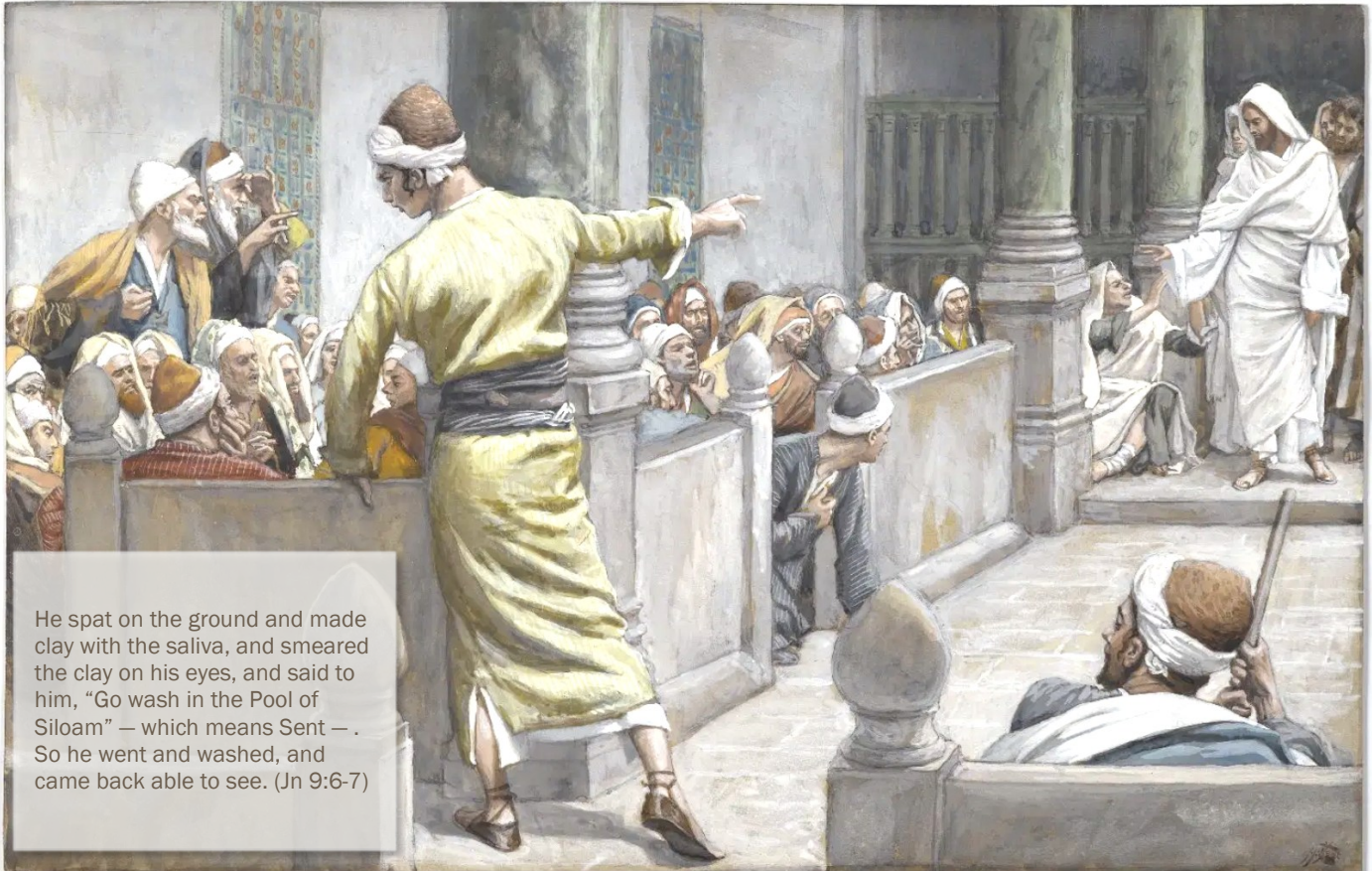


WELCOME TO
**SAINT BRENDAN & SAINT TERESA OF CALCUTTA
 PARISH FAMILY**
4TH SUNDAY OF LENT
 MARCH 15, 2026



He spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him, "Go wash in the Pool of Siloam" — which means Sent — . So he went and washed, and came back able to see. (Jn 9:6-7)

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

See the Parish Family LENT CALENDAR for additional Adoration and extended Confession times.

PARISH DIRECTORY



PASTOR

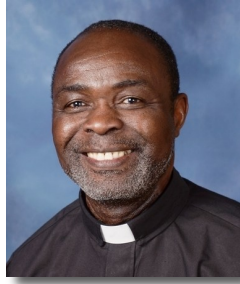
Rev. Nicholas Wichert

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

Brigitte Blair | ext. 2645 | brigitteb@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 Healed Blind Man Tells His Story to the Jews (L'aveugle-né guéri s'explique avec les Juifs)* 1886-1896 • **ARTIST:** James Tissot •

SOURCE: brooklynmuseum.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 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

- **LENT CALENDAR** - Available in narthex/online: [ENG](#) | [SPA](#).



ASCEND EUCHARISTIC REVIVAL - Registration is now open. • Go to ascendeucharisticrevival.church or stop by at the St. Brendan or St. Teresa Church kiosk. See page 5 for more info.

- **ANNUAL POTATO BAKE SALE** - Tickets ON SALE at St. Brendan after all Masses • Event is on Tuesday, MAR. 17 School Gym • 5PM • Pg. 5.
- **MOMS GROUP** - Wednesday, MAR. 18 • 9:30AM • St. Brendan Nursery. • See below.
- **FISH BAKES** - Wednesday, MAR. 18 • 5:30PM • St. Brendan.
- **ADULT LENT EDUCATION** • Wednesday, MAR. 18 • 6PM • St. Brendan
- **ROSARY MAKING MINISTRY** - Thursday, MAR. 19 • 10AM • St. Teresa Commons Room.
- **BBQ & BROTHERS** - Thursday, MAR. 19 • 6PM • St. Brendan Narthex.
- **SOUP SUPPER** - Friday, MAR. 20 • St. Brendan - 6PM. • St. Teresa - 7PM
- **STATIONS OF THE CROSS** - Friday, MAR. 20 • St. Teresa - 6:30PM • St. Brendan - 7PM.
- **YOUNG AT HEART SENIORS** - Friday, MAR. 20. • 10AM • St. Teresa • Carpool available • See next column about carpool opportunity, RSVP, and other details.
- **ST. BRENDAN GARDENS** - Saturday, MAR. 21 • Pg. 5..
- **PANCAKE BREAKFAST** - Sunday, MAR. 22 • After the 8AM/10AM Masses • St. Brendan.
- **WELL-READ MOMS** - Wednesday, MAR. 25 • 10AM • St. Teresa Library.
- **LIVING STATIONS OF THE CROSS** - Friday, MAR. 27 • 8PM • St. Brendan • Pg 5 for more information.
- **APOLOGETICS STUDY GROUP** - Saturday, MAR. 28 • Pg. 6.

FOURTH (LAETARE) SUNDAY OF LENT



Meydenbauer Center • Bellevue, WA
May 16, 2026

VOLUNTEERS NEEDED!



ASCEND
EUCHARISTIC REVIVAL

REGISTER NOW!

Get the details and stay updated at:

AscendEucharisticRevival.church

Scan here to get alerts on registration!



MOMS GROUP

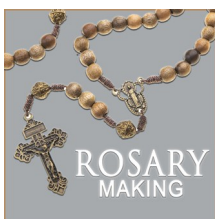
Guided by Mary, we aim to be a space where mothers can find connection and community with other mothers as they seek to grow in their relationship with God and deepen their faith.

We meet Wednesdays at 9:30AM in the **St. Brendan nursery**. Our next meeting is **Wednesday, MAR. 18**. 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.

YOUNG AT HEART SENIORS

One year ago, on March 9, 1926, Seattle elected its first female mayor: Bertha Knight Landes. To learn more about this remarkable woman, please come to watch **Debbie Dimitre's performance, "Patch-Work Politics"** at St Teresa of Calcutta on Friday, MAR. 20, at 10AM.

The St. Brendan bus will be available for transport to Woodinville. Please contact Donna (206-335-4469) if you would like a ride from St. Brendan or if you need to be picked up from one of downtown Bothell's senior communities. **After the performance, join us for a potluck Afternoon Tea. Please call Donna to let her know what you will be bringing for this meatless Lenten tea.**



ROSARY MAKING MINISTRY

The Rosary Making Ministry will have its next meeting on **Thursday, MAR. 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.

PRAYER AND READINGS

READINGS OF THE WEEK

4TH SUNDAY OF LENT

MARCH 15, 2026

THE LORD IS MY SHEPHERD; THERE IS NOTHING I SHALL WANT. (Ps 23)

Sunday: 1 Sm 16:1b, 6-7, 10-13a • Ps 23:1-3ab, 4-6 • Eph 5:8-14 • Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

Monday: Is 65:17-21 • Ps 30:2, 4-6, 11-12a, 13b • Jn 4:43-54

Tuesday: Ez 47:1-9, 12 • Ps 46:2-3, 5-6, 8-9 • Jn 5:1-16

Wednesday: Is 49:8-15 • Ps 145:8-9, 13cd-14, 17-18 • Jn 5:17-30

Thursday: 2 Sm 7:4-5a, 12-14a, 16 • Ps 89:2-5, 27, 29 • Rom 4:13, 16-18, 22 • Mt 1:16, 18-21, 24a or Lk 2:41-51a

Friday: Wis 2:1a, 12-22 • Ps 34:17-21, 23 • Jn 7:1-2, 10, 25-30

Saturday: Jer 11:18-20 • Ps 7:2-3, 9bc-12 • Jn 7:40-53

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.

Criselda Bush • Joan Dedman • Ashley Gutierrez Torres • Hannah Joy Haug • Lainey Henderson • Norman Hradec • Yamileth Leiva • Jesus Lopez Lopez • Michelle Martinez • Larry Molloy • Nguyen Family • Alexandra Marie Rocio-Hays • Chris Samson • Richard Stagg • Lucia Swager • Maria Elena Torres • Sofia Villasenor • 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.

Molly Boll • Rosalia Garcia Maldonado • Paul Pioli • Alfredo Sanchez Alcalá • Ed Schatz • Manuel Trevino Gonzalez

AWAKE, O SLEEPER,
AND ARISE FROM THE DEAD,
AND **CHRIST** WILL GIVE YOU LIGHT. (EPH 5:14)



O Sacrament Most Holy

O Sacrament Divine

All Praise and

All Thanksgiving

Be Every Moment Thine

MASS INTENTIONS

Sunday, March 15

STB

8:00AM Jenn Anderson

10:00AM For Saint Brendan Parish

12:00PM + Josefina Gonzalez Sanchez

STOC

9:00AM Special Intention

11:00AM For Saint Teresa Parish

5:00PM For Saint Teresa Parish

Monday, March 16

STB - 8:30AM NO MASS

STOC - NO MASS

Tuesday, March 17

STB - NO MASS

STOC - 9:00AM Theresa Optiz

Wednesday, March 18

STB - 8:30AM + Ed Schatz

STOC - 9:00AM Francis Nash

Thursday, March 19

STB - 8:30AM

STOC - 9:00AM + William "Boyd" Hilliard

Friday, March 20

STB - 8:30AM + Maria Socorro Mendoza Plantilla

STOC - 9:00AM + Del Quackenbush

Saturday, March 21

STB

8:30AM + Audrey VonFeldt

5:00PM .+ Wendell Lee Galvan

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

The Living Stations of the Cross

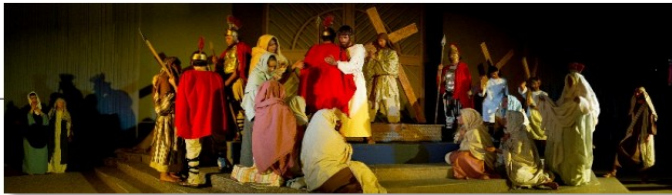


Friday, March 27
8:00 PM

Join us for an evening of prayer, reflection, and music, as we experience this dramatic portrayal of the Lord's passion. The Living Stations have been a Lenten tradition at St. Brendan's for many years. Appropriate for all ages, this is an especially moving way to prepare for Holy Week.

Our final Friday Night Soup Supper will precede the Stations at 6:30 PM.

A free-will offering will be taken to help cover the costs of the Living Stations.



Presented by the Youth of St Stephen the Martyr Parish



KNIGHTS OF COLUMBUS CORNER (Council 6686)

- **MARCH Knight of the Month:** Ron Volk
- **MARCH Family of the month:** Adrian & Andrea Mascarenhas
- The Knights will be hosting Lenten Fish Bakes on the **Wednesdays of Lent in the St. Brendan Narthex** prior to the Adult Education talks. Serving starts at 5:30 PM.
- **SAVE THE DATE:** The Knights of Columbus Annual Potato Bake taking place on **Tuesday, MAR. 17 in the school gym from 5PM to 7PM. Tickets on sale after ALL Masses. Get your tickets before they're all gone.**
- The Tootsie Roll Drive for Special Olympics is taking place on **MAR. 27/28 at the Fred Meyer store on Bothell Everett Hwy. from 10AM to 4PM.** You can sign up for a work a shift using SignUPGenius at: <https://www.signupgenius.com/go/10C0C49ACAF23A2FACF8-62734989-tootsie/15432934#/>
- The Building the Domestic Church kiosks have been restocked. Stop by and pick up a booklet for some inspirational reading.
- 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.
- Are you 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.

ST. BRENDAN GARDENS

Are you getting Spring Fever yet or waiting hopefully for a February snowfall? Regardless of whether it's a spring focus or a winter focus, Easter will be here on April 5, which means that we need to work on the church grounds before then. Please mark your calendar for the first 2026 all-parish work party on **Saturday morning, MAR. 21.** Bring necessary tools & plan on staying for lunch afterwards.

If Saturday morning doesn't work for you but you'd like to help work on the grounds on a different day OR if you would like to work on one particular area regularly, please call Anneliese (425-770-2103)

REMINDER: Annual fundraiser Plant/Bake Sale is on May 2-3

PARISH NEWS

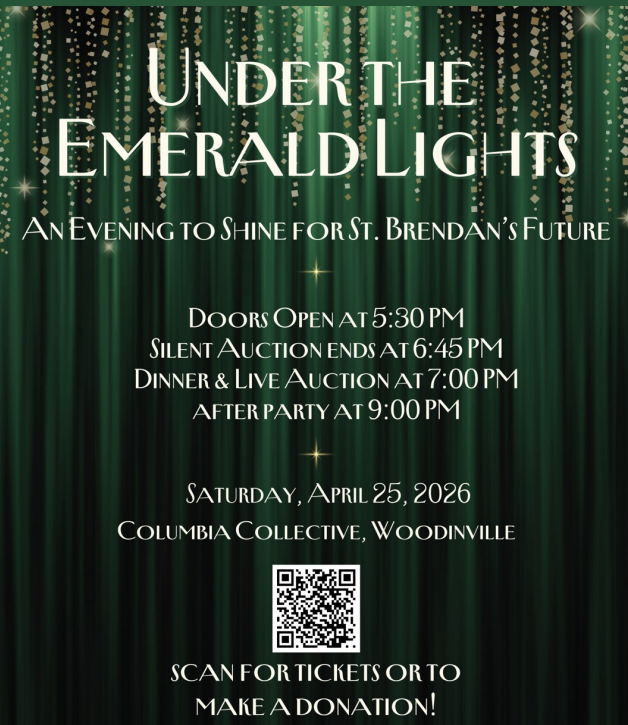
WELL-READ MOMS

Please join us on **Wednesday, MAR. 25 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. We read one book per month. Please contact the St. Teresa Parish Office for more information.



THE 55TH ANNUAL ST. BRENDAN SCHOOL AUCTION DINNER *Under the Emerald Lights*

An evening to shine bright for St. Brendan will be on **Saturday, APR. 25** at the **Columbia Collective in Woodinville**. All parishioners, families, and friends are welcome to attend, and your support will make a difference for the children at St. Brendan Catholic School.



UNDER THE EMERALD LIGHTS
AN EVENING TO SHINE FOR ST. BRENDAN'S FUTURE

DOORS OPEN AT 5:30 PM
SILENT AUCTION ENDS AT 6:45 PM
DINNER & LIVE AUCTION AT 7:00 PM
AFTER PARTY AT 9:00 PM

SATURDAY, APRIL 25, 2026
COLUMBIA COLLECTIVE, WOODINVILLE



SCAN FOR TICKETS OR TO MAKE A DONATION!

BLESSING TO SEE

Bless us, **LORD**, to see as **YOU** see.

Remind us that heartbeats and hopes can outshine outward show.

That quiet witness can overcome violence and darkness.

That **YOUR light** can break like the dawn. Amen.

WORD OF GRATITUDE

THANK YOU to the St. Teresa Knights of Columbus for hosting a pancake breakfast to benefit the St. Teresa/St. Brendan Prepares ministry. Parishioners donated over \$3,000 to needy moms who are pregnant or have young children! We are blessed to have such a generous community and want to express our heartfelt thanks! The St. Teresa/St. Brendan Prepares Team

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 Lockman • Yohaly Lucas • Lauryn Manning • Jennifer McVicker • Avika Nash • Elizabeth Nguyen • Bethany Nicasio • Michaela Sheehan • Shelby Teter • Alex Tolossa • Chrissy White Cuda

Congratulations to: Jose & Eustorgia FELIPE on the birth of their son, Emmanuel. • Korey & Taylor HAUG on the birth of their daughter, Hannah Joy • 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.

APOLOGETICS STUDY GROUP



Join us at our **next meeting on Saturday, MAR. 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 a **enriching conversation and fellowship.**

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 | **Thursday** 3PM to 4PM • 4PM to 5PM • 5PM to 6PM | **Thursday** 4PM to 5PM | **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 - 11AM to Noon • Noon to 1PM • 1PM to 2PM • 2PM to 3PM • 3PM to 4PM • 5PM to 6PM • 8PM to 9PM • 10PM to 11PM. | **Saturday** 12AM to 1AM • 1AM to 2AM • 4AM to 5AM • 6AM to 7AM.

Key Reasons for Eucharistic Adoration:

- **Real Presence:** It is a devotion which affirms the belief that Jesus is physically present (Body, Blood, Soul, and Divinity) in the Consecrated Host.
- **Deepening Relationship** with Christ to converse with Jesus, deepening, with Him.
- **Spiritual Transformation and Peace:** It allows for, reflection and quiet time which brings, clarity, strength, and renewal to the heart and soul.
- **Extension of the Mass:** Adoration, extends the, personal encounter with Christ experienced during the Eucharistic celebration
- **Healing and Grace:** It is a time to bring, before the Lord, seeking, mercy and comfort
- **Contemplative Prayer:** It encourages, adoring the Lord with wonder and praise, rather than just asking for petitions.

Adoration is seen as a way of life that provides, spiritual protection and nourishment. **On the weekend of MAR. 14/15 after each of the St. Brendan Masses there is an informational table and sign up.** If you'd like to sign up or have questions, please contact Christina Plantilla at 425-486-3376.

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

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)

EVANGELIZATION

By Brigette Blair

CHRIS STEFANICK (YOUTUBE)

- [Why God Isn't Shocked By Your Sin | Woman at the Well Reflection](#)
- [The Plan I Wanted vs. The Plan God Had](#)
- [From Losing a Child to Helping 60,000 Grieving Families | Mark Tripodi](#)
- [Take Back Your Identity](#)
- [How An Atheist Reasoned Her Way to God | Leah Libresco Sargeant](#)

FORMED

- [How to Lent](#)
- [Lectio: God](#)
- [The Art of Living](#)
- [Introduction to the Cardinal Virtues](#)
- [Formed Daily Reflections](#)
- [Practicing Catholic Podcast](#)
- [The Heart of Prayer](#)

BISHOP BARRON SUNDAY SERMON (YOUTUBE)

- [Thirsting for God](#)
- [The Adventure of Salvation](#)
- [The Serpent's Slogans](#)

VATICAN NEWS - 3 Things Pope Leo XIV Is Asking of Every Catholic This Lent

ASCENSION PRESENTS

- [Your Fasting is Doing More Than You Think](#)
- [The Best Thing I've Ever Done for Lent](#)
- [What I Learned from the Rosary in a Year Podcast \(w/ Fr. Mark-Mary Ames\)](#)

FR. MIKE SCHMITZ HOMILIES

- ["Autobiography: The Middle" | 3rd Sunday of Lent](#)
- ["Autobiography: Title" | 2nd Sunday of Lent](#)
- ["Autobiography: Co-Author" | 1st Sunday of Lent](#)

The Catholic Parent - FORMED

FOR KIDS—FORMED

- [Chime Travelers](#)
- [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

ARE WE BLIND TO GOD'S BLESSINGS?

By Zoltan Abraham

Back in the '90s, I saw a quote that has stayed with me over the years. Today's Gospel passage reminds me of an ironic time. When acquaintances would ask about how things were going in my life and I would give them a brief overview, they would invariably tell me how happy they were that things were going so well for me. The irony was that I was feeling absolutely miserable about my life during this time. I was simply unable to see the blessings that had been given to me.

In the Gospel passage for this Sunday, the leaders do not see the blessing that is so plainly before them. Ironically, the blind person regains his sight, but the people who have been able to see physically are not able to see spiritually, and they disregard even the physical evidence before them.

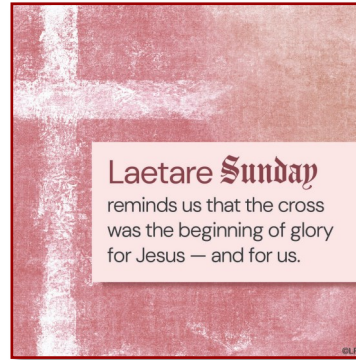
In our own lives, what blessings are we disregarding? Are we allowing the busyness of our schedules to block out God's blessings? Are we allowing unfulfilling forms of pleasure to keep us from accepting the ultimate joy that can only come from God's love?

Are we allowing our suffering to make us closed off from the love that God wants to give to us? When I was feeling so miserable and was unable to acknowledge the blessings in my life, I was too preoccupied with the suffering I was experiencing to embrace the blessings I had received. I kept thinking that I could only be happy if all the things that were making me suffer were removed from my life. I wanted to get to a new place in my life, where everything would be fine, and then I could feel blessed.

What I realized many years later is that even my suffering can be a source of blessings. Through suffering, I can grow, become less selfish, more loving, and more open to the love of God in my life. After years of anguished spiritual wandering, I finally reached the point where I could give God thanks even for my suffering. When I did, I could suddenly see how full of blessings my life really is.

Ever since then, I have engaged in one very helpful practice, one that I call Three Things. Every night at the end of our prayers, my wife and I each name three things from the day we are grateful for. They can be bigger events or just small things to brighten our day. By doing so, I have been able to reframe how I view each day. Instead of brooding on misery, I seek to see the many blessings present in my life. More and more, this simple practice of thanksgiving has helped me to open my eyes to God's grace.

The Gospel passage for this Sunday also highlights another aspect of suffering. Jesus is asked if the blind man had been born blind because of his own sins or because of the sins of his parents. Jesus tells them: "Neither he nor his parents sinned; it is so that the works of God might be made visible through him." (John 9:3) Through these words, Jesus contradicts a popular theological assumption, the Prosperity Gospel, which holds that if we do good in life, we will do well in a material



sense. Likewise, if we suffer, it is because we are guilty of sin. But the life and teachings of Jesus both show that the holiest people can suffer greatly, as Jesus himself did.

Sinful behavior will cause suffering as a consequence, since sin brings about a disordered relationship with God. Suffering can also be a punishment for sin. But sometimes we suffer not because we have sinned but because we need to experience suffering in order to grow. We often need suffering to let go of the things of the world that bind us and so that we can turn fully to God. We often need suffering in order to become less focused on ourselves and to become more loving toward others.

But much depends on how we process suffering. The difference becomes very evident in a hospice setting, where the residents are often suffering greatly and are close to death. Some are angry and abusive. They project their suffering on the staff who are seeking to help them. But others are loving and kind. I am reminded of my wife's aunt, Mary Carol, who died in hospice in Spokane about thirteen years ago. Her frail body was riddled with cancer. She was in a tremendous amount of pain. But her whole being glowed with an inner beauty, with an otherworldly love. The closer she got to death, the more she seemed to be a conduit of heavenly grace to the people around her. As we kept watch at her bedside in her final days, we just did not want to leave. The sense of God's love was so powerfully present in the room. As her body was shutting down, Mary Carol kept repeating snippets of prayers and hymns. Her final discernable words were: "I love you forever."

Mary Carol was an example of someone who used her suffering to become a more loving person. She did not lash out at others, but learned to love more deeply. Years ago, I heard Sr. Miriam James Heidland say during a talk: "Suffering that is not transformed is transferred." If we do not use our suffering to grow, we become the cause of suffering in other people's lives. We will all suffer greatly at some point in our lives, perhaps throughout our lives. But what we do with our suffering is up to us. We can let it destroy us and choose to become an evil person who leaves behind sorrow and destruction. Or we can use our suffering to become a saint, a conduit of God's infinite, unending love to all those we encounter in this life. The choice is ours.

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



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

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

Many thanks for the generous donations of dried pasta and rice. Below are what is still needed.

UPDATED NEED: Canned - tuna • cream of mushroom, cream of chicken soup. Please only donate *unexpired goods* in their *original packaging*. **Thank you.**

ST. VINCENT DE PAUL

We would like to thank you for your generous donations! We were able to deliver pantry items, household goods and sometimes used or donated furniture as well as gas vouchers and vouchers to the Kenmore SVDP store. **Thank you so very much.** At this time, we **need** toothbrushes, shampoo, dish and laundry soap.



CYO SPOTLIGHT

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 either St. Brendan or St. Teresa of Calcutta Parish Family? Financial Assistance is available to help with registration fees, please contact CYOad@saintbrendan.org for details. For more information on CYO and the programs offered at St. Brendan, please reach out to Ena Demeter at cyosecretary@saintbrendan.org.

TRACK & FIELD REGISTRATION IMPORTANT DATES & INFORMATION!

Track and Field season is almost here! We're excited to kick things off and look forward to a great season.

Registration Opens for Grades 3-8 on MAR. 9 Fees as Below

- Early Bird (March 9–23) – \$75
- Standard Registration (March 24–April 17) – \$85
- Late Registration – \$95

Be sure to register early via Team Sideline (teamsideline.com/sites/seattlecyo/home) to take advantage of discounted pricing!



Please Note: 3rd graders are welcome to register; however, participation in meets will be dependent on the number of 4th graders registered and team availability.

Practices: Begins the **week of APR. 13**. More details regarding practice days and times will be shared soon.

Meet Dates

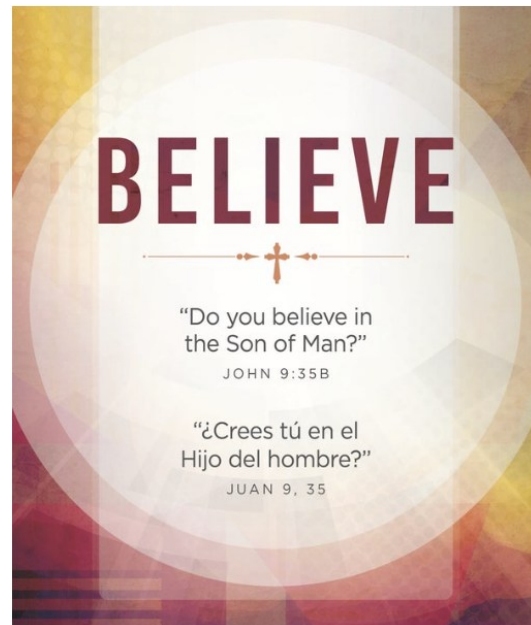
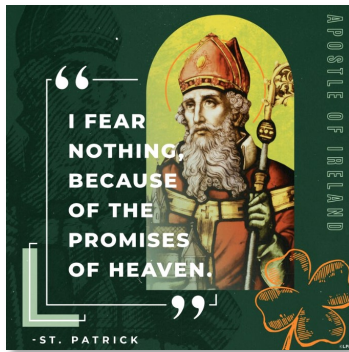
- **Preliminary Meet** - Saturday, May 9, 2026 at Renton Memorial Stadium
- **8th Grade Pentathlon** - Saturday, May 16, 2026 (location TBD)
- **Qualifying Meet #1** - Sunday, May 17, 2026 at Renton Memorial Stadium
- **Qualifying Meet #2** - Saturday, May 30, 2026 at Renton Memorial Stadium
- **Championship Meet** - Saturday, June 6, 2026 at Renton Memorial Stadium

Please Note: Meets typically run for most of the day. Detailed event schedules will be shared closer to each meet date.

Volunteers Needed: We're always looking for volunteers to assist with coaching. If you're interested in helping out, we'd love to hear from you! For questions, please reach out to cyotrack@saintbrendan.org.

**Due to insufficient interest, we have decided not to offer a K- 3 "lite" option this season*

ST. BRENDAN SCHOOL CORNER



Finishing the School Year Strong!

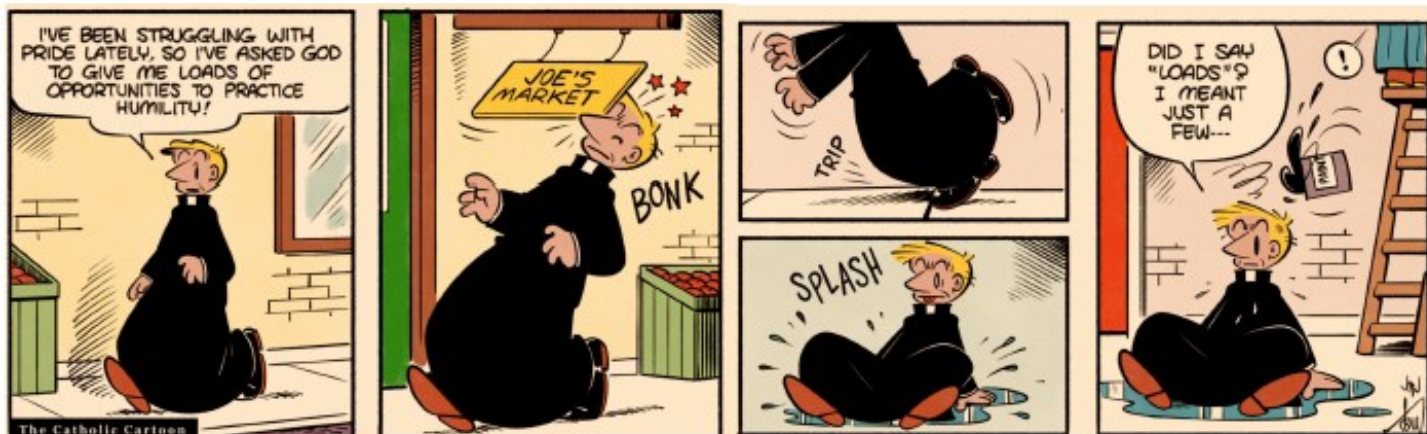
Thank you so much for your generous support during our Week of Giving and Student Phone A Thon! Your enthusiasm and commitment to our school community made the week a true celebration of what we can accomplish together. We are excited to share that 27 students and alumni made hundreds of calls, and 163 donors answered the call! Together, we raised \$33,200. We are deeply grateful for your partnership, your trust, and your belief in the work we do. Because of supporters like you, our students are empowered, our teachers are supported, and our community continues to live forward in faith. It's not too late to donate online, visit <https://givebutter.com/ForwardinFaith2025-2026>.



The school's 60th anniversary is right around the corner! We're excited to honor six decades of community, faith, and academic excellence. To make this milestone truly special, we are forming a committee to help plan and shape the celebration. We're looking for alumni, parish members, parents, and friends who are willing

to share their time, creativity, and talents. Whether you love event planning, storytelling, organizing, or simply have a heart for the school, we'd be grateful to have you join us. Reach out to KerryE@school.saintbrendan.org if you would like to be part of this fun committee!

CATHOLIC CARTOON by Joshua Masterson



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:

- 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="font-size: 1.2em; font-weight: bold;">NOTHING IS IMPOSSIBLE NOTHING IS IMPOSSIBLE WITH GOD. NOTHING IS IMPOSSIBLE</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="font-weight: bold; color: blue;">Dr. Michelle J. Ament</p> <p>Cosmetic and General Dentist</p> <p>Use Code "Smile Bright" for FREE Whitening</p> <p>BothellFamilyDentistry.com 425-486-2787</p> </div> <div style="width: 45%; text-align: center;">  </div> </div>		<p style="font-weight: bold;">Help is here: Medicare 101.</p> <p>As a licensed insurance agent who focuses on Medicare, I can help you understand and review all of your available plan options to help you select a plan that works for your needs and budget. By representing most major Medicare carriers, I can provide you knowledgeable information at no cost.</p> <p style="font-weight: bold;">CONTACT ME:</p> <p>Amber Valencia Senior Health Plan Broker/ St Theresa of Calcutta Parishioner License # 802455 253.315.2311 amber@ambervalencia.com</p>
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