

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.

RECONCILIATION

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 Reconciliation and Adoration:
7:00-8:00 PM at St. Alphonsus



ST. ALPHONSUS PARISH

5816 15th Ave NW, Seattle, WA 98107



ST. BENEDICT PARISH

1805 N 49th St, Seattle, WA 98103



ST. JOHN THE EVANGELIST PARISH

106 N 79th St, Seattle, WA 98103

Admin Office: 206-782-2810 | 206-770-6494 (Fax) | info@parishfamily14.org | 106 N 79th St, Seattle
Faith Formation Office: 206-632-0843 | faithformation@parishfamily14.org | 1805 N 49th St, Seattle



www.pf14.org



@parishfamily14

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

THIS WEEK'S CALENDAR

September 13, 2026

TWENTY-FOURTH SUNDAY IN ORDINARY TIME

Sir 27:30—28:7/Rom 14:7-9/Mt 18:21-35

	ST. ALPHONSUS		ST. BENEDICT		ST. JOHN	
September 13 TWENTY-FOURTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10 AM 11:30 AM	Reconciliation Mass Coffee & Donuts Holy Name Society Meeting - Family Center	11 AM	Mass with CLOW (Livestream)	8:30 AM 9:30 AM 9:45 AM 10:30 AM 7:30 PM	Mass with Blessing of the Backpacks Lectio Divina Reconciliation Mass with CLOW & Blessing of the Backpacks Coffee & Donuts after both Masses Faith Sharing Group via Zoom
September 14 Monday The Exaltation of the Holy Cross	7 AM 7:30 AM 7 PM	Reconciliation Daily Mass RIP: Sallie Sulonen Men's Group - McGrath Room	7 PM	Gospel Study via Zoom		
September 15 Tuesday Our Lady of Sorrows	7 AM 7:30 AM	Reconciliation Daily Mass RIP: Rita Rodriguez	7 PM	Young Adult Men's Group - St. Mary Room		
September 16 Wednesday Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs	7 AM 7:30 AM	Reconciliation Daily Mass RIP: Rita Rodriguez				
September 17 Thursday Saint Robert Bellarmine, Bishop and Doctor of the Church; Saint Hildegard of Bingen, Virgin and Doctor of the Church	7 AM 7:30 AM 10 AM 6 PM	Reconciliation Daily Mass Scripture Study - McGrath Room Grounded in Grace - Family Center	9 AM 5 PM 6 PM	School Mass Reconciliation Daily Mass INT: John Roman	3 PM	Family Adoration
September 18 Friday	8:15 AM to 7 PM	Adoration Chapel open			9 AM	Daily Mass RIP: George William Allen
September 19 Saturday Saint Januarius, Bishop and Martyr; BVM	8 AM 4 PM 5 PM	Daily Mass RIP: Bill Rasmussen Reconciliation Vigil Mass			5 PM	Vigil Mass (Livestream) SVdP collection at Mass
September 20 TWENTY-FIFTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10 AM	Reconciliation Mass Coffee & Donuts	11 AM	Mass with CLOW (Livestream) Special collection for St. Vincent de Paul	8:30 AM 9:30 AM 9:30 AM 9:45 AM 10:30 AM 7:30 PM	Mass Lectio Divina SVdP Meeting - Portable 43 Reconciliation Mass with CLOW SVdP collection at both Masses Pancake breakfast after both Masses Faith Sharing Group via Zoom
	For livestream and recorded masses, click the links:		www.pf14.org/st-benedict-live-streaming www.facebook.com/stbenseattle		www.pf14.org/st-john-live-streaming	



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>

Hello Friends,

As we begin our third year as a Parish Family, I want to re-center ourselves in the Partners in the Gospel process, especially because a large amount of my time this year will be dedicated to the final stage of this process.

Letter

**FROM THE
PASTOR**



A Partners in the Gospel Update

This year is going to be critical for us in Partners in the Gospel. The key aspect of Partners in the Gospel is called the **“One Parish Plan.”** This plan is what will set our course from July 2027 onward. In this document, we will come up with the vision for the Parish Family, its key initiatives, and all the tasks that need to happen to execute these initiatives. In other words, while we have been experiencing change already, the real change begins with this document on July 1, 2027, when we will become one legal entity.

PLANNING BACKWARDS: WHY HAVE WE DONE ALL THIS PREVIOUS WORK?

To develop this plan, we need two essential things: input from parishioners (the ground-level perspective), and people who can prayerfully discern what that input is telling us. This is why we have held listening sessions, information nights, and surveys.

So what are the categories of input we need? These have been the focus of the listening sessions:

- What are our gifts?
- Parish Family Data Snapshot
- What are our opportunities and challenges?
- Who do we want to become?
- How do we get there?

This year we will be answering “Who do we want to become?” and “How do we get there?” This last question is primarily for the Pastoral Leadership Council to answer in conjunction with staff and me.

SO WHERE ARE WE RIGHT NOW?

In June, we began exploring the question “What opportunities and challenges do we face?” during the initial listening session we conducted. We still need more input from you through our survey. Your feedback is essential as we move to the next question “Who do we want to become?” Listening sessions on this question will take place in February.

On the next pages, you will find an overview of what we have accomplished together over the past two years, a summary of the input gathered during our listening sessions, and the steps we need to take now and in the months ahead.

Oct
Nov
2025

First Listening Session

WHAT ARE OUR GIFTS?

Through the listening sessions and survey conducted, we heard from approximately 200 parishioners across our Parish Family. In summary, here is how you described in once sentence the people, gifts, and ministries present in each of our parishes:

- **St. Alphonsus** is a reverent, welcoming, and family-centered Catholic parish where beautiful worship, sacred music, and a vibrant community form disciples who live and share the love of Christ.
- **St. Benedict** is a welcoming, inclusive, and service-centered parish and school community with deep relationships and vibrant family life, but parishioners feel increasingly anxious and unheard due to rapid changes, limited priest presence, and a lack of communication about the future.
- **St. John** is a warm and welcoming Catholic community where people encounter Christ through reverent liturgy, beautiful music, strong preaching, a mission-driven school, and a spirit of generosity and service that embraces families, cares for neighbors, and builds lasting relationships.

To read the full results, please visit bit.ly/PF141stListeningResults. We will use these identified gifts and charisms when we answer the question “Who do we want to become?” We hope to develop specific initiatives, such as ministries, outreach, evangelization, or programs, that will put our gifts into action.



Scan the QR code to
view the First Listening
Session Results

May
2026

PARISH FAMILY DATA SNAPSHOT

To help identify our Parish Family's current state and assess our ability to sustain our operations into the future, you were presented with the Parish Family Data Snapshot: bit.ly/PF14DataSnapshot. It includes key information about our pastoral area, demographics, and parish resources to help guide us in prayerfully discerning the opportunities and challenges our Parish Family faces today.

As we presented the data and metrics, we asked you to draw inspiration from Pope Francis' *Evangelii Gaudium* (The Joy of the Gospel), particularly paragraphs 12–18, and use the “See, Judge, Act” method. **See:** Understand the present reality. **Judge:** Discern and comprehend that reality in light of the Gospel. **Act:** Respond faithfully and take meaningful action.

One of the key findings from our Parish Family Snapshot is that approximately 18,000 of the 144,000 people living within our parish boundaries are Catholic, yet only about 900 people attend our Masses each week. This reminds us that our mission extends beyond those already in our pews to the entire community around us.



Scan the QR code
to view the PF14
Data Snapshot

Jun
Sep
2026

Second Listening Session

WHAT OPPORTUNITIES AND CHALLENGES EXIST FOR US?

Last June, some of you joined our initial listening session to answer the question “What opportunities and challenges exist for us?” With the Parish Family Data Snapshot in hand, there were several ideas shared on evangelization, youth engagement, parish-school relationship, community outreach, and more.

Now, we need to hear from everyone across our Parish Family!

ANSWER THE SURVEY!

bit.ly/PF14OppsChallenges

If you prefer pen and paper, printed copies will be available in the vestibule.



Please participate in this brief survey and share your thoughts by answering just three questions.

- **Having seen information from the Parish Family Data Snapshot: bit.ly/PF14DataSnapshot, what opportunities do you see to better serve and accompany people within our parishes and the wider community? Who could we do a better job of reaching?**
- **What challenges are we facing within our Parish Family?**
- **What challenges do you see that exist in the wider community?**

This survey will help us identify what you believe should be most important as we look toward the future. In the next phase, your responses to this survey will be considered alongside our Parish Family Data Snapshot, our gifts and charisms, existing ministries, and the mission of the Church.

Feb
2027

Next (Third) Listening Session

WHO DO WE WANT TO BECOME?

This is a critical phase in our One Parish Planning process. Guided by prayer and everything we have learned about our Parish Family - our gifts, charisms, opportunities, and challenges, **we will hold a listening session to discern who God is calling us to become as one parish.** The outcome will be a shared vision that will guide our priorities, ministries, and decisions for the future. Your voice is essential to this discernment, so please plan on attending this session.

As part of this phase, another listening session will be held to give the Parish Family an opportunity to review and provide feedback on the draft vision and proposed initiatives.

June
2027

HOW DO WE GET THERE?

In this final phase, our Pastoral Leadership Council together with the Pastor and key parish staff will turn our shared vision into action by identifying the initiatives, resources, responsibilities, and timelines needed to achieve it. The outcome will be the **One Parish Plan** that will guide our Parish Family as we move forward together as one parish.

CONCLUSION

In conclusion, I want to remind us of what we are meant to be in principle, therefore, what does our end goal look like? To this I want to remind you of what the nature of the Church is, and what her mission is.

WHAT IS THE CHURCH?

Christ continues his mission

The Church is the continued Human Presence of Jesus on Earth. Christ is still working and has a mission, and His mission has a Church. His mission is to save humanity, which is held hostage by sin and death, and to raise it up and make it like Himself. *See Ephesians 4.*

He lives in us and acts through us

Jesus continues His work in a personal and human way through our flesh. We are cells in His body, but the life of the body is what keeps the cells alive. By analogy, we are cells in Christ's mystical body, the Church, and His life permeates us and keeps us alive.

WHAT IS THE MISSION OF THE CHURCH?

Mission: Worship - Witness - Charity

"The Church's deepest nature is expressed in her three-fold responsibility: of proclaiming the word of God (kerygma-martyria), celebrating the sacraments (leitourgia), and exercising the ministry of charity (diakonia). These duties presuppose each other and are inseparable." *Pt 2, Ch 25 of Deus Caritas Est, Pope Benedict XVI.*

What is a parish?

"The parish is the presence of the Church in a given territory, an environment for hearing God's word, for growth in the Christian life, for dialogue, proclamation, charitable outreach, worship and celebration. In all its activities the parish encourages and trains its members to be evangelizers. It is a community of communities, a sanctuary where the thirsty come to drink in the midst of their journey, and a centre of constant missionary outreach. We must admit, though, that the call to review and renew our parishes has not yet sufficed to bring them nearer to people, to make them environments of living communion and participation, and to make them completely mission-oriented." *Paragraph 28, Evangelii Gaudium, Pope Francis*

All Partners in the Gospel planning and events are intended to strategically put us back into our mission. When any organization has experienced mission creep, forgotten part of its mission, or even taken on a different mission, the process of returning to its roots and true life will be difficult. Yet, the result will be new life, joy, and freedom. Even if it seems foreign compared with what we are used to, it will be beautiful.

Blessings,
Fr. Colin Parrish
Pastor

UPCOMING EVENTS

THE GREAT
WALLINGFORD
**BRATWURST
FESTIVAL**

SEP 18 & 19, 2026
(Fri - Sat)

Enjoy music, delicious food, fun
games and bouncy houses for
children.

IN PREPARATION FOR THE
FEAST OF
**ST. MICHAEL
THE ARCHANGEL**

YOU ARE INVITED TO
CONSECRATE
TO
**ST. MICHAEL
THE ARCHANGEL**

Join us for an evening of grace,
protection, and spiritual renewal
as we consecrate ourselves to the
powerful protection of
St. Michael the Archangel.

WHERE:
CHURCH OF ST. BENEDICT
1805 North 49th Street
Seattle WA 98103

DAY:
THURSDAY
SEPTEMBER 24

MASS:
6:00 PM

CONFESSION:
WILL BE AVAILABLE

TALK:
A TALK ABOUT ST. MICHAEL
BASED ON THE TEACHING OF
ST. JOHN PAUL II

OPEN INVITATION TO OPEN CONVERSATIONS.

have faith?", "How do I make the most of the rest of my life?", and "Does God Heal Today?". If you haven't had a conversation like this before, or you do not know where to turn, Alpha is for you. Alpha is NOT a bible study, a deep dive into church teaching, or a presentation on one certain way to do things. It IS a space to share your experience, and learn from others in your community, right now.

When is it?

Wednesday nights starting on September 23rd!
Mark your calendars today for this 11-week program!

**Sept 23, 30; Oct 7, 14, 21, 28;
November 4, 11, 18, 25; December 2**

For more info, visit www.pf14.org/alpha-course or
contact Claire Shea at cshea@parishfamily14.org.

What is ALPHA?

Alpha is a program that is built to empower you in your faith. After sharing a meal, we will have the opportunity to participate in guided small group conversations on topics like, "How can I

REGISTER NOW!



**Jog-A-Thon 2026 -
Heart and Sole**

SEPTEMBER 25

St. Alphonsus Parish School is having a Jog-A-Thon 2026 - Heart and Sole to raise money for the Heart and Soul (Sole) of St. Alphonsus including great academics, fun enrichment programs, and tuition assistance for families who need it. Please support this event by either (1) making a donation to support the school or (2) cheering on the students and staff on the 25th. For more info: <https://stalphonsus.pledgestar.com/community/>

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

PRAYER & SCRIPTURE

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Tom Barrett, Ken Brewster, Michael Eugene James Chiles & his surviving wife & family, Diane Crockett, Anne Fuller, Louise Gervais, Brian Gough, Rich Huntsman, Tom Jepson, Marcus McCannel, Jeffery Myers, Joel Ocampo, Jennifer and Jay Parrish, Patricia Patterson, Nina Pedersen, Bill Quackenbush, Kate Quinones, Kathryn Robinson, Lou Ayres Salumbides, Abby Simpson, Anita Stull, and Lillian Yamamoto. For those who have died, especially Benita Servito, and Robert Ruffner, 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, SEPTEMBER 20 - Twenty-fifth Sunday in Ordinary Time

First Reading

Isaiah 55:6-9

The ways and thoughts of God are above our own.

Psalm

Psalm 145

"The Lord is near to all who call upon him."

Second Reading

Philippians 1:20c-24, 27a

Saint Paul rejoices that to live is Christ and to die is to gain.

Gospel

Matthew 20:1-16a

"The last will be first, and the first will be last."

"Conduct yourselves in a way worthy of the gospel of Christ," Saint Paul tells the Philippians at the conclusion of today's second reading. Let us keep this in mind as we listen to today's Gospel, the story of the generous owner of a vineyard. He is willing to pay a full daily wage to everyone, even those who worked but an hour at the end of the day. May his generosity be a model for us as we aim to conduct ourselves in a way worthy of the gospel.

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 September 6, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	92
Sunday, 9 AM	222

PARISH COLLECTION

Mass Collection	\$ 4,257.00
Online Donations	\$ 4,506.30
Mailed-in	\$ 2,786.20

Total Collection \$ 11,549.50

Weekly Budget \$ 9,775.00

Over Weekly Budget \$ 1,774.50

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	185
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PARISH COLLECTION

Mass Collection	\$ 665.00
Online Donations	\$ 4,921.91
Mailed-in	\$ 68.00

Total Collection \$ 5,654.91

Weekly Budget \$ 6,212.00

Under Weekly Budget \$ 557.09

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	161
Sunday, 10:30 AM	158

PARISH COLLECTION

Mass Collection	\$ 5,081.00
Online Donations	\$ 14,659.04
Mailed-in	\$ 1,471.00

Total Collection \$ 21,211.04

Weekly Budget \$ 17,294.00

Over Weekly Budget \$ 3,917.04

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

Holy Name Society

The Holy Name Society will meet **September 13 at 11:30 AM in the St. Alphonsus Family Center**. All men of the parish family are invited to attend. Our event calendar for 2026-2027 will be discussed. This is a good opportunity to see if the Society's spiritual and corporal works are right for you.

Sancta Vita

May the elderly be cherished and honored in their families and society.

- USCCB 2026 September Prayer Guide



Thank you to all who contributed to the Sacred Heart Shelter drive! Your generosity helps to support families experiencing the crisis of homelessness. Bless you and thank you for your support!



SEASON OF CREATION

Our Parish Family is celebrating the Season of Creation along with churches around the world. The Season of Creation is a time when Christians unite to rededicate our efforts to care for our common home, the earth, and all its inhabitants.

Everyone is invited to take part in this season of prayer, reflection, and action. Our St. Francis of Assisi Ministry has planned several meaningful activities, including:

**SAT
SEP 26**

NEIGHBORHOOD CLEAN-UP AT ST. JOHN

Let us work together to care for our shared spaces and put our faith into action through service to our community.

**SUN
OCT 04**

BLESSING OF THE PETS

**SAT
NOV 14**

SACRED SALMON PILGRIMAGE

Small actions can make a big difference! Explore the 60 Ways to Care for Creation and discover how you can help protect our common home. Click the link to learn more! www.pfi4.org/60-ways-to-care-for-creation

ARE YOU MOURNING THE LOSS OF A LOVED ONE? ARE YOU LONGING FOR UNDERSTANDING, COMFORT, OR SIMPLY A PLACE TO BE HEARD?



You don't have to grieve alone. Join our Grief Support Group, a safe and compassionate space to share, listen, and find hope alongside others who understand. Together, we walk the journey of healing with faith, prayer, and mutual support.



Eight weekly 2-hour meetings (Sundays). ☛

A minimum of 8 participants is needed. ☛

Registration is required.

Begins October 4—right after St. Benedict's ☛

11:00 AM Mass. Enjoy a quick Coffee Hour at the

School Cafeteria, then head over to the

St. Benedict Parish Center.

For questions and to register, please email Maggie at ☛

margaretalquist1@gmail.com.

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.

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

Want to put your faith into action? Our Social Justice Ministries need hearts and hands like yours. For more details, go to www.pfi4.org/social-justice-ministry. Everyone is welcome!

FAITH FORMATION

SMALL FAITH SHARING GROUPS

Faith Sharing Group

The group meets **Sunday evenings at 7:30 PM on Zoom**. The group focuses on a blend of faith education and practical application, helping participants not only learn about their beliefs but also live them out in daily life. Everyone is welcome to join, ask questions, and share insights as they grow together in faith. For zoom link and more info, contact tressa.Lombardi@hotmail.com.

Men's Group

Join the Men's Group **every Monday, 7 PM, at St. Alphonsus McGrath Room** for fellowship and faith sharing. Don't miss out! For more info, please contact Brian LeBlanc at brianleblanc76@gmail.com.

Children's Liturgy of the Word (Sunday School)

Children ages Preschool and older are invited to participate in Children's Liturgy of the Word, offered **most Sundays during the 10:30am Mass at St. John, and all Sundays at the 11 AM Mass at St. Benedict.**

If you are interested in volunteering or would like more information, please contact Daniel Pelfrey at dpelfrey@parishfamily14.org.

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 www.pf14.org/small-groups.

SACRAMENTAL PREPARATION

SACRAMENTAL PREPARATION

FIRST HOLY COMMUNION & RECONCILIATION

Open to baptized children 7 years of age and/or in the second grade.

- ✓ Choose from two class locations and schedules.
- ✓ Classes are for both children and parents/guardians.
- ✓ Classes begin **October 4**.
- ✓ Register now!



bit.ly/FRHC
Register2026

- ✓ Visit www.pf14.org/first-sacraments for more info.

CONTACT US

Faith Formation Office
faithformation@parishfamily14.org
206-632-0843 ext 6004



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:

- **September 26–27** – St. John, during both the **5:00 PM Vigil Mass** and **10:30 AM Sunday Mass**
- **November 14–15** – St. Alphonsus, during both the **5:00 PM Vigil Mass** and **9:00 AM Sunday Mass**

WANT TO BECOME CATHOLIC?

OCIA (Order of Christian Initiation for Adults/Children)
is for anyone who is interested in the Catholic faith.

- Curious about the Catholic faith?
- Are you from another faith tradition but feel at home in our Parish Family?
- Were you baptized Catholic but want to learn more?

If any of these describe you, then OCIA might be the perfect place for you. For more info, contact Claire Shea at 206-632-0843 ext 6003 or cshea@parishfamily14.org.

For more information on SACRAMENTAL PREPARATION, please visit www.pf14.org or feel free to email us at faithformation@parishfamily14.org.

- Infant Baptism
- First Holy Communion and Reconciliation
- Youth Confirmation
- Sacrament of Matrimony

- Funeral
- Order of Christian Initiation for Adults and Children
- Parish Advocates for Annulment



Exaltation of the Holy Cross

THE CROSS could have become a symbol of shame for Christians. It brought about the death of Jesus Christ. However, faith in the Resurrection made the Cross a symbol of pride. The worst weapon of Jesus' enemies could not overpower him. Through the Cross, Jesus triumphs over death.

Pride in the Cross soon turned to veneration of the Cross. Since no record from the time of the apostles indicates that the Cross of Christ was preserved, zealous Christians later searched for its remains. They had already honored the general location of Calvary and the Sepulcher, so new basilicas were built over those sites under the reign of Constantine in the early fourth century. Around this same time, people believed they had identified relics of the Cross of Christ, and these diffused throughout the Christian world. John Calvin sarcastically noted that if all the splinters of the Cross were gathered together, they would fill a ship—three hundred people could not carry the Cross which one person carried up to Calvary.

It is difficult to verify splinters of the true Cross of Christ. However, legend has it that in 322, Helena, the mother of Constantine, uncovered three Crosses in the excavations for the new basilicas in Jerusalem. She assumed them to be the Crosses of Jesus and the two wrongdoers. Macarius, the bishop of Jerusalem, brought in a dying woman and had her touch the Crosses. The third one cured her, and that Cross was proclaimed the Cross of Christ. It became an object of veneration in Jerusalem until it was stolen in the seventh century, but Heraclius of Constantinople captured and returned it in 629, bringing it into the city, where it was lifted up for all to venerate again. This "exaltation" of the Holy Cross gave us a feast day on September 14 every year.

In recent decades, our calendar changed its title from the Exaltation of the Holy Cross to the Triumph of the Cross and back to Exaltation again. It is still celebrated on September 14 to commemorate both the victory of Christ and the dedication of the Basilica of the Holy Sepulcher in Jerusalem in 335. As a feast of Christ, when it falls on Sunday, it replaces the regular liturgy for Ordinary Time.

Bulletin Inserts for the Liturgical Life of the Parish: The Liturgical Year © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner.



formed[™]
Forming Catholics for *Life*.

This Week on Formed
Week of September 13, 2026



<https://app.formed.org/app/videos/585118>

The Seven Sorrows of the Blessed Virgin Mary

The Seven Sorrows of Mary is a traditional Catholic devotion featuring meditations on sorrowful episodes in the life of the Blessed Virgin Mary. Join us in prayer as we celebrate the feast of Our Lady of Sorrows.



<https://app.formed.org/app/videos/576702>

Stations of the Cross by Saint Alphonsus Liguori

The Augustine Institute presents a beautiful meditation on the Stations of the Cross by Saint Alphonsus Liguori, narrated by Dr. Christopher Blum. This prayerful reflection is accompanied by the Schola Cantorum, chanting the traditional Catholic hymn Stabat Mater to aid your prayer.



<https://app.formed.org/app/videos/2343285>

Our Lady of Sorrows and the Power of Prayer

Discover the value of redemptive motherhood by tuning in to Anna Mitchell, co-host of EWTN's "The Son Rise Morning Show." Anna shares the story of her five-year-old's serious illness along with the miraculous intercession of a fourth-century martyr.

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!



THROUGHOUT THE ARCHDIOCESE



YOUNG CATHOLIC
PROFESSIONALS
SEATTLE

Coffee and Connections

Sunday, September 13 | 9 AM
Holy Family Seattle

Join your fellow Young Catholic Professionals for Coffee and Connections. We will attend the 9am Mass at Holy Family Seattle and afterwards meet up at Dubsea Coffee in White Center.

YCP is a nationwide professional organization for Catholics in their 20s and 30s.



WSCC LIFE. JUSTICE. PEACE.
WEBINAR

KEVIN APPLEBY

SENIOR FELLOW FOR POLICY, CENTER FOR MIGRATION
STUDIES OF NEW YORK

A CATHOLIC RESPONSE TO MASS DEPORTATIONS

Thursday, September 17 | 12:00 PM - 1:00 PM | Virtual

This webinar will brief participants on how to respond to mass deportation tactics being deployed by the current administration. Topics such as Catholic teaching and enforcement, how to engage with ICE in sensitive locations (i.e. parishes and schools), and public action, advocacy, and accompaniment will be discussed.

Register for this webinar at <https://bit.ly/3Li5KGc>



The joy of marriage is
the joy of the Church

Betrothed Retreat

A Weekend to Prepare Couples
for the Sacrament of Marriage



October 9, 4:00pm - October 11, noon
Archbishop Brunett Retreat Center

The Betrothed marriage preparation retreat invites couples to prepare for a joyful, lifelong marriage. This retreat weekend offers theological context and insights into the Sacrament of Marriage and combines in-person teaching with beautifully-crafted videos from the Augustine Institute's Beloved series. For more information and to register, go to <https://bit.ly/4d8fsFx>



Mass for Suicide Healing and Remembrance



Sat., September 12 | 5:30 - 6:30 PM | St. James Cathedral

September is Suicide Prevention Awareness Month, and at this special Mass we pray for all who have been lost to suicide, for survivors of suicide, and for all who have lost a family member, friend, or colleague. We also pray that, as Church and as individuals, we can help prevent suicide by raising awareness and knowing how to help those in need.

Prayer:

God, lover of souls,
you hold dear what you
have made and spare all
things, for they are yours.
(Order of Christian Funerals)

If you or someone you
know is in crisis, please
contact the 988 Suicide and
Crisis Lifeline

- Call or text 988
- Chat at 988lifeline.org



Beyond the Drop-Off:

Partnering with Today's Families for Real Faith Formation

Friday, October 2 | 9:00 AM - 1:00 PM
Archdiocese of Seattle - Isaac Orr Conference Room

Join us for a practical and encouraging conversation about family faith formation. In this hands-on session, we'll explore simple, effective strategies for meeting families where they are and supporting their unique spiritual journeys. Together, we'll create a clear, step-by-step plan for partnering with parents, helping them build confidence and incorporate faith into the natural rhythms of everyday family life. Come ready to be inspired, share ideas, and leave with practical tools you can put into action right away.

[Register today](#) and join us as we reimagine how churches can equip parents to become the primary faith leaders in their homes—one simple, meaningful step at a time. This event is free of charge and will conclude with lunch.

Join us in Seoul, South Korea!

World Youth Day 2027

AUGUST 1 - 10, 2027

Come with us to Seoul for World Youth Day 2027! Experience spiritual awakening and Korean culture alongside other young Catholics from around the globe. This is more than just a trip. It is a life-changing encounter with your faith and with the world.



Archdiocese
of Seattle



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Join us for an

Open House at Holyrood Cemetery

October 4 | 11am-3pm

Holyrood Cemetery
205 NE 205th St.
Shoreline, WA 98155



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