession 9 AM Mass 10:30 AM 1 st Communion Class - McGrath Room | 11 AM Mass with CLOW (Livestream) 12 PM Grief Support Group - Parish Center | 8:30 AM Mass 9:30 AM Lectio Divina 9:45 AM Confession 10:30 AM Mass 5 PM Two Faces in the Shadows 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 |



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

<https://bit.ly/PF14NotifyMe>



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

<https://bit.ly/PF14WeeklyBulletin>



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

<https://bit.ly/PF14Queries>



@parishfamily14

PARISH FAMILY HIGHLIGHTS

FOURTH WEEK OF LENT

Stations of the Cross and Fish Fry at St. John

Thank you to everyone who joined us for the Stations of the Cross at St. John and supported the Knights of Columbus Fish Fry. We are grateful to the Knights and all the volunteers who helped make the evening a success. Your support helps the Knights continue their charitable works and service to our parish and community.



NEED YOUR 2025 GIVING STATEMENT FOR TAXES?

As we approach the April 15 tax filing deadline, we would like to remind everyone that 2025 Giving Statements for all three parishes have been distributed. **Statements were emailed** to those with an email on file and mailed to those without.

Please look for an email from “**Pushpay**” (our database name) with the subject line: “**Parish Name (Seattle) – 2025 Annual Giving Statement.**” Be sure to check your junk or spam folder as well. If you are unable to locate your statement, we would be happy to resend it via email or mail.

Thank you for your continued generosity and support. If you have any questions or need assistance, please contact Teresa Gillett, Development Director for Parish Family 14, at tgillett@parishfamily14.org or call 206-782-2810, ext. 355.



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 27, Fri, 6 PM, St. Benedict Church (Potluck Soup Supper)

TWO FACES IN THE SHADOWS

**Mar 26, Thurs, 7 PM, St. Benedict Church
Mar 29, Sun, 5 PM, St. John Church**

ORGAN PASSION BY CHARLIE HIESTAND

March 27, Fri, 12 PM, St. Alphonsus Church

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

SECOND SCRUTINY CELEBRATED AT ST. JOHN



On March 15, our Parish Family celebrated the Second Scrutiny, lifting up the Elect in prayer as they continue their journey toward receiving the Sacraments of Initiation at Easter.

Together, we asked God to strengthen and guide them throughout this Lenten season.

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 27

St. Benedict Church

Followed by SOUP SUPPER. All are welcome!

HELP BY DONATING SOUP OR BREAD!



bit.ly/PF14LentDinner



ORGAN PASSION

March 27, 2026
Friday, 12:00 PM
St. Alphonsus Church

**ALL ARE
INVITED!
Admission
is free.**

The program, which takes about 50 minutes, will consist of 14 pieces from Bach's Well-Tempered Clavier reflecting the Stations of the Cross.



CHARLIE HIESTAND

Former Musical Director
of St. Benedict Parish

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!**

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

**PALM SUNDAY OF THE
PASSION OF THE LORD**
MAR 29 | Regular Sunday Mass Schedule

HOLY THURSDAY
APR 2 | 7 PM | ST. JOHN CHURCH

GOOD FRIDAY
APR 3 | 7 PM | ST. ALPHONSUS CHURCH

EASTER VIGIL
APR 4 | 8:30 PM | ST. BENEDICT CHURCH
(Don't miss the Resurrection Party following the Easter Vigil at the St. Benedict School Cafeteria!)

**EASTER SUNDAY OF THE
RESURRECTION OF THE LORD**
APR 5 | Regular Sunday Mass Schedule

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.

Speak UP

Let your voice guide our next steps in
Partners in the Gospel.

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?”**

APR
18 Saturday, 6:30 PM

APR
19 Sunday, 12 PM

APR
23 Thursday, 7 PM

APR
25 Saturday, 3 PM

APR
26 Sunday, 1 PM

*Locations will be determined by the
size of the groups. Please watch for the
locations to be published by **April 10**
and emailed to you in advance.*

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

Help us plan the logistics
accordingly, please
SIGN UP TODAY!

bit.ly/PF14ListeningSesh
partners.info@parishfamily14.org



PARISHFAMILY14

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

PARISH FAMILY UPDATES

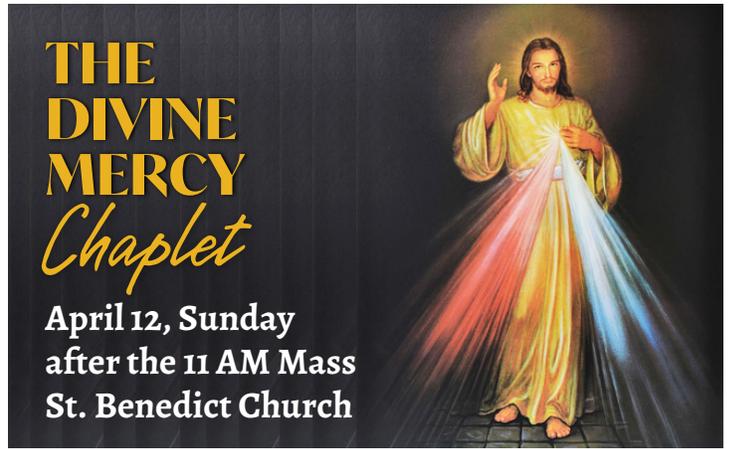


crsricebowl.org/solidarity | crsplatodearroz.org/solidaridad

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.



April 12, Sunday
after the 11 AM Mass
St. Benedict Church

Join us in prayer for the Divine Mercy Chaplet, a beautiful devotion that draws us closer to the boundless mercy of God.

Below are some resources in relation to the Divine Mercy Chaplet:

- How to recite the chaplet: <https://www.thedivinemercy.org/message/devotions/pray-the-chaplet>
- Benefits and promises: <https://www.thedivinemercy.org/articles/top-22-quotes-saint-faustina>
- The Faustina Story: <https://www.thedivinemercy.org/message/stfaustina/bio>

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 15, 2026

St. Alphonsus Parish

MASS ATTENDANCE

| | |
|----------------|-----|
| Saturday, 5 PM | 107 |
| Sunday, 9 AM | 182 |

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 3,853.00 |
| Online Donations | \$ 2,171.57 |
| Mailed-in | \$ 4,318.95 |

Total Collection \$10,343.52

Weekly Budget \$ 9,833.00

Over Weekly Budget \$ 510.52

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 | 181 |
|---------------|-----|

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 914.00 |
| Online Donations | \$ 3,943.00 |
| Mailed-in | \$ 140.00 |

Total Collection \$ 4,997.00

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 1,058.00

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

Set up your recurring online giving now!



St. John Parish

MASS ATTENDANCE

| | |
|------------------|-----|
| Saturday, 5 PM | 102 |
| Sunday, 8:30 AM | 177 |
| Sunday, 10:30 AM | 212 |

PARISH COLLECTION

| | |
|------------------|-------------|
| Mass Collection | \$ 4,678.14 |
| Online Donations | \$ 8,564.42 |
| Mailed-in | \$ 2,941.00 |

Total Collection \$ 16,183.56

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 445.44

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, Suzanna Litwin, Lucy McGovern, Jay Parrish, Patricia Patterson, Bill Quackenbush, Lou Ayres Salumbides, Abby Simpson, Todd Stinebrickner and Lillian Yamamoto.

For those who have died, including Mathew Vengalil, and Mary McCune, 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

Mary McCune - Fri, March 27, 11 AM at St. Benedict



READINGS FOR SUNDAY, MARCH 29 - Palm Sunday of the Passion of the Lord

First Reading

Isaiah 50:4-7

The Suffering Servant speaks to the weary.

Psalm

Psalm 22

"My God, my God, why have you abandoned me?"

Second Reading

Philippians 2:6-11

Jesus emptied himself, and accepted death on a cross.

Gospel

Matthew 26:14-27:66

They came to a place called Golgotha and crucified Jesus there.

The climax of today's liturgy of the word is a climax befitting a Hollywood blockbuster. Saint Matthew's account of Jesus' death is the most dramatic of the four Gospels. When Jesus breathes his last, the earth quakes, tombs burst open, and the sanctuary veil is torn apart. The soldiers at the foot of the cross, blown away by all of these natural and spiritual phenomena, look up at Christ and proclaim, "Truly, this was the Son of God." At the last moment of Jesus' earthly life, these witnesses have received the gift of faith. May our faith be strengthened as we listen as we do each year at this time to the Passion of our Lord Jesus Christ.

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 or the respective ministry heads.

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.

To arrange a Mass intention:

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

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.



FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

March 22, 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 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)

Gospel/Scripture Ministry

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

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

Book Group

April 9, 7 pm | St. Benedict Book Group at St. Mary Room (upper level of Parish Center); Due to Holy Thursday falling on the first Thursday of the month, discussion is moved to April 9. Our next selection is *The Dance of the Dissident Daughter* by Sue Monk Kidd, the acclaimed spiritual memoir by the author of *The Secret Life of Bees*. In this powerful and thought-provoking work, Kidd shares her journey of rediscovering her feminine soul and learning to live authentically from that place. It is a fascinating, well-researched, and beautifully written story—a hopeful call to self-discovery. For more information, contact Brenda Stratton at bjandmes.bjs@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.

April 7, 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 April meeting, we'll be discussing Part 6 "Returning King". Come as you are, whether you've read the chapter or not, you are always welcome! Contact: Brenda Stratton at bjandmes@msn.com)



Looking to grow in faith and friendship? Check out the many Small Faith Sharing Groups across our Parish Family! Scan the QR code or go to: bit.ly/PF14SmallGroups.



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.



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

Please join the Knights of Columbus'

PANCAKE BREAKFAST

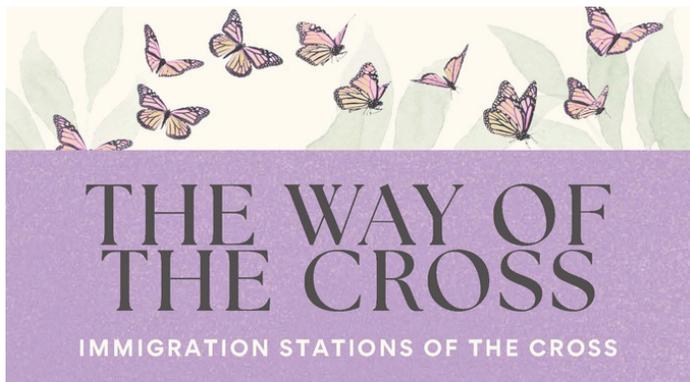
March 22, Sunday

After each mass at St. John Admin Bldg.



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.



MONDAY, MARCH 30 | 6-8 PM
BEGINNING AT ROBERTO MAESTAS PLAZA AT EL
CENTRO DE LA RAZA

Catholics from across Western Washington will gather on Beacon Hill to pray the Way of the Cross and bear public witness to the dignity of migrants. We will walk in solidarity with our immigrant siblings from El Centro de la Raza to Jefferson Park. Along the procession, we will hear personal stories and grow together as a community of faith living out the Gospel as part of the national Season of Faithful Witness.

ORGANIZED BY: | IN PARTNERSHIP WITH:



REGISTER HERE



<https://bit.ly/4u3KDC3>

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

St. Benedict: Sherry Zane - svdp@stbens.net

St. John: Joyce Farrell - joycefarrello8@gmail.com

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

St. Martin de Porres Sandwich Making

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

The group meets on the first and third Monday of every month at 8:30 AM in the St. Benedict Parish Center.

Contact Vicky Briones at vicster912@gmail.com for more information.

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. As of January 2026, 327 lbs food, \$100 worth of diapers were collected. For more info, contact Len Kannapel at kannapell@yahoo.com.

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

Our Ministers to the Homebound would be happy to bring the holy communion to your home. For inquiries 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



People's Hands

AT MASS, people use their hands for a variety of purposes, but there is little legislation governing what to do with them. All the faithful should make the Sign of the Cross with the priest at the beginning. They sign their foreheads, lips, and breast with the deacon or priest just before the Gospel. They may offer some sign of peace. They have the option of receiving Communion in the hand.



The priest follows plenty of instructions. He extends his hands for prayers and greetings, and he outstretches them for solemn blessings. During the Eucharistic Prayer, people may see him raise his hands during the Preface dialogue, impose them over the bread and wine, sign the same elements with the Cross, lift and show the Body and Blood of Christ to the people, make a Sign of the Cross over himself, and elevate the Body and Blood of Christ for the final doxology. The priest breaks bread with his hands and holds a broken host while saying, "Behold, the Lamb of God."

People use their hands for some actions that are not in the rubrics, but are sensible nonetheless. They switch off electronic devices upon entering the church. They hold participation aids to join in the singing and the responses. They place contributions into the collection basket.

Some people improvise other actions. They hold a rosary. They gesture back to the priest when he gestures to them. They join hands with others and raise them together. They sign themselves with the cross for the final blessing.

People's most common gesture associated with prayer—folding hands—is never explicitly mentioned in the rubrics of the Mass. However, in the interests of popular piety, it is a praiseworthy practice. Especially when the words people say or hear are directed to God, they may fold their hands in a way that signals to the individual, to other worshipers, and to God, that a moment has arrived to pray.

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.



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.



This Week on Formed
Week of March 22, 2026



<https://app.formed.org/app/videos/3279606>

The Annunciation

The Angel Gabriel appeared and all of Heaven trembled in anticipation. Mary gives her fiat and our long wait is over! Generation after generation of longing and aching for a Messiah comes to fulfillment.



<https://app.formed.org/app/videos/2066607>

The Annunciation | Sacred Art

Join Dr. Ben Akers and Taylor Kemp as they discuss the spiritual and theological significance of the Annunciation over a piece of Sacred Art by Elizabeth Zelasko that depicts this incredible scene.



<https://app.formed.org/app/videos/2968619>

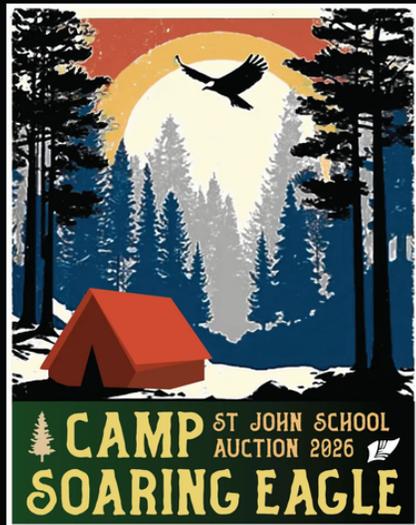
The Annunciation: Hail Mary

Join Ms. Kim as she discusses devotion to Mary and the significance of Mary's "yes." All the while, you will learn new drawing techniques as you draw the Annunciation.

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



SCHOOL NEWS



Online bidding for the St. John School Auction "Camp Soaring Eagle" will be open Sunday, March 22 at 12pm through Thursday, March 26, closing at 10pm. Join the fun and support St. John School! <https://sjess2026.ggo.bid>

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



This festive evening is the school's largest fundraiser of the year and a joyful opportunity for our parish and school communities to come together in support of St. Benedict students and programs.

All parishioners are warmly invited to attend and join the fun!

Tickets and event details: <https://stbens.ejoinme.org>

Local businesses and families are invited to support the event while receiving recognition and event perks. Learn more on the [auction website](#).



St. Al/St. John CYO Track & Field – Calling All Runners, Jumpers, and Throwers!

Registration is now open for CYO Track & Field for grades 3-8! Yes, we are including 3rd graders this year! It's time to lace up your running shoes and join the St. John/St. Al's Track & Field Team!

Practice Schedule:

- Tuesdays & Fridays: 7-8:30 pm at Nathan Hale High School
- Thursdays: 6:30-8 pm at Whitman MS

Friday practices are optional

Registration Fee: \$40 for early registration through 4/10/26. \$70 registration after 4/10 (Financial aid is available, contact Brian Haid at stjohnad@st-johnschool.org). Register at <https://teamsideline.com/sites/seattlecyo/home>

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

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206-782-2810 ext 310

THROUGHOUT THE ARCHDIOCESE

THE PASSION
of Christ

"I AM the Way, and the Truth, and the Life"
John 14:6

March 20 Friday 8 PM
March 21 Saturday 8 PM
FREE ADMISSION

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*St. John the Baptist, Covington & Holy Spirit, Kent

Encounter...
holistic healing presence of Jesus Christ

HEALING MASS
Wednesday, March 25, 2026
7:00 pm
St. John the Baptist, Covington

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 with Prayer Teams. All are welcome! Come and be on your journey to wholeness – spirit, mind & body! For information, call Marilou or Myke (253) 630-0701

CHRISM MASS

Thursday, March 26 | 7:00 - 8:00 PM | St. James Cathedral

Join Archbishop Etienne for the Chrism Mass and the blessing of the holy oils which will be used in the administration of the sacraments at Easter and throughout the archdiocese for the year. These holy oils include oil of catechumens, the oil of the infirm and holy chrism. All are welcome to join us for this beautiful liturgy. Livestream is available via Vimeo, Facebook and YouTube @ArchdioceseofSeattle.

Live better lives of love. Your spouse deserves it, also your children deserve it. Join the Marriage Encounter Weekend in



• **April 24 - 26 at the Hampton Inn, Everett, WA.**

Sign up at <http://www.wvme.org>. Scroll down to Everett weekend and fill in your information. WELCOME to the Weekend. For more information, call 206-718-8146.

RETROUVAILLE SEATTLE **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

ParishStaq Systems Specialist

Seeking a ParishStaq Systems Specialist to deliver training, support parishes, ensure data quality and coordinate ParishStaq Parish Family migration efforts. Ideal for candidates with IT support, ParishStaq experience and strong communication skills. Learn more/apply at <https://bit.ly/4sNAvCH>

The Archdiocese of Seattle has a number of open positions at parishes, schools, camps, the Retreat Center and the Chancery. Are you or someone you know interested in putting your gifts and talents to work for the archdiocese? View the job listed below as well as all open positions at <https://archseattle.org/careers>

Save the Date
8/4/26

Golf Fore Seminarians
Archdiocese of Seattle – Crozier Society

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)

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Director of Communications

Racquel Servito
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Director of Development

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PARISH FAMILY FAITH FORMATION TEAM

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

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Andrew Koch
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 ext 6007

Music Director - St. John

Kate Reinhard - St. John
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ON-SITE STAFF

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St. John Facilities Supervisor

Beatriz Palomo
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