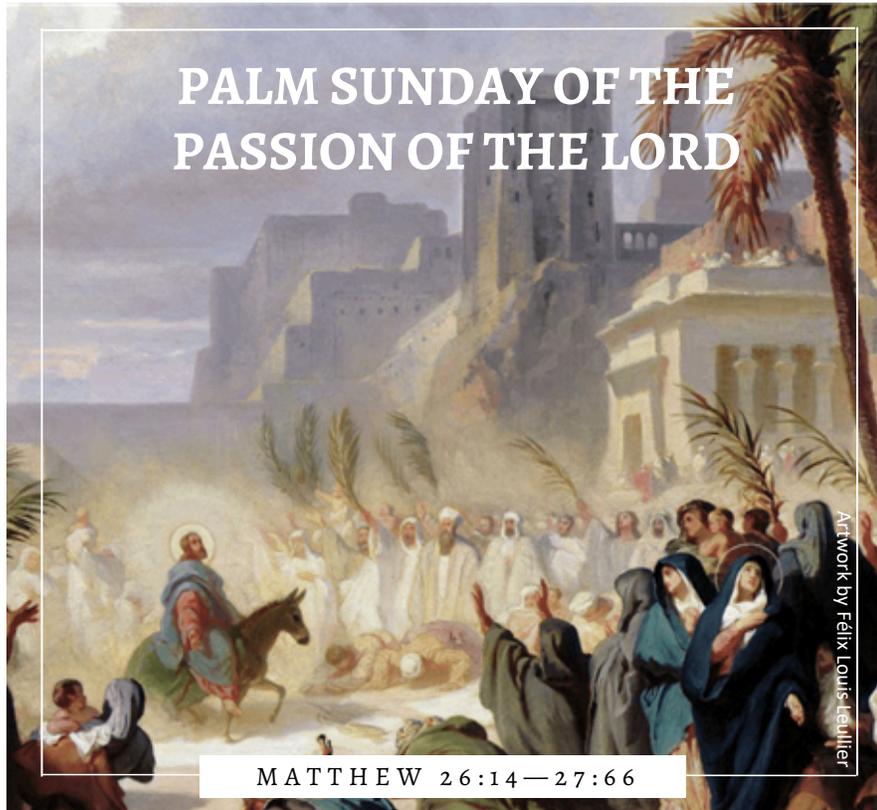


PARISH FAMILY 14

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



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

THIS WEEK'S CALENDAR

March 29, 2026

PALM SUNDAY OF THE PASSION OF THE LORD

Mt 21:1-11 (37)/Is 50:4-7/Phil 2:6-11/Mt 26:14—27:66 or 27:11-54

**"Hosanna to the Son of David! Blessed is he who comes in the name of the Lord!
Hosanna in the highest!" - Matthew 21:9**

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
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
March 30 Monday	7 AM Confession 7:30 AM Daily Mass INT: Shelle Bjolstad 7 PM Men's Group - McGrath Rm	7 PM Gospel Study via Zoom	
March 31 Tuesday	7 AM Confession 7:30 AM Daily Mass INT: Marnie Ahern		
April 1 Wednesday	7 AM Confession - CANCELLED 7:30 AM Daily Mass - CANCELLED 8:45 AM School Mass - All are welcome! RIP: Alicia Chandler		
April 2 Thursday HOLY THURSDAY			3 PM Family Adoration 7 PM Mass of the Lord's Supper (Livestream) Adoration following Mass until midnight
April 3 Friday GOOD FRIDAY	7 PM Good Friday Service (Livestream)	<i>P a r i s h O f f i c e s C l o s e d</i>	
April 4 Saturday HOLY SATURDAY		8:30 PM Easter Vigil Mass (Livestream)	
April 5 EASTER SUNDAY OF THE RESURRECTION OF THE LORD	9 AM Mass	11 AM Mass (Livestream) Special collection for St. Martin de Porres	8:30 AM Mass (Livestream) with Brass 10:30 AM Mass SVdP Collection at both Masses
	For livestream and recorded masses, click the links:	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

FIFTH WEEK OF LENT

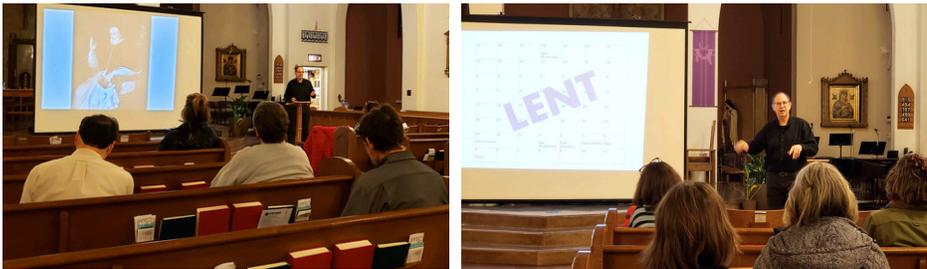
Stations of the Cross and Soup Supper at St. Benedict

Thank you to everyone who joined us for the Fifth Friday of Lent Stations of the Cross at St. Benedict. We are especially grateful to those who generously donated soup and bread, and to all who helped with the setup and cleanup of the school cafeteria. Your support made the evening truly meaningful.



Journey Through Lent and Holy Week: A Presentation

Thank you to everyone who attended the presentation on Lent and Holy Week by Daniel Pelfrey. Learning about these practices helps us enter more fully into the Church's journey of prayer, reflection, and renewal.



LENT AND HOLY WEEK 2026

TWO FACES IN THE SHADOWS
Mar 29, Sun, 5 PM, St. John Church

HOLY THURSDAY MASS
Apr 2 | 7 PM | St. John Church
Followed by Adoration until midnight

GOOD FRIDAY SERVICE
Apr 3 | 7 PM | St. Alphonsus Church

EASTER VIGIL MASS
Apr 4 | 8:30 PM | St. Benedict Church

RESSURECTION PARTY
Apr 4 | immediately following the Easter Vigil | St. Benedict School Cafeteria

KEEP WATCH WITH THE LORD: HOLY THURSDAY ADORATION

After the Holy Thursday Mass at St. John, all are invited to remain with the Lord in prayer during Eucharistic Adoration, continuing until 12:00 midnight. Whether you can stay for a few minutes or longer, everyone is welcome to come and spend time with Jesus.

We are also seeking volunteers to commit to a specific time slot to help "keep watch" with Christ and ensure a continuous prayerful presence throughout the evening. Please sign up for a time slot to support this sacred time of prayer.



bit.ly/HolyThursdayAdoration2026

Note: **No need to sign up to attend the adoration.** Sign up only if you want to volunteer to "keep watch."

THIRD SCRUTINY CELEBRATED AT ST. ALPHONSUS

On March 22, our Parish Family celebrated the Third and Final Scrutiny, lifting up the Elect in prayer as they near the reception of the Sacraments of Initiation at Easter. Together, let us ask God to strengthen and guide them in these final steps of their Lenten journey.

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.

Attend any session, the longer the more impactful!

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



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

APR 18 Saturday 6:30 PM

APR 26 Sunday 1 PM

APR 23 Thursday 7 PM

Note: 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.

MOVED TO A LATER DATE

UPCOMING EVENTS

Two Faces — in the — Shadows

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
Followed by Adoration until midnight

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.

Resurrection Party after Easter Vigil Mass

SATURDAY • APRIL 4, 2026
ST. BENEDICT SCHOOL CAFETERIA

Beer and non-alcoholic drinks will be available
All are welcome—adults and kids!
Bring a "meat or sweet" to share (Lent is over—
let's celebrate!)
Drop off your food items in the School
Cafeteria before Mass
Free for everyone—no cost to attend!

**Come together for food, fun,
and fellowship as we rejoice in
the Risen Christ!**

THE DIVINE MERCY Chaplet

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>

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, Joyce Farrell, 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 Len Andrews, Vicky Frantz, Bill Kirch, Mary McCune, and Mathew Vengalil, that they may rest in the healing embrace of our Lord, Jesus Christ, we pray to the Lord.

For Armed Forces personnel throughout the world, that they come home safely to their families, we pray to the Lord.

Note: **The prayer list is updated every first week of the month. To keep your request active, please resubmit it each month.** To request a prayer, please call the Faith Formation Office at 206-632-0843 or use the QR code or this link: <https://bit.ly/PF14Prayer>.



READINGS FOR SUNDAY, APRIL 5 - Easter Sunday of the Resurrection of the Lord

First Reading

Peter is an eyewitness: The Lord is risen.

Acts 10:34a, 37-43

Psalm

"This is the day the Lord has made; let us rejoice and be glad."

Psalm 118

Second Reading

All who are baptized, set your hearts in heaven.

Colossians 3:1-4

Gospel

He has been raised from the dead.

Matthew 28:1-10

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.

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

Men's Group

March 30, 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 30, 7 PM | St. Benedict Gospel Study via Zoom Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

April 9, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

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)

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. For more information, contact Brenda Stratton at bjandmes.bjs@gmail.com.

April 26, 7 pm | St. John Book Group at St. John Admin Bldg. For our next book we will be reading *Flunking Sainthood: A Year of Breaking the Sabbath, Forgetting to Pray, and Still Loving My Neighbor* by Jana Riess. This is a short, little book by a writer who tries 12 spiritual practices to become more saintly. She fails at every single one. The story is funny, but her reflections on Catholic practice made me appreciate them anew. Contact Diana Gruszczynski at diana.gruszczynski@outlook.com.



Our mission is to grow in community and faith with other Catholic young adults (21-35) within our Parish Family 14 community. We offer men's and women's bible study groups, monthly events, and volunteer opportunities. The men's group meets every other Tuesday, while the women's group currently meets every Monday. 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.



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.



Marriage

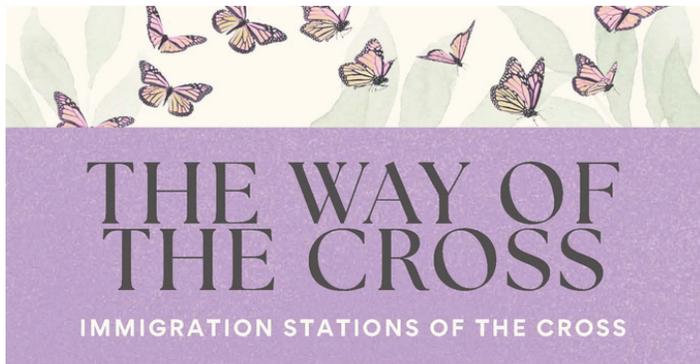
Marriage in the Catholic Church is a sacrament and a lifetime commitment—preparation is vital to ensuring that the bride and groom are ready to enter into this serious, life-affirming and life-long commitment.

To get started, please contact Julia Rudden at jrudden@parishfamily14.org or 206-632-0843 ext 217.



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



THE WAY OF THE CROSS

IMMIGRATION STATIONS OF THE CROSS

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>

WELCOMING THE STRANGER: CATHOLIC SOCIAL TEACHING ON IMMIGRATION

Thank you to Terri Nelson and Chris Koehler for leading us in a meaningful exploration of the Church's teachings on migration, and to all who attended and took part in the conversation. Together, we reflected on the Gospel call to uphold human dignity, practice compassion, and respond with love and justice to the needs of our brothers and sisters.



Knights of Columbus' PANCAKE BREAKFAST

Thank you to everyone who supported the Knights of Columbus Pancake Breakfast! Your generosity and presence helped raise meaningful support for the Knights' charitable works and ministries.



Join the next packing and sorting event!

April 1, 2026
Wed, 6- 8 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 Kannapellat kannapell@yahoo.com.



HAM AND PANCAKE BREAKFAST AT ST. ALPHONSUS

On Sunday, **April 12**, the men of the **Holy Name Society** will serve up a ham and pancake breakfast after the 9 AM Mass, at the St. Alphonsus Family Center. All are invited!



Sancta Vita

All men and women, especially Christians, are called to fix their gaze on those who suffer: on the pain of the lonely, on those who for various reasons are marginalized and considered "outcasts." For without them, we cannot build just societies founded on the human person. It is illusory to think that it would be easier to attain a state of happiness by ignoring these brothers and sisters. Only together can we build communities of solidarity capable of caring for everyone, in which wellbeing and peace can flourish for the benefit of all. Caring for the humanity of others helps us to live our own lives to the full.

- Pope Leo XIV, 03/18/2026

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!



Training for all Homebound Ministers will be scheduled soon. Stay tuned for details or contact Lori Corcoro at lcorcoro@parishfamily14.org for inquiries.

PARISH FAMILY UPDATES

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 22, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	88
Sunday, 9 AM	272

PARISH COLLECTION

Mass Collection	\$ 3,227.00
Online Donations	\$4,120.37
Mailed-in	\$ 590.00

Total Collection \$7,937.37

Weekly Budget \$ 9,833.00

Under Weekly Budget \$ 1,895.63

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	166
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PARISH COLLECTION

Mass Collection	\$ 1,814.00
Online Donations	\$ 2,822.17
Mailed-in	\$ 360.00

Total Collection \$ 4,996.17

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 1,058.83

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	163
Sunday, 10:30 AM	210

PARISH COLLECTION

Mass Collection	\$ 3,135.00
Online Donations	\$ 8,763.52
Mailed-in	\$ 1,048.00

Total Collection \$ 12,946.52

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 4,282.48

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

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



THIRD SCRUTINY CELEBRATED AT ST. ALPHONSUS



On March 22, our Parish Family celebrated the Third and Final Scrutiny, lifting up the Elect in prayer as they near the reception of the Sacraments of Initiation at Easter.

Together, let us ask God to strengthen and guide them in these final steps of their Lenten journey.

ST. ALPHONSUS PROCESSION ON THE FEAST OF THE ANNUNCIATION OF THE LORD

Happy Feast of the Annunciation! In solidarity with Annunciation Catholic School in Minnesota, the St. Alphonsus community joined in a prayerful procession for peace and healing on March 25.



FAITH IN FOCUS



Paschal Fast

THE PASCHAL fast is part of the community's spiritual preparation for celebrating the Easter Vigil. Those who are to be baptized as well as the faithful are encouraged to abstain from food and drink as much as possible on Holy Saturday (*Rite of Christian Initiation of Adults*, 185 §1; *Constitution on the Sacred Liturgy*, 110).



The suggestion for keeping a pre-baptismal fast dates to the turn of the second century. The original practice invited the entire community to prepare together for the Baptism of catechumens, who were asked to fast in anticipation of their Baptism. Eventually, the pre-baptismal fast grew into a fast before receiving Holy Communion, a practice that continues today.

Ash Wednesday and Good Friday are fast days throughout the Catholic world. Catholics from their eighteenth to their fifty-ninth birthdays eat only one full meal and two smaller meals without snacks. Those over the age of fourteen abstain from meat. The fast on those days emphasizes the spirit of repentance that characterizes their celebration. On Ash Wednesday, the community begins its penitential discipline. On Good Friday, people repent of the sins for which Jesus died. The paschal fast, however, stresses the spiritual preparation one makes for Baptism, and the upcoming joy of Easter.

Sometimes we fast from food quite naturally before some big event. We are so emotional about the wedding, the exam, the game, the concert, or even the conversation that we just cannot eat. The paschal fast puts our body in the same position. Our anticipation of Baptism and Easter is so great that we fast to heighten its joy.

Bulletin Inserts for the Liturgical Life of the Parish: The Sacred Triduum © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner. Part of this insert is excerpted from *Q&A on the RCIA: A Guide to Understanding Christian Initiation* © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved.

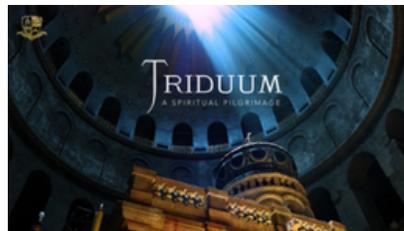


Lent 2026
Hope and Renewal
February 18 – April 4

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.

formed[™]
Forming Catholics for *Life*.

This Week on Formed
Week of March 29, 2026



<https://app.formed.org/app/videos/802166>

Triduum: A Spiritual Pilgrimage

Triduum: A Spiritual Pilgrimage cinematically walks through the locations of the Holy Week story, representing the most important days of human history. Immersed in the Holy Land, the pilgrim is brought tangibly nearer to the story, the landscape, and the reality of the Passion, Death, and Resurrection of Jesus Christ.



<https://app.formed.org/app/videos/2652753>

The Last Days: The Passion and Death of Jesus the Christ w/ Jonathan Roumie

This filmed presentation of the theatrical production movingly recreates the final moments of Jesus' earthly ministry as a teacher through His crucifixion and death. The play has been seen by thousands worldwide, not only as a live performance but also in live streams and televised broadcasts.



<https://app.formed.org/app/videos/798146>

Understanding Palm Sunday

Focusing on the Biblical account of Jesus' triumphal entry into Jerusalem, Dr. Tim Gray and Dr. Ben Akers break open the meaning of why Jesus rode on a donkey, the significance of the palm branches and the singing of Hosanna, and how this event launched Holy Week and the redemption of the world.

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



ST BENEDICT SCHOOL
Annual Auction

Run For The Roses

<https://stbens.ejoinme.org>

TICKETS ON SALE NOW

FRIDAY, APRIL 17, 2026
BALLARD ELKS CLUB
6:00 PM

The poster features a large, stylized white horse head in the background. In the top left corner, there are several vibrant red roses. In the top right, a black silhouette of a horse is shown in mid-gallop. The text is centered and uses a mix of bold sans-serif and elegant script fonts. There are also several white starburst graphics scattered around the central text.



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 stjohnnad@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
Brian Anderson, Principal
b.anderson@stbens.net

Penny Ziemer, Advancement Director
p.ziemer@stbens.net
206-633-3375



St. John Catholic School
Abby Mansfield, Principal
amansfield@st-johnschool.org

Jonna Skokan, Director of Admissions
skokan@st-johnschool.org
206-782-2810 ext 310

THROUGHOUT THE ARCHDIOCESE



April 1, 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.



Saturday, April 18 | 9:00 AM - 4:00 PM | St. Jude Parish

Join us and spend the day on a personal journey with Jesus, through the power of the Holy Spirit. Through teaching, personal stories, discussion and prayer together, you can experience what life with the Holy Spirit looks like and be better equipped to use the Gifts bestowed on you at your Sacramental Baptism.

For more information and to register, go to <https://wwccr.org/holy-spirit-retreat>

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>

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April 6 | 7:30 - 8:30 AM | Blessed Sacrament Church

The Archdiocese of Seattle's First Responder Ministry invites you to attend a special monthly Mass held on the first Monday morning of every month at Blessed Sacrament Catholic Church for police, firefighters, and chaplains. Hosted by the Seattle Firefighters Holy Name Society. Attendees are encouraged to attend in uniform and sit together.



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



April 14 | 6:30 - 8:00 PM | Virtual

These meetings take place remotely on the 2nd Tuesday of every month. For updated meeting links, please contact Terri Nelson, Director of Integral Human Development at the Archdiocese of Seattle at terri.nelson@archseattle.org

WorldWide Marriage Encounter seeks to make good marriages GREAT!



Do you owe yourselves a weekend? Concentrate on you, your spouse and God's will that you love one another. The next W.W.M.E. weekend is scheduled for **April 24-26 at the Hampton Inn in Everett**.

To find out more or to apply, go to wwme.org. The next opportunities are in the fall.



**Save the Date
8/4/26**

Golf Fore Seminarians
Archdiocese of Seattle - Crozier Society

UNDERSTANDING THE PASCHAL TRIDUUM

THE THREE DAYS THAT CHANGED THE WORLD

The Paschal Triduum is the heart of the Church's liturgical year—the sacred three days that draw us into the very mystery of Christ's Passion, Death, and Resurrection. From the evening of Holy Thursday through Easter Sunday, we do not simply recall events of long ago; we enter into them. These days form one continuous celebration of Christ's saving work, the center of our faith and the summit of our worship.

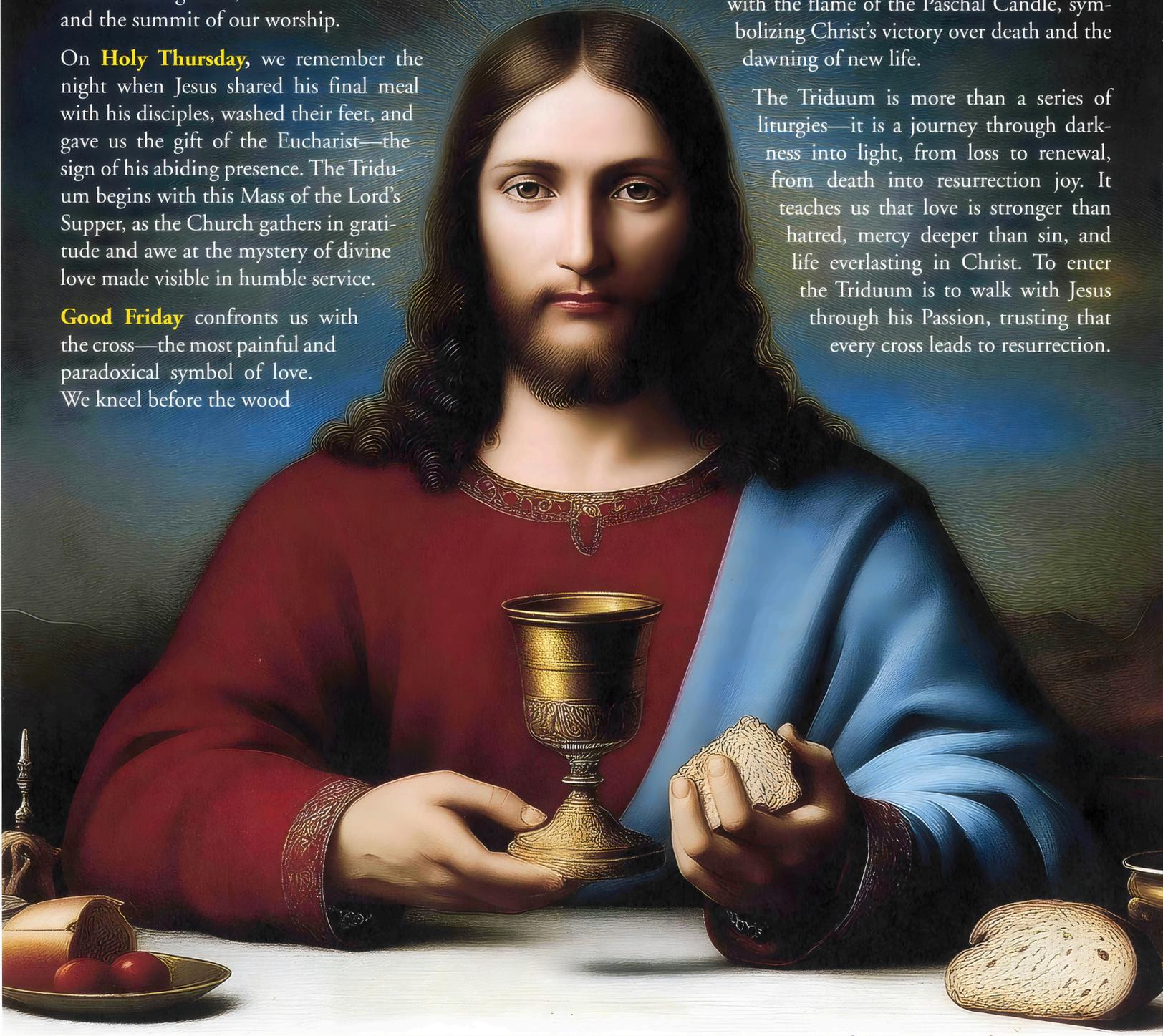
On **Holy Thursday**, we remember the night when Jesus shared his final meal with his disciples, washed their feet, and gave us the gift of the Eucharist—the sign of his abiding presence. The Triduum begins with this Mass of the Lord's Supper, as the Church gathers in gratitude and awe at the mystery of divine love made visible in humble service.

Good Friday confronts us with the cross—the most painful and paradoxical symbol of love. We kneel before the wood

that bore our salvation, knowing that through Christ's suffering and death, sin and death themselves are conquered. This is not a day of despair, but of solemn hope.

Then, in the deep silence of **Holy Saturday**, the Church waits in vigil, keeping watch beside the tomb. As night falls, light pierces the darkness. The Easter Vigil begins with the flame of the Paschal Candle, symbolizing Christ's victory over death and the dawning of new life.

The Triduum is more than a series of liturgies—it is a journey through darkness into light, from loss to renewal, from death into resurrection joy. It teaches us that love is stronger than hatred, mercy deeper than sin, and life everlasting in Christ. To enter the Triduum is to walk with Jesus through his Passion, trusting that every cross leads to resurrection.



THE PASCHAL TRIDUUM: MEANING AND SYMBOLS

The *Paschal Triduum*—from the Latin for “three days”—is the summit of the Church’s liturgical year. It begins with the evening Mass of the Lord’s Supper on Holy Thursday, continues through Good Friday and Holy Saturday, and concludes with Easter Sunday. Though it spans parts of four calendar days, it is one continuous celebration of Christ’s Passion, Death, and Resurrection—the central mystery of our faith.

Each day reveals a different facet of that mystery. On Holy Thursday, the **washing of feet** and the **Eucharist** express love in humble service. On Good Friday, **the cross** becomes a sign not of defeat but of victory, as Christ’s sacrifice conquers sin and death. On Holy Saturday, the Church waits in silence until the **Easter Vigil**, when light pierces the darkness and the **Paschal Candle**—symbol of the Risen Christ—is lit.

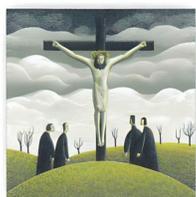
Throughout the Triduum, the Church’s symbols speak deeply: fire and water, bread and wine, darkness and light. Together they proclaim that the journey from death to life is at the heart of Christian faith. The Triduum invites us to walk with Christ through these sacred days and to share in the joy of his Resurrection.

THE LITURGIES OF THE TRIDUUM

The Triduum is unique in that its liturgies flow seamlessly into one another, forming one great act of worship.



The **Mass of the Lord’s Supper** on Holy Thursday recalls the institution of the Eucharist and the washing of feet, symbols of Christ’s humility and love. The altar is stripped afterward, and the Blessed Sacrament is carried in procession to a place of repose for silent prayer.



On **Good Friday**, the Church celebrates no Mass. The faithful gather for the **Celebration of the Lord’s Passion**, which includes the reading of the Passion, the solemn intercessions, and veneration of the Cross. Holy Communion, consecrated the evening before, may then be distributed, linking this day to the unity of the Triduum.



Holy Saturday is a day of quiet reflection until the **Easter Vigil**, the “mother of all vigils.” The Vigil begins in darkness, then the Paschal Candle is lit, and the Exsultet is sung. Scripture readings recount salvation history, new members are baptized, and the Resurrection is proclaimed in joy.

Together, these liturgies form one act of worship, leading us from the table of the Last Supper to the Cross and the empty tomb—through death into new life, the heart of the Church’s faith and joy.

THE HISTORY OF THE PASCHAL TRIDUUM

The Paschal Triduum has ancient roots in the earliest centuries of Christianity. From the beginning, the Church gathered yearly to celebrate the Lord’s Pasch—the mystery of his death and resurrection, the central mystery of faith. By the second century, Christians were observing a solemn remembrance of Christ’s Passion on Friday and rejoicing in his Resurrection on Sunday, often preceded by a night-long vigil of prayer.

By the fourth century, the celebration of these sacred days had developed into a distinct liturgical structure in Jerusalem and spread throughout the Christian world. Pilgrims such as the Spanish nun **Egeria**, who recorded her travels around A.D. 380, described in detail the early Holy Week and Easter observances in Jerusalem—the washing of feet on Thursday, veneration of the Cross on Friday, and the solemn Easter Vigil beginning at nightfall on Saturday.

In the Middle Ages, the Triduum’s rich symbolism deepened, though its structure varied between regions. The modern form took shape after **the liturgical reforms of Pope Pius XII in the 1950s**, which restored the Easter Vigil to its rightful nighttime setting and emphasized the unity of the three days as one continuous celebration.

Today, the Triduum stands as the high point of the Church’s year—the summit of the liturgical calendar and the foundation of all Christian worship. These ancient days, preserved and renewed through centuries, invite us to enter again into the saving mystery of Christ’s death and resurrection.

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