

WELCOME TO
**SAINT BRENDAN & SAINT TERESA OF CALCUTTA
 PARISH FAMILY**
 22ND SUNDAY IN ORDINARY TIME
 AUGUST 31, 2025

"When you hold a lunch or a dinner, do not invite your friends or your brothers or your relatives or your wealthy neighbors, in case they may invite you back and you have repayment. Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you. For you will be repaid at the resurrection of the righteous."

—LK 14:12-14



SAINT BRENDAN PARISH | STB



SUNDAY MASS

- Saturday Vigil | 5PM
- Sunday | 8AM | 10AM* | 12PM* (Misa en Español)
- * LIVESTREAM ON FACEBOOK

DAILY MASS Monday, Wednesday - Saturday | 8:30AM

ADORATION

- Monday - Thursday | 1:00PM to 6:00PM
- Friday | 9:30AM to 6:00PM
- First Friday | 9:30AM to FIRST SATURDAY DEVOTION at 7:30AM*
- *WITH ROSARY FOLLOWED BY BENEDICTION

CONFESSION

- Monday, Wednesday - Saturday | 7:45AM - 8:15AM
- Saturdays | 2:30PM - 4:00PM

"Help me to journey beyond the familiar and into the unknown. Give me the faith to leave old ways and break fresh ground with You" —ST. BRENDAN, THE NAVIGATOR

SAINT TERESA OF CALCUTTA PARISH | STOC



SUNDAY MASS

- Saturday Vigil | 5PM
- Sunday | 9AM | 11AM
- (5PM SUNDAY MASS WILL RESUME SEPT 14).

DAILY MASS - Tuesday to Friday | 9AM

ADORATION

- Tuesday - Friday | 8:30AM (Prior to Daily Mass)
- Benediction just before 9AM Mass

CONFESSION

- Saturday | 3PM to 4:30PM
- Other: By Appointment.

"Do small things with great love"—SAINT MOTHER TERESA

PARISH DIRECTORY



PASTOR

Rev. Nicholas Wichert
frwichert@saintbrendan.org
425-483-9400, Ext 2647
frwichert@saintteresa.org
425-806-8096, Ext. 3103



PAROCHIAL VICAR

Rev. Peter Adoko-Enchill
frpeter@saintbrendan.org
frpeter@saintteresa.org
425-806-8096, Ext 3107

DEACONS

- Dcn. Leon Garcia-Martinez | deaconleon@saintbrendan.org
- Dcn. Armando Medina | deaconarmando@saintbrendan.org

ST. BRENDAN PARISH (STB)

Monday - Friday | 9:15AM-Noon • 12:30PM-4PM

- **Church** - 10100 NE 192nd St, Bothell, WA 98011-2931
- **Office** - 10051 NE 195th St., Bothell, WA 98011-2931
- 425-483-9400 | www.saintbrendan.org

Pastoral Assistant for Administration

Pastoral Assistant for Evangelization

Brigette Blair | ext. 2645 | bridgetteb@saintbrendan.org

Bookkeeper | Mary Deitch | ext. 2642 | bookkeeper@saintbrendan.org

Children & Family Ministry • OCIA Coordinator

Mark Sizemore | ext. 2648 | childfamilyministry@saintbrendan.org

Confirmation

Margaret Deleon | ext. 2644 | youthminister@saintbrendan.org

Director of Music | John Dobson | directorofmusic@saintbrendan.org

Facilities Supervisor

Josh Stutzman | ext. 2650 | facilitiesupervisor@saintbrendan.org

Office Assistant | Christy Avila | ext. 2677 | christya@saintbrendan.org

Receptionist | Lupita Silva Ocampo | receptionist@saintbrendan.org

Liturgical Minister Schedule • Bulletin

Ermina Swager | ermina@saintbrendan.org • bulletin@saintbrendan.org

ST. BRENDAN PARISH SCHOOL

Monday - Friday | 8AM to 4PM

- 10049 NE 195th St., Bothell, WA 98011
- 425-483-8300 | www.school.saintbrendan.org

SUMMER OFFICE HOURS - Please call for an appointment.

School Principal | Catherine Shumate | catherines@school.saintbrendan.org

Admissions Director | Karah Burgess | karahb@school.saintbrendan.org

Advancement Director | Kerry Engle | kerrye@school.saintbrendan.org

School Secretary | Karyn Murnane | secretary@school.saintbrendan.org

ST. TERESA OF CALCUTTA PARISH (STOC)

Monday - Friday | 9:30AM - 3PM

- 17856 NE Woodinville Duvall Rd, Woodinville WA 98077
- 425-806-8096 | www.saintteresa.org

Parish Assistant for Administration

Zoltan Abraham | Ext. 3105 | zoltan@saintteresa.org

Administrative Assistants

Audrey Kozel | audrey@saintteresa.org

Patti Bagnall | patti@saintteresa.org

First Communion • Children's Catechesis

Analaura Rodriguez | Ext 3101 | analaura@saintteresa.org

Confirmation • Youth Ministry

Andrew Duncan | Ext. 3102 | andrew@saintteresa.org

OCIA Coordinator • Adult Catechesis

Mark Sizemore | childfamilyministry@saintbrendan.org

Director of Music | John Dobson | music@saintteresa.org

MINISTRY TO THE SICK AND HOMEBOUND

To arrange for the Sacrament of the Anointing of the Sick or to receive Holy Communion at home, please contact the Parish Office. For after hours emergency care you may also call the Eastside Deanery Pastoral Care Ministry at 425-655-3200.

MINISTERIO PARA LOS ENFERMOS

Para hacer arreglos para el Sacramento de la Unción de los Enfermos o para recibir la Santa Comunión en casa, por favor contacte la Oficina de la Parroquia.

FUNERAL MASSES AND BURIAL RITES

To arrange for a funeral Mass, please contact the Parish Office, or ask the funeral director to do so.

MISAS PARA FUNERALES Y RITOS DE ENTIERRO

Para hacer arreglos para Misa para funeral, por favor contacte la Oficina de la Parroquia, o pregunte al director de los servicios funerarios.

PARISH NEWSFLASH

If you would like to receive the weekly St. Teresa Newsflash over email, please let us know at admin@saintteresa.org.

To submit a bulletin announcement:

- Due Thursday a week before the target weekend.
- St. Brendan > bulletin@saintbrendan.org
- St. Teresa > admin@saintteresa.org

To submit a Mass announcement or Mass intentions:

- St. Brendan > receptionist@saintbrendan.org
- St. Teresa > admin@saintteresa.org

COVER ART

Title: *The Meal in the House of the Pharisee (Le repas chez le pharisien)*, 1886-1896 | **Artist:** James Tissot (1836-1902) |

Source: [Brooklyn Museum](http://BrooklynMuseum.org)

UPCOMING EVENTS

- **APOLOGETICS MINISTRY** - Sunday, AUG. 31 • 4PM • St. Brendan Narthex • Page 5.
- **LABOR DAY** - Monday, SEP. 1 • Parish Office Closed • No Confession • Mass at 8:30AM.
- **BOOK STUDY – Return: How to Draw Your Child Back To The Church** - Tuesday, SEP. 30 • Register after Masses on SEP 6/7 & 13/14. • Page 6 for full details.
- **PARISH PICNIC** - St. Teresa of Calcutta - Sunday, SEP. 7 • After the 11AM Mass. • For details. >>>
- **WOMEN'S GROUP** - Thursday, SEP. 11 • 6:30PM • St. Brendan Narthex • See below for info.
- **HOLY HOUR FOR FAMILIES/CHILDREN** - Wednesday, SEP 17 • 6PM • St. Brendan Chapel • Page 7.
- **ST. BRENDAN SCHOOL 13TH ANNUAL GOLF CHARITY TOURNAMENT** - Saturday, SEP 20 • 8AM • See page 6.
- **YOUNG-AT-HEART SENIORS** - Wednesday, SEP. 24 • 10:30AM • St. Brendan Narthex.
- **VOLUNTEER OPPORTUNITIES** - See Page 9 - Youth Group • Collection Counter • Sunday School Teacher • St. Brendan Garden • SOS St. Brendan Lead Cook.

ST. TERESA

PARISH PICNIC

SEPTEMBER 7

AFTER THE 11AM MASS

FOOD, DRINKS, GAMES, TALENT SHOW AND MORE!

SEAHAWKS GAME WILL BE ON!

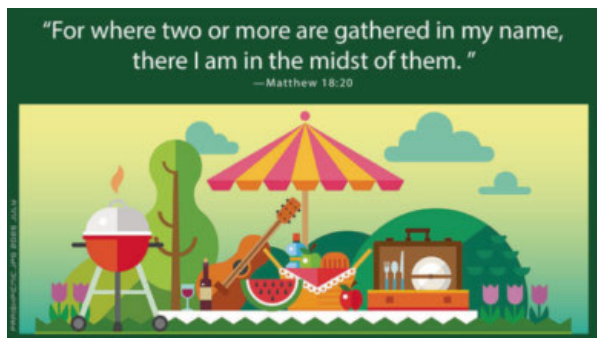
VOLLEYBALL TOURNAMENT!

RSVP & SIGN UP TO VOLUNTEER USING THE QR CODE BELOW

WORDS OF GRATITUDE

THANK YOU to everyone for making the St. Brendan and St. Teresa Parish and School Picnic a huge success!! A HUGE THANK YOU to all the volunteers and staff who worked so hard to make the day a success. Fr. Wichert did his best to make sure everyone stayed cool with his arsenal of water guns — he did not miss many people.

A special thanks to Kevin and team for all the games for the kids, Richard and Jeannie for the popcorn and Snow cones, Joe and Tom for the hotdogs and pulled pork, Saul for the music, Hector and team for the tacos, Rosa and family for the tamales and the Hispanic ladies for the Agua Fresca. And everyone else who helped to make this day one for the books! See you in 2026!



WOMEN'S GROUP



We hope you're all having a wonderful summer! We are excited to resume our Women's Group potluck gatherings and would love for you to join us on **Thursday, September 11th at 6:30PM, in the St. Brendan Narthex** for an evening of faith-filled and fun fellowship. **Our special guest speaker is Rev. Okwuosa Zikodi, who is visiting from Nigeria.** We will also be collecting donations to St. Vincent de Paul Society giving back the many blessings we have received. **For dinner, please bring your favorite dish or dessert to share.** Questions? Contact Cathy Galvan at cagalvan@comcast.net. We can't wait to see you soon.



PRAYER AND READINGS

READINGS OF THE WEEK

22ND SUNDAY IN ORDINARY TIME

AUGUST 31, 2025

GOD, IN YOUR GOODNESS, YOU HAVE MADE A HOME FOR THE POOR. (PS 68)

Sunday: Sir 3:17-18, 20, 28-29 • Ps 15:2-5 (1a) • Heb 12:18-19, 22-24a • Lk 14:1,7-14

Monday: 1 Thes 4:13-18 • Ps 96:1, 3-5, 11-13 • Lk 4:16-30

Tuesday: 1 Thes 5:1-6, 9-11 • Ps 27:1, 4, 13-14 • Lk 4:31-37

Wednesday: Col 1:1-8 • Ps 52:10, 11 • Lk 4:38-44

Thursday: Col 1:9-14 • Ps 98:2-3abcd, 4-6 • Lk 5:1-11

Friday: Col 1:15-20 • Ps 100:1b-5 • Lk 5:33-39

Saturday: Col 1:21-23/Ps 54:3-4, 6 and 8/Lk 6:1-5

LET US PRAY FOR . . .

The Sick

God of all goodness, Look with mercy on all who suffer any kind of infirmity, sickness or injury, that they may be comforted. Let your hand of healing and protection be upon them. When they are fearful, ease their fear and anxieties. When they are afraid, give them strength and courage. When they feel alone, send them someone to listen and to care. When they are confused, provide reassurance and direction. When they are in pain, ease their suffering. When they despair, give them hope. May they experience your healing presence in the comfort of a caregiver's calm gaze and tender touch. We ask this in your holy name. Amen.

Fidela (Dely) Aguilar • Diana Alfonso • Victor Barrientos • Colleen Danforth • Howard Danforth • Joan Dedman • Fr. Jay De Folco • Marilyn Gardner • Norman Hradec • Wayne Kaske • Francis McMonigle • Greg Munter • Sarah Watson • Jenna Wohlwend.

The Deceased

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Mario Hugo Carreon Garcia • Claude Gagnon • Maria Gonzalez • Tom Heestand • Elia Nava • Angel Pinon • Rudy Plancich • Diego Valenzuela

**"HUMBLE YOURSELF THE MORE,
THE GREATER YOU ARE,
AND YOU WILL FIND FAVOR WITH GOD."** —SIR 3:18



O Sacrament Most Holy

O Sacrament Divine

All Praise and

All Thanksgiving

Be Every Moment Thine

MASS INTENTIONS

Sunday, August 31

STB

8:00AM +Jack McGoorty

10:00AM For Saint Brendan Parish

12:00PM +Genaro de los Santos

STOC

9:00AM For Saint Teresa Parish

11:00AM For Saint Teresa Parish

Monday, September 1

STB - +Rudy Plancich

STOC - NO MASS

Tuesday, September 2

STB - NO MASS

STOC - 9:00AM +Sid Heiderdorf

Wednesday, September 3

STB - 8:30AM Sister Gregory

STOC - 9:00AM

Thursday, September 4

STB - 8:30AM Jaime

STOC - 9:00AM Cahill Family

Friday, September 5

STB - 8:30AM +Cody Labonte

STOC - 9:00AM +Andrew & Monica Lee

Saturday, September 6

STB

8:30AM Kilea Pablo

5:00PM Paula Stevenson

STOC - 5:00PM For Saint Teresa Parish

To submit a Mass intention, contact the parish office at the following email address.

- St. Brendan - receptionist@saintbrendan.org
- St. Teresa of Calcutta - admin@saintteresa.org

+ = deceased.

SAVE THE DATE - ASCEND: A EUCHARISTIC REVIVAL

"There is nothing so great as the Eucharist. If God has something more precious, He would have give it to us." ST. JOHN VIANNEY.

Date: Saturday, May 16, 2026

Place: Meydenbauer Center, Bellevue.

Guest Speakers: Tim Gray • Chris Stefanick • Andy & Sarah Swafford.

Be part of something big in the Northwest.

HOLY LAND WOOD CARVINGS — FOR SALE

We are having olive wood carvings available to purchase **after all Masses at St. Teresa on SEP. 20-21**. More than 75 families in Bethlehem hand carved these beautiful and unique items: Nativities, Crucifixes, Rosaries, and Statues. The Christian population in the Holy Land has dropped from 22% to less than 2% in the past two decades. The proceeds from these sales support Catholic families in the Holy Land, for whom this is a major source of income, which can help them stay in their homeland. Thank you in advance for your support.



YOUNG-AT-HEART SENIORS

In July, a number of parishioners from St. Brendan and St. Teresa of Calcutta joined Fr. Wichert on a **Jubilee Year Pilgrimage** to Italy. Come join us on **Wednesday, September 24**, to learn about the sites visited as well as the impact of the trip on five of the pilgrims.

Please join us in the **St. Brendan Narthex at 10:30AM that Wednesday** to also learn about the events planned for the 2025-2026 year, to hear about the Pilgrimage experience, and to feast on delicious Italian foods afterwards. **Please contact Donna (206-335-4469) if you're planning to attend.** *If you're interested in planning, preparing, or providing food for a light Italian lunch, please let Donna know.*

FAITH FORMATION FOR ADULTS, TEENS, & CHILDREN



The Faith Formation Programs for Adults, Teens and Children are starting up again in mid-September.

The Disciples Club Program is for all children in Grades 1st - 5th. • The **Confirmation and OCIC Programs** are for teens and young adults ages 13 through 17 years old. • **The OCIA Program** is for adults 18 and older, who wish to become Catholic and Catholic adults seeking Sacraments.

Registrations for all programs have begun. Watch the registration forms and posters in the church and in the coming weekly bulletins. *Let's all work together to have great participation in these important education programs.* Questions? Please contact Mark Sizemore at 425-483-9400 (ext. 2648) childfamilyministry@saintbrendan.org.

OCIA



OCIA (ESPAÑOL)



OCIC



APOLOGETICS MINISTRY



- Have you ever wanted to know how Jimmy Akin, Trent Horn, Bishop Robert Barron, or Fr. Mike Schmitz might answer some of the hardest questions on the faith?
- How do you defend the immaculate conception, or saint intercession to a Protestant? The existence of God to an atheist? Or make a proper defense for church teachings on morality or other religions?

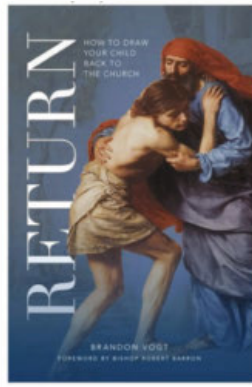
Come and find out the answers to these and many more! St. Brendan is continuing its apologetics ministry and will be meeting once a month on Sunday afternoons. **The next meeting will be on Sunday, August 31, at 4PM to 5:30PM in the St. Brendan narthex.** With topics on theology, religion, and morality, we will have discussions on any questions you may have, that you haven't had the chance to get answered, or address any difficulties you have had when approaching non-Catholics. *It's open to people of all ages. Join us for a enriching conversation and fellowship.*

PARISH NEWS

BOOK STUDY / SMALL GROUP SHARING

Return: How to Draw Your Child Back To The Church by Brandon Vogt

Place: St. Brendan Church Library
Start Date: Tuesday, September 30
Time: 1:00PM -2:30PM
Length of study: Approx. 15 weeks



The statistics are troubling: 6.5 people leave the Catholic Church for every one that joins, and 50% of young people who were raised Catholic are no longer Catholic today. Few things are more painful for us than the longing for our children to come home to the church. *What are the top 5 reasons they leave the church?*

We need to understand the real reasons why people drift away and in this book Brandon demolishes the myths and presents his game plan to bring them home. He gives us support, sound tools, and practical answers. He lays out a prayerful and practical step by step plan for helping the lost sheep come back.

Join us as we read this book aloud together week to week, discuss what we read, and share thoughts, experience, and hope in a small group setting. No homework required!

Books will be on sale for \$20 during registration and at the first meeting.

Registration - After the weekend Masses on September 6/7 and 13/14 OR call Anne Chapman (206-234-5849).



KNIGHTS OF COLUMBUS (KofC) CORNER (Council 6686)

- August Knight of the Month: **Tom Gray**
- August Family of the Month: **Terry and Bonnie Losh**

- Are you looking for some inspirational reading? Check out the *Building the Domestic Church* kiosk located next to the drinking fountain in the St. Brendan narthex.
- The next business meeting is **Thursday, September 4, at 7:00PM at the Bothell Rental Hall.**
- Men of the parish! Strengthen your faith by joining us for the next *Into the Breach* video in **Lower Brendan House on Saturday, September 6, at 7AM.**
- The family that prays together, stays together. A Knights led rosary will be prayed **after every Mass on September 6/7, in the chapel.** Come and join us in praying a rosary for your special intentions.
- The Knights of Columbus are men on a mission, a Catholic Brotherhood changing the world. To learn more, go to <http://www.kofc.org> or look for a Knight in a blue vest or contact our Grand Knight, Joe Osmialowski at 248-343-9021. There are many tangible benefits available for Knights and their families.

RESPECT LIFE MINISTRY

Please Pray For These Expecting Mothers: Taryn Beard-Killeri • Megan Carlin • Madeline Castro Dempsey • Allison Danforth Reisinger • Dalia Davis Elledge • Eustorgia Felipe • Alexis Fuller • Robbi Ann Gray (Buendia) • Mildred Hranek • Rhianna Kofmehl • Colette Lambert Treperinas • MaryKate White Benshoof • Melissa White Harrow.

Congratulations to: Andrew & Jaycee ARPIN on the birth of their daughter, Eliana Theodosia. • Kevin & Sandra BARNETT on the birth of their son, Patrick Sheen • Mac & Katy STALEY on the birth of their daughter, Mona Maureen • Shawn & Gemme NASH on the birth of their son, Theodore (Teddy) Thomas • Tom & Cate HARMON on the birth of their daughter, Margaret Ann (Maisie) • Ben and Anna HASTINGS on the birth of their son, Charles. We ask that God bless you and bring you much joy as you raise your little one. If you are expecting a baby and would like your church family to pray for you, please contact Colleen Danforth at rdhcoll@aol.com.

Spiritual Adoption Update - Our spiritually adopted babies are now 7 months old. They can use their four senses of vision, hearing, taste and touch. They can also recognize their mother's voice. Their eyelids are open. They weigh 3 pounds by the end of this month. The hair on their heads may already be long enough to cut and the downy body hair begins to recede.

Truly you formed my inmost being; you knit me in my mother's womb. I give you thanks that I am fearfully, wonderfully made; wonderful are your works. Psalm 139: 13, 14.

Please remember to pray daily for your spiritually adopted baby and their mother.

13th Annual Golf Tournament Save the Date for September 20th



**SATURDAY
20th SEPTEMBER, 2025
8:00 AM**

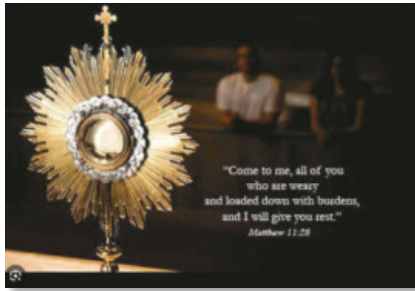
TICKET	VIP TICKET
\$165	\$215

HOLY HOUR FOR FAMILIES AND CHILDREN

Date: Wed. SEP. 17th.

Time: 6:00 PM

Place: St. Brendan Chapel



We invite you to join us for a peaceful hour of Eucharistic adoration, prayer, and reflection, where parents and children can experience the loving presence of Jesus together. This family-friendly Holy Hour will include moments of quiet adoration, simple prayers, a hymn or two, and opportunities to pray as a community, welcoming the joyful noise of small children and babies while providing a grace-filled space for all ages.

Bring your entire family to this special opportunity to encounter Christ, where children can learn to adore Jesus in the Eucharist while parents can find spiritual renewal. Whether your children are toddlers or babies, everyone is welcome to participate in this sacred hour.

St Louise Catholic Church presents:

Divorce and Beyond

a faith based support group
for the recovery from divorce

10 week support group begins, Monday, September 15, 6:30-8:00PM

Are you trying to get past the pain of divorce?

You deserve to experience peace and joy again!

Give us a call today!

For more info Contact:
Dave Gehrig (425)747-4450 or email
Divorceandbeyond@stlouis.org

St Louise Parish
141 156th AVE SE
Bellevue, WA 98007

EVANGELIZATION

By Brigette Blair

CHRIS STEFANICK (YouTube)

- Divorce, Annulment, and the Catholic Faith - What No One Tells You.
- One Million Eyewitnesses Saw the Blessed Mother in Egypt!?
- 20 Years in Prison—How His Failure Turned into a 100% Success Story

LIVING PEACE SERIES (REALLY GOOD SO FAR!!)

- The Secret to Unshakable Peace, Drop your Backup Plan & the Craziest Thing Jesus told His Disciples
- Your Peace Is Getting Hijacked: Here's the Fix
- Why Hurry Is Stealing Your Peace—And How to Take It Back
- The Prayer That Will Stop Worry From Running Your Life
- Why You're Stuck, And How Forgiveness Sets You Free
- How to Be as Free as a Dead Man: The Path to Spiritual DETACHMENT
- Want Real Inner Peace? You Have to Fight for it!

In the final week of our Living Peace series, we are talking about the difference between the world's peace and the peace that Jesus offers us. If you have unresolved emotions, bad habits, or personal experiences holding you back from the peace that the Lord wants you to experience, this episode will start you on the path to conquering those obstacles on the journey to lasting peace. If you want real peace, first you have to go to war. In this episode, we'll explore Jesus' very specific definition of peace, and how it offers us so much more than the "ceasefire" of the world's counterfeit peace. We'll also look to examples of spiritual warriors who risked it all to overcome evil and sin in the world to pursue Christ's peace that surpasses all understanding. Join the waitlist to receive FREE EARLY ACCESS to our Living Peace program! Coming this Fall! <https://mailchi.mp/reallifecatholic/living-peace-sign-up>

FORMED

Kenny: The True Story of Msgr. Ken Leone • Clare and Francis • Edith Stein: The Seventh Chamber • The Violinist: Stories of Solanus Casey

BISHOP BARRON SUNDAY SERMON (YouTube)

Does God Punish Us • Christ Came to Cast Fire Upon the Earth - Bishop Barron's Sunday Sermon • What Is Faith?

Ascension Presents

"Offer it Up": How Far Is Too Far? • The Best Thing Fr. Mike Learned From His Parents • Fr. Mike's Top 10 Moments

Fr. Mike Schmitz Homilies

"Begin. Or begin again." | 21st Sunday in Ordinary Time • "Ordinary People" | 20th Sunday in Ordinary Time • "More Faith" | 19th Sunday in Ordinary Time • "Memento Mori" | 18th Sunday in Ordinary Time

THE CATHOLIC PARENT—FORMED

FOR KIDS—FORMED

God's Princesses • Zack and Yalla • Brother Francis (English & Español) • Littlest Saints • The Wonderful World of Benjamin Cello • Christine in Action • Drawing Closer to God • Laugh and Grow Bible for Kids • Chalk and Block: What Every Child Needs to Know About God • Catholic All Year at Home with Kendra Tierney

GROWING IN FAITH

WHAT IS HUMILITY?

By Zoltan Abraham

Both the First Reading and the Gospel Reading for this Sunday teach about humility. The Greek philosopher Aristotle and later St. Thomas Aquinas, who drew upon his work, both saw virtues as the golden mean between two extremes. Humility can be seen as a virtue between the two extremes of self-absorption and self-hatred.

On the one hand, an exaggerated ego is clearly a vice. In this state, we make ourselves the center of the universe and consider our own wants and desires the most important thing in the world. Being egocentric is deadly for us because it closes us off from God's love and destroys our relationships with others in our lives.

But the other extreme, self-hatred, isn't healthy either. When we hate ourselves we also close ourselves off from God's love and the love of others in our lives. Self-hatred is telling God that we don't believe that his work in creating us was good and that we don't believe that he truly forgives us. Self-hatred locks us into self-imposed, self-destructive darkness.

God commands us to love our neighbor as ourselves, which requires that we have a healthy sense of self-love or else we could not love our neighbor meaningfully. Genuine humility, founded in healthy self-love, entails that we accept that God created us to be good. At the same time, genuine humility also entails that we realize that we cannot do anything good without God's grace. We are completely dependent on God's work in our lives to live into God's glorious vision for each of us. At the same time, we are not merely passive recipients of God's grace, like robots programmed to act in a predetermined way. We need to actively cooperate with God's grace in our lives.

But how can we build a habit of humility from day to day in the context of our society today? In many ways, contemporary American culture can steer us away from humility. Social media tempts us to exalt over others, showing off and making ourselves look better than we are. The constant push to over-consume can tempt us to seek validation and status through the objects we possess, which others might not have. However, American culture also has elements that encourage humility. In contrast to other societies in human history, for example, American culture values unpretentious wealth. There are many quiet millionaires in American society, who dress simply, lead modest lives, and never give any indication of their net worth to others around them, whereas in other cultures, they might be under pressure to show off their wealth.

Regardless of our financial situation, we should follow their example. We should not seek to exalt ourselves over others on the basis of things we possess or appear to possess. Our practice of humility should also involve how we speak. Do we use our words to cut others down and raise our standing at their expense? Do we boast, claiming credit for everything good in our lives? Or do we use our words to build others up and to

acknowledge gratefully God's gifts in our lives. Similarly, we should examine how we present ourselves to others. Is our self-presentation meant to show off and to intimidate? Or are we modest and appropriately reserved?

As the First Reading suggests, genuine humility also means that we do not become inordinately focused on intellectual understanding. Of course, some degree of understanding is beneficial. But the quest to know can become a idol in and of itself. If we become too focused on the intellect, we can become arrogant, thinking that only that which we can understand can be real. Or we can start doubting the perfection of God's ways because we cannot always understand them in this life. True humility requires that we seek to understand as far as possible but then admit the limitations of our very finite minds.

Likewise, true humility requires that we relinquish the desire that we control our lives completely. As with understanding, acting responsibly is important. We should seek to direct our own lives to the extent possible, but always with the desire to submit ourselves to God's will. Even as we seek some degree of control, things beyond us will often act to shape our lives in a different direction. When that happens, we need to trust that God's providence will bring about the best possible outcome for us.

As we contemplate the practice of humility, let us bear in mind that the ultimate demonstration of humility came from God himself, who became Incarnate, taking on human nature, becoming one of us to live like one of us and to offer himself up as a sacrifice for us upon the Cross.

As Bishop Barron has pointed out in his Catholicism series, when Jesus was hanging upon the cross, he was bereft of several of the things our culture prizes most - popularity, wealth, power, beauty, and health. Popularity - the crowds had called for his death. Wealth - he was stripped even of his garments. Power - he was nailed to the Cross and could not even move freely. Beauty - his appearance was disfigured by the torture that had been inflicted on him. Health - he was in the process of being tortured to death. And yet, it was in such a situation that Christ performed the greatest act of love, his sacrifice for the salvation of humanity. His example shows us that we do not need to lead an exalted life. The greatest things can happen in humble situations.

We should also remember that our acts of humility have eternal consequences. As Jesus said, those who humble themselves will be exalted by God for all eternity. The Second Reading gives us a vision of the heavenly Jerusalem that will be our home if we lead a life of humility in this world. We will be with God himself, Christ the King, standing by his throne, rejoicing for all eternity

If you would like to read more of Zoltan's writings, you can find them at www.zoltanabraham.com.

ST. VINCENT DE PAUL – SERVING IN CHALLENGING TIMES

Do small things with great love. – St. Teresa of Calcutta

Dear Friends: Thank you so much for your heartfelt response to our invitation at the weekend Masses. We are deeply grateful that nine individuals have already expressed interest in joining us in the work of the St. Vincent de Paul Society. Thanks be to God! We kindly ask you to continue supporting St. Vincent financially. Checks should be made payable to St. Brendan Church with "For St. Vincent" noted on the check. Envelopes with checks or cash should have "For St. Vincent" clearly marked on the envelope. For online donations through your St. Brendan account enter a message such as "This donation is for St. Vincent DePaul" in the box with the header "Message/Instructions for the church."

Questions? Call Tom Gaines 425-481-3431. Most importantly, please continue to pray for our neighbors in need, and for all Vincentians as we strive to serve with compassion and humility.



PREPARES MINISTRY AT ST. BRENDAN AND ST. TERESA OF CALCUTTA

Supports families in need by providing diapers and clothing for children from birth to school age. We are located in the **lower Brendan House** and are open on **Tuesdays from 9AM to 11AM**.

If you are in a housing or food crisis or in need of other immediate assistance, please call the State of Washington Services at 2-1-1 for help—it's FREE; they are open 24/7 and multilingual. **If you would like to make a financial donation to PREPARES, please write St. Teresa Prepares on the check.** Please contact Lori Wirtz (loriwirtz@gmail.com) with any questions. Thank you for your support!

NEED: Diapers: Size - 3, 4T-5T, and 6.

WANTED - S.O.S. VOLUNTEER LEAD COOK

Serving Our Savior, or SOS, is the St. Brendan and St. Teresa Food Program that provides food for four shelters. We need a main cook! Don't be scared, it's really not hard and only **once a month on Thursday mornings in the St. Brendan Kitchen**. We have recipes to choose from AND do the shopping for you! We just need someone not afraid to step up and tell a talented and supportive team of assistant chefs what to do. If you enjoy cooking, give it a chance! Our team really does have a lot of fun, and we feed the hungry. What could be better? Interested? Please contact Priscilla at cilfinch@hotmail.com.

ST BRENDAN GARDENS

Our first parish work party for this Fall will be on **Saturday morning, September 20**. The main focus will be cleaning up the wooded hillside east of the church building. Pruning and cutting will have been done before that day so the main things we need will be trucks and trailers and plenty of people to help load up the debris to be hauled away. Feel free to come even if you're only able to stay for an hour or two — any help is most welcome. If you're not interested in loading trucks and trailers, there'll be plenty of other gardening chores to do. A *lunch will be provided*.

Mark October 25 and November 15 on your calendar: those will be leaf cleanup days! Please contact Anneliese (425-770-2103) if you have any questions.



SAINT TERESA OF CALCUTTA

SUNDAY SCHOOL
Teachers needed

OUR FAITH FORMATION PROGRAM IS URGENTLY LOOKING FOR 3 TEACHER ASSISTANTS.

DON'T WAIT FOR SOMEONE ELSE TO VOLUNTEER. JESUS IS CALLING YOU TO TAKE CARE OF HIS LITTLEST LAMBS.

THIS IS A REWARDING AND EASY ROLE WITH SEVERAL BREAKS IN THE SCHOOLYEAR.

Contact Analaura for more info or to volunteer.
analaura@saintteresa.org

YOUTH GROUP

Volunteers are needed for our youth groups this year! If you at least like teens and love Jesus, please reach out to Andrew Duncan at andrew@saintteresa.org for more information.



HELP NEEDED - COLLECTION COUNTER

Did you ever wonder how the Sunday collection is counted every week? There is a group of volunteers who count the collection on **Monday morning after Mass, St. Brendan** is looking for a few more counters to join the current team. It generally takes a couple of hours. Teams of two complete the counting so you do not have to count every week. Training will be provided. If you are interested please contact Brigitte Blair at bridgetteb@saintbrendan.org.

YOUTH CORNER

Dear God,
Help me to be a good friend.

CATHOLIC TRIVIA

Question: Which grotto located in France is visited by millions of pilgrims every year?
Answer: Lourdes

ST. BRENDAN CATHOLIC SCHOOL
UPCOMING DATES & CALENDAR

- Preschool-Kindergarten Orientation - August 28th, 2025
- Back to School Meet and Greet Fair - August 28th, 2025
- First Day of School - September 3rd, 2025
- Curriculum Night (1st-5th) - September 10th, 2025
- Curriculum Night (6th-8th) - September 11th, 2025
- Picture Day - September 16th, 2025
- Golf Tournament - September 20th, 2025

CATHOLIC CARTOON by Joshua Masterson



ST. BRENDAN’S DISCIPLES CLUB

Registration is now open for the Disciples Club Faith Formation Program for Grade 1 through Grade 5 at St. Brendan. Please click the link: <https://archseattle.ccbchurch.com/goto/forms/5804/responses/new>, scan the QR Code >>> or stop by the church narthex and take a paper registration form.

Questions? Contact Mark Sizemore, Pastoral Assistant for Child and Family Ministries at childfamilyministry@saintbrendan.org or at 425-483-9400 (ext. 2648).



Luke 14:7-14
WORD SEARCH

F Q F N B L K O B L I N D K W
R X Z E J D Q H F Y T J E L D
H B O C B F E B M A Q I F U N
O J U S T L H L G B Z H E R E
W D C P W D O A P A V D A E I
H A H L H Z W M J P S Z S H R
P Z I C A V S K R L I V T G F
K R S H I E W I Y C W R Y I C
W C J U L J L A M E J E C H V
L I T B D E E E P A R A B L E
F D M H J S X M U R I F Y H Q
E U C W O U A A Q H O B V S J
H P Y P Q S L H U T W O J B Y
S B E U A D T S Y E X G P I J
W V L O W E S T V H O N O R A

- | | | |
|---------|---------|----------|
| Parable | Host | Poor |
| Honor | Friend | Crippled |
| Feast | Higher | Lame |
| Shame | Exalts | Blind |
| Lowest | Humbles | Just |

ONLINE PARISHIONER STEWARDSHIP PLEDGES & ONLINE GIVING

Every person's finances and family situation is different. Jesus makes it clear that it matters not how much one gives, but that it is planned, calculated, at least some-what sacrificial (see Luke 24:1-4), and not simply from what is "leftover" at the end of the month.

We propose the tithe (10%) as the ideal every family can consider working towards. This means taking steps to give 5% to one's parish and 5% to other charities, or causes you have personal passion for.

You can give online at parish.saintbrendan.org (STB) or at <https://pushpay.com/g/saintteresacalcutta> (STOC) or scan the following QR codes with your phone's camera, It's quick, secure, convenient, and easy. Your support helps sustain our parish family. If you need help with online giving, please call the Parish Office at 425-483-9400 (STB) or 425-806-8096 (STOC)

PARISH STEWARDSHIP

TIME. TALENT. TREASURE.

WE ARE CALLED TO SHARE OUR GIFTS WITH OTHERS.



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