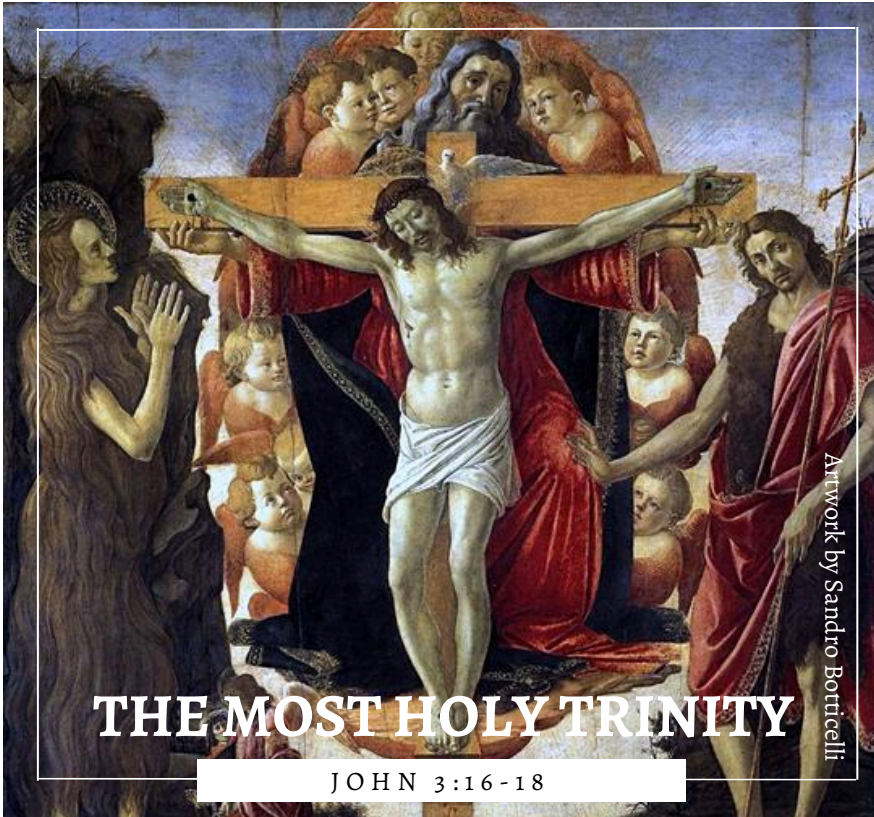


PARISH FAMILY 14

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

  @parishfamily14

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

THIS WEEK'S CALENDAR

May 31, 2026

THE MOST HOLY TRINITY

Ex 34:4b-6, 8-9/2 Cor 13:11-13/Jn 3:16-18

	ST. ALPHONSUS	ST. BENEDICT	ST. JOHN
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
June 1 Monday Saint Justin, Martyr	7 AM Confession 7:30 AM Daily Mass 7 PM Men's Group - McGrath Rm	8:30 AM Sandwich Making 7 PM Gospel Study via Zoom	
June 2 Tuesday Saints Marcellinus and Peter, Martyrs	7 AM Confession 7:30 AM Daily Mass	7 PM Women's Ministry via Zoom	
June 3 Wednesday Saint Charles Lwanga and Companions, Martyrs	7 AM Confession 7:30 AM Daily Mass 8:45 AM School Mass INT: Fr. Colin Parrish		
June 4 Thursday	7 AM Confession 7:30 AM Daily Mass 10 AM Scripture Study	9 AM School Mass 5 PM Confession 6 PM Daily Mass 6:30 PM Listening Session hosted by Fr. Parrish 7 PM Book Club - St. Mary Room	3 PM Family Adoration
June 5 Friday Saint Boniface, Bishop and Martyr	8:15 AM Adoration Chapel open to 8 PM		9 AM School Mass
June 6 Saturday Saint Norbert, Bishop; BVM	4 PM Confession 5 PM Vigil Mass		9 AM 1 st Saturday Mass 5 PM Vigil Mass (Livestream) SVdP Collection at Mass
June 7 THE MOST HOLY BODY AND BLOOD OF CHRIST	8 AM Confession 9 AM Mass 10 AM Coffee & Donuts	11 AM Mass with CLOW (Livestream) 12 PM Coffee & Donuts Special collection for St. Martin de Porres	8:30 AM Mass 9:30 AM Lectio Divina 9:30 AM SVdP Mtg - Parish Admin Bldg 9:45 AM Confession 10:30 AM Mass with CLOW SVdP Collection at both Masses Coffee & Donuts after both Masses 2 PM St. Francis of Assisi - Parish Admin Building 7:30 PM Faith Sharing Group via Zoom
	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>

PARISH FAMILY HIGHLIGHTS

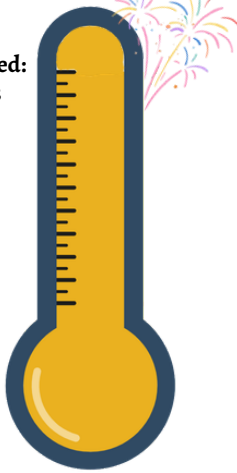
THANK YOU SO MUCH FOR YOUR SUPPORT OF OUR ANNUAL CATHOLIC APPEAL!

Thanks to your generosity, two of our parishes have already achieved their goals! As we continue our campaign, we invite everyone to keep giving, as all rebate funds will help support projects that will enhance our worship experience across our Parish Family. Thank you!

Our progress as of May 28, 2026:

St. Alphonsus
Goal: \$36,396

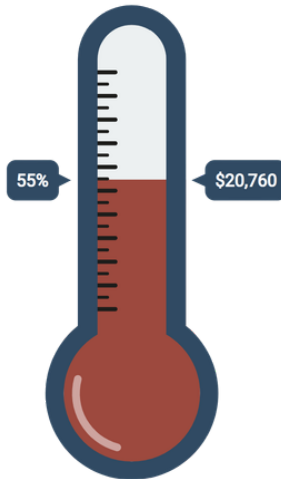
Goal achieved:
\$41,673



Rebate project:
Continued improvement of our sound system

St. Benedict
Goal: \$38,016

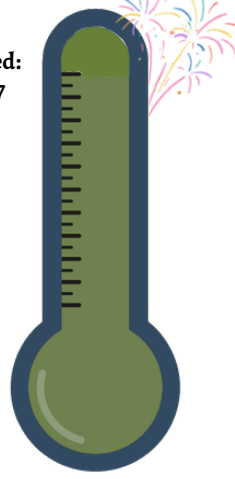
55% \$20,760



Rebate project:
Refurbishment of our monstrance

St. John
Goal: \$101,536

Goal achieved:
\$117,247



Rebate project:
Repair and upgrade of interior church lighting

Make your ACA gift today!

Archseattle.org/GiveACA
800-809-4921



ROSARY MAKING

On May 23, the Crafting for a Cause Ministry hosted a special Rosary Making. Participants enjoyed making handmade rosaries while sharing faith and community with one another.



Meet new people. Explore life, faith, and purpose.

Alpha is for anyone who's curious.



Have you had a chance to explore the story of our Parish Family through our Data Snapshot?

Read it here: bit.ly/PF14DataSnapshot. Discover the key insights, meaningful trends, and a complete picture of who we are as a community.

Data Night with Fr. Parrish

Thank you to everyone who participated in the Data Night hosted by Fr. Parrish last May 23.

With about 35 people in attendance, it was a wonderful opportunity for parish leaders and volunteers to learn more about parish family data and reporting, clarify questions and concerns, and discuss ways to better support the mission and ministries of our parish community.

UPCOMING EVENTS



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

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!

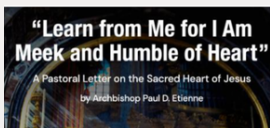
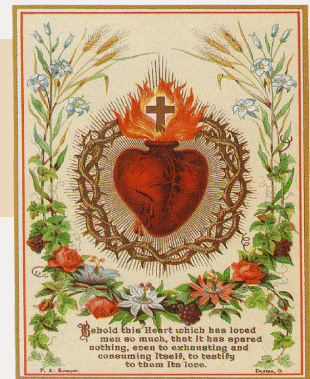
ONLY 6 WEEKS TO GO!

Parish Family **BBQ**

JULY 12, 2026
SUN, 12 PM
ST. ALPHONSUS

Will your famous specialty dish make an appearance this year?
Who's bringing the best dessert?

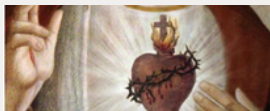
Living the Sacred Heart Devotion



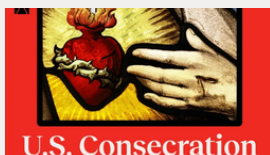
Read Archbishop Etienne's Pastoral Letter - bit.ly/ArchLetterSacredHeart



Pray the Sacred Heart Novena - www.usccb.org/novena-sacred-heart-jesus
Start praying the Novena to the Sacred Heart on **June 3**, leading up to the June 12 Solemnity.



Pray the daily Morning Offering - bit.ly/SHMorningOffering
The faithful consciously unite their prayers, works, joys and sufferings to the sacrifice of Christ offered throughout the world.



Watch the livestream of Consecration of the US to the Sacred Heart - youtube.com/usccb
As part of the celebration of the 250th anniversary of the signing of the Declaration of Independence, the U.S. bishops consecrate the United States of America to the Sacred Heart of Jesus. Watch the livestream on **Thursday, June 11, at 1 PM Pacific Time.**



Attend the Parish Family Solemnity of the Most Sacred Heart of Jesus Mass
Come together as one Parish Family to celebrate the Solemnity of the Sacred Heart on **June 12, Friday at 6 PM at St. Alphonsus Church.** The celebration will be followed by Eucharistic Adoration.

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, JUNE 7 - The Most Holy Body and Blood of Christ (Corpus Christi)

First Reading Deuteronomy 8:2-3, 14b-16a

We live on every word that comes from the mouth of God.

Psalm

"Praise the Lord, Jerusalem."

Psalm 147

Second Reading

1 Corinthians 10:16-17

The cup we bless and the bread we break are a participation in the body of Christ.

Gospel

John 6:51-58

Jesus is the living bread come down from heaven.

The food God provides is unique and special. Take the manna God provided in the desert. Twice Moses says in our first reading that this food was unknown to their ancestors. The food that Jesus provides was also unknown to anyone's ancestors and it is even more special, for it is Christ's own Body and Blood. Saint Paul reminds us that we participate in the Body and Blood of Christ when we share the Eucharist, and Jesus tells us that whoever does so remains in him and he in us. As we listen to the word of God, let us listen for the many ways God feeds us.

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 24, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM No Mass
Sunday, 9 AM 235

PARISH COLLECTION

Mass Collection \$ 2,249.00
Online Donations \$ 6,438.73
Mailed-in \$ 1,698.95

Total Collection \$10,386.68

Weekly Budget \$ 9,833.00

Over Weekly Budget \$ 553.68

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 177

PARISH COLLECTION

Mass Collection \$ 492.00
Online Donations \$ 3,835.90
Mailed-in \$ 120.00

Total Collection \$ 4,447.90

Weekly Budget \$ 6,055.00

Under Weekly Budget \$ 1,607.10

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 202
Sunday, 8:30 AM 138
Sunday, 10:30 AM 136

PARISH COLLECTION

Mass Collection \$ 2,052.85
Online Donations \$ 8,419.68
Mailed-in \$ 6,123.00

Total Collection \$ 16,595.53

Weekly Budget \$ 17,229.00

Under Weekly Budget \$ 633.47

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

Our Father knew far too many of his children would be born in circumstances that seemed unprepared or unintended. Through Jesus' humble birth, the Father made plainly evident what really matters: rejoicing in the new life given. Each child that exists is proof of the Father's planning.

- Sister Faustina Maria Pia, SV

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 - lcocoro@parishfamily14.org

St. Benedict's Cabrini Ministry: Brenda Stratton - bjandmes.bjs@gmail.com

St. John: Marion Johnson - marijo9974@yahoo.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 Kannapellat kannapell@yahoo.com.

St. Martin de Porres Sandwich Making

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

Join the next sandwich making!

June 1 and 15, Monday, 8:30AM

St. Benedict Parish Center

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



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.

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.



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 FORMATION AND SACRAMENTS

SMALL FAITH SHARING GROUPS

Faith Sharing Group

May 31, 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.

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.



Gospel/Scripture Ministry

June 1, 7 PM | St. Benedict Gospel Study via Zoom

Meeting ID: 834 8544 8854 Password: 846849

(Contact: Brenda Stratton at bjandmes@msn.com)

June 4, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Women's Group

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.



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.

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

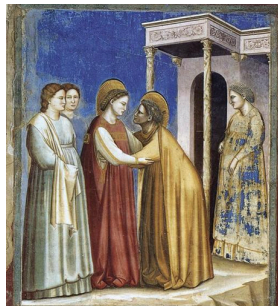
Parish Advocates for Annulment - annulment@stjohnsea.org

FAITH IN FOCUS



Visitation

MARY VISITED her cousin Elizabeth upon receiving the unlikely news that both of them were pregnant—Elizabeth too old to bear children and Mary a virgin. Only St. Luke records this event in his Gospel (1:39–56). The Visitation is a popular subject of Christian art.



Although the story is firmly planted in Scripture, the liturgical calendar carried no observance of the Visitation until the thirteenth century, when Franciscans assigned it to July 2. A century later, it entered the general liturgical calendar when the pope encouraged prayers to end the schism.

After the Second Vatican Council, the liturgical calendar was revised, and the Visitation moved for the first time from July 2 to May 31. This placed the observance at the end of a month that popular piety devotes to Mary. The change also built a chronological bridge between the Solemnities of the Annunciation on March 25 and of the Birth of John the Baptist on June 24. Formerly the calendar placed the Visitation about a week after celebrating the birth of John the Baptist, so the new order of dates eliminated this anomaly.

Luke says that Elizabeth was filled with the Holy Spirit when she greeted Mary. Her greeting resounds every time someone prays the Hail Mary: “Most blessed are you among women, and blessed is the fruit of your womb.” Mary responded with a song of praise to God. In Latin, the words that open her canticle, “My soul proclaims,” are *Magnificat anima mea*. The Liturgy of the Hours includes Mary’s Magnificat in every Evening Prayer.

The Collect for this day summarizes Luke’s account. It then prays that the community may be faithful to the promptings of the Spirit as Elizabeth was, and that all might “magnify” God’s greatness at all times.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year
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*For the Sacred Heart enthronement prayer, the Morning Offering, litany, novena and others, go to archseattle.org.sacredheart or scan the QR code.



formed[™]
Forming Catholics for *Life*.

This Week on Formed

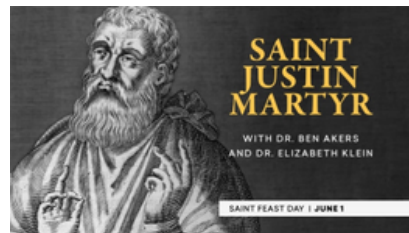
Week of May 31, 2026



<https://app.formed.org/app/videos/1962359>

Lectio: God

Who is God and what does he mean when he says “I Am Who I Am”? Join Dr. Elizabeth Klein in her latest Lectio series as she begins to unpack the mystery of who God is.



<https://app.formed.org/app/videos/2149120>

Saint Justin Martyr | Catholic Saints

Dr. Ben Akers sits down with Dr. Elizabeth Klein to discuss St. Justin Martyr, an early Church martyr who wrote several significant Christian apologetic works. He sought the truth in other philosophies, drawing out what was true and good and relating it to Jesus Christ.



<https://app.formed.org/app/videos/2689421>

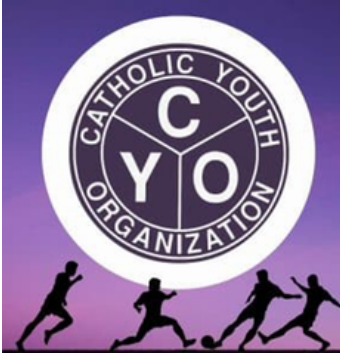
St. Boniface | Catholic Saints

Known as the “Apostle to Germany,” the bishop and martyr St. Boniface worked tirelessly to renew the Church in Germany. Although his efforts ultimately bore great fruit and helped to recenter the faith of the Germans, St. Boniface often felt like a failure in his missionary work.

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!

HAPPY SYTTENDE MAI!

On May 17, St. Al's paraded in Ballard's annual celebration of Norwegian Constitution Day. We're honored to be a part of Ballard's proud heritage since 1907!



SAVE THE DATE

THE GREAT WALLINGFORD
BRATWURST FESTIVAL

**18th & 19th
September
2026**

📍 4811 WALLINGFORD AVE N

Facebook: @wallingfordbratwurstfestival Instagram: @wallingfordbratwurstfestival

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



**Holy Name Society
Monthly Mass
for First Responders**



June 1 | 7:30 - 8:30 AM | Blessed Sacrament Church

Attendees are encouraged to attend in uniform and sit together.



**WSCC LIFE. JUSTICE. PEACE.
WEBINAR**



MIRYA MUÑOZ-ROACH
EXECUTIVE DIRECTOR, ST. VINCENT DE PAUL OF
SEATTLE/KING COUNTY

**POVERTY ALLEVIATION THROUGH
TARGETED APPROACHES AND
INCLUSIVE PRACTICES**

June 4, 2026 | 12:00 pm - 1:00 pm | Virtual

In this presentation, Mirya will share 5 elements that define “Inclusive Practices for Poverty Alleviation” and hone-in on the value of community-based targeted approaches for authentic engagement, empowerment, belonging, and systemic change. She will speak to the importance of building mission-aligned partnerships that are grounded in shared values and relationships of trust. Register at: <https://bit.ly/4abgU9H>



**LAUDATO SI'
MOVEMENT
WASHINGTON**

June 9 | 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



June 29 - July 2

Quo Vadis Days
at St. Martin's University

Amazing 4-day overnight camp for high school men grades 9-12 with priests and seminarians from the Archdiocese of Seattle will provide participants the opportunity to:

- Learn more about the priesthood
- Deepen their faith
- Better discern God's call in their lives

Space is limited to 60 participants. (Nominal fee of \$50 can be waived in cases of need.) Register at <https://bit.ly/48srFmm>

For more information about vocations, discernment, the priesthood, and seminarians currently studying for the Archdiocese of Seattle visit seattle vocations.com



**Police and Fire Chaplain
Support Session**

June 3, 2026 | 6:00 - 7:00 PM | Virtual

To register and receive the Zoom link, please email Joe Cotton at joe.cotton@seattlearch.org.

The Archdiocese of Seattle joyfully announces

Mass of Priestly Ordination
for Deacon Simon Stehr and Brother Deacon Damien-Joseph Rappuhn, OSB

Saturday, June 6 | 10am | St. James Cathedral

Please join Archbishop Paul D. Etienne, Simon and Damien-Joseph for a Holy Hour for vocations the prior evening on Friday, June 5 | 6:30pm | St. James Cathedral



On **Saturday, June 6, 10 a.m. at St. James Cathedral**, Deacon Simon Stehr will be ordained a priest for the Archdiocese of Seattle, and Brother Deacon Damien-Joseph Rappuhn, OSB, will be ordained for the Benedictine community of St. Martin's Abbey. With gratitude and joy, we join in prayer as these men are configured to Christ the High Priest through the laying on of hands and entrusted with the lifelong ministry of preaching, celebrating the sacraments, and shepherding God's people. If you are unable to participate in person, please join the livestream: <https://vimeo.com/event/5814253>



FAITH & FAMILY DAY

ENJOY SOME BASEBALL ACTION AT T-MOBILE PARK WITH THE ARCHDIOCESE OF SEATTLE!



**SATURDAY, AUGUST 1
1:10 P.M.**

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One Minute Meditations

St. Paulinus of Nola

St. Paulinus came from a wealthy Roman family, was a well-educated, renowned lawyer, and married into Spanish nobility. Everything changed with the death of his newborn son. St. Paulinus asked for Baptism then he and his wife sold their property and moved to Nola, Italy, where they devoted themselves to austerity and charitable works. St. Paulinus (by popular demand) became Bishop of Nola, governing wisely and generously. He died in 431, leaving behind many treatises, letters, and poems.

The love of the Sacred Heart

"The tender heart of God thought upon [you], loved [you], and procured for [you] a thousand means of salvation, as though there had been no other soul in the world... As the sun shines upon one place of the earth and enlightens it no less than if it shined on no other, so too has our Lord thought of and cared for all his dear children, as though his attention were wholly and entirely focused upon each of them." St. Francis de Sales

"It is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Galatian 2:20).

The Beatitudes: Christ's vision for the human heart

In the Sermon on the Mount, Jesus revealed the attitudes, priorities, and way of loving that shaped His life. These became the Beatitudes: interior dispositions that open our hearts to His grace. As we cooperate with that grace, our hearts are transformed to become more like His.

Poor in spirit: The poor in spirit recognize that heavenly treasures — peace, grace, love, friendship, and eternal life — matter far more than worldly success or possessions.

Mourning: Rather than distracting ourselves from pain, loneliness, or disappointment, we bring our wounded hearts honestly to God. Healing begins when we allow Him to comfort us.

Meek: Meekness is not weakness, but strength rooted in self-control and trust in God. When our security rests in God, we are less ruled by fear, anger, or the need to control everything around us.

Hungry and thirsty for righteousness: This is a deep longing to live in

friendship with God and to grow in holiness each day.

Merciful: God loves us with tender, generous, and selfless love, and He calls us to extend that same mercy to others.

Pure in heart: Purity of heart means

"Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another" (Colossians 3:12)

valuing what is true, holy, and good, while striving to live with sincerity and integrity.

Peacemaking: Peacemakers bring calm, clarity, and reconciliation to difficult situations. True peace comes when God is placed first.

Willing to suffer for Christ: Following Christ will sometimes bring opposition. Yet Jesus promises that those who persevere with courage and trust *"will have a great reward in heaven"* (Matthew 5:12).

Why Do Catholics Do That?

Why does the Church need cardinals?

Cardinals are part of the governing structure of the Church and are best known for electing a new Pope during a conclave. They are bishops specially chosen — or "created" — by the Pope for this important role. Traditionally, cardinals were selected only from the clergy of Rome. Today, because the Church is worldwide, cardinals are

chosen from dioceses across the globe. To preserve their historic connection to Rome, each cardinal is still assigned a titular Roman church. Cardinals wear scarlet vestments, including the red skullcap and biretta, symbolizing their willingness to defend and spread the Faith, even to the shedding of their blood.

Hope changes everything

Hope helps us desire Heaven and trust in God’s promises. The *Catechism of the Catholic Church* (CCC) teaches that hope “responds to the aspiration to happiness which God has placed in the heart of every man” (CCC, 1818). It strengthens us to persevere through difficulties and keeps our hearts fixed on God. Here are three ways to renew and strengthen hope:

Shift your focus: Do not allow past regrets, future fears, or present worries to dominate your thoughts. Read the daily Gospel before the news. When you catch yourself worrying or dwelling on negativity, intentionally redirect your mind toward God’s promises. Keep encouraging Scripture verses

— such as Romans 8:37 — visible on your phone, mirror, or coffee maker as reminders of hope throughout the day.

Fight temptation with the opposite virtue: In the spiritual life, virtues overcome vices. Counter doubt with acts of faith, complaints with gratitude, and comparison with encouragement and appreciation for others.

Become a source of hope: Build others up rather than focusing on faults. Frequently ask, “What can I do to improve this situation?” Christian hope is not blind optimism, but confidence in Christ, the One who is “Faithful and True” (Revelation 19:11).

from Scripture

Matthew 10:37-42, The priorities of discipleship

In this Gospel passage, Jesus speaks clearly about the demands of discipleship. At its heart is the question of priorities. For the early Christians, following Christ often meant risking imprisonment, persecution, or even death. To belong to Jesus required complete trust and surrender because only God is worthy of first place in our hearts and lives.

Faithful Catholic life still carries challenges today. Much of what Christ and His Church ask of us runs counter to the values of secular culture. Even apart from worldly pressures, each of us carries personal crosses —

struggles, sacrifices, disappointments, and suffering. Yet Jesus never asks us to carry them alone. He invites us to follow Him and to walk beside Him through them.

The good news is that Jesus has already gone before us — from suffering to glory, from death to eternal life, and from sorrow to joy. Because of Him, our crosses are no longer meaningless. With His grace, we can choose each day to remain faithful, keep His commandments, and abide in His love. One day, in Heaven, we will see clearly that every sacrifice made for Christ was worth it.

Feasts & Celebrations

June 4 – St. Francis Caracciolo (1608). St. Francis was born in the Abruzzo region in Italy. He went on to found the Clerics Regular Minor with Venerable John Augustine Adorno. The Order was approved in 1588, and St. Francis became its superior for life.

June 7 – Solemnity of Corpus Christi. On this solemnity, we celebrate the transformation of the bread and wine into Jesus’ Body and Blood in the Holy Eucharist. This solemnity was established by Pope Urban IV in 1264 in response to the need for a Eucharistic feast day.

June 12 – Solemnity of the Sacred

Heart (1856). St. Margaret Mary Alacoque received visions of Jesus, who urged her to spread public devotion to the Sacred Heart. The image of Jesus’ Heart, pierced and enthroned in unquenchable flames, reminds us of His intense and eternal love for us.

June 15 – St. Germain of Pibrac (1601). Born to poor parents near Pibrac, France, St. Germaine had a deformed hand, suffered from sores on her neck, and was sickly from neglect and abuse. Despite her sufferings, she found comfort in God’s presence. She was generous with the poor despite her own poverty. She forgave her stepmother who badly mistreated her. She is the patroness of abuse victims, people with disabilities, and shepherdesses.

Q & A Why do we honor Mary’s Immaculate Heart?

In the month of June, the Church honors the Immaculate Heart of Mary because of her unique relationship with Jesus and her faithful cooperation in God’s plan of salvation.

“Behold, I am the handmaid of the Lord” (Luke 1:38). At the Annunciation, Mary freely consented to become the Mother of God’s Son. From the moment “the Word became flesh” (John 1:14) in her womb, her Immaculate Heart was united completely to the Heart of Jesus in love, trust, and obedience.

“A sword will pierce your own soul” (Luke 2:35). Although Mary was free from sin, she was not spared suffering. Simeon’s prophecy points to the deep sorrow she endured as she accompanied Jesus through His Passion and crucifixion. Mary teaches us how to trust God even in suffering and uncertainty.

“My Immaculate Heart will triumph.” These words, associated with Our Lady of Fatima, echo God’s promise of victory over evil. As Mother and Queen, Mary shares uniquely in her Son’s triumph. When we, too, say “yes” to God’s grace, Christ’s victory becomes our own.

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

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