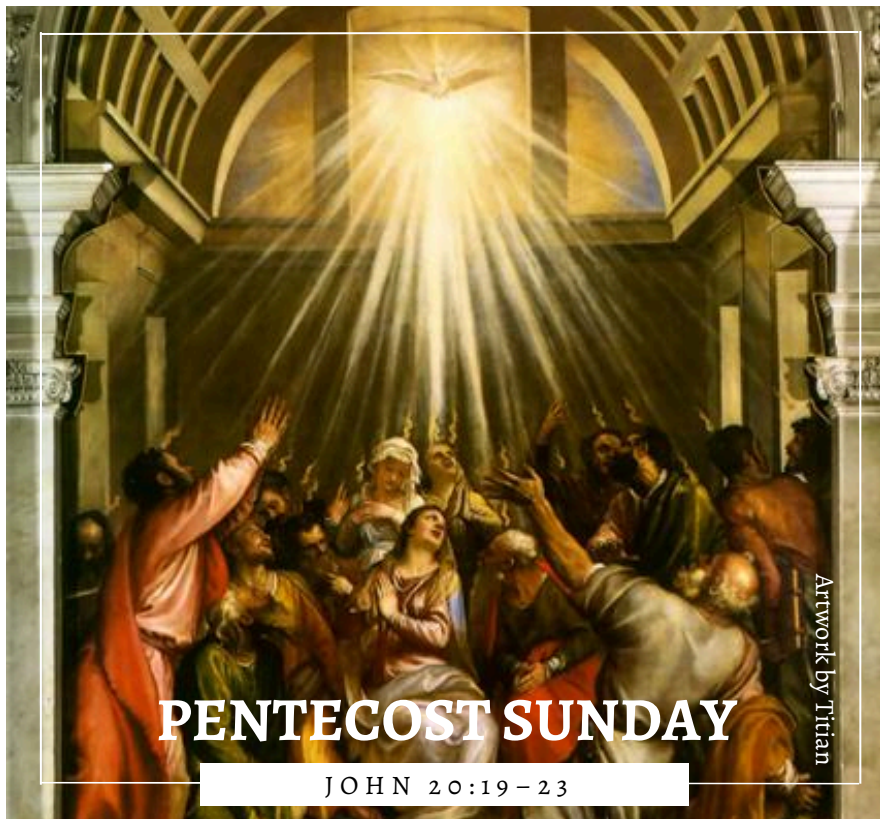


PARISH FAMILY 14

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 Friday 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



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

THIS WEEK'S CALENDAR

May 24, 2026 PENTECOST SUNDAY

Acts 2:1-11/1 Cor 12:3b-7, 12-13/Jn 20:19-23

“He breathed on them and said to them, ‘Receive the Holy Spirit.’” — John 20:22

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
May 24 PENTECOST SUNDAY	8 AM Confession 9 AM Mass 10 AM No Coffee & Donuts	11 AM Mass with CLOW (Livestream) 12 PM No Coffee & Donuts	8:30 AM Mass 9:30 AM Lectio Divina 9:45 AM Confession 10:30 AM Mass with CLOW No Coffee & Donuts after Masses 7:30 PM Faith Sharing Group via Zoom
May 25 Monday The Blessed Virgin Mary, Mother of the Church	7 AM Confession 7:30 AM Daily Mass 7 PM Men's Group - Cancelled <i>Memorial Day - Parish Offices Closed</i>	7 PM Gospel Study via Zoom	
May 26 Tuesday Saint Philip Neri, Priest	7 AM Confession 7:30 AM Daily Mass 6:30 PM Women's Group - McGrath Room	7 PM Young Adult Men's Group - St. Mary Room	
May 27 Wednesday Saint Augustine of Canterbury, Bishop	7 AM Confession 7:30 AM Daily Mass		
May 28 Thursday	7 AM Confession 7:30 AM Daily Mass 10 AM Scripture Study	5 PM Confession 6PM Daily Mass RIP: Maura Jaudinez- Toledo	3 PM Family Adoration
May 29 Friday Saint Paul VI, Pope	8:15 AM Adoration Chapel open to 8 PM		9 AM Daily Mass INT: Lynn Feeney
May 30 Saturday	8 AM Daily Mass 4 PM Confession 5 PM Vigil Mass		5 PM Vigil Mass (Livestream)
May 31 THE MOST HOLY TRINITY	8 AM Confession 9 AM Mass 10 AM Coffee & Donuts	11 AM Mass with CLOW (Livestream) 12 PM Coffee & Donuts	8:30 AM Mass 9:30 AM Lectio Divina 9:45 AM Confession 10:30 AM Mass with CLOW Coffee & Donuts after both Masses 7:30 PM Faith Sharing Group via Zoom
	<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>

PARISH FAMILY HIGHLIGHTS

FIRST HOLY COMMUNION CELEBRATION AT ST. ALPHONSUS PARISH - MAY 17

Congratulations to the children of St. Alphonsus Parish who received their First Holy Communion! Thank you to our families, catechists, and parish community for making this beautiful celebration so special.



GIVE TO ACA NOW!

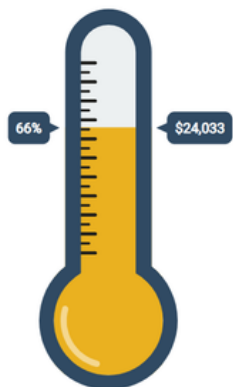
Together, we can achieve more - for our Church, our parishes, and one another. If you gave to the Appeal last year, we thank you for your generosity and ask that you consider increasing your gift by \$100 this year. If you are not sure what to give, please consider a gift of \$365 (\$1 per day). Thank you!

Our progress as of May 21, 2026:

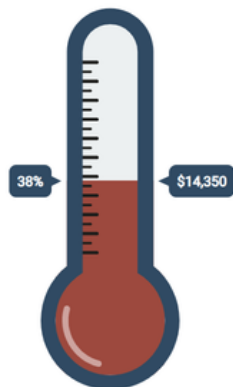
St. Alphonsus
Goal: \$36,396

St. Benedict
Goal: \$38,016

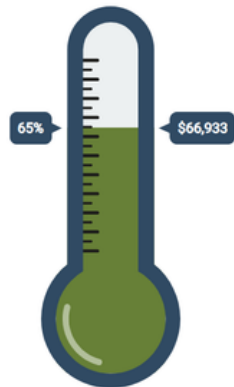
St. John
Goal: \$101,536



Rebate project:
Continued improvement of our sound system



Rebate project:
Refurbishment of our monstrance



Rebate project:
Repair and upgrade of interior church lighting

Make your ACA gift today!

Archseattle.org/GiveACA
800-809-4921



Speak UP

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

DON'T MISS IT!

Join our initial
Listening Session
hosted by Fr. Parrish.

June 4, Thursday
immediately following
St. Benedict's 6 PM mass

Let us continue building our Parish Family together as we prayerfully reflect on this question:

"WHAT OPPORTUNITIES AND CHALLENGES EXIST FOR OUR PARISH FAMILY?"

All are invited!

DISCOVERING OUR PARISH FAMILY TOGETHER: DATA SNAPSHOT

As part of our Partners in the Gospel journey, we are sharing a Parish Family "Data Snapshot" with all of you. Visit here to view: bit.ly/PF14DataSnapshot.

It includes key information about our pastoral area, demographics, and parish resources to help guide our upcoming listening sessions as we prayerfully discern the opportunities and challenges ahead.

PARISH FAMILY HIGHLIGHTS

WHAT'S THE DIFFERENCE BETWEEN THE ANNUAL CATHOLIC APPEAL & PARISH STEWARDSHIP?

Annual Catholic Appeal 2026

 **Together**
in **Faith**

- Occurs in the **spring** of each year
- **Supports the Regional Church of Western Washington**
- Pledge to the **Archdiocese: May to April**
- Donations processed through the **Archdiocese**
- **Monthly reminders** sent from the Archdiocese
- Tax statement provided by the **Archdiocese**
- Supports over 60 ministries and services **throughout Western Washington**
 - ▶ Catholic Community Services
 - ▶ Catholic Schools Department
 - ▶ Hospital/Criminal Justice Ministry
 - ▶ Faith Formation
 - ▶ Youth & Young Adult Ministry
 - ▶ Catholic Youth Organization (CYO)
 - ▶ Marriage & Family Life
 - ▶ Priest, Seminarian & Deacon Services
 - ▶ Services to our 168 parishes including
 - » Human Resources (Benefits/Payroll)
 - » Parish Financial Services
 - » Property/Risk Management Services
 - » Vicar for Clergy Services

PARISH STEWARDSHIP OF
TREASURE.

WE ARE CALLED TO SHARE
OUR TREASURE WITH OTHERS.

- Occurs in the **fall** of each year
- **Supports our parish**
- Pledge to the **Parish: Jan to Dec**
- Donations processed through the **Parish**
- Monthly (or bi-monthly) envelopes and **quarterly reminders** sent from the Parish
- Tax statement provided by the **Parish**
- Supports the mission and ministries of the **Parish** including:
 - ▶ Faith Formation
 - ▶ Children's Religious Education
 - ▶ Youth & Young Adult Ministry
 - ▶ Parish School
 - ▶ Facility Maintenance
 - ▶ Sacramental Preparation (OCIA, etc.)
 - ▶ Liturgical Ministries
 - ▶ Parish Outreach Center/Food Bank
 - ▶ Multi-Cultural Ministries
 - ▶ Pastor & Staff
 - ▶ Parish Events & Celebrations
 - ▶ Technology (equipment, network, software, support, and maintenance)
 - ▶ Insurance (property & liability)



Make your ACA gift today!

Archseattle.org/GiveACA
800-809-4921



Gratitude starts when we recognize
that we have received a gift.

PARISH FAMILY HIGHLIGHTS

**“Learn from Me
for I Am Meek
and Humble
of Heart ”**

**A Pastoral Letter
on the Sacred
Heart of Jesus**



READ ARCHBISHOP ETIENNE'S NEW PASTORAL LETTER ON THE SACRED HEART OF JESUS

“In the Church, devotions like the Sacred Heart are not just prayers to say. These devotions are meant to be lived. They are meant to draw us to greater union with Christ and, through him, to grow in the divine life of grace and holiness.” From Archbishop Etienne’s May 2026 Pastoral Letter on the Sacred Heart of Jesus.

Read the letter:
[bit.ly/ArchLetter
SacredHeart](https://bit.ly/ArchLetterSacredHeart)



We are all encouraged to let the Sacred Heart reign in our homes through the following practices:

1. **Enthroned an image of the Sacred Heart of Jesus in your homes**, placing before your eyes a visible reminder that Christ is the center of family life and the source of mercy, forgiveness and peace.
2. **Pray the the daily Morning Offering**, by which the faithful consciously unite their prayers, works, joys and sufferings to the sacrifice of Christ offered throughout the world. *Note: Morning Offering prayer cards will be distributed in our parishes in early June.*
3. **Reclaim the First Friday devotion**, rooted in participation at Mass and reception of holy Communion in a spirit of reparation and love. *Note: In June, our First Friday Adoration at St. Alphonsus will be held on June 12, the Solemnity of the Sacred Heart of Jesus, to coincide with the conclusion of the Sacred Heart of Jesus Novena.*

For more information, please see <https://archseattle.org/sacredheart/>.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass offered throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and also for the intentions of the Holy Father.
Amen.

JUNE 11 CONSECRATION OF THE U.S. TO THE SACRED HEART

As part of the celebration of the 250th anniversary of the signing of the Declaration of Independence, the U.S. bishops—including Archbishop Paul D. Etienne—will consecrate the United States of America to the Sacred Heart of Jesus. The consecration will be held on Thursday, June 11 which is the day before the Solemnity of the Most Sacred Heart of Jesus on June 12.

Watch the livestream on Thursday, June 11, at 1 pm Pacific Time on the USCCB’s YouTube channel, youtube.com/usccb.



U.S. Consecration

UPCOMING EVENTS

SAVE THE DATE!

Parish Family BBQ

**JULY 12, 2026
SUN, 12 PM
ST. ALPHONSUS**



VACATION BIBLE SCHOOL

AUGUST 10 - 14, 2026
9:00 AM - 12 PM
ST. JOHN EGAN HALL MEZZANINE



SIGN UP NOW!
bit.ly/PF14VBS2026



Age: Grades K-4 (Fall 2026)
Cost: \$75 per child, \$125 per family
Older kids are welcome to volunteer!
No one will be turned away from this camp.

Contact Teresa Gillett at tgillett@parishfamily14.org or call 206-782-2810 with questions or for more info.

LITURGICAL MINISTRY

Volunteer at Our Masses

We invite you to consider sharing your time and talents as a **lector, altar server, Extraordinary Minister of Holy Communion, usher, sacristan or CLOW leads**. Whether you are young or young at heart, there is a place for you to serve.

Training and support are provided, and all are welcome!

Please note that safe environment training and background check are required for all volunteers.

To learn more, volunteer, or receive help signing up to serve at Mass, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org or the respective ministry heads.

Your "Yes" can help our parish worship with greater joy and reverence.



Children's Liturgy of the Word (CLOW)

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.

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; or 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.

PRAYER & SCRIPTURE

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Linda Amsden, Akeem Arana, Michael Eugene James Chiles & his surviving wife & family, Ritchell Cunanan, Louise Gervais, Brian Gough, Rich Huntsman, Tom Jepson, Lucy McGovern, Jeffry Myers, Joel Ocampo, Jennifer Parrish, Patricia Patterson, Bill Quackenbush, Kate Quinones, Lou Ayres Salumbides, Abby Simpson, Shannon Weiler, and Lillian Yamamoto. For those who have died, 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, MAY 31 - The Most Holy Trinity

<p>First Reading <i>The Lord is merciful and gracious.</i></p> <p>Psalm <i>"Glory and praise for ever!"</i></p> <p>Second Reading <i>Encourage one another and live in peace.</i></p> <p>Gospel <i>God sent his only Son into the world to bring us life.</i></p>	<p>Exodus 34:4b-6, 8-9</p> <p>Daniel 3</p> <p>2 Corinthians 13:11-13</p> <p>John 3:16-18</p>	<p>God's love for us comes across vividly in today's readings. God promises Moses to be merciful, gracious, and rich in kindness. Paul tells the Corinthians that the God of love and peace will be with them as they treat each other with love and live in peace. John points out that Christ's sacrifice on the cross is a vivid sign of God's great love for us. Let us listen to God's word with grateful hearts.</p>
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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 May 17, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	114
Sunday, 9 AM	231

PARISH COLLECTION

Mass Collection	\$ 2,196.00
Online Donations	\$2,094.99
Mailed-in	\$ 1,690.00
Total Collection	\$5,980.99
Weekly Budget	\$ 9,833.00
Under Weekly Budget	\$ 3,852.01

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	196
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PARISH COLLECTION

Mass Collection	\$ 2,019.00
Online Donations	\$ 2,279.31
Mailed-in	\$ 850.00
Total Collection	\$ 5,148.31
Weekly Budget	\$ 6,055.00
Under Weekly Budget	\$ 906.69

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	93
Sunday, 8:30 AM	134
Sunday, 10:30 AM	142

PARISH COLLECTION

Mass Collection	\$ 2,562.75
Online Donations	\$ 8,656.50
Mailed-in	\$ 4,821.00
Total Collection	\$ 16,040.25
Weekly Budget	\$ 17,229.00
Under Weekly Budget	\$ 1,188.75

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

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



SOCIAL JUSTICE COMMISSION

GRIEF SUPPORT GROUP

If you are mourning the loss of a loved one, please join our Parish Family Grief Support Group monthly drop in sessions this summer.

JUNE 14

JULY 19

AUGUST 9

12 PM | SUNDAYS
ST. BENEDICT PARISH
CENTER - ST. MARY ROOM

No registration is required.

Note: An 8-week series will start October 4.

Grief and loss can have a significant impact on our lives long after the death of the person we love. The grieving process has no timeline and is unique to each individual, but meeting with others who are going through a similar experience can provide support and help us cope.

For questions, contact Maggie at margaretalquist1@gmail.com

Sancta Vita

Let us not be afraid to choose life! It may seem risky and imprudent. Many voices whisper: "Why bother? Let it go. Think of your own interests." These are voices of death. But we are disciples of Christ. It is his love that drives us — soul and body — in our time. As individuals and as the Church, we no longer live for ourselves. This — and only this — spreads life and lets life prevail. Our victory over death begins here and now.

- Pope Leo XIV, 2025-08-15

St. Francis of Assisi Ministry

The Parish Family 14 Saint Francis of Assisi Ministry is rooted in Catholic faith and inspired by the spirit of St. Francis. They bring together individuals who care deeply about the sanctity of the Earth and all life God has created. They meet monthly (first Sunday of every month at 2 PM in the St. John Parish Admin Bldg) and take part in community-wide actions and initiatives that promote environmental stewardship and sustainability. Its mission is to educate, inspire, and encourage action to care for our common home. All are welcome to join! Learn more at saintfrancisseattle.org or contact Paul Litwin at paul@thelitwins.com

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
St. John: Aaron Amort - aaronamort@gmail.com



Join the next packing and sorting event!

June 3, 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 Kannapell at kannapell@yahoo.com.

Hunger Project

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

Holy Name Society

St. Alphonsus' Holy Name Society is a men's group dedicated to honoring the name of Jesus Christ and promoting reverence for it. The Society participates in parish activities, like family breakfasts, events, and service projects. To join and for more information, please contact Karl Hoffman at 206-784-7152 or karl3hoffmann@gmail.com.

Angel's Cafe

St. Alphonsus' The Angels Café is a vibrant ministry of women who come together to cook and serve meals in the spirit of Matthew 20:28: "The Son of Man did not come to be served, but to serve." The group meets at least four times a year. Food preparation takes place on Saturday mornings, followed by cooking and serving after Sunday Mass. New members are always welcome to join this joyful service ministry. For more information or to get involved, contact Shelle Bjolstad at shelleb2@gmail.com.

FAITH FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

May 24, 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

Book Club

June 4, 7 PM | St. Benedict Book Group at St. Mary Room (upper level of Parish Center); The book we are reading in May is *The Hired Girl* by Laura Amy Schlitz and in June is the Q & A by Vikas Swarup [Movie *Slumdog Millionaire*]. On June 4, we will discuss *The Hired Girl* and Q & A will be discussed July 2 along with the movie.

June 14, 4 PM | At the home of Bill and Sheila Marty
The St. John Book Club is reading what is considered by some to be the greatest novel ever written, *The Brothers Karamazov*. In the trials of three brothers—Dmitri, Ivan, and Alyosha—Dostoevsky traces threads of the deepest questions, from belief and doubt, to joy and suffering, to hope and despair. His narrative, both intensely scriptural and inextricably Russian, combines ardent emotion, vigorous dialogue, and penetrating psychological insight to search the mysterious depths of the heart. It is also described by Goodreads as a murder mystery. We will be reading it in 4 parts over the summer. Please email diana.gruszczynski@outlook.com if you would like to join us.

Gospel/Scripture Ministry

May 25, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 834 8544 8854 Password: 846849
(Contact: Brenda Stratton at bjandmes@msn.com)

May 28, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

May 26, 6:30PM | St. Alphonsus Women's McGrath Room; Join us for a discussion and reflection on FINDING JOY with guest speaker and author Shemaiah Gonzalez. Through her own stories, Shemaiah will help us discover how joy is the fruit of knowing God. No RSVP needed. Questions? Contact olivia@raesegroup.com.

June 2, 7PM | St. Benedict Women's Group on Zoom
Meeting ID: 83832067839 Password: 042299. All women from our Parish Family are invited to this monthly gathering. An evening of Books, Appetizers and Beverages. Bring title/author name of favorite books you enjoyed this year. Do a little noshing. Make new friends. Listen to brief book summaries. Create a summer reading list. Gathering will be at parish center from 7 to 9pm. Any questions, call Deb at 206.755-1751.

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 PREPARATIONS

Infant Baptism

Infant Baptisms in our Parish Family are celebrated during Saturday Vigil and Sunday Masses across our three churches, offering families the opportunity to welcome their children into the faith within the Sunday community.

Parishioners of Parish Family 14 may choose from the following upcoming dates and locations:

- June 27–28, 5:00 PM Vigil and 9:00 AM Sunday Masses at St. Alphonsus
- August 16, 11:00 AM Sunday Mass at St. Benedict
- September 26–27, 5:00 PM Vigil and 10:30 AM Sunday Masses at St. John the Evangelist
- November 14–15, 5:00 PM Vigil and 9:00 AM Sunday Masses at St. Alphonsus



Please feel free to contact us for the following:

Baptism, First Holy Communion and Reconciliation, Youth Confirmation, Sacrament of Matrimony and Funerals - Julia Rudden at jrudden@parishfamily14.org

Order of Christian Initiation for Adults and Children - Claire Shea at cshea@parishfamily14.org

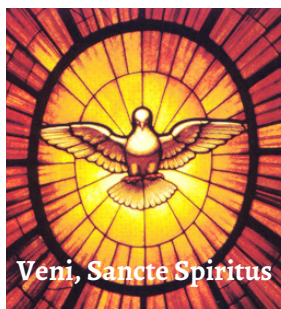
Parish Advocates for Annulment - annulment@stjohnsea.org

FAITH IN FOCUS



Veni, Sancte Spiritus

ON PENTECOST, we insert a hymn into the Scripture readings of the day. After the Second Reading and before the Gospel, we sing *Veni, Sancte Spiritus*, or “Come, Holy Spirit, Come”—the Sequence for Pentecost Sunday.



A sequence is a hymn added to the Liturgy of the Word on special days throughout the year. Sequences are optional, except for those on Easter and Pentecost.

Veni, Sancte Spiritus was probably composed by Stephen Langton (+1228), the archbishop of Canterbury, although some think Pope Innocent III (+1216) was the author. Stephen Langton is also responsible for dividing the books of the Bible into the chapters we mostly observe today.

The Sequence for Pentecost prays for the coming of the Holy Spirit to bring comfort and forgiveness to the faithful. It opens with many repetitions of the word “come,” and closes with repetitions of the request “give.” Along the way, it affirms various titles and attributes of the Spirit: father of the poor, source of all our store, comforter, refreshment, rest, coolness, and solace. The hymn asks the Spirit to shine in the hearts of the singers and to grant healing, strength, forgiveness, and salvation.

The original Latin poetry is quite elegant. Each of the ten stanzas has three lines. The first two lines rhyme, and the last word of each stanza always ends with the letters *ium*.

This sequence used to appear in the liturgy every day during the octave of Pentecost. Now it is called for only on the day of Pentecost.

The hymn may be sung or recited, but it was written for singing. The verses may be alternated between the choir and the assembly.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year
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As Catholics, we celebrate the Easter Season from Easter Sunday through Pentecost. This year, the Easter Season is marked by three solemnities and two feasts. We also observe the month of Mary in May. Learn more about these great feasts and ways to celebrate all Easter season at archseattle.org/easter.

formed[™]
Forming Catholics for *Life*.

This Week on Formed
Week of May 24, 2026



<https://app.formed.org/app/videos/582316>

Saint Philip Neri: I Prefer Heaven

This captivating film highlights St. Philip Neri's great love for youth, his warm sense of humor, contagious joy, deep mystical spirituality, and his amazing gift for miracles. Watch this film to learn more about the famous Apostle of Rome.



<https://app.formed.org/app/videos/586226>

The Wild Goose

The Wild Goose. “Wild Goose” was a term that the ancient Celts had for the Holy Spirit. It is a 14 part series featuring Fr. Dave Pivonka and various interviews. Shot in various locations from Niagara Falls to the California desert, The Wild Goose invites viewers to an encounter, or a renewed encounter, with the Holy Spirit.



<https://app.formed.org/app/videos/2734614>

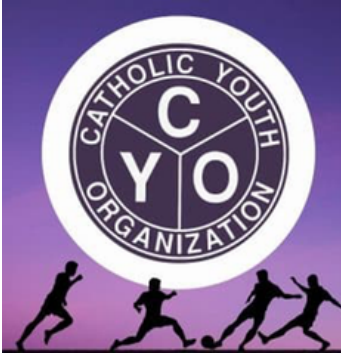
The Victory of Joan of Arc

Meet Joan of Arc. In this powerful movie-of-the-mind audio drama, you'll hear the true story of how she rose from an obscure peasant village to serve God and her country in the most surprising and miraculous ways.

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. AL/ ST. JOHN CYO

Fall Cross Country and Soccer registration is now OPEN! Register now before school gets out for discounted early registration. For season details and dates go to the [St. Alphonsus Website](#) or [St. John CYO website](#).

Volunteers are needed for both Cross Country and Soccer. No experience needed, a great way to get those volunteer hours!

ST. ALPHONSUS SCHOOL HOSTED A MALAWIAN DINNER

On May 15, St. Alphonsus School hosted a joyful Malawian Dinner as one of their School Auction items that brought parishioners and guests together in fellowship, culture, and community. The evening featured traditional Malawian cuisine, warm hospitality, and an opportunity to learn more about Malawi's rich heritage through Fr. Paul Nkolombidzo, our Malawian Parochial Vicar.



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

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PENTECOST

THE COMING OF THE HOLY SPIRIT

Pentecost marks the glorious fulfillment of Easter. Fifty days after the Resurrection, the promise Jesus made to his disciples came true: the Holy Spirit descended upon them in wind and fire, transforming fear into courage and confusion into mission. This feast celebrates the birth of the Church and the power of the Spirit that continues to move within it today.

Gathered in the Upper Room, the apostles and others waited in prayer with Mary. Suddenly, “a sound like a strong driving wind” filled the house, and “tongues as of fire” rested on each of them (Acts 2:2–3). They began to speak in many languages, and people from every nation heard the Gospel in their own tongue. From that moment, the Good News began to spread to the ends of the earth.

Pentecost reveals that the Holy Spirit is not distant but active—breathing life into the Church, inspiring faith, and guiding believers. The same Spirit who hovered over creation and descended on Jesus at his baptism now dwells in every baptized person, empowering us to live as witnesses of Christ.

The seven gifts of the Holy Spirit—wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord—enable us to grow in holiness and to share God’s love in the world.

Pentecost is sometimes called the “birthday of the Church,” but it is more than an anniversary. It is a living reality. The Spirit who descended at Pentecost still renews the earth, stirring hearts, awakening faith, and giving courage to proclaim Christ’s peace.

As we celebrate this feast, we pray: *Come, Holy Spirit, fill the hearts of your faithful, and kindle in them the fire of your love.*

SYMBOLS AND CUSTOMS OF PENTECOST

The feast of **Pentecost** is rich in symbols that express the power and presence of the **Holy Spirit**. In Scripture, the Spirit appears as **wind and fire**—signs of God’s creative energy and transforming love. The **wind** recalls the breath of life that moved over the waters at creation, while the **tongues of fire** that rested on the apostles represent light, courage, and the flame of divine love that spreads through the Church.

The **dove**, a familiar image of the Holy Spirit, signifies peace and purity. **Red**, the color most associated with Pentecost, fills churches in vestments, flowers, and banners, recalling the fire of God’s love and the Spirit’s presence moving through the world.

Many parishes celebrate Pentecost with **special hymns, processions, and prayers to the Holy Spirit**, such as *Veni Creator Spiritus* (“Come, Creator Spirit”). In some places, **rose petals** or paper flames are dropped from church ceilings to symbolize the descending fire of the Spirit.

Pentecost also marks the transition into **Ordinary Time** on the Church calendar—a season that continues the mission begun at Pentecost, as the Spirit guides the Church in daily life and faith. These signs and customs remind us that the Spirit’s fire still burns in the world, renewing the face of the earth.

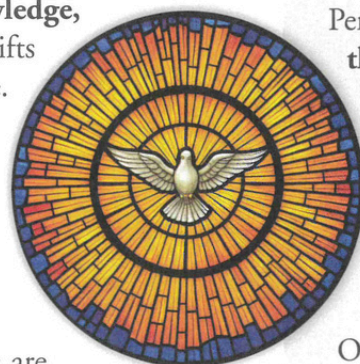
THE GIFTS AND FRUITS OF THE HOLY SPIRIT

The **seven gifts of the Holy Spirit** are divine helps given to every baptized believer to strengthen faith and guide Christian living. They are: **wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord** (Isaiah 11:2–3). These gifts help us know and do God’s will with courage and love.

The **fruits of the Spirit**, described by St. Paul in Galatians 5:22–23, show how the Spirit’s presence bears visible results in our lives. They are: **love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control**.

The gifts are like seeds planted in the soul; the fruits are their blossoms. Both flow from living in harmony with the Holy Spirit, who forms Christ’s character within us.

At Pentecost, these gifts were poured out upon the disciples and continue to be given to all who open their hearts to God’s grace. Through the Spirit, the Church remains alive and the world is renewed.



THE HISTORY AND MEANING OF PENTECOST

The word *Pentecost* comes from the Greek *pentēkostē*, meaning “fiftieth.” It began as a **Jewish harvest feast**, celebrated fifty days after Passover, when the people gave thanks for the first fruits of the land. For Christians, it marks **fifty days after Easter**, celebrating the coming of the Holy Spirit promised by Christ.

In the **Old Testament**, Pentecost (or the Feast of Weeks) commemorated God’s covenant with Israel and the giving of the Law on Mount Sinai. In the **New Testament**, this feast becomes the moment of a new covenant, as the Spirit writes God’s law on human hearts.

After the Ascension, the disciples remained in Jerusalem as Jesus commanded. When the Holy Spirit descended upon them in the Upper Room, they were transformed from fearful followers into bold witnesses. That day, Peter preached his first sermon, and about three thousand people were baptized.

Pentecost thus marks the **birth of the Church** and the beginning of its mission to the nations. The symbols of **wind and fire** express the Spirit’s power and presence—wind that gives life, fire that purifies and strengthens.

Over the centuries, the Church has celebrated Pentecost as the **culmination of Easter**, when Christ’s saving work is made complete by the Spirit. It reminds believers that the same Spirit continues to guide and renew the Church in every age.

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