



IMMACULATE CONCEPTION PARISH

*Inspired by the Holy Spirit, We Live the Good News of Christ
Through Worship, Community, and Stewardship*

820 18th Ave. Seattle, WA 98122

www.icseattle.org

Parish Family with: St. James Cathedral and Christ Our Hope

February 15, 2026

SIXTH SUNDAY IN ORDINARY TIME



Reading 1: Sirach 15:15-20

Responsorial Psalm 119:1-2, 4-5, 17-18, 33-34 (1b)

"Blessed are they who follow the law of the Lord!"

Reading 2: 1 Corinthians 2:6-10

Gospel: Matthew 5:17-37

Pray for our Parishioners

**For the eternal repose of the soul of Father Marlin Connoli, Father Vic Olvida, Rosendo Luna Sr (Birthday)
Healing Prayers for Roger Franz, Larry Drake and Father Dominic Nwokedi**

*Please contact the parish office at 206-322-5970 or bulletin@icseattle.org to add a parishioner's name or your family's name
to our weekly prayer's list.*

IMMACULATE CONCEPTION CHURCH

ONE PARISH FAMILY WITH ST. JAMES CATHEDRAL & CHRIST OUR HOPE

February 15, 2026

Dear Friends,

As we begin our Lenten journey, we are also preparing to begin a new phase in our journey in Partners in the Gospel. For many of us, our efforts of re-envisioning and restructuring through this archdiocesan-wide planning process has perhaps taken a back seat in our consciousness in recent months. It is time for us to re-engage this process and continue our journey of bringing our three parishes of Christ Our Hope, Immaculate Conception and St. James Cathedral into one new parish.

If you recall, last year we began this process by exploring who we are as individual parishes, and identifying our gifts and challenges. We conducted listening sessions that helped me to hear directly from you what you think those gifts and challenges are. This next phase of our process invites us to explore "Who is God Calling us to Become?"

Through the work of our Parish Family Leadership Team (made up of staff from each of our three parishes) and our Parish Family Vision Council (think of this as a pastoral council with representatives from all three parishes) we have developed a process to conduct community conversations around this question of who God is calling us to become as one parish.

An important starting point for these community conversations is to ground ourselves in our current reality. At the end of this letter is a QR Code that will take you to a report that describes our gifts and challenges, a snapshot of our ministries, demographic information about our three parishes, and the state of the buildings on each of our three campuses. I encourage you to familiarize yourself with this information as it provides important context for us to create a vision for the future.

The work we are undertaking together is important and I encourage you to be engaged. These three parishes are not mine. These three parishes are the responsibility of all of us. The vision we will create together through prayerful and discerning conversations will be enriched and strengthened by the participation of each one of us. **Please make joining in one of these community conversations a priority in the coming weeks.**

There are many opportunities for you to participate and you should feel free to attend the one that best fits your schedule, no matter the location. Here is the schedule for our gatherings:

- Thursday, February 26 at 2:00pm **Zoom** (RSVP to Maria Laughlin, mlaughlin@stjames-cathedral.org)
- Thursday, February 26 at 6:30pm, Holy Names Room, Cathedral
- Sunday, March 1 at 10:15am (after 9:00am Mass), Christ Our Hope
- **Sunday March 1 at 12:00pm (after 11:00am Mass), Immaculate Conception**
- Thursday, March 5 at 6:30pm **Zoom** (RSVP to Deanna Tighe, dtighe@christourhopeseattle.org)

- Sunday, March 8 at 6:15pm (after 5:00pm Mass) **in Spanish**, Christ Our Hope
- Sunday, March 15 at 10:15am (after 9:00am Mass), Christ Our Hope
- Monday, March 16 at 6:30pm, Holy Names Room, Cathedral
- Thursday, March 26 at 2:00pm **Zoom** (RSVP to Maria Laughlin, mlaughlin@stjames-cathedral.org)

When we gather, we are going to address the following three questions. I encourage you to give them some prayerful consideration in preparation for attending one of the sessions:

- *What did you take away from the "Current Reality" report? What troubled, surprised, or encouraged you?*
- *What new groups of people are we being called to reach out to? Who have we not been serving?*
- *What ministries and/or programs do we want to enhance, or to begin, to fulfill our vision of who God is calling us to become? What existing ministries may God be calling us to reconsider or leave behind?*

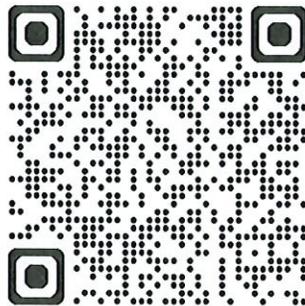
My friends, this process of entering into dialogue with each other and with the Holy Spirit will enable our community of faith to be more effective at sharing the Good News of Jesus Christ. As we continue on the path of becoming one parish, our common baptism calls all of us to be co-responsible for shaping this vision under the inspiration of the Holy Spirit.

May we all enter into these conversations intentionally and prayerfully. We know that if we do our part, God will always be present to us, guiding us along the way.

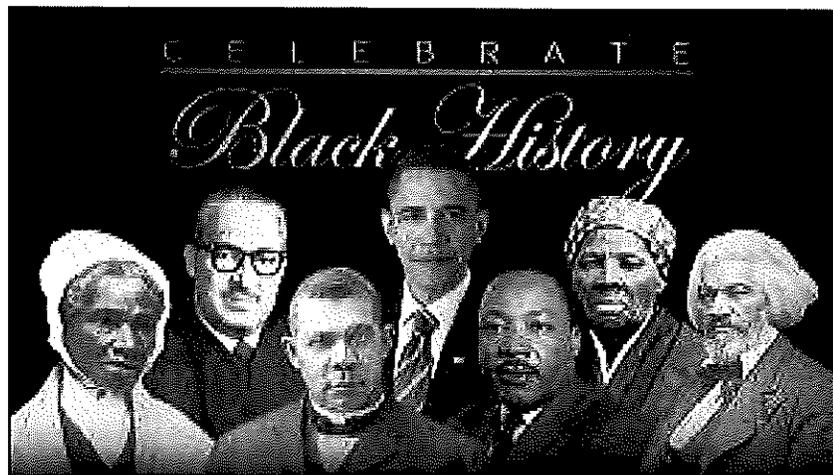
May God Bless you and these efforts!

Fr. Gary F. Lazzeroni

Father Gary Lazzeroni
Pastor



DOWNLOAD AND READ THE
CURRENT REALITY REPORT
HERE



Black History Month started as Black History Week in 1926, founded by Carter G. Woodson to celebrate Black achievements, expanding to a month in 1976; it's observed in February in the U.S. and Canada but October in the UK, and is a global observance focusing on the African diaspora's history and culture, with annual themes highlighting specific areas like "Black Resistance".

Here are 5 facts about Black History Month:

1. **Origin & Founder:** Historian Carter G. Woodson created Black History Week in 1926, choosing February to coincide with the birthdays of Frederick Douglass and Abraham Lincoln, later becoming Black History Month in 1976.
2. **Global Celebration:** While the U.S. and Canada celebrate in February, countries like the UK, Ireland, and the Netherlands observe it in October, recognizing Black history worldwide.
3. **Annual Themes:** Each year has a specific theme, like "Black Resistance," to focus on different aspects of Black history, from slavery to ongoing struggles for civil rights.
4. **Focus on the Diaspora:** Initially focused on African American history, the observance has broadened to celebrate the rich heritage of the entire African diaspora, including people of African descent globally.
5. **Evolved from a Week:** It began as a week-long event before being officially expanded to a month-long celebration in the U.S. in 1976, with U.S. Presidents proclaiming February as African American History Month.

Our Black History Speaker for Feb 22nd will be Elmer Dixon, Co-founder of the Seattle Black Panther Party, author and global Diversity, Equity and Inclusion executive. Elmer's comments will mention the various community programs launched by the Panther Party and other historic contributions as a result of those efforts. Elmer will also have his recent book, "Die Standing" available to purchase following Mass.

The Life of Our Community

KNIGHTS OF PETER CLAVER LADIES AUXILIARY - hosting their annual bake sale Sunday, February 15 at Immaculate Conception Parish following the 11 am Mass. There will be a variety of cakes, pies, and cookies. This fundraiser helps support our charitable activities. For questions, please contact Jessica Pitre-Williams at jpw206@hotmail.com.

SUNDAY FELLOWSHIP Hospitality - Need sponsor for the 3rd Sundays. We are looking for **individuals, families, groups of friends, or ministries** to sponsor our **Sunday Fellowship** on the following dates: **March 15**. This is a beautiful opportunity to build community by offering light hospitality after Mass. If you're interested or would like more information, please contact the parish office at office@icseattle.org or call **206-322-5970**.

VOLUNTEERS NEEDED - We're looking for a few helping hands to assist with transporting paint to the paint disposal center and painting a bookshelf in Father Chanda's office. Your help would be greatly appreciated! If you're interested in lending a hand, please contact Shanita Stewart-Burrell, Volunteer Coordinator at shanitasb@icseattle.org

YEAR-END STATEMENT 2025 - Statements of giving for your taxes were sent electronically to your email that is on file with our parish. The email will be from: Pushpay **Pushpay**  <no-reply@pushpay.com>. The subject line will say: *Immaculate Conception (Seattle) – 2025 Annual Giving Statement*. If we do not have an email address on file, Tax Statements were sent through USPS mail.



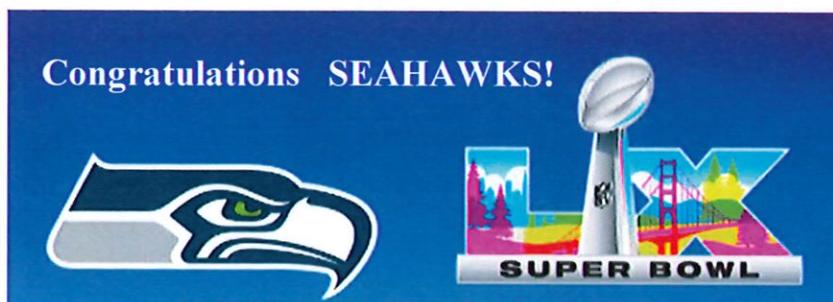
ST JAMES CATHEDRAL BLOOD DRIVE - Bloodworks NW and St James Cathedral are holding an in-person blood drive on Sun. 3/8, 9am-3pm, at the Pastoral Outreach Center 907 Columbia St.. Scan the QR code or Register at https://donate.bloodworksnw.org/donor/schedules/sponsor_code



NAMI FAMILY SUPPORT GROUP - Open to anyone who has a family member with a mental illness, meets **online on 1st Sat of the month and in person on 3rd Sat of the month** at St James Pastoral Outreach Center, 1:30-3pm. Registration: helpline@namiseattle.org

MENTAL HEALTH STATIONS OF THE CROSS - Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns, held after 12:10pm mass on Friday, March 13th in the Cathedral. All are welcome to attend!

MIDDLE SCHOOL ENCOUNTER 2026 - March 21, 2026 | 9:30 a.m.-5 p.m. | Kennedy Catholic High School. All middle school students grade 6-8 are invited to this year's Middle School Encounter, a one-day, faith-filled event on Saturday, March 21 at Kennedy Catholic High School.



Upcoming Events

FEB 16 (MON)

Rectory Office Closed - Holiday

LENTEN SEASONS BEGINS

FEB 18 (WED) 6:00PM ASH WEDNESDAY MASS AT IMMACULATE CONCEPTION

FEB 20 (FRI) 6:00PM STATION OF THE CROSS & SOUP SUPPER BEGINS UNTIL MARCH 28

MASS SCHEDULE:

11:00 AM SUNDAYS (10:30 Holy Rosary)

Also live streamed at

<https://www.facebook.com/ImmaculateConceptionSeattle>

8:00 AM SUNDAYS – Eritrean Community

Pastor – The Very Reverend Gary F. Lazzeroni

Parochial Vicars – Rev. Francis Thumbi &

Rev. Sylvester Chanda

Pastor Emeritus - Very Reverend Michael G. Ryan

Deacon Joseph Connor deacon@icseattle.org

CONTACT INFORMATION

Office Hrs: M-F 9 AM to 3 PM or By Appt. - call (206) 322-5970

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Grace Neri x601 office@icseattle.org

Administrative Assistant

Pastoral Council Chair Maria Batayola, Connor Trapp,

Deacon Joe Connor, Fred Verzosa, Marisa Harvey, and

Sharon Pitre-Williams.

Finance Council Chair Jane Powers jpowers@ewingandclark.com

Stewardship: Caring for Our Church and Community

Year-to-Date Collection

Stewardship of Treasure Report

As of 02.09.2025 - \$97,274.17

As of 02.01.2026 - \$100,527.76

Blessings and Thank you!

REPORTING ABUSE

Helpline 800-446-7762 helpline@seattlarch.org

protectandheal.seattlearchdiocese.org. Report any suspicion of abuse by any church personnel to the local law enforcement. Call the Helpline if you know of sexual abuse or misconduct by a member of the clergy, an employee, or volunteer of the Archdiocese of Seattle. The Archdiocese of Seattle has a longstanding commitment to transparency, accountability, and assistance to persons sexually abused by clergy or anyone working on behalf of the church.

For children's safety and victim assistance see

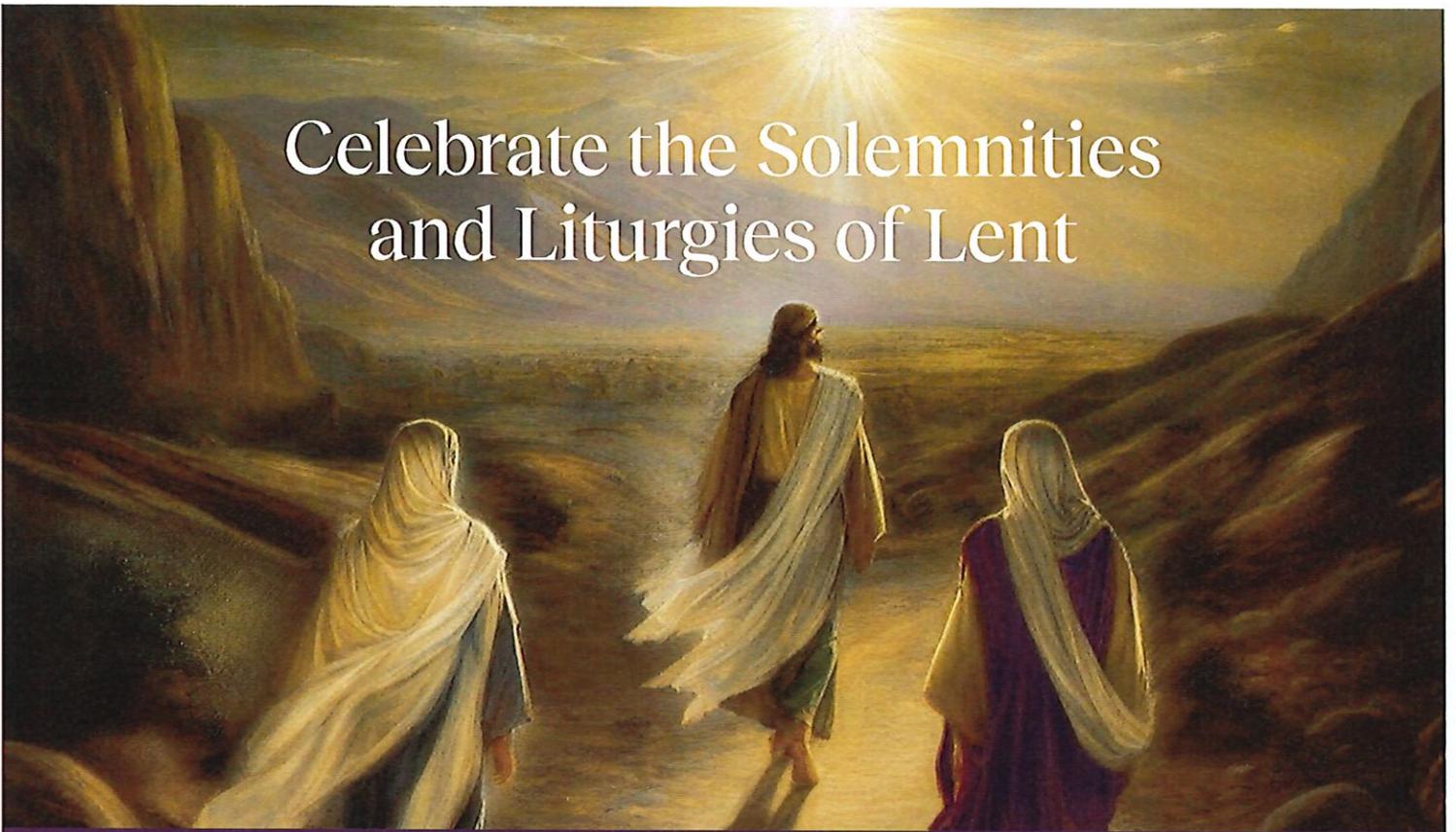
<https://preventionusccb.org/resources>

ARE YOU A REGISTERED PARISHIONER AT IMMACULATE CONCEPTION CHURCH?

Many who attend Immaculate Conception church regularly and consider the ICC their parish have never officially registered. We strongly encourage you to register. Registered parishioners receive important mailings from the church, are able to celebrate their wedding at ICC, and their children may attend any of the Catholic Rainbow Schools at Parishioner rates. To register, visit www.icseattle.org or use the QR code.



Celebrate the Solemnities and Liturgies of Lent



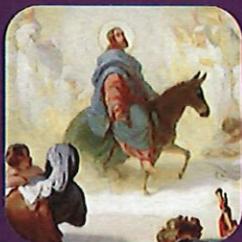
Ash Wednesday
2/18



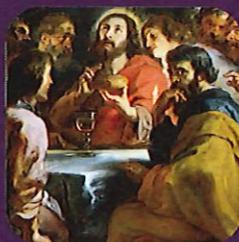
Solemnity of
St. Joseph
3/19



Solemnity of
The Annunciation
3/25



Palm Sunday
3/29



Holy Thursday
4/2



Good Friday
4/3

This Lent, enter more fully into the liturgical season, from Ash Wednesday to Good Friday. Learn more about all the solemnities and liturgies of Lent at archseattle.org/lent.



Lent 2026 in our Parish Family

ST. JAMES CATHEDRAL | IMMACULATE CONCEPTION | CHRIST OUR HOPE

Dear Friends,
As we enter into this season of Lent, the prayers and scriptures, the sights and sounds, the rituals and disciplines are all aimed at renewal and baptism. Whether we are among those who are already baptized and preparing to renew the promises of our baptism at Easter, or catechumens preparing for baptism, the season of Lent gets us ready to be made and remade in those waters.

What begins with a smudge of ashes on Wednesday, February 18, will culminate in the water bath of new life on the night of April 4 and the day of April 5. During these days of Lent, we joyfully prepare for these celebrations by restraining ourselves, disciplining ourselves through prayer, fasting and almsgiving. We take on these disciplines not as punishment, or as some kind of Christian calisthenics, but in anticipation of the celebrations that lie ahead.

This is how the first Preface of Lent puts it, "For by your gracious gift each year your faithful await the sacred paschal feasts with the joy of minds made pure, so that, more eagerly intent on prayer and on the works of charity, and participating in the mysteries by which they have been reborn, they may be led to the fullness of grace that you bestow on your sons and daughters."

Seen in this light, Lent is a time of joyful anticipation and preparation. Think of the work that goes into a family vacation, or a big celebration of a wedding or an anniversary. All the preparation for these events, while hard work, are often part of the excitement leading up to the vacation or the celebration. And good preparation often determines whether the vacation or the celebration goes well. What do we need to do to get ready for the renewal that God desires for us? As we look forward to making or renewing our baptismal promises at Easter, and being washed in the waters of baptism, how are we going to get ready?

The good news is that we don't have to invent an answer to that question. Prayer, fasting and almsgiving have prepared Christians over the centuries for being made and re-made in the waters of baptism. I know that, for myself, when I have been "eagerly intent" on these disciplines over the course of Lent, I have arrived at Easter with greater joy and anticipation than those years when I have been less intent. My guess is I am not unique in this way!

To make a commitment to deeper prayer - especially as we prepare for the Sunday Eucharist, can draw us closer to Christ who always meets us more than half way when we approach him. Spending time with the scriptures during the week, both the scriptures for each day, and in prayerful reflection on the scriptures for each Sunday, can help us to really hear the word of God as it is proclaimed at Mass. Sunday Mass is the center of our prayer life. It is, as the Second Vatican Council says, "the summit toward which the activity of the church is directed; it is also the source from which all its power flows" (Vatican II, Constitution on the Sacred Liturgy, #10). A more intentional commitment to prepare for and to be present at Sunday Eucharist would be a marvelous way to deepen our prayer life.

In addition to preparing for and celebrating Sunday Mass, spending quiet time in prayer during our day, even if just for a few minutes, can open ourselves to a renewed relationship with Christ. If we are already spending some time in prayer each day, perhaps these days of Lenten preparation can be an opportunity to increase that time of simply resting in the Lord. Praying the rosary, going to adoration, celebrating the sacrament of reconciliation are all ways that we can deepen our prayer life. The more intentional we are about our prayer and worship during Lent will prepare us well for the great celebration of Easter.

Fasting and giving to those in need are the two other traditional disciplines that can re-orient our priorities in such a way that we are ready to celebrate God's self-giving love in Christ at Easter. Fasting can help me to physically feel the hunger that, at a deeper level, reflects my hunger for God. Giving to those in need (almsgiving) helps me to be in solidarity with those whose God has a special care for - the poor and all those without enough to live a dignified life.

The pages that follow describe the many opportunities we will have over these coming days and weeks to get us ready for the great celebrations of Easter.

May these days of Lent, these days of joyful anticipation and preparation, help all of us - the baptized and those preparing for baptism - to arrive at our celebrations of Easter with hearts and minds renewed. Happy Lent!


Father Gary Lazzeroni

Prayer and Faith Formation Opportunities

LENT MASSES The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings are particularly rich in their ability to inspire and challenge.

Weekday Masses:

- *Cathedral:* M, T, W, Th, F, Sat 8:00am
M, W, F 12:10pm
- *Christ Our Hope:* T, Th 12:10pm

Sunday Masses:

- *Cathedral:* 5:30pm Sat, Sun 8, 10, 12, 5:30pm
- *Immaculate Conception:* 11am
- *Christ Our Hope:* 9am, 5pm (Spanish), 7pm

THE STATIONS OF THE CROSS are a wonderful Lenten tradition in the Church. There are many opportunities to pray the Stations during Lent:

- *Cathedral:* Mondays after the 12:10pm Mass, Fridays after the 8:00am Mass
- *Immaculate Conception:* Fridays during Lent, Stations are prayed at 6:00pm, followed by a soup supper. On Friday, March 27, all are invited to experience Immaculate's "Living Stations."

CHRIST OUR HOPE: WEEKLY SOUP SUPPER AND LENTEN PRACTICE Each Wednesday of Lent, all are invited to Christ Our Hope to share in a simple supper and explore the Lenten practices of prayer, fasting, and almsgiving. Supper at 5:15pm, followed by a presentation or prayer at 6:00pm:

- February 25 *Stations of the Cross (bilingual)*
- March 4 *Retreat with Father Chanda*
- March 11 *Taizé (multi lingual)*
- March 18 *Supper with Josephinum Residents*
- March 25 *Eucharistic Adoration (bilingual)*

LENT RETREAT: REND YOUR HEARTS... BE MERCIFUL! Please join with sisters and brothers from our parish family for an afternoon of reflection as we begin our Lenten pilgrimage. We gather **Sunday, February 22**, from 1:30pm-4:00pm in the Cathedral's Pastoral Outreach Center. Come, find some quiet, time for prayerful reflection with Lenten scriptures and stories of our lives and our world. We will finish in time for Vespers in the Cathedral at 4:00pm.

LENTEN SMALL GROUP REFLECTION We gather at Christ Our Hope on Wednesdays of Lent to explore Pope Leo's encyclical on love for the poor, *Dilexi Te*. **Wednesdays, February 25, March 4, 11, 18, and 25**, from 11:00 am - 12:00 pm Deanna Tighe, facilitator.

ADORATION OF THE BLESSED SACRAMENT Each Thursday during Lent at the Cathedral, Exposition of the Blessed Sacrament will follow the morning Mass and continue until 9:30am, with rosary and time for quiet adoration.

PRAYSEATTLE This Lent, the Cathedral is participating in PraySeattle, an ecumenical, citywide pilgrimage of prayer for the forty day of Lent. Each week, a different church hosts a prayer space, inviting you to pray for and with our city. Take home one of the beautiful "PRAY" booklets, which include reflections for each week of Lent, and all the details you'll need to make a pilgrimage to the different churches. The Cathedral is host of this citywide ecumenical Lenten initiative from March 15-21, with a special ecumenical Stations of the Cross on **Wednesday, March 18** at 6:30pm.



LENTEN GOSPEL REFLECTION SERIES You are invited you this Lent to pray daily with Immaculate Conception, Christ Our Hope and St. James Cathedral. On Mondays, Wednesday and Fridays, you can receive a Gospel reflection written and read by a parishioner from one of the churches in our parish family. This is a wonderful tool to use during the holy season of Lent as we are called to be more mindful of how we pray. *Subscribe*, outreach@stjames-cathedral.org.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. At the Cathedral, confessions are heard every Saturday from 8:30am-9:30am. Our family-wide celebration of the Sacrament of Penance will be **Saturday, March 14**, from 1:00pm-4:00pm at the Cathedral, with several confessors available.

BIBLE STUDY AT IMMACULATE CONCEPTION Lori Chisholm leads an 11-week study of the Psalms as The School of Prayer. Mondays beginning **March 16**, 6:00pm-7:30pm. Registration encouraged!



MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on **Friday, March 28**.

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. Daily reflections available at www.crsricebowl.org.

WARM HEARTS AND SOLES SOCK DRIVE will be conducted this Lent. Our goal is to collect 2,026 pairs of new socks for the homeless. Drop socks off in the Cathedral Chapel, Bookstore or Parish Office, or have them shipped to the parish office. New, black or white, men's crew-length athletic socks, please. Thank you!

Musical Prayer at the Cathedral

Jan Kraybill
FEATS FOR THE FEET
Friday, February 27 at
7:30pm

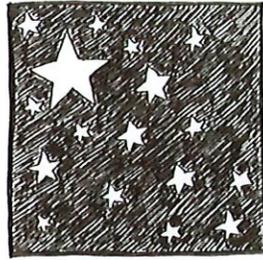
"Feats for the Feet" opens with a piece for feet, "Pedal exertitium" (BWV 598) originally attributed to J. S. Bach but now believed to have been composed by his son, Carl Philipp Emmanuel Bach. Next is Johann Sebastian Bach's *Prelude and Fugue in D Major*, BWV 532, which opens with a big D major scale played by the feet. The rest of the program keeps the feet dancing in various ways – by playing melodies, manipulating controls for dynamics, and other techniques. The concert closes with a real "feat," Leo Sowerby's "Pageant," which features the feet in amazing and virtuosic ways. Other composers on the program include Gustav Holst, Edward Elgar, and Charles Stanford.

Cathedral Cantorei and Chamber Orchestra
ARVO PÄRT'S PASSIO
Saturday, March 7 at 8:00pm

This unique and meditative setting of the St. John Passion is a pinnacle of Arvo Pärt's tintinnabuli compositional style. Sung in Latin, the work is scored for solo baritone (Jesus), solo tenor (Pilate), solo vocal quartet (Evangelist), choir, violin, oboe, cello, bassoon, and organ. The harmonies, though stark and minimalist, are deeply moving. Pärt once commented, "I could compare my music to white light which contains all colors. Only a prism can divide the colors and make them appear; this prism could be the spirit of the listener." Tickets (\$0-\$22) and more information at <https://www.stjames-cathedral.org/music/concerts>.

Tenebrae Choir
PATH OF MIRACLES
Tuesday, March 10 at 7:30pm

A pilgrimage in composition, *Path of Miracles* is a journey, as the four movement titles (Roncesvalles, Burgos, León, and Santiago) are the four main posts along the Camino de Santiago (the Way of St. James), a network of pilgrims' ways that lead to the shrine of our patron saint, the Apostle James the Greater, in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain. Using selections from the medieval texts *Codex Calixtinus* and *Miragres de Santiago*, and from Roman Catholic liturgy, *Path of Miracles* incorporates musical styles from the Taiwanese Bunun people to the pilgrims' hymn



Dum Pater Familias, and is sung in Greek, Latin, Spanish, Basque, French, English and German. *Tenebrae*, conducted by Nigel Short, is one of Britain's and the world's leading vocal ensembles, renowned for its passion and precision. Tickets (\$0-\$50) & more information at <https://www.stjames-cathedral.org/music/concerts>

OPUS 7
BLESSED: SACRED WORKS BY BERN HERBOLSHEIMER
Saturday, March 14 at 8:00pm

Opus 7 performs powerful and beautiful sacred works by Bern Herbolsheimer, one of the Pacific Northwest's most prolific and talented composers. We remember this remarkable artist on the 10th anniversary of his untimely passing. Born in Montana, Bern resided in Seattle for over 40 years. He taught at the University of Washington and Cornish College of the Arts, influencing students for decades. His music has been performed nationally and internationally, finding specific relevance with performing ensembles in the Seattle area. Opus 7 is privileged to perform some of Herbolsheimer's greatest sacred choral masterpieces for Lent. Tickets (\$15-\$50, youth under 18 free) and information at <https://opus7.org/event/blessed-2/>. A limited number of pay-as-able parishioner passes are available through the Cathedral music office.

THE OFFICE OF TENEBRAE
Wednesday, April 1 at 7:00pm

The name *Tenebrae* (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. The Cathedral Cantorei will sing Palestrina's setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, president.

TRE ORE
Friday, April 3 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Scarlatti's *Stabat Mater* and meditations by Father Stephen Rowan on the Seven Last Words of Christ. *Stabat Mater* is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.

Journey of the Elect

JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.



The following are some important moments in the journey of our Catechumens:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election. Christ Our Hope participates in the Rite on Thursday, February 19, while the Elect from St. James Cathedral will participate on Saturday, February 21. On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place on March 8, 15, and 22.

SATURDAY, APRIL 5, 8:30pm: THE EASTER VIGIL (at St. James Cathedral and Christ Our Hope) On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Please pray for those to be baptized at the Easter Vigil:

**Blake Alex ▪ Sam Berlin ▪ Bill Dahlem ▪
Dallana Fantauzzi ▪ Stuart Frost ▪ Maxine
Martin**

Youth Elect:

**Alexander Ballantyne ▪ Keira Ballantyne ▪
Philip Bob ▪ Oliver Burrell ▪ Hugo Ludena ▪
Aspen Spain**

Please pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.

Official Lenten Regulations from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday.

Ash Wednesday is February 18, 2026.

Good Friday is April 3, 2025.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain

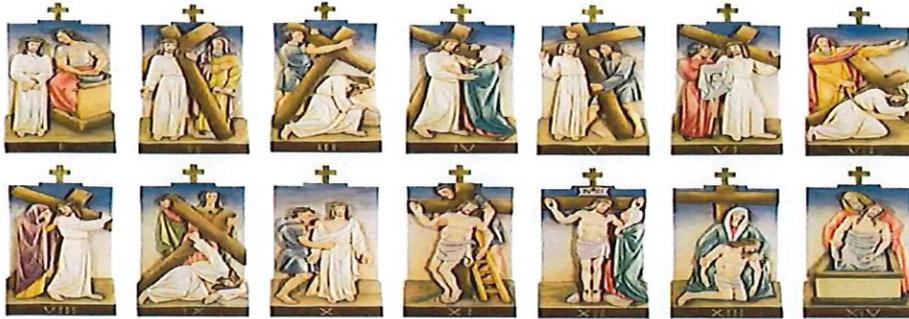
strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence.** On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.



Immaculate Conception Church

820 18th Avenue Seattle, Washington
206-322-5970 ~ office@icseattle.org ~ www.icseattle.org



STATIONS OF THE CROSS

LENT 2026

♥ Greetings!

Join us every Friday during LENT at 6:00 PM for Stations of the Cross (Live, In Person)

Afterward, we gather with our parish community for a warm and simple **Soup Supper** in the spirit of LENT. No meat on the menu.

★ Schedule of Stations of the Cross & Soup Supper Host

- Feb. 20 Friday 6:00 PM Legion of Mary
- Feb. 27 Friday 6:00 PM Family Choir
- Mar. 6 Friday 6:00 PM Young Adults
- Mar. 13 Friday 6:00 PM Gospel Choir
- Mar. 20 Friday 6:00 PM Pastoral Council
- Mar. 27 - Friday 6:00 PM (Living Stations) Knights of St. Peter Claver

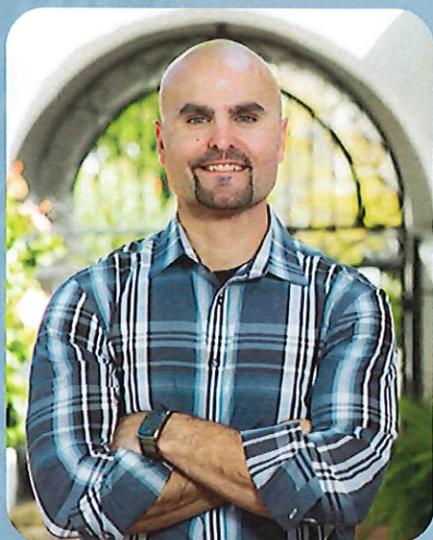
More Information:

Fred Verzosa - ICC - Liturgy Commission Secretary [Fred.verzosa@yahoo.com](mailto:Fred_verzosa@yahoo.com) (206-953-3954 Text)

**HOLY FAMILY SEATTLE INVITES YOU TO AN
All Day Lenten Retreat with speaker
Karlo Broussard from Catholic Answers**

Saturday, February 28, 2026

9641 20th Ave SW, Seattle, WA 98106



**10:30am 1st Lecture: Refiner's
Fire: Explaining & Defending
the Doctrine of Purgatory**

12pm Lunch available for purchase

**1pm 2nd Lecture: Sin, Satisfaction,
and the Savior: A Catholic
Viewpoint of Atonement**

**2:30pm 3rd Lecture: Where Oh Death is Thy Sting?:
A Defense of Jesus' Resurrection from the Dead**

4pm Confession / 5pm Mass

Free will offering will be taken



**Click on the QR Code to register or call the church
office: 206-767-6220 / Deadline: February 20th**



Catholic Answers



**WE LOVE
ALL TYPES.**



 **Bloodworks**
Northwest

ST JAMES CATHEDRAL

Holy Names Room - Pastoral Outreach Center
907 Columbia Street, Seattle

Sunday, March 8

9:00 am - 3:00 pm

Scan the QR code to book your one hour appt,
or click this link bloodworksnw.org/giveblood

Appointments are required for the best possible donation experience.
Same-day appointments available at most locations. Photo ID required.

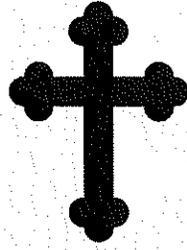
For safety, we kindly request no visitors under 16 at our donation sites.
Eat a hearty meal and drink plenty of fluids prior to donation.

800-398-7888 | bloodworksnw.org/giveblood

DONATE BLOOD.


[@bloodworksnw](https://www.instagram.com/bloodworksnw)





Please join the Mental Health
and Wellness Ministry to pray
a special Lenten Stations of
the Cross for mental health

March 13th Immediately following
the 12:10 Mass

All are welcome!

For more information contact Anisa Ralls,
Director of the Mental Health and Wellness Ministry
at 206-382-4269 or aralls@stjames-cathedral.org



LIFE. JUSTICE. PEACE.

2026 WSCC Webinars Schedule

Noon - 1:00 PM PST | WACatholics.org

January 7, 2026

Fr. Aaron Wessman

The Church's Mission in a Polarized World *Glenmary Home Missioners*

January 22, 2026

Fr. Jim Northrop

Prayer & Reflection/Legal Protection for the Unborn *Archdiocese of Seattle*

March 21, 2026

Elizabeth Doll

Depolarizing Within Workshop-ABRC, Federal Way *Braver Angels*

May 14, 2026

Dan Misleh

The Climate Crisis and U.S. Catholic Responses *Catholic Climate Covenant*

June 4, 2026

Mirya Muñoz-Roach

Poverty Alleviation Through Community-Informed Approaches and Inclusive Practices *St. Vincent de Paul*

July 22, 2026

Natalie King, MD, MA

Navigating Serious Illness and the End of Life for Catholics *Palliative Medicine Physician*

August 20, 2026

Fr. Philip Larrey, PhD

Intriguing Implications of Artificial Intelligence *Boston College*

September 17, 2026

Kevin Appleby

A Catholic Response to Mass Deportation *Center for Migration Studies, NY*

October 7, 2026

Kallie Fell

How Surrogacy Turns Women/Children into Commodities *CBC Network*

October 14, 2026

Heather Vasquez

Sacredness of Human Life: Next Step for Better Outcomes *Next Step Pregnancy Services*

October 21, 2026

Jim Thomas

The Bomb and the Consistent Ethic of Life *Author*

October 28, 2026

Fr. Kyle Ratuiste

Life Matters Even at the End: End of Life Issues and Medical Decision Making for Catholics *Diocese of Spokane*



LIFE. JUSTICE. PEACE.

Events Schedule, March-June 2026

Be a Catholic Voice | WACatholics.org



ELIZABETH DOLL
DIRECTOR OF BRAVER POLITICS, BRAVER ANGELS

DEPOLARIZING WITHIN: IN-PERSON WORKSHOP



SATURDAY
MAR 21, 2026



9:00 AM
12:00 PM (PST)

Mass to
follow
at Noon

The Depolarizing Within workshop teaches participants to look at their own attitudes towards the political "other" to develop strategies for engaging in politics without demonizing, and to constructively intervene in conversations with like-minded peers when those conversations stereotype or demonize the other side.

LOCATION:

Archbishop Brunett
Retreat Center,
4700 SW Dash
Point Rd, Federal
Way, WA, 98023



REGISTER NOW

<https://bit.ly/44sPd8l>

VISIT OUR WEBSITE

<https://wacatholics.org>

SATURDAY, MARCH 21 | 9:00 AM - 12 PM

The *Depolarizing Within: In-Person Workshop* teaches participants to look at their own attitudes towards the political "other" to develop strategies for engaging in politics without demonizing, and to constructively intervene in conversations with like-minded peers when those conversations stereotype or demonize the other side.

Mass will follow the workshop at Noon.

Location:

Archbishop Brunett Retreat Center, 4700 SW Dash Point Rd, Federal Way, WA, 98023

[REGISTER](#)



DAN MISLEH
EXECUTIVE DIRECTOR, CATHOLIC
CLIMATE COVENANT

THE CLIMATE CRISIS AND U.S. CATHOLIC RESPONSES



THURSDAY
MAY 14, 2026



12:00 PM
1:00 PM PST

This webinar will explore current science and the impacts of climate change, as well as highlight many of the positive growing responses by the U.S. Catholic community, from dioceses, parishes, schools and other organizations.



REGISTER NOW

<https://bit.ly/48CSPHH>

VISIT OUR WEBSITE

<https://wacatholics.org>

THURSDAY, MAY 14 | 12:00 PM - 1:00 PM

The *Climate Crisis and U.S. Catholic Responses* webinar will explore current science and the impacts of climate change, as well as highlight many of the positive growing responses by the U.S. Catholic community, from dioceses, parishes, schools and other organizations.

Webinar online via Zoom.

[REGISTER](#)

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**



THURSDAY
JUN 4, 2026



12:00 PM PST
1:00 PM

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 NOW <https://bit.ly/4abgU9H>

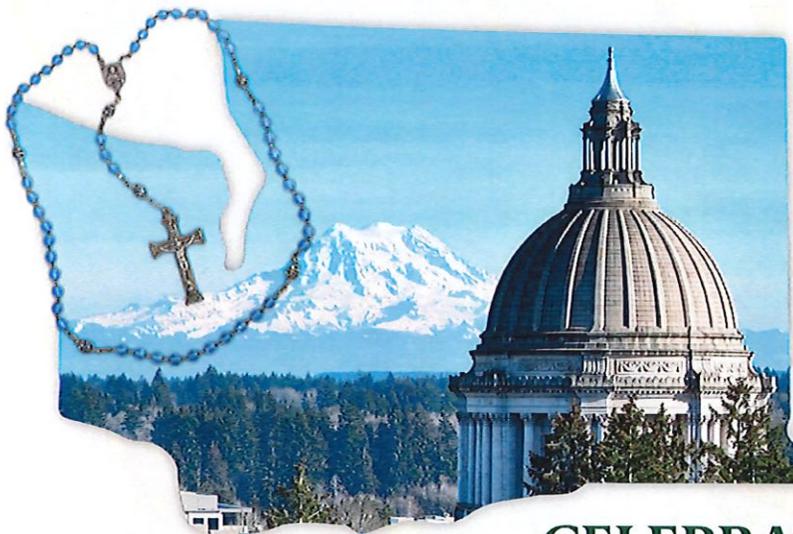
VISIT OUR WEBSITE <https://wacatholics.org>

THURSDAY, JUNE 4 | 12:00 PM - 1:00 PM

In *Poverty Alleviation Through Targeted Approaches and Inclusive Practices*, 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.

Webinar online via Zoom.

REGISTER



**Washington State
Catholic Conference**

CELEBRATING 50 YEARS OF CATHOLIC ADVOCACY!

The Washington State Catholic Conference (WSCC) is the public policy voice of the bishops. We bring trusted Catholic voices - clergy, scholars, physicians, and advocates - to help foster thoughtful dialogue and faithful action rooted in truth and love.

As the WSCC prepares to celebrate 50 Years of Catholic Advocacy in Washington State in 2026, we continue our mission to bring Life, Justice and Peace into public life - together.

Be a Catholic voice today.

Register for our upcoming events and walk with the WSCC in faithful advocacy for Life, Justice, Peace, and the Common Good at WACatholics.org.