

# The 4th Sunday in Ordinary Time



## Weekend Masses

Saturday 5:00pm  
Sunday 8:00am,  
10:30am, 12:15pm

## Weekday Masses

Monday-Friday 9:00am

## Adoration

Monday-Friday 10am-10pm

## Sacrament of Reconciliation

Wednesdays, 6pm-7pm  
Sat. 3:45pm-4:45pm or by appointment



## Parish Office

8110 Jewel Lake Rd  
Anchorage, AK 99502

Phone: (907) 243-2195

Fax: (907) 243-0088

Office Hours: Tuesday-Friday  
10:00am - 5:00pm

Web: [www.stbenedictsak.com](http://www.stbenedictsak.com)

FB: <https://www.facebook.com/stbenedictsak>

Email: [parishsecretary@stbenedictsak.com](mailto:parishsecretary@stbenedictsak.com)



## Lumen Christi Catholic School

Grades 7-12

8110 Jewel Lake Rd Bldg. D  
Anchorage, AK 99502

Phone: (907) 245-9231

Office Hours: Monday-Friday  
7:00am-3:00pm

Web: [www.lumenchristiak.org](http://www.lumenchristiak.org)

## - Our Community at a Glance -

**Prayer Chain:** email Shirley Arnold at [s\\_arnoldak@outlook.com](mailto:s_arnoldak@outlook.com)

**Outreach:** Emergency food for those in need call **907-273-1596**

**Clare House:** 4th Tuesday each month; contact **Beth Waetjen @ 907-242-2384**

**Archangel Attic:** Open Tues.-Thurs. 12pm-3pm, and Fri. 10am-3pm, Sat. 10am-4pm,  
call **907-215-7079**. To volunteer call **Colleen: 354-4372** or **Mary: 868-3453**

**Youth & Young adult Catechesis:** call **Gabe O'Lena 907-215-7058**

**Choir:** See **Steve Ring** after Mass or email [sring1316@outlook.com](mailto:sring1316@outlook.com)

**Samoan Mass:** 12:15 Mass, 1st Sunday of the Month

**Filipino Mass:** 12:15 Mass, 3rd Sunday of the Month

**Hospitality Sundays:** Coffee /donuts, after **8am-10:30am** Masses

**Pancake Breakfast:** Served **8am to 12:15pm** the 2nd Sunday of the month, **Oct - Apr**

**Knights of Columbus:** Meets 1st Wednesday at 7pm

**Legion of Mary:** Meets Mon. at **5:30pm**; call **Ursula @ 907-570-2163**

## February 1, 2026

## Mission and Core Values

Saint Benedict Parish  
is a community of  
Catholic, Christian  
stewards,  
working to live and  
preach the Word of  
God in thought,  
word and deed.

As a ministry of Saint  
Benedict Parish,  
Lumen Christi High  
School provides a  
rigorous Catholic  
education in a Christ-like  
environment. We are  
called to proclaim the  
Gospel of Jesus Christ, to  
build community, and to  
serve our brothers  
and sisters.

We are united in our core  
values of living **Faith**,  
Celebrating **Family**  
and Achieving  
**Excellence!**



## THOUGHTS FROM OUR PASTOR



### Blessed are the Poor in Spirit!

We live in a world wherein many people are focused upon themselves. Our culture and society esteems glamour, good looks, wealth, position, and power above anything else. Moreover, those who have achieved these things are often envied. However, if we could look deeply into the lives and souls of these people, we would probably see a great emptiness. Sadly, they have no authentic relationship with God. They might say that they believe in God and even go to a church on occasion. But this is all a facade. And it covers the other facade of their material superficiality.

In the Gospel of Matthew, Jesus begins his teaching ministry on a mountainside. Jesus is presented as a new Moses. He was the new teacher and Law-Giver for the whole world. Jesus said that the poor in spirit -- those who knew the depth of their poverty before God -- those who knew they were sinful -- and in desperate need of God -- those who knew every material thing was a gift belonging to God. All those Godly poor would enter the Kingdom of Heaven.

Are we "poor in spirit"? Are we humble enough to let God's grace fill the void? -Fr. Tom

# Welcome to Saint Benedict Parish

Monday 2/02	Tuesday 2/03	Wednesday 2/04	Thursday 2/05	Friday 2/06	Saturday 2/07	Sunday 2/08
<b>Mass</b> <b>9am: J. Mitchell RTH</b> <i>Parish Office Closed</i> <i>Adoration 10am - 10pm</i> <i>Legion of Mary 6-7pm</i> <b>OCIA 6:30</b> <i>Patriotic Rosary 6pm</i> <i>KofC Meeting 7pm</i>	<b>Mass</b> <b>9am: Nellen Budd ROS</b> <i>Adoration 10am-10pm</i> <i>Video Series The Search &amp; Discussion 9:30am</i> <b>Jr Hight night</b>	<b>Masses</b> <b>9am: Helen Shultz ROS</b> <i>Adoration 10am-10pm</i> <i>Confessions 6pm</i> <i>Samoan Choir 6:30pm</i> <i>High School night 7pm</i> <b>KofC Meet 7pm</b>	<b>Masses</b> <b>9am: Lorrie Brinker-Stanley ROS</b> <i>Adoration 12pm-10pm</i> <i>10:30 Choir Practice 7pm</i> <b>Book Club 7pm</b>	<b>Mass</b> <b>9am: Eileen Keegan ROS</b> <i>Adoration 10am-10pm</i> <i>Frozen Chozen 5:30am</i> <i>Jr. Legion 10am</i> <i>Kid Play 1pm</i> <i>Samoan Choir 6:30pm</i> <i>Youth Intermural Basketball 8pm</i>	<b>Vigil Mass</b> <b>5pm: Emma Benton SI</b> <i>Confessions 3:45-4:45</i> <i>Samoan Choir 6:30pm</i> <b>Father Daughter Dance 6pm</b> <b>Pinochle 6:30pm</b>	<b>Masses</b> <b>8:00am: Rosemary Chan ROS</b> <b>10:30am: Tom Collins ROS</b> <b>12:15pm: People of the Parish SI</b>  <b>Super Sunday Today!</b> <i>Check out our page at:</i> <a href="https://www.stbenedictsak.com/65">https://www.stbenedictsak.com/65</a> <i>FB: St. Ben's Youth Ministry</i> <i>Insta: @stbensyouthanc</i>

**Mass Intentions:** SI= Special Intentions

RTH= Return to Health

ROS= Repose of Soul

## Saint Benedict Staff

### **Pastor**

Fr. Tom Lilly  
[tlilly@stbenedictsak.com](mailto:tlilly@stbenedictsak.com)  
 907-243-2195

### **Deacon**

Deacon Daniel Winters

### **Business Manager**

Jaimie Sultenfuss  
[jsultenfuss@stbenedictsak.com](mailto:jsultenfuss@stbenedictsak.com)  
 907-243-2195

### **Administrative Assistant**

Katherine Mitchell  
[parishsecretary@stbenedictsak.com](mailto:parishsecretary@stbenedictsak.com)  
 907-243-2195

### **Director of Music**

Steve Ring  
[sring@stbenedictsak.com](mailto:sring@stbenedictsak.com)

### **Church Housekeeper**

Elaine Potter

## Evangelization and Catechesis

### **Youth and Young Adult Minister**

Gabe O'Lena  
[golena@stbenedictsak.com](mailto:golena@stbenedictsak.com)  
 907-215-7058

### **Super Sunday Faith Formation**

John and Shelby Burger  
[burger@stbenedictsak.com](mailto:burger@stbenedictsak.com)

## Lumen Christi School

### **Principal**

Brian Ross  
[brross@lumenchristiak.com](mailto:brross@lumenchristiak.com)  
 907-245-9231

### **Director of Advancement**

Anne Gore  
[agore@lumenchristiak.com](mailto:agore@lumenchristiak.com)  
 907-245-9231

### **Administrative Assistant**

Kimberly Guzman  
[lchs@lumenchristiak.com](mailto:lchs@lumenchristiak.com)  
 907-245-9231

## Sacramental Information

### **Parish Office 243-2195**

•**OCIA:** contact Office at 243-2195

•**Baptism of infants:** celebrated either during Mass, after the 12:15 Mass on Sundays or at any other time approved by the Pastor. Parents are required to attend a baptismal preparation class prior to the baptism of the child.

•**Weddings:** scheduled by meeting with the Pastor at least six months prior to the wedding date. Please call the office for more details.

•**Funerals:** contact the parish office following a death and we will be pleased to assist you.

•**Anointing of the Sick, or Communion to the Homebound:** Please call the parish office to request a visit.

Thank to all those who come and put together meals for **Hope Soup Kitchen!**

Next date is Saturday **February 7th!**

Call Andy Flores @ 907-887-4917

Thank you to all who provide meals for **Clare House**

Next dinner date is **February 24th!**

## ⇒ Readings:

### Sunday 02/01

Zephaniah 2:3, 3:12-13  
 1Corinthians 1:26-31  
 Matthew 5:1-12

### Sunday 02/08

Isaiah 58:7-10  
 1Corinthians 2:1-5  
 Matthew 5:13-16

## The Traveling Madonna

The new traveling Mary sign up for January thru December 2024 is now posted.

Please say a rosary each day she is in your home.

Thank you for welcoming the Lord's mother.

Questions call **the office 907-243-2195**

## ⇒ Celebrations:

# February Anniversaries

Once Upon A Time...

Jim and Sally Seeley	02/23/63
Bruce and Frances Numma	02/11/89
Jose and Anne Pasao	02/14/08
Carl and Denise Ripe	02/05/11
Aaron and Dixie DeChant	02/13/13
Gabe and Megan O'Lea	02/13/15
James and Treceia Ledford	02/12/19
Marty and Lynn Goblowsky	02/23/19
Sini and Carol Felise	02/14/21
James and Cierra Aloysius	02/24/24

"For this cause shall a man  
leave his father and moth-  
er, and shall cleave to his wife; and the two shall

*May your marriage always bring glory to God, joy to one  
another and blessings to your family f  
or many generations to come.*

*May love and laughter fill your hearts and your home  
for all at the days of your lives.*

*May you face every challenge hand-in-hand  
and side-by-side*

*knowing that with God's grace, you'll conquer all obstacles  
together. May the world be forever a better place because  
the two of you fell in love. In Jesus' name, Amen*

## ⇒ Parish Financial Update:

### ⇒ Stewardship of Treasure:

	Week 29	YTD
Offertory Income	\$ 9,746.74	\$ 373,704.81
Other Income	\$ 496.00	\$ 66,439.07
	\$ 10,242.74	\$ 440,143.88

Expenses: (avg. wk. \$17,162.20)

YTD Expenses: \$ 462,745.95

### Combined Parish and School

**Total Income \$1,407,525.26**

**Total Expense \$1,475,920.50**

**- \$ 68,395.24**

Our new fiscal year began 1 July

### \*Online Donation Income:

- \* There were 40 gifts made online
- \* There were 0 Families new to online giving
- \* There were 0 Maintenance Fund donations
- \* There were 2 Parish Outreach donations
- \* There were 3 Special Collection donations
- \* There were 0 Faith Formation donations

*Dear Lord,*

*Thank you for teaching me to be generous as  
you have been generous with me.*

*Thank you for showing me that all I am and  
have are gifts from you.*

*And that these gifts from you, Lord, are meant  
to be shared. Show me the joys of generosity.*

*Help me to understand others, perhaps un-  
known to me, depend on me for help.*

*Remind me that my world, my parish, needs  
"Good Samaritans" to heal the wounds of our  
times.*

*Make me a gift to others in your name.*

*Amen.*

### Please Pray for:

Diane Peterson  
Christina Del Rosario  
Ann Curro  
Bea Freeman  
Waetjen Family  
Alicia Warren  
Fr. Tim Saur  
Rosemary Dunn  
Connie Budahl  
Danny Lee  
Franklin Ellenson

Terry Tutor  
Marty Goblowsky  
Jim and Sally Seeley  
Fr. Rob Evenson  
Sam Waetjen  
Chloe Hernandez  
Damon Carey  
Gerry Rapp  
Alicia Datuin  
Mike & Bettye Smith  
Pat Scott  
Julie Allard

Bernie & Marian Simon  
Kim Randolph  
Will Davenport  
Nicole Johnson  
Jessica Randolph  
Geneva Colon  
Michele Waetjen  
Denise Trefry  
Richard Campbell  
James Mitchell & sons  
Fontaine Wilhelm  
Theresa Dolan

Ofelia Domingo  
Maipela Burns  
Mike Keenan  
Kevin Pfeiffer  
Steve Taylor  
Lara Krill  
Joseph Mitchell  
Dan Rollins  
Ted & Agnes Mayac  
Doris Clausen  
Ellison Williamson  
Jackie & Greg Kern

Paul Larson  
Mary Dubois  
Glen Allen  
Virginia Aberle  
Elizabeth Bastiani  
Solita Balones  
Mark Blumenthal  
Deneen B. Bozeman  
(To add or remove please  
call 243-2195).





# Lumen Christi School

Living Faith, Celebrating Family, and Achieving Excellence

## ⇒ Principal's Update:

Many thanks to those of you who joined us virtually for the 10th Annual State of the School on Tuesday night, after a full day of dropping off and picking up your child at Our Lady of Guadalupe! The weather was a bit frightening that day, but the celebration of the Mass was absolutely beautiful! And we had over 70 participants on the Google Meet call on Tuesday night!

The State of the School slide deck and the 2026-2027 school calendar are attached to this week's Lumen News. For those that were not able to attend on Tuesday, the presentation is full of important information about what we've done as a school and where we are going. In addition to announcing the departure of Mrs. Guzman from the front desk in late April, Ms. Brewer and I both made announcements about our upcoming transitions. I appreciate Ms. Brewer sharing her news about retiring from full-time teaching at the end of this school year after 30 years of service to our school and to our students. She was one of the original "plankowners" when the school started in 1996 off Fireweed Drive! I'm working hard to encourage Ms. Brewer to spend some time at the school in various part-time capacities going forward! She has made a dramatic difference in the lives of so many and we are so grateful for all the years she has given to us!

Following Ms. Brewer's news, my wife Tracy and I, announced our decision to step away from my role as Principal, not this year, but at the end of next school year, in May 2027. This last decade as your Principal has been one of the greatest privileges and honors of our life—an amazing journey defined by faith, family and excellence. And, most importantly, by all of our time spent with you.

Tracy and I have truly loved our time here at Lumen Christi. Please know that we haven't made this decision lightly, but rather after much prayer and reflection. After a 21 year career in the Marine Corps, and eventually, 11 years as your Principal, Tracy and I want to follow a few more dreams, including hiking the Camino de Santiago, living closer than a 12 hour flight to our three kids, and maybe, God willing, spending time with some grandchildren. We aren't leaving Alaska for good, but intend to spend several weeks to several months here when it is much warmer, and far less snowier, than it is right now!

I know that this news may come as a surprise to many, and expected as an eventuality by others. My 30 years of being a leader has impressed upon me that healthy and successful transitions happen from a place of stability and strength. Through Tuesday's presentation, I hope you see that these decisions come at a time when the State of our School is very, very strong. In the end, I'm proud to report that Lumen Christi is in its most solid position since its founding in 1996—with a firm financial foundation, a clear mission and purpose, record enrollment, and a deeply committed and professional staff ready to continue carrying and leading our great school forward. Before I leave, in my final 18 months as your Principal, among other things, I personally commit to overseeing the transition of our much admired Ms. Brewer at the end of this school year, supervising the expansion of our campus with our portables this summer, and successfully leading the school through our Cognia accreditation in spring 2027.

There will be plenty of time for goodbyes, emotional speeches, and hugs down the road. But Tracy and I, and Ms. Brewer as well, wanted to share this information with you now so we are fully transparent on the succession plan we have put together over the next 18 months for our transitions from the school.

Thank you for all your support and flexibility this week. It wasn't exactly the Celebrate Catholic Schools Week we planned, but God blessed us with a chance to celebrate our students on Monday, a beautiful all schools Mass on Tuesday, and a restful ice day on Thursday. Please pray for our high school basketball teams as they compete in the 2A Conference Clash this weekend! Go Archangels!

*Blessings... Brian*

## KNIGHTS TABLE

### *Congratulations: January*

Knight of the month  
Kevin Thomas

Family of the Month  
Iosefo Felise Family



Patriotic Rosary— 02/02 and 02/18 at 6:00 pm  
K of C Council meeting - 02/04 at 7:00 pm  
4th Degree meeting – 02/02 at 7:00 pm  
Officer's meeting - 02/26 6pm

**The Knight of the Month** We chose Kevin Thomas - Kevin has been helping with many different things at St Benedicts, Often very helpful flipping pancakes and time spent guiding the Boy Scouts; assisting on projects at Saint Therese's Camp and in support most recently at the SOAK Polar Plunge.

**Family of the Month** We chose the Iosefo and Maletina Felise family... For all the work done for the parish facilities - outside around the grounds (often without thinking they are getting noticed Fa'afetai). Also their grandchildren participate in liturgical ministries and help us celebrate the mass here.

## WHAT IS GOING ON?



**40  
DAYS  
OF LENT**



**40 DAYS  
FOR LIFE!**

prayer • fasting • public vigil  
February 18 – March 29  
Prayer warriors needed  
7am to 8pm  
Mondays through Saturdays



  
**JOIN US**  
BROTHER KNIGHTS OF OUR COUNCIL  
invite you to join us in our joyful pursuit  
of our common ideals:  
CHARITY  
FRATERNITY  
UNITY  
PATRIOTISM

As we continue to celebrate Blessed Michael J. McGivney's Beatification, please enter the Promo Code **BLESSEDMCGIVNEY** to join online for free. Ask A Knight for more information or follow the QR code to join online - Please Enter St Benedict's Council #12290.



## Catholic Daughters of the Americas

Have you been wondering who The Catholic Daughters of the Americas are? Would you like to know more about us?

CDA is one of the largest Catholic women's organizations established in 1903 by the Knights of Columbus. Our local court was chartered in at Holy Family parish in 1961. We are a spiritual, charitable, social and service group. We invite all Catholic women to join us as we plan this year's events. Our next meeting will be on **Saturday, February 9th, 2026**, beginning **6:30pm** in the Lunney Center at The Cathedral of Our Lady of Guadalupe. Please join us. For more information contact [cecistanley2013@icloud.com](mailto:cecistanley2013@icloud.com)



**40  
DAYS  
OF LENT**

**40 DAYS  
FOR LIFE!**

prayer • fasting • public vigil

February 18 – March 29

Prayer warriors needed

7am to 8pm

Mondays through Saturdays

Learn more &  
sign up for hours



<https://www.40daysforlife.com/en/anchorage>





**THE CARDINAL NEWMAN CHAIR PRESENTS**

# **A LECTURE SERIES BY** **DR. JOHN MEINERT**

**ASSOCIATE PROFESSOR,  
BENEDICTINE COLLEGE**



## **PEACE: A FRUIT OF THE HOLY SPIRIT**

**Thursday, 5 February, 7 pm**

Carr-Gottstein Lecture Hall, Alaska Pacific University



## **THE GIFTS OF THE HOLY SPIRIT & THE SACRAMENT OF CONFIRMATION**

**Friday, 6 February, 6 pm**

St. Patrick Parish, Anchorage, JP II Center



## **THE GIFTS OF THE HOLY SPIRIT IN THE CHRISTIAN LIFE**

**Saturday, 7 February, 10 am**

St. Andrew Parish, Eagle River

**For more information, including Zoom links, contact**  
**Dr. Kevin Jones, [kjones@alaskapacific.edu](mailto:kjones@alaskapacific.edu)**

# News around the Archdiocese of Anchorage!

**Welcome to this week's Communication Email!** Here's a look at the latest news, events, and updates from around our Archdiocese.



## **Upcoming events around the Archdiocese**

Mark Your Calendars! We've got some great events coming up and hope you'll be there. Share the invite with others—it's always better together!

**Mass for the Gift of Life** – Please join Archbishop Bellisario Thursday, January 22<sup>nd</sup> for Mass when we will be praying for the legal protection of unborn children. The Mass will be at the Cathedral of Our Lady of Guadalupe at 6:30 p.m.

- **Chrism Mass** - Chrism Mass will be at 7:00 p.m. on March 12<sup>th</sup> at the Cathedral of Our Lady of Guadalupe.



No matter how many years ago...  
Abortion still hurts. Project Rachel.  
Confidential. Healing.  
Call 907-297-7781  
[projectrachelalaska@gmail.com](mailto:projectrachelalaska@gmail.com)

We are all

Called to

*Serve*

## In-kind Needs for CSS Programs

### Extra Holiday Gift Drop-off Week at 4600

Debarr is from 9 am to 5:30 pm.

If you missed adopting a family and would like to help, we are in need of the following items, wrapped or unwrapped (if wrapped, please label it with what item it is and what size it is, if applicable):

- Ice cleats
- Thermal underclothing
- Warm gloves
- Hats
- Warm socks
- Winter jackets
- Blankets

### Complex Care Holiday Giving

To help spread a little holiday cheer the staff at Complex Care would like to give the opportunity to clients to select items from a wish list that would be delivered on Christmas Day.

Clients would select one item from the following wish list:

- Sweatshirt
- Sweatpants
- Thermal Mug with lid
- Bus Pass (\$26)
- Slippers

Clients may then select 3 of the following items:

- Ice grippers
- Cane Ice gripper
- Gloves
- Hats
- Socks
- Movie ticket gift card
- Nail clippers and Nail file
- Reading glasses
- Nail polish

## Refugee Assistance & Immigration Services

Refugee Assistance & Immigration Services (RAIS) provides a bridge for refugees (individuals who have had to flee their countries of origin due to the tragedies of persecution and war) and other new arrivals from their former life experiences to the new skills required for success in the United States. Through a focus on economic self-sufficiency, community integration, and a respect for unique cultures, history and traditions, RAIS creates an environment of compassion and encouragement for refugees to flourish.

- ☐ English Conversation Practice
- ☐ Family Mentor
- ☐ Health & Wellness Workshop
- ☐ Volunteer
- ☐ Older Refugees Mentor
- ☐ RAIS Meal Team Delivery Driver & Driver Assistants
- ☐ Volunteer Driver—RAIS Health Team
- ☐ Youth Mentor

**Winter Gear Needs** -- All our shelters have an ongoing need for winter gloves, hats, hand and foot warmers, winter jackets, socks, and boots. We can never have too many. They can be dropped off at specific shelters, or at Saint Francis House Food Pantry (at times they reach capacity and cannot accept donations temporarily). SFH drop-offs are from donations can be dropped off at 3710 E. 20 th Ave. 1-4 pm Monday through Thursday and 9-4 Friday.

**Pet Food Drive** Many families rely on the comfort and companionship of their pets, and lately our St. Francis House Food Pantry has had a growing need for dog and cat food. If you feel called to give, we welcome donations of unopened or gently used bags of pet food.

Your generosity helps families keep their beloved pets fed, supported, and close — a small act of compassion that brings great joy. Drop off donations at Saint Francis House Food Pantry at 3710 E. 20 th Ave. 1-4 pm Monday through Thursday and 9-4 Friday.

Many **refugee clients** do not have snowpants and have articulated that they would like some. Seeking snowpants and snow boots drive in time for an event which will be the evening of the 24th.

Drop off 9 am to 3 pm at 4135 San Roberto Ave. at the Welcome Center.

**Donations for the 3rd Avenue Resource & Navigation Center** are accepted Monday through Friday, 8:30 AM to 3:00 PM at the 3RNC, 1131 E. 3<sup>rd</sup> Ave.

When dropping off items, please ask for Brian Andrews to ensure your donation is properly received.

- Hats
- Belts
- Gloves
- Hot Hands





## Adult Ed

### TUESDAY MORNINGS

We are watching season 5 of The Chosen.  
Join us for coffee, pastries, an episode,  
and discussion after Mass.

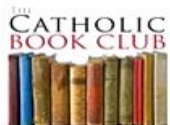
## Bible Study

Meets the **2nd –4th or 5th.**  
**Wednesday's** of each month at 7pm

Our next Bible Study will be on  
Wednesday Feb. 11th.

We meet in the school library at 7 PM.

## Book Club



**February 8th @ 7:00PM**  
in the Rectory.

Our next book will be a novel, "Death Comes for the Archbishop" by Willa Cather, which we will discuss in January.

Contact Lynn Stuhr @ [lstuhr18@gmail.com](mailto:lstuhr18@gmail.com) or 907-830-1627.

## Women's ministry

### Blessed Among Women



Our next gathering will be on Thursday evening  
at 7pm, **February 19th** in the Rectory.

This is a monthly gathering to seek a more profound understanding of what it means to be a woman of God through quarterly presentations by local speakers and spiritual teachings from Pope St John Paul II and female Saints (while sharing food and fellowship with other women).

## Men's Ministry

Our next Meeting will be on  
**Thursday, February 12th**

We meet in the Upper Room at the  
school for food, fellowship, and faith

**Food:** TBD

**Topic:** TBA

**Speaker:** Andy Flores



## Bread and Wine

"Bread and wine are ambiguous, both in life and in the Eucharist. On one hand, bread is perhaps our primary symbol for food, health, nourishment, and community. Few things speak as wonderfully about life as does the smell of fresh bread, yet there is another story to bread. Bread is made of kernels of wheat that had to be crushed in their individuality to become something communal, flour, which then had to endure fire to be baked into the substance that gives off the smell of life.

Wine too speaks in this double way: On the one hand, it is a festive drink, perhaps our foremost symbol for celebration. Wine has nothing to do with basic nourishment or necessity. Wine speaks of friendship, community, celebration, joy, recreation, victory. We celebrate everything with wine. Like bread, wine has another side: Individual grapes are crushed and their very blood becomes the substance out of which ferments this warm, festive drink. No wonder Jesus chose it to represent his blood.

It is helpful to keep this ambiguity in mind whenever we participate in the Eucharist. Bread and wine are held up to be blessed by God and to become the flesh and blood of Christ, and they are held up precisely in their ambiguity.

On the one hand they represent everything in life and in the world that is healthy, young, beautiful, bursting with energy, and full of color. They represent the goodness of this earth, the joy of human achievements, celebration, festivity, and all that is contained in that original blessing when, God looked at the earth and pronounced it good. The Eucharist too gives off the smell of fresh bread. The Eucharist also holds up, in sacrifice, all that is being crushed, broken, and baked by violence. The wine, fittingly, is also blood. At the Eucharist, we hold up both, the world's health and its achievements along with its depressions and failures and ask God to be with us in both. In John's Gospel, water becomes wine and wine becomes blood and blood and water both eventually flow out of the pierced side of Jesus. That happens too in the Eucharist, and it happens in our lives. The task is to hold them both in our hands, as happens at Eucharist, and then offer them up to God."

Adapted from (<https://ronrolheiser.com/bread-and-wine>)

### Questions:

1. What are your thoughts on this explanation of the Eucharist?
2. How does this change/enrich your understanding of the Eucharist?
3. Were you aware of this explanation before reading this article?

### Challenge:

Share this description with another.

### Quote:

"Do you realize that Jesus is there in the tabernacle expressly for you - for you alone? He burns with the desire to come into your heart...go without fear to receive the Jesus of peace and love..."

~ Saint Therese of Lisieux

## OCIA

### Order of Christian Initiation of Adults

*What is Catholicism? Are you curious?  
Are you interested in joining the Catholic Church?  
Do you feel you are on the outside looking in?  
Would you like to know more about the Catholic Faith?  
Maybe you were raised Catholic and have strayed?  
Have you ever wondered, 'Why am I even doing this?'  
Do you remember all the reasons of your faith,  
the beauty of our faith?*



*We meet, Monday evenings **at 6:30pm**  
in the parish rectory!*

*We would love to have you join us. Everyone is welcome!*  
**Contact the office at 243-2195**

## **Evangelization Ministry**

### What is Hallow?

Through prayer and meditation rooted in the Catholic faith, Hallow helps people find peace and grow in faith, every day. As the #1 prayer app in the world, Hallow provides a wide variety of audio-guided meditation, prayer challenges, mental health content, sleep stories, and sacred music. Users pray with Fr. Mike, Sr. Miriam, Jonathan Roumie, Mark Wahlberg, Immaculee Ilibagiza, Bishop Barron, + many others.

### How do I access Hallow?

Everyone is invited to be a part of our parish community page. There, you can create a profile, add friends, share/respond to prayer intentions, and take part in prayer challenges with the parish.

The steps are simple:

- ◆ Download or open the Hallow app on your phone
- ◆ Join the parish page;
- ◆ Tap "Community" on the menu at the bottom of your screen > Select "Join a Church" > Search for your parish by name or zip code > Join the parish page.
- ◆ Start praying with your community!

### Customer Support

If you have any issues getting someone set up on the app, please reach out to [parishsupport@hallow.app](mailto:parishsupport@hallow.app). We have an incredibly talented support team that responds to parish partners with super high priority. We look forward to praying with you!

### Men Needed!!

Men wanted for Prison Ministry in Anchorage to visit the imprisoned and bring them the Dismas Ministry Catholic Bible Study at the Anchorage Correctional Complex. Wed. evenings, 7pm, at Cook Inlet Pre Trial, and/or 12pm on Fri. at Anchorage Jail. About 1.5 hours per visit on a routine basis. No experience needed, just the desire to help these men come to Christ. An application and an evening Dept. of Corrections Chaplain's Office training would be required. Interested? Contact Herman Ellemberger at: [hre814@gmail.com](mailto:hre814@gmail.com)

## Adoration

### Eucharistic Adoration

Adoration is offered:

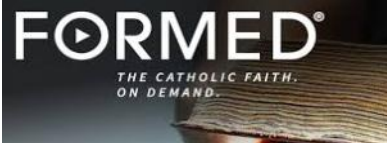
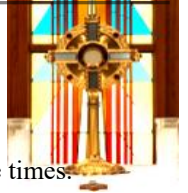
Monday—Friday 10:00AM-10:00PM

You are welcome to come in to pray during these times.

~ Call the office to get the code to the adoration door.

*Call the office to sign up\**

*"Could you not watch one hour with me?" (Mt. 6:21; 26:40)*



Visit [Formed.org](http://Formed.org) for great material on sacraments,

Devotions, saint movies and more!

- 1) go to [www.formed.org](http://www.formed.org),
- 2) click Sign Up
- 3) click I belong to a parish/organization
- 4) type in St. Benedict and look for our address (8110 Jewel Lake Rd. Anchorage, AK) and then enter your name and email!

Ascension Presents has awesome material and shorter videos on various Catholic Topics through YouTube and Facebook!



### Pre-K thru Jr. High

12:00-1:30 Family free time in the gym & lunch!!

1:30-2:00 Super Sunday presentation for families

2:00-3:00 Class time for students and adults

**All families who attend the family formation time are eligible for great door prizes!!**

**New games, new prizes!!!**

**Same great family faith formation!!!**

### High School grades 9-11

**We meet in the room above the gym from 4:00-5:45 PM.**





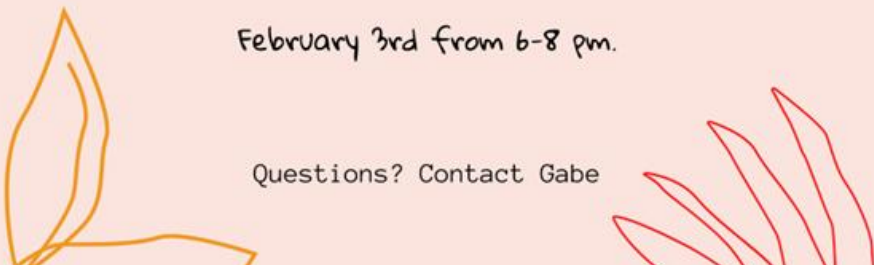
# Jr. High Youth Night

Candles and Throats

How do these connect? Come  
and find out!

February 3rd from 6-8 pm.

Questions? Contact Gabe



# Winter Retreat

FEBRUARY 14-16<sup>TH</sup> @ ST. THERESE'S CAMP!  
DOMINICAN SISTERS OF NASHVILLE ARE COMING TO LEAD  
THE THEME IS:  
COURAGE!, THE LIFE OF PIER GIORGIO FRASSATI.

ST. BENEDICT PARISH  
CONTACT GABE FOR MORE INFO



# # Upcoming Events

02/04 High School Night 7pm!  
02/03 Jr. High Night 6pm



St. Andrew Bobola, S.J.  
Patron of our E/C Team,  
Pray for us.

## UPCOMING *Youth Nights*



Wednesday 7-9 pm

### *St. Blaise*

Candles and Blaise. Why do we use candles and bless throats on his feast? There are many saints, why do we celebrate only a couple? Join us and find out!

Feb  
4  
2026



Wednesday 7-9 pm

### *Identity in Christ*

Christ calls us brothers and sisters. How does that work for us? What does that change in our lives?

Feb  
11  
2026



Wednesday 7-9 pm

### *English Hide and Seek*

What does it mean to hide in England? How does that factor in our lives? Priest holes and murder! Come and learn with us!

Feb  
18  
2026

# Pray for us!

## #Youth Corner

**02/04 Youth Night**

**7-9pm**

**2/03 Jr. High Night!!**

**We Need Adult Volunteers!! 6-8pm**



Check out our page at:

<https://www.stbenedictsak.com/65>

FB: St. Ben's Youth Ministry

Insta: @stbensyouthanc

