

WELCOME TO
**SAINT BRENDAN & SAINT TERESA OF CALCUTTA
PARISH FAMILY**
PENTECOST SUNDAY

MAY 24, 2026



SAINT BRENDAN PARISH | STB



SUNDAY MASS

- Saturday Vigil | 5PM
- Sunday | 8AM | 10AM* | **12PM*** (Misa en Español)
- * LIVESTREAM ON FACEBOOK | **MAY 24 - 12:15PM Mass**

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

ADORATION

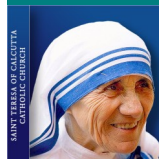
- Monday - Thursday | 1PM to 6PM • Friday | 9:30AM to 6PM
- First Friday | 9:30AM to FIRST SATURDAY DEVOTION at 7:30AM*
- *WITH ROSARY FOLLOWED BY BENEDICTION |

CONFESSION

- Monday, Wednesday - Saturday | 7:45AM - 8:15AM
- Saturday | 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*
- *NO 5PM SUNDAY MASS AFTER MAY 31.**

DAILY MASS - Tuesday to Friday | 9AM |

ADORATION

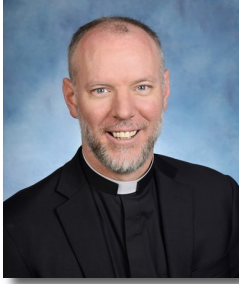
- Tuesday - Friday | 8:30AM (Prior to Daily Mass)
- Benediction just before 9AM Mass

CONFESSION

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

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

PARISH DIRECTORY



PASTOR

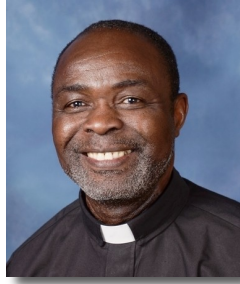
Rev. Nicholas Wichert

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 | bridgeteb@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 *Outpouring of the Holy Spirit* | *Ausgießung des Heiligen Geistes*

ARTIST - Otto van Veen, 1873 | **SOURCE** - [Wikimedia Commons](#).

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

Words will not suffice to express the gratitude and appreciation for the amazing team of clergy, staff, volunteers, and guest speakers who served faithfully, selflessly, and diligently to make this ASCEND Eucharistic Revival a tremendous faith-filled experience.

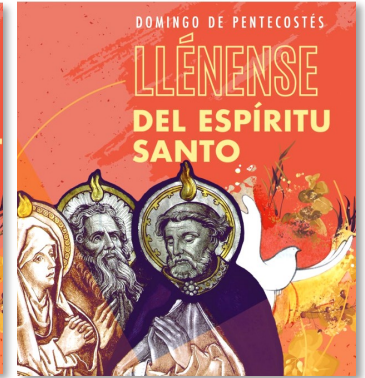
Thank you to each and everyone of you who attended - for your presence, devotion, and active participation.

May the joy and hope of this Revival, through our Lord Jesus Christ in the Eucharist, provide us with courage and wisdom to be God's instrument in our community, one person at a time.

The Holy Spirit is moving in the Pacific Northwest!



In Him,
We Rise.



- **PENTECOST SUNDAY** - Sunday, MAY 24
- **MASS TIME CHANGE** - Sunday, MAY 24 - St. Brendan Noon Mass will be at 12:15PM.
- **CONFIRMATION MASS** - Sunday, MAY 24 • during the 10AM Mass • St. Brendan.
- **MEMORIAL DAY** - Monday, MAY 25 • NO Confession • St. Brendan Mass at 8:30AM | Parish Offices CLOSED.
- **YOUNG AT HEART SENIORS** - Wednesday, MAY 27 • 10:30AM **RSVP by MAY 24** • Pg. 5.
- **WELCOME DINNER to NEW PARISHIONERS / OCIA MEMBERS** - Saturday, MAY 30 • After the 5PM Mass • **RSVP** • For details, see next column.
- **STORY TIME with MRS. ABRAHAM** - Sunday, JUN. 7 • After the 10AM Mass • St. Brendan. >>>
- **FEAST OF CORPUS CHRISTI** - Sunday, JUN. 7.
- **EUCCHARISTIC PROCESSION ON CORPUS CHRISTI** - Sunday, JUN. 7 • At St. Teresa after the 11AM Mass • At St. Brendan after the NOON Mass. • Both around the campus.
- **MASS TIME CHANGE** - Sunday, JUN. 7 • NO 5PM Sunday Mass through SEP. 6 at St. Teresa of Calcutta. • Pg. 3.
- **ST. VINCENT DE PAUL** - Donations Needed UPDATED • Pg. 9.
- **ST. BRENDAN SCHOOL is HIRING** - See Pg. 10
- **PARISH FAMILY VACATION BIBLE SCHOOL** - Save the Date - June 22-26 • St. Brendan • Pg. 5 for details.
- **ARCHDIOCESE ADULT CO-ED SOFTBALL TEAM**—See Pg. 6.

MEMORIAL DAY - MAY 25, 2026

LORD GOD,

We are ever mindful of the cost paid for the liberty we possess, we ask that you bless the members of our armed forces. Give them the courage, hope, and strength. May they ever experience your support, love, and healing. Be their power, protector, leading them from darkness to light.

AMEN.

WELCOME TO OUR NEW PARISH FAMILY PARISHIONERS AND OCIA MEMBERS!

SAVE THE DATE - MAY 30, 2026

On Saturday, May 30, after the 5PM Vigil Mass at St. Brendan, we will be welcoming our new parishioners and OCIA members with a delicious dinner. The evening will start after the Saturday 5PM Mass and wrap up around 8PM. Current parish members will share information about our vibrant parish and ways to get involved. *Families are welcome.* Evites have been sent and phone calls will be made to the newly registered. If you are not able to join us for dinner, we would like to welcome you with a folder of information about the parish.

Please RSVP to Joyce Von Feldt 425-236-6550 by phone, text, or email (jyvonfeldt@aol.com) by MAY 23. May God bless you, and we hope to see you there!



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, JUN. 7.

PRAYER AND READINGS

READINGS OF THE WEEK

PENTECOST SUNDAY

MAY 24, 2026

**LORD, SEND OUT YOUR SPIRIT,
AND RENEW THE FACE OF THE EARTH.** (PS 104)

Sunday: Vigil: Gn 11:1-9 or Ex 19:3-8a, 16-20b or Ez 37:1-14 or Jl 3:1-5 • Ps 104:1-2, 24, 35, 27-29b, 30 • Rom 8:22-27 • Jn 7:37-39 | **Day:** Acts 2:1-11 • Ps 104:1, 24, 29-31, 34 • 1 Cor 12:3b-7, 12-13 • Jn 20:19-23

Monday: Gn 3:9-15, 20 or Acts 1:12-14 • Ps 87:1-3, 5-7 • Jn 19:25-34

Tuesday: 1 Pt 1:10-16 • Ps 98:1-2, 3abcd-4 • Mk 10:28-31

Wednesday: 1 Pt 1:18-25 • Ps 147:12-15, 19-20 • Mk 10:32-45

Thursday: 1 Pt 2:2-5, 9-12 • Ps 100:2-5 • Mk 10:46-52

Friday: 1 Pt 4:7-13 • Ps 96:10-13 • Mk 11:11-26

Saturday: Jude 17, 20b-25 • Ps 63:2-6 • Mk 11:27-33

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.

Chavarin Ruiz Family • Joan Dedman • Samantha Deitch • Don Galloway • Rosemarie Gottlieb • Hannah Joy Haug • Norman Hradec • Hannah Therese Leone • Dona Moran • Belinda Octavo • Dianne Osmialowski • Gregorio Rendon • Alexandra Marie Rocio-Hays • Jacob Santiago Bautista • Sarah Watson • Shirley Wichert

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.

Rudy Agpalo • Deanna McCoy

AS A BODY IS ONE THOUGH IT HAS MANY PARTS,
AND ALL THE PARTS OF THE BODY,
THOUGH MANY, ARE ONE BODY,
SO ALSO **CHRIST**. (1 COR 12:12)

O SACRAMENT MOST HOLY

O SACRAMENT DIVINE

ALL PRAISE AND

ALL THANKSGIVING

BE EVERY MOMENT THINE



MASS INTENTIONS

Sunday, May 24

STB

8:00AM + Fidela "Dely" Aguilar

10:00AM Katie Dale

12:00PM + Elvira Medina

STOC

9:00AM Special Intention

11:00AM Saint Teresa Parish

5:00PM NO MASS

Monday, May 25

STB - 8:30AM Kaylie Anderson

STOC - NO MASS

Tuesday, May 26

STB - NO MASS

STOC - 9:00AM Sofia Wozeniak

Wednesday, May 27

STB - 8:30AM +Ruby Ann Mahnken

STOC - 9:00AM + Andrew & Monica Lee

Thursday, May 28

STB - 8:30AM Patti Bagnall

STOC - 9:00AM Patti Bagnall

Friday, May 29

STB - 8:30AM +Joseph Proulx

STOC - 9:00AM + Lee Sundholm

Saturday, May 30

STB

8:30AM Nocturnal Adoration 5th Anniversary

5:00PM + Carol Finch

STOC - 5:00PM 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

Pentecost SUNDAY

✠

Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." - Jn 20:21-23

Domingo DE PENTECOSTÉS

✠

De nuevo les dijo Jesús: "La paz esté con ustedes. Como el Padre me ha enviado, así también los envío yo". Después de decir esto, sopló sobre ellos y les dijo: "Reciban el Espíritu Santo. A los que les perdonen los pecados, les quedarán perdonados; y a los que no se los perdonen, les quedarán sin perdonar". - Jn 20, 21-23

MASS TIME CHANGE

Please note the summer Mass schedule change: the **St. Teresa of Calcutta 5PM Mass on Sundays** will be suspended from **JUN. 7 through SEP. 6.** and will resume on **SEP. 13.**

YOUNG AT HEART SENIORS

In 1958, UW Professor Arthur Kruckeberg & his wife Mareen started a garden in Shoreline which is now a 4-acre botanical paradise with over 2,000 species of plants (native and exotics). **Join us on Wednesday, MAY 27, for a private tour of the Kruckeberg Botanical Garden, which begins at 1PM. Please meet in the St. Brendan narthex by 10:30AM.** We will be going to a Shoreline restaurant (Vault 177) for an early lunch before the tour.

The tour (ADA accessible) will provide us with interesting information about its history and plant collection. Ticket Price: \$10. **Call Donna (206-335-4469) before Sunday, MAY 24, to reserve your seat on the bus and at the restaurant.**

ST. TERESA OF CALCUTTA & ST. BRENDAN

VACATION BIBLE SCHOOL

hosted at

SAINT BRENDAN*

JUNE 22 - 26, 2026 | 9AM TO NOON

ENTERING KINDERGARTEN TO GRADE 5

\$25 PARISHIONERS • \$50 CAP FOR FAMILIES

\$50 OUT-OF-PARISH PARTICIPANTS

<<< USE THIS QR CODE TO REGISTER TO SIGN UP OR VOLUNTEER.

***TRANSPORTATION IN THE MORNING WILL BE PROVIDED FROM ST. TERESA TO ST. BRENDAN.**



KNIGHTS OF COLUMBUS CORNER (Council 6686)

- **MAY KNIGHT OF THE MONTH** - Glen Podany
- **MAY FAMILY OF THE MONTH** - Jason & Katherine Shelton
- Welcome to our newest Knight: **Terry Pham.**
- The next Corporate Communion and breakfast is **Sunday, MAY 31 at the 8AM Mass.** Join your brother Knights at Mass followed by Breakfast at Brittany Park in Woodinville.
- **Help Wanted:** We are in need of a part-time handy man or woman to perform maintenance at the Bothell Rental Hall. Contact Cindy Roeter at 425-418-3185 if interested.
- Are you looking for a place to host a wedding reception, shower, birthday or graduation party? 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.

PARISH NEWS

RESPECT LIFE MINISTRY

Please Pray For These Expecting Mothers: Hannah Galvan Bockel • Sarah Hill • Taylor Lockman • Lauryn Manning • Jennifer McVicker • Scareth Meija • Meron • Elizabeth Nguyen • Joy Stanley • Chrissy White Cuda

Congratulations to: Tyler & Claire COOK on the birth of their daughter, Riley Camille • Reid & Megan FRYHOVER on the birth of their son, Colter Theodore • Frank & Megan D'sa FULLER on the birth of their son, Thaddeus Franklin • Ryan & Lauren GREEN on the birth of their son, Callahan Howard. • Samuel & Bethany NICASIO on the birth of their daughter Madeline Goretti. • Pablo & Alex TOLOSSA on the birth of their son, Fyodor Valentine. 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.

ANNUAL CATHOLIC APPEAL:

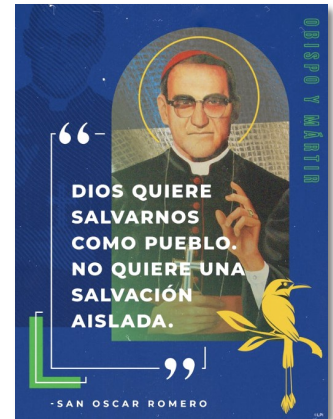
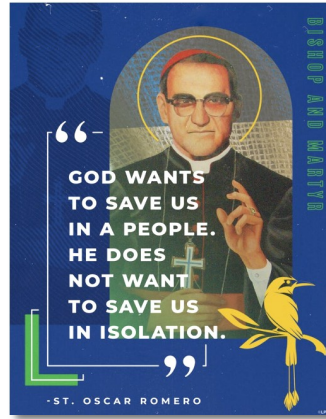
Pentecost

THE ANNUAL CATHOLIC APPEAL DIRECTLY SUPPORTS PARISH STAFF AND OUR PASTOR

If you haven't yet made your gift, please prayerfully consider a contribution to the 2026 Annual Catholic Appeal. Your support goes beyond funding ministries that serve those in need—it also directly sustains the staff of St. Teresa of Calcutta and St. Brendan, and Fr. Peter, and Fr. Wichert every day.

Through the Archdiocese of Seattle, parishes benefit from centralized services designed to reduce costs and ease administrative burdens. These services include human resources, communications, property and construction management, liturgical guidance, and more. With your generosity, we can simplify workloads, strengthen communication, and advance evangelization efforts across Western Washington. Together, we make the mission possible. Thank you to the many of you who have already made your gift.

It's easy to give to the 2026 Annual Catholic Appeal. Scan the QR code >>> or visit archseattle.org/giveaca.



NOCTURNAL ADORATION FOR MEN

St. Brendan will be offering Nocturnal Adoration in English for men. This monthly vigil before the Blessed Sacrament is a time for prayer, reflection, and resting in the Lord's presence. The group will meet on the **first Saturday of each month, beginning after the Eucharistic Revival on May 16.** The target start date is **JUN. 6, beginning at 8:30 PM and concluding with the Rosary at 6:30 AM on Sunday morning.**

Men interested in participating may contact Tom Gray at gwtom@att.net or (206) 799-0397.



Peace of mind for you.
Comfort for those you love.

Your Catholic cemetery is more than a final resting place—it is sacred ground where generations gather in prayer, remembrance, and hope. Pre-planning your memorialization ensures your story is honored in a place that reflects your faith and the traditions you cherish.

Our caring staff is here to walk with you, answer your questions, and help you make decisions that bring comfort today and peace tomorrow.

10% Savings
Contact us to explore pre-planning options and receive 10% savings on a complete package. Advanced planning offer ends June 19, 2026.

The Memorial Day Remembrance Discount is valid for advanced planning only and does not apply to "at need" services. Discount applies to the purchase of a complete cemetery memorialization package. Other restrictions may apply.



Contact us today at
206-366-8834 or
preneed@MyCatholicCemetery.org
MyCatholicCemetery.org

Calvary Cemetery
Seattle

Holyrood Cemetery
Shoreline

Gethsemane Cemetery
Federal Way

St. Patrick Cemetery
Kent



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 | **Friday** 11am to Noon • Noon to 1PM • 1PM to 2PM • 2PM to 3PM • 3PM to 4PM • 4PM to 5PM. | **Saturday** 12AM to 1AM • 1AM to 2AM • 4AM to 5AM • 6AM to 7AM.

Adoration is seen as a way of life that provides, spiritual protection and nourishment. If you'd like to sign up or have questions, please contact 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)

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1. Go to - <https://formed.org/signup>
2. Input parish > *St. Brendan*.
3. Choose > *10051 NE 195th St, Bothell, WA*.
4. Add your name and email address to set up the free account.

EVANGELIZATION

By Brigette Blair

Chris Stefanick

- [Part of You Is Already in Heaven \(The Ascension Changes Everything\)](#)
- [Leading With the Heart in an Age of Selfishness | Tommy Spaulding](#)
- [You've Never Seen the Holy Spirit This Way \(and It Can Change Your Life\)](#)
- [I Shared the Gospel with a Muslim in a Bathroom Stall and He Wept | Dave VanVickle](#)
- [Practicing Heaven and a Prayer | Theo Von](#)
- [Never Lose Hope for Your Kids | Gordy Demarais](#)

FORMED

- [Lectio: God](#)
- [The Art of Living](#)
- [Jesus Thirsts: The Miracle of the Eucharist](#)
- [Practicing Catholic Podcast](#)
- [Does God Send People to Hell? The Truth About Mercy](#)
- [The Heart of Prayer](#)

Bishop Barron Sunday Sermon

- [What Is the Spirit Calling You to Do?](#)
- [Five Signs of the Holy Spirit](#)
- [The Dwelling Place of God](#)

Ascension Presents

- [Pray with Us | Prayers to Protect Us: A Collection of Prayers, Litanies, Hymns, and Readings](#)
- [This Might Be Your Biggest Weakness | Fr. Mark-Mary Ames](#)
- [Praying Like this Changed My Life | Fr. Mike Schmitz](#)
- [Is This God's Voice or My Own Thoughts? | Dave VanVickle](#)
- [Priest Responds to Bryan Johnson's "Never Die" Vision | Fr. Mark-Mary Ames](#)
- [I Thought I'd Get Married But... | My Vocation Story | Fr. Mark-Mary Ames](#)

Miscellaneous - [Why I Became a Catholic Priest | Fr. Gregory Pine](#)

Fr. Mike Schmitz Homilies

- ["A Necessary Goodbye" | The Ascension of the Lord](#)
- ["A Reason to Hope" | 6th Sunday of Easter](#)
- ["The Next Goodbye" | 5th Sunday of Easter](#)

The Catholic Parent - [The Catholic Parent - FORMED](#)

For Kids

- [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

HOW THE HOLY SPIRIT TRANSFORMS US

By Zoltan Abraham

After Jesus was crucified, the disciples hid away behind locked doors for fear of suffering the same fate themselves. When Jesus rose from the dead and revealed himself to them, the disciples still remained in hiding. But on Pentecost they went forth to proclaim the Good News and they kept on proclaiming it, despite threats and persecution. In fact, eleven of the twelve apostles were martyred for their faith.

What made the difference was the outpouring of the Holy Spirit. Once they received the Holy Spirit, they had the courage and the strength to go forth. They were empowered for ministry. In the same way, we too derive our spiritual strength from the grace we receive through the Holy Spirit. Indeed, the Holy Spirit is the animating principle of the Church.

But, we might ask, how do we receive the Holy Spirit? The answer is that the grace of the Holy Spirit comes to us in a myriad ways through the life of the Church but the primary means is through the Seven Sacraments. In baptism, we receive an initial outpouring of the Holy Spirit, which is strengthened and sealed in Confirmation. In the Eucharist, we receive, among many other blessings, the daily strength we need to live out our Christian lives. In the Sacrament of Penance, the Holy Spirit cleanses us spiritually. In the Anointing of the Sick, we are given the grace we need to endure illness and sometimes we receive physical healing too. The Sacraments of Matrimony and Holy Orders confer the graces needed to live out each vocation.

In addition to the Sacraments, we are given a multitude of blessings through the prayer and devotional life of the Church. To open our lives fully to these blessings of the Holy Spirit, we need to cultivate a private prayer life and we should also pray together with others on a regular basis. The more we weave prayer into the rhythm of each day, the more our lives will be imbued with the grace and power of the Holy Spirit.

The Catholic Church also recognizes seven Gifts of the Holy Spirit, which we receive through baptism and Confirmation: Wisdom, Understanding, Counsel, Knowledge, Fortitude, Piety, and Fear of the Lord. How these gifts work in our lives has been described in different ways by various commentators. I will offer a brief, shorthand description of each gift here.

Knowledge, Understanding, Wisdom, and Counsel are closely connected. Knowledge gives us the facts of our faith and helps us to differentiate between earthly and heavenly realities. Understanding goes one step further and helps us to connect the dots, comprehending the overarching picture. Wisdom enables us to see life more and more from God's perspective, increasingly aligning our way of thinking with God's will. Counsel gives us the grace to apply all of the above and make the right decision in each circumstance.

Fortitude, which can also be called courage, gives us the strength to make the right choice and to keep pursuing the right course of action. Piety and Fear of the Lord both highlight the end goal of where correct thinking and acting are taking us. Piety helps us to give God his due and to treat God and the things of God with true reverence. Doing so will also clear away the obstacles we have in our hearts, which are blocking, to lesser or greater degrees, the grace of God in our lives. Fear of the Lord, the seventh gift, is not a cringing, servile fear, living in dread of God striking us down, but a fear of losing the infinite, eternal love of God through our own selfish actions.

All of us receive all seven Gifts of the Holy Spirit, but each of us might be predisposed toward some gifts more than toward others. To what extent each of the seven gifts will come to fruition in each of us will depend on how deeply we open our lives to the Holy Spirit. Let us pray daily for these seven gifts to show forth in how we live our lives from day to day.



The Catholic Church also recognizes twelve fruits of the Holy Spirit, which are charity, joy, peace, patience, kindness, goodness, long-suffering, gentleness, faith, modesty, self-control, and chastity. One way to see how well our lives are aligned with God's will and how fully we have opened our lives to the Holy Spirit is to take stock of how many of these twelve fruits are evident in our lives. If we do not see many, that means we have much more room to grow, through the power of the Holy Spirit.

Each morning, let us invite the Holy Spirit into our day. Let us open ourselves to the grace of the Holy Spirit by weaving prayer into the rhythm of each day. At the end of each day, let us examine how deeply our decisions and actions reflected the grace of the Holy Spirit in our hearts. Let us beseech the Holy Spirit so that each day can be like Pentecost in our lives.

As we pray and as we contemplate Pentecost, the birthday of the Church, let us also remember Our Lady, who is our Holy Mother. Pope Francis instituted a new feast for the Monday after Pentecost in honor of the Blessed Virgin Mary, the Mother of the Church. Let us pray to our Holy Mother to help us be fully open to the workings of the Holy Spirit in our lives, so that through the power of the Holy Spirit we may unite ourselves completely with Christ, her Divine Son, our Lord.

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

Serving Our Savior (SOS) | Priscilla Finch

St. Vincent de Paul

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



OUR ST. VINCENT DE PAUL is in need of the following items.

Desperately need: Paper towels • toilet paper • canned fruit (e.g., peaches, pears, fruit cocktail, etc.) • Mac 'n' Cheese (*Kraft* is favorite) • laundry detergent • cooking oil • dishwashing liquid (*Dawn* is recommended as it can be used for other purposes).

Can always use: Toothpaste • under-arm deodorant • shampoo • bar soap (*Dial* or other anti-bacterial bath soaps) • cleaning supplies such as spray cleaner (*409*, *Windex*, *Clorox* and others) • sponges • furniture polish, • jams and jellies • packaged meals (e.g., chili, rice pilaf and other rice dishes, potato dishes, stuff you mix with hamburger or other proteins) • mixes for baking (corn bread is always a good one, but occasionally we get a request for cake mix/frosting for a family birthday) • *Bisquick* or similar baking mix • single meal-sized boxes of rice (e.g., *Minute Rice* or *Uncle Ben's*).

We appreciate your generous support!



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



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.

SEATTLE ARCHDIOCESES CO-ED ADULT SOFTBALL

We are looking for a team manager and a preliminary roster. Please contact Ena Demeter at cyosecretary@saintbrendan.org ASAP if you are interested in managing or joining the team.

- Members of any Catholic parish age 21 and older are eligible to play.**
- Games take place between June and August
- Registration opens April 27th
- For more info, please visit <https://teamsideline.com/sites/seattlecyo/content/148/Adult-Softball> **some exceptions apply

VOLUNTEER OPPORTUNITY

CYO COMMITTEE SPORTS EQUIPMENT MANAGER

Help support and grow our parish & school sports program!

What You'll Do:

- Organize and maintain sports equipment (stored on St. Brendan campus)
- Track inventory and jersey counts
- Distribute and collect uniforms with coaches
- Assist with purchasing equipment and jerseys
- Attend monthly committee meetings via Zoom
- Collaborate to help improve the sports program

Time Commitment:

- Mostly flexible, done outside school hours
- Many tasks can be completed from home

Ideal Volunteer:

- Organized and reliable
- Good at communication and coordination
- Passionate about supporting student athletics

Make a Difference!

- Play an important role in creating a positive, well-run sports experience for our students and parish youth.
- Join the team and help our athletics program thrive! Contact cyosecretary@saintbrendan.org with interest or for additional information

ST. BRENDAN SCHOOL CORNER



PRESCHOOL & PREKINDERGARTEN PROGRAM

Our Early Childhood Program offers children a safe place to explore, create, pray and learn within a loving community where they are known, valued and supported every step of the way.



- Half Day Classroom
- Full Day Classroom
- Before & After School Care

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- **Faithful** leaders who will be a role model for our students.
- **Collaborative** team members ready and willing to support the school community.

Full time and part time positions available!

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****Early Bird Registration Discount Ends March 31st****

Summer Kids Camp 2026



@ St. Brendan School ~ Bothell, WA

Ages 5 - 12

*5 year olds must have completed Kindergarten



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>.

Overtime Athletics Summer Kids Camps are a little bit of this... and a little bit of that! Our model, honed over 20 years of providing fun and affordable summer camps, zeroes in on the best parts of traditional day camp like Sports, Games, Contests, Movies, Board Games, Activities, Free Play AND special segments which may include Video Game Station, Water Games, Brain Buster Projects, and MORE!

CAMP LOCATION
St. Brendan School
10049 NE 195th Street,
Bothell, WA, 98011

COST
\$299 Per Week (April 1st)
*Sibling Discount \$15 OFF Total

CAMP FEATURES
Indoor Classrooms
Outdoor Grass Fields
Indoor Gym Court
Gaga-Ball Court
Playground
Video Game Station
Movie Day
Nerf Battles
Water Day Games

FRIDAY PIZZA LUNCH OPTION
\$7 Per Camper
Two Slices, Apple Sauce &
Water Bottle

AGES 5-12 Years Old
*5yo Must Have Completed Kindergarten

CAMP HOURS 9am-4:30pm

QUESTIONS? sean@otathletics.com

REGISTER ONLINE
www.otathletics.com/seattle > Register In Program

Early Bird Discount
Lowest Price
Deal Ends Mar 31st
\$299 \$225 per wk

2026 SUMMER CAMP WEEKS

- WEEK 1: June 15 - June 19
- WEEK 2: June 29 - July 3
- WEEK 3: July 6 - July 10
- WEEK 4: July 20 - July 24
- WEEK 5: July 27 - July 31
- WEEK 6: Aug 3 - Aug 7
- WEEK 7: Aug 10 - Aug 14

www.otathletics.com/seattle

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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