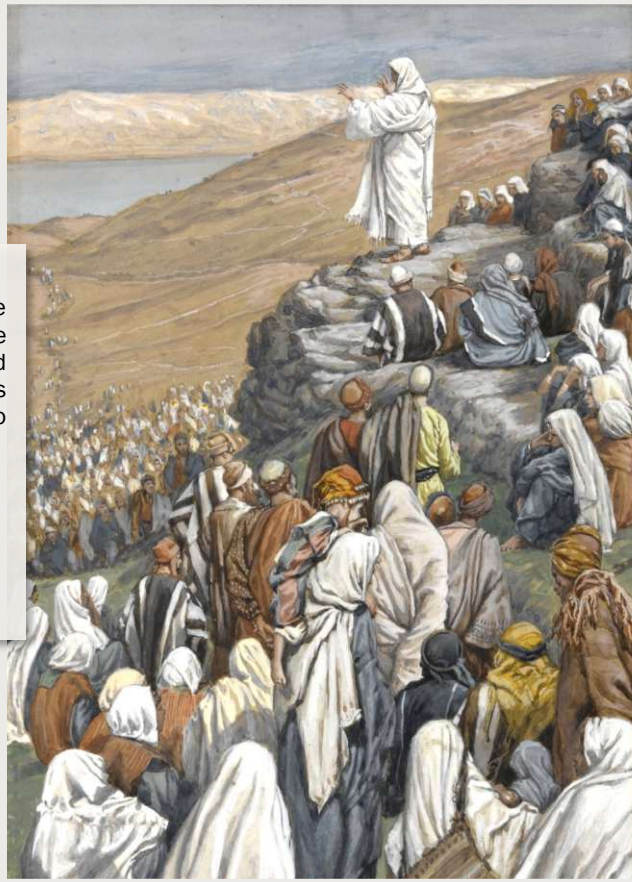


WELCOME TO
**SAINT BRENDAN & SAINT TERESA OF CALCUTTA
 PARISH FAMILY**
4TH SUNDAY IN ORDINARY TIME
 FEBRUARY 1, 2026

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven. of heaven is at hand."
 — Matthew 5:1-3



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 | 1PM to 6PM • Friday | 9:30AM to 6PM
- 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 - 4PM

"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

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.

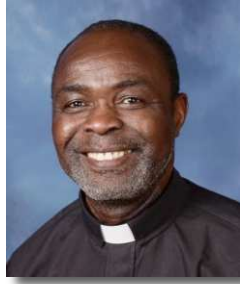
"Do small things with great love"—SAINT MOTHER TERESA

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 3104

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, Tuesday, Thursday, Friday | 8AM to 4PM

Wednesday | 8AM to 3PM

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

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

COVER ART

TITLE: *The Sermon of the Beatitudes* | *La Sermon des Bèatitudes*

ARTIST: James Tissot, 1886-1896

SOURCE: [James Tissot's "Life of Christ"](#)

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 Assistant

Audrey Kozel | audrey@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 Anointing of the Sick, call the Ministry of Pastoral Care of the Eastern Deanery at 425-655-3200.

To arrange for Holy Communion for the sick or homebound, call the parish office.

MINISTERIO PARA LOS ENFERMOS Y LAS PERSONAS CONFINADAS EN CASA

Para concertar el Sacramento de la Unción de los Enfermos, llame al Ministerio de Atención Pastoral del Decanato Oriental al 425-655-3200.

Para concertar la Sagrada Comunión para los enfermos o las personas confinadas en casa, llame a la oficina parroquial.

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

UPCOMING EVENTS



FEAST OF THE PRESENTATION OF THE LORD (CANDLEMAS)

FEBRUARY 2, 2026

- **ST. VINCENT DE PAUL** - Help Wanted - Retail Crew Member • Kenmore Branch • Pg. 9 for links and details.
- **STORY TIME WITH MRS. ABRAHAM** - Sunday, FEB. 1 • After the 10AM Mass • St. Brendan • Next column for details.
- **MOMS GROUP** - Wednesday, FEB. 4 • 9:30AM • St. Brendan Nursery. • Pg. 5
- **FIRST FRIDAY ADORATION** - FEB. 6 • See next column.
- **KNIGHTS OF COLUMBUS - INTO THE BREACH Video** - Saturday, FEB. 7 • 7AM • Lower Brendan.
- **BAPTISM PREPARATION CLASS** - Saturday, FEB. 7 • 9:30AM • St. Brendan • See below.
- **THE NATIONAL PILGRIM VIRGIN STATUE - OUR LADY OF FATIMA** - Sunday, FEB. 8 • Hosted by St. Brendan • Next column below.
- **ST. BRENDAN SCHOOL** - Week of Giving FEB. 8–13 • Pg. 10.
- **WOMEN'S GROUP** - Thursday, FEB. 12 • 6:30PM • [Guest Speaker Fr. Wichert](#) • POTLUCK DINNER • St. Brendan.
- **BITE OF ST. BRENDAN** - Friday, FEB. 13 • 5PM • St. Brendan School Gym • Pg. 5.
- **YOUNG AT HEART SENIORS** - [Guest Speaker Zoltan Abraham](#) • POTLUCK LUNCH • Tuesday, FEB. 17 • 10AM • St. Brendan Narthex. Pg. 5.
- **ASH WEDNESDAY - FEB. 18**
 - ⇒ Lent Calendar COMING SOON.
 - ⇒ **ST. BRENDAN**
 - Mass Times - 9AM with School Community | 6PM (Bilingual)
 - Noon - Prayer Service with Ash Distribution
 - ⇒ **ST. TERESA** Mass Times - 9AM | 7PM
- **WELL-READ MOMS** - Wednesday, FEB. 25 • 10AM • St. Teresa of Calcutta. • Pg. 5
- **BBQ & BROTHERS** - Thursday, FEB. 26 • 6PM • St. Brendan.
- **APOLOGETICS CLASS** - Saturday, FEB. 28 • 11AM • St. Teresa • Pg. 5.

Meydenbauer Center • Bellevue, WA
May 16, 2026

VOLUNTEERS NEEDED!



ASCEND

EUCHARISTIC REVIVAL

Get the details and stay updated at:

AscendEucharisticRevival.church

Scan here to get alerts on registration!



STORY TIME

Mrs. Abraham is hosting Story Time in the **St. Brendan Nursery on the first Sunday of each month after the 10AM Mass**. All children are welcome to come and listen. The next Story Time is **this Sunday, FEB. 1**.



FEBRUARY 6—FIRST FRIDAY 24-HOUR ADORATION

Spend time in the true presence of Jesus in the Blessed Sacrament. Start after the **8:30AM Friday Mass at St. Brendan on FEB. 6**, continue throughout the night, and finish the following day with First Saturday devotion 7:30AM ended with Benediction followed by Mass.

Adorers are needed to be with the Lord this First Friday: 11AM to Noon • Noon to 1PM • 1PM to 2PM • 2PM to 3PM • 3PM to 4PM • 5PM to 6PM • 8PM to 9PM • 10PM to 11PM. Questions? Please call or text Christina (425-486-3376).

BAPTISM PREPARATION CLASSES

Baptism Preparation Class is scheduled for **Saturday, FEB. 7 at 9:30AM at St. Brendan Church**. Classes are offered in both Spanish and English.

Both Parents and Godparents are required to attend Baptism Preparation prior to Baptism of your child. **Please notify the office if you wish to attend.**

CLASES DE PREPARACIÓN PARA EL BAUTISMO

La clase de preparación para el bautismo está programada para el **sábado 7 de febrero a las 9:30AM. en la iglesia St. Brendan**. Las clases se imparten tanto en español como en inglés.

Tanto los padres como los padrinos deben asistir a la clase de preparación para el bautismo antes del bautismo de su hijo. **Si desea asistir, por favor avise a la oficina.**

NATIONAL PILGRIM VIRGIN STATUE

On **Sunday, FEB 8**, **St. Brendan Parish** will be hosting **The National Pilgrim Virgin Statue**, a beautiful, hand-carved image of **Our Lady of Fatima**, which will be on display at the Sunday Masses. In the afternoon, there will be a short talk, Adoration, and prayer.

PRAYER AND READINGS

READINGS OF THE WEEK

4TH SUNDAY IN ORDINARY TIME

FEBRUARY 1, 2026

AS IT IS WRITTEN,

"WHOEVER BOASTS, SHOULD BOAST IN THE LORD."

(1 COR 1 31)

Sunday: Zep 2:3; 3:12-13 • Ps 146:6c-9ab, 10 • 1 Cor 1:26-31 • Mt 5:1-12a

Monday: Mal 3:1-4 • Ps 24:7-10 • Heb 2:14-18 • Lk 2:22-40 or 2:22-3

Tuesday: 2 Sm 18:9-10, 14b, 24-25a, 30-19:3 • Ps 86:1-6 • Mk 5:21-43

Wednesday: 2 Sm 24:2, 9-17 • Ps 32:1-2, 5-7 • Mk 6:1-6

Thursday: 1 Kgs 2:1-4, 10-12 • 1 Chr 29:10, 11ab, 11d-12abcd • Mk 6:7-1

Friday: Sir 47:2-11 • Ps 18:31, 47, 50, 51 • Mk 6:14-29

Saturday: 1 Kgs 3:4-13 • Ps 119:9-14 • Mk 6:30-34

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.

Doug Chapman • Diaz Family • Toyo Erickson • Erika Ferreri • Norman Hradec • Katherine A. Quillinan • Sarah Watson

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.

Refugio Farfan • Maria Gonzalez • Robert Lindquist • Tristan Nguyen • Fr. Roger O'Brien • Blake Podnar • Francis Rardin • Carol Toner • Barbara Vanderwel-Finley • Jon VanWagenen

THE **LORD** KEEPS FAITH FOREVER,
SECURES JUSTICE FOR THE OPPRESSED,
GIVES FOOD TO THE HUNGRY.

THE **LORD** SETS CAPTIVES FREE. (PSALM 146:7)

O SACRAMENT MOST HOLY

O SACRAMENT DIVINE

ALL PRAISE AND

ALL THANKSGIVING

BE EVERY MOMENT THINE



MASS INTENTIONS

Sunday, February 1

STB

8:00AM + Fr. Roger O'Brien

10:00AM + Dennis Behrens

12:00PM + Salvador Torres

STOC

9:00AM For Saint Teresa Parish

11:00AM For Saint Teresa Parish

Monday, February 2

STB - 8:30AM Fr. Thomas

STOC - NO MASS

Tuesday, February 3

STB - NO MASS

STOC - 9:00AM + Lillian Ritchie

Wednesday, February 4

STB - 8:30AM Luz Gutierrez

STOC - 9:00AM Hayden Ninomiya

Thursday, February 5

STB - 8:30AM David Svanevik

STOC - 9:00AM + Efraim Hernandez

Friday, February 6

STB - 8:30AM + David Hasson

STOC - 9:00AM + Charles Fonner

Saturday, February 7

STB

8:30AM + Jerry Herrington

5:00PM + Robert Finch

STOC - 5:00PM For Saint Teresa Parish

+ = deceased.

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

MOMS GROUP

Guided by Mary, we aim to be a space where mothers can find connection and community with other mothers as they seek to grow in their relationship with God and deepen their faith.

We meet every other Wednesday at 9:30AM in the **St. Brendan nursery**. Our next meeting is **Wednesday, FEB. 4**. All children are welcome up to 10 years of age. Please bring any toys or snacks your child may need. You can email stbmomsgroup25@gmail.com with questions or for more information.

BITE OF ST. BRENDAN & MINISTRY FAIR

Save the Date: Friday, FEB. 13 at 5PM.



Hello St. Brendan and St. Teresa Parish and School Community! It is that time to begin preparing for the Bite of Brendan. It will be on **Friday, FEB. 13 at 5PM** in the school gym. This will be our 3rd annual event. We will have food from around the world, entertainment, ministries and most importantly an opportunity to spend time with your fellow parishioners. If you are interested in volunteering or preparing food, please contact Brigette Blair at bridgetteb@saintbrendan.org. If you are a school parent, please check on [Volunteer Hub](#). We look forward to seeing everyone!

Women's Group

Spend the evening with us for the first **POTLUCK DINNER**

of the new year. Bring a friend or family and join us on

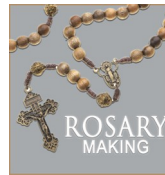
Thursday, FEB. 12, at 6:30PM in the **St. Brendan Narthex**.

GUEST SPEAKER - *Fr. Wichert!*

Bring your favorite dish or dessert to share.

We hope to see you all there!

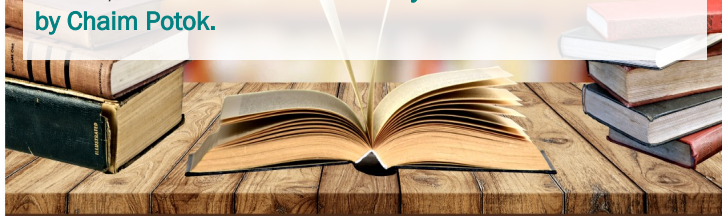
ROSARY MAKING MINISTRY



The Rosary Making Ministry will have its first meeting of the new year on **Thursday, FEB. 19** in the **St. Teresa of Calcutta Commons Room**. We meet **every third Thursday** of the month at **10AM** through May. Join us and learn how to make rosaries.

WELL-READ MOM

Do you love literature? Please join us on **every third Wednesday** of the month at **10AM** in the **Library at Saint Teresa**. The group follows the structure of Well-Read Mom, a national organization, but, despite the name, **our group is open to all adults**, not just moms or women. Our next meeting is on **Wednesday, FEB. 25**. We read one book per month, and our **book for February is *The Chosen: A Novel* by Chaim Potok**.



APOLOGETICS MINISTRY



Join us at our **next meeting on Saturday, FEB. 28, at 11AM** at **St. Teresa of Calcutta**. 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 an enriching conversation and fellowship.

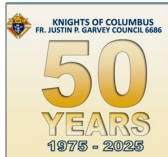
PARISH NEWS

RESPECT LIFE MINISTRY

Please Pray For These Expecting Mothers: Kim Anderson • Claire Cook • Megan D'sa Fuller • Megan Fryhover • Hannah Galvan Bockel • Lauren Green • Taylor Haug • Yohaly Lucas • Lauryn Manning • Avika Nash • Elizabeth Nguyen • Bethany Nicasio • Michaela Sheehan • Shelby Teter • Alex Tolossa.

Congratulations to: Brian & Mary Kate (White) BENSHOOF on the birth of their daughter, Halle Margaret • Blair & Megan CARLIN on the birth of their son, Harrison Jack • Jose & Eustorgia FELIPE on the birth of their son, Emmanuel. • Peter & Mildred HRANEK on the birth of their daughter, Seraphina Shani.

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.



KNIGHTS OF COLUMBUS CORNER (Council 6686)

• **FEBRUARY Family of the month:** Regan & Susie Corwin

- **FEBRUARY Knight of the Month:** Dan Treichel
- Check your email. The second notice for your 2026 dues has been sent. Please remit your payment to Financial Secretary Bill Nash. Thanks to all who have already paid.
- The next Business Meeting is **Thursday FEB. 5, at 7PM at the Bothell Rental Hall.**
- The next video presentation and discussion of *Into the Breach* takes place in **Lower Brendan House on Saturday, FEB. 7 at 7AM.**
- Scholarship Applications for post-secondary education are available in the kiosks located in the narthex and the rear of the church. Two scholarships of \$2,000 each will be awarded.
- Looking for a place to host a wedding reception, shower, birthday or graduation party? Look no further. The Bothell Rental Hall is a great place to hold an event. Contact Cindy Roeter at 425-418-3185 for availability.
- What does it mean to be a Knight? It means a life of faith in action, a life of boldness in brotherhood, a life worth living. Join 2 million Catholic men on a mission. To learn more, go to kofc.org or look for a Knight in a blue vest or contact Grand Knight Joe Osmialowski at 248-343-9021.

CALLED BY NAME
PRAY • DISCERN • INVITE

Do you know someone who might be called to the priesthood or religious life?

Scan the QR code to learn more and nominate someone by Feb. 13.



Archdiocese of Seattle

CALLED BY NAME
PRAY • DISCERN • INVITE

¿Conoces a alguna persona que tal vez sea llamada al sacerdocio o a la vida religiosa?

Escanea el código QR para conocer más y nominar a alguien antes del 13 de febrero.



Archdiocese of Seattle

EXECUTIVE Speaker Series

Deacon Frank DiGirolamo
Executive Director of Operation Nightwatch

Thursday, February 12, 2026

St. Monica Church

Adoration & Confession | 6 PM

Networking & Speaker Address | 7 PM



YOUNG CATHOLIC PROFESSIONALS
SEATTLE



ADORATION - ST. BRENDAN CHAPEL

Come and spend an hour with Jesus in the St. Brendan Adoration Chapel. We need two or three people on the following days:

Monday 2PM to 3PM • 3PM to 4PM • 4PM to 5PM • 5PM to 6PM.
| **Tuesday** 1PM to 2PM • 2PM to 3PM • 3PM to 4PM • 5PM to 6PM
| **Wednesday** 1PM to 2PM • 3PM to 4PM • 5PM to 6PM | Thursday
3PM to 4PM • 4PM to 5PM • 5PM to 6PM | **Friday** 11am to Noon •
Noon to 1PM • 1PM to 2PM • 2PM to 3PM • 3PM to 4PM • 4PM to
5PM.

First Friday (24-hour adoration up to Saturday) Friday 8PM to 9PM •
9PM to 10PM • 11PM to midnight. | **Saturday** 12AM to 1AM • 1AM
to 2AM • 4AM to 5AM • 6AM to 7AM.

To sign up, call or text Christina Plantilla at 425-486-3376.

ST. LOUIS DE MONTFORT'S 33-DAY CONSECRATION TO JESUS THROUGH MARY MARCH 25

It is a structured spiritual retreat to deepen ones relationship with Christ by totally trusting oneself to Mary's care, involving 12 days of renouncing worldly spirit followed by three weeks focusing on humility, self knowledge and Mary's virtues, culminating in a formal Act of Consecration on a Marian feast day after confession and Holy Communion, with recommendation of annual renewal.

We will have an information table after Masses on the weekend of JAN. 31/FEB. 1. Materials and information will be provided to you in the St. Brendan Narthex. Consecration will start on FEB. 19 and ends on MAR. 25. If you have questions, please call or text Christina Plantilla at 425-486-3376

ST. BRENDAN OVERNIGHT ADORATION OF THE HOLY EUCHARIST

Second Saturday of the Month:

- Women's Overnight Adoration—7PM to 6AM (Sunday)

Third Saturday of the Month:

- Children/Teen's Evening Adoration—6:30PM to 8:30PM
- Men's Overnight Adoration—8:30PM to 6AM (Sunday)

Segundo sábado del mes:

- Adoración nocturna de las mujeres—7PM a 6AM (domingo)

Tercer sábado del mes:

- Adoración nocturna de los niños/adolescentes—6:30PM a 8:30PM
- Adoración nocturna de los hombres—8:30PM a 6:00AM (domingo)

STB - EL GRUPO DE ORACION VEN A MI (STB - COME TO ME PRAYER GROUP)

El Grupo de Oracion Ven a Mi en Espanol los invita todos los **viernes de 7pm a 9pm** a reflexionar la palabra de Dios, a Orar y Alabar a Dios, hay Evangelizacion de Jovenes y Niños. Nos reunimos dentro de la Parroquia.

Vengan a mi y yo los aliviare. —Mateo 11:28

EVANGELIZATION

By Brigette Blair

CHRIS STEFANICK (YouTube)

- [Feeling Small? Here's What God Thinks of You](#)
- [Do People Who Commit Suicide Go To Hell? Fr. Chris Alar on Mercy, Repentance & Prevention](#)
- [Lessons in Joy from a Child's Funeral](#)
- [How to Overcome Fear with SEAL Team Six Veteran Dom Raso](#)
- [You're Not Abandoned in the Hardest Moments](#)
- [Maximizing Your Potential at Every Stage of Life | Dr. Arthur Brooks](#)
- [God is Hiding in Plain Sight](#)
- [Make Changes That Actually Stick in the New Year | Fr. Peter Mussett](#)

FORMED

- [The Art of Living](#)
- [Introduction to the Cardinal Virtues](#)
- [Formed Daily Reflections](#)
- [Practicing Catholic Podcast](#)
- [Why Virtue Matters in the Catholic Life w/ Dr. Edward Sri](#)
- [St. Thomas Aquinas | Catholic Saints](#)

BISHOP BARRON SUNDAY SERMON (YouTube)

- [Unity in Christ](#)
- [The Lamb Who Takes Away the Sin of the World](#)
- [Side by Side with Sinners](#)

ASCENSION PRESENTS

- [Infant Baptism Explained \(w/ Fr. Mike Schmitz\)](#)
- [How to Quit Your Addictions \(w/ Fr. Mark-Mary Ames\)](#)
- [The Real Reason Modern Life Feels Empty w/ Fr. Mike Schmitz and Dr. Arthur Brooks](#)

FR. MIKE SCHMITZ HOMILIES

- ["God Shows Up" | 3rd Sunday in Ordinary Time](#)
- ["Mistaken Identity" | 2nd Sunday in Ordinary Time](#)
- ["Two Traps" | The Baptism of the Lord](#)

[The Catholic Parent - FORMED](#)

FOR KIDS—FORMED

- [The Story of Christmas | Benjamin Cello Christmas Special](#)
- [Awesome Animals & Mini Me](#)
- [God's Knights](#)
- [God's Princesses](#)
- [Zack and Yalla](#)
- [Brother Francis \(English & Español\)](#)
- [Littlest Saints](#)
- [The Wonderful World of Benjamin Cello](#)

GROWING IN FAITH

UNDERSTANDING THE BEATITUDES

By Zoltan Abraham

In the Gospel of Matthew, the Sermon on the Mount, recounted in the Gospel passage for this Sunday, can be seen as the opening statement of the ministry of Jesus. In this speech, Jesus expounds on key concepts that he will build on in his preaching and actions throughout the rest of his public ministry. The principles outlined in the Sermon on the Mount have come to be known as the Beatitudes, from the Latin word for blessed. The Beatitudes are among the most commented on statements from the Bible, and therefore I cannot possibly provide an exhaustive interpretation of this pivotal text in a brief article. But let us look at some key thoughts regarding these teachings.

At their core, the Beatitudes are characterized by the inversion of the values of the world. Historically, the world values temporal satisfaction obtained through temporal things and experiences. The quest for such fleeting satisfaction often leads to disordered behaviors, which bring about an ever-spiraling sense of disorder in the world.

The Beatitudes point in a different direction. The first of the Beatitudes states: "Blessed are the poor in spirit, for theirs is the kingdom of Heaven" (Matthew 5:3). This teaching is sometimes misunderstood as being spiritually simple or not having a developed spiritual life. But poverty of spirit refers to emptying ourselves of things that would distract us from God. In fact, we can pair poverty of spirit with a later Beatitude: "Blessed are the clean of heart, for they will see God" (Matthew 5:8). If we are truly poor in spirit and clean of heart, the latest fads, fashions, and worldly preoccupations do not rule us. We are not mired in unwholesome attachments to the things of this world, making them our idols. Instead, we are able to maintain a single-minded focus on the things of God, opening our hearts fully to his love.

The next beatitude states: "Blessed are they who mourn, for they will be comforted" (Matthew 5:4). This teaching greatly contradicts the worldly understanding of life, which prizes feeling good as one of the chief goals. But the Christian view of life is that our true fulfillment will come in the afterlife. God has promised us eternal joy, peace, and fulfillment, which we will receive in the fullness of time. But we will often experience suffering in this life. However, our suffering is not meaningless. As long as we unite our suffering with the suffering of Christ upon the Cross, our suffering can help us to grow and become more loving persons. (Having said that, the spiritual value of suffering is not an excuse to not care about the suffering of others, which we are called to work to alleviate.)

The Beatitudes continue: "Blessed are the meek, for they will inherit the land" (Matthew 5:5). Much of human history can be characterized as a dog-eat-dog struggle over the possession of land and all the fruits of the land. The strongest, most brutal, most aggressive forces tend to prevail and take control. The meek definitely do not inherit the land in the earthly here and now. But the Beatitudes invert the values of the world. Those who take and take, while hurting and destroying, will lose it all when this life ends. But those who give of themselves lovingly in this life, without striving for self-aggrandizement, will be rewarded greatly by God.



The next Beatitude states: "Blessed are they who hunger and thirst for righteousness, for they will be satisfied" (Matthew 5:6). We can couple this with "Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven." Righteousness in the biblical sense can be defined as the divine order of things, especially the divine ordering of society. To hunger and thirst for righteousness means that we strive for the values of Christ to direct all of society. Doing so also means taking a firm stance on controversial topics, such as defending the unborn and those in danger of euthanasia, and defending marriage and the family. Needless to say, our secular society will persecute us mercilessly for standing up for righteousness. But God has promised us the kingdom of Heaven, the eternal world that is ruled entirely by his infinite love.

The next Beatitude reads: "Blessed are the merciful, for they will be shown mercy" (Matthew 5:7). We can couple this with another one: "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9). The history of the human race has been characterized by an ongoing, relentless cycle of vengeful violence. One group does something horrible to another, to which the other group reacts with greater evil, to which the first group reacts with even more evil. Death, destruction, and generational hatred are the results.

But Christ has brought a new order into the world. Christ's radical message is that we must return love for hate and good for evil. We should bless and pray for those who hate us and curse us. When we do so, we stop the cycle of violence. Others might do evil, but it stops with us. We do not participate. We do not perpetuate the evil. Being merciful, being peacemakers changes the whole trajectory of human history, laying the foundations for the new world that Christ will bring about, in which his love will reign fully.

In the final Beatitude Jesus reinforces both the cost of discipleship and the eternal reward we can expect for enduring that suffering: "Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven" (Matthew 5:10-12). Being a disciple of Christ will never be easy. The darkness of the world will resist us and seek to destroy us, as the darkness sought to destroy Christ himself. But just as Christ rose from the dead and was glorified, we too will be glorified in his eternal realm if we make him the center of our lives.

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

PARISH FAMILY OUTREACH AND SERVICE

Fairwind - Brittany Park | John McGuinness | johnmcg@gmail.com

Kids of the World | Ken Fabrizio | kenfabrizio4@gmail.com

Knights of Columbus

- STB - Joe Osmialowski | 248-343-9021
- STOC - Dennis Hammonds | dennishammonds45@gmail.com

Ministry to the Homebound

- Bothell Health Care | Cogir of Bothell Memory Care - STB - Anne Chapman 206-234-5849
- All others - STB - Contact receptionist@saintbrendan.org
- STOC - Contact admin@saintteresa.org

Prepares (Pregnancy Support) | Lori Wirtz - loriwirtz@gmail.com

Respect Life | Colleen Danforth - rdhcoll@aol.com

St. Vincent de Paul

- STB - Margie Inghram | 425-486-8953
- STOC - Marion Scichilone | bpgourmet@yahoo.com

SERVING OUR SAVIOR (S.O.S.) SOUP KITCHEN MINISTRY

The St. Brendan pantry could use additional stock of:

NEED: Canned cream of mushroom, canned *cream* of chicken soup, dry pasta, and bags of rice. Please only donate *unexpired goods* in their *original packaging*. Thank you.

ST. VINCENT DE PAUL

We need your help again! Our pantry that we share with St. Teresa parish is running low on food and cleaning supplies. We are also preparing meals for Thanksgiving and Christmas for our neighbors. **Please donate some of the following items in the hamper in the Narthex at either church:** We also have a family that needs a used clothes dryer if you know of one. Thank you for your generosity, ~Margie Inghram, 425-486-8953

NEED: Canned fruit • canned chicken or tuna • peanut butter • jam/jelly • saltine crackers • spaghetti sauce • noodles • canned pumpkin • evaporated milk • brown sugar • gravy mix • cranberry sauce • dressing mix • green beans • shampoo • bar soap • laundry soap • dish soap • toilet paper.

Your donations can make a difference!

Join us in supporting our seafarers community through the Eucharistic Revival by providing essential hygiene items. Your generosity will impact those in need, ensuring they have access to basic necessities.

For more information, contact:
michellew@ascendeucharisticrevival.church

AscendEucharisticRevival.church



Items Needed:

- ☑ Toothbrushes
Individually wrapped
- ☑ Full Sized Items:
 - ☑ Toothpaste
 - ☑ Bar Soap / Body Wash
 - ☑ Shaving Cream
 - ☑ Shampoo
 - ☑ Deodorant
- ☑ Non-perishable Snacks
(Individually wrapped: Protein bars, Granola bars, Beef Sticks, Fruit Snacks, Cereal Bars)
- ☑ Thermal Socks
(mens + womens)
- ☑ Knit Hat

Easy Drop-Off!

Drop off your donated items in the school or narthex collection box.

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WANTED - RETAIL CREW MEMBER

Great Opportunity at St. Vincent de Paul (SVdP) for a Retail Crew Member at its busy thrift store located in Kenmore. Requirements: Strong Customer Service

and interpersonal skills are required to assist shoppers. Ability to work in a fast-paced retail setting. Bilingual preferred but not required. Interested candidates should email their resume directly to employment@SVdPSeattle.org For more information about the organization and other potential openings, you can visit the SVdP Seattle|King County Careers page at www.svdpseattle.org.



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.

NEED: Diapers: Size - 4T and 5T • Diaper Wipes

ST. BRENDAN SCHOOL CORNER



February 11th, 2026

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for St. Brendan School
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Hey, Parents - did you know that your children are eligible and welcome to participate in all St. Brendan CYO sports programs simply by being registered parishioners at St. Brendan or St. Teresa? For more information on CYO and the programs offered at St. Brendan, please reach out to Ena Demeter at ena322@yahoo.com.

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PLEASE CONTACT CYO VOLLEYBALL COORDINATOR LINDA HUYNH
LTHUYNH120@GMAIL.COM FOR ANY QUESTIONS.

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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:

- St. Brendan Parish (STB) - parish.saintbrendan.org
- St. Teresa of Calcutta (STOC) - <https://pushpay.com/g/saintteresacalcutta>
- OR can the 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)

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<p style="text-align: center; font-weight: bold;">Colonial Optical, LLC</p>  <p style="text-align: center;">If you can't read this? Come see me!</p> <p style="text-align: center;">12911 120th Ave. N.E. Suite C-80 - Kirkland (425) 821-1820 www.colonialoptics.com Parishioner owned & operated</p>	<p style="text-align: center;">Dr. Michelle J. Ament Cosmetic and General Dentist</p> <p style="text-align: center;">Use Code "Smile Bright" for FREE Whitening</p> <p style="text-align: center;">BothellFamilyDentistry.com 425-486-2787</p>	<p style="font-weight: bold; font-size: 1.2em;">DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?</p> <p>Engaging, ad-supported print and digital newsletters to reach your community.</p> <p style="text-align: center; font-weight: bold;">Visit lpicommunities.com</p>	
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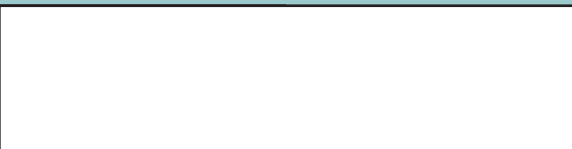
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