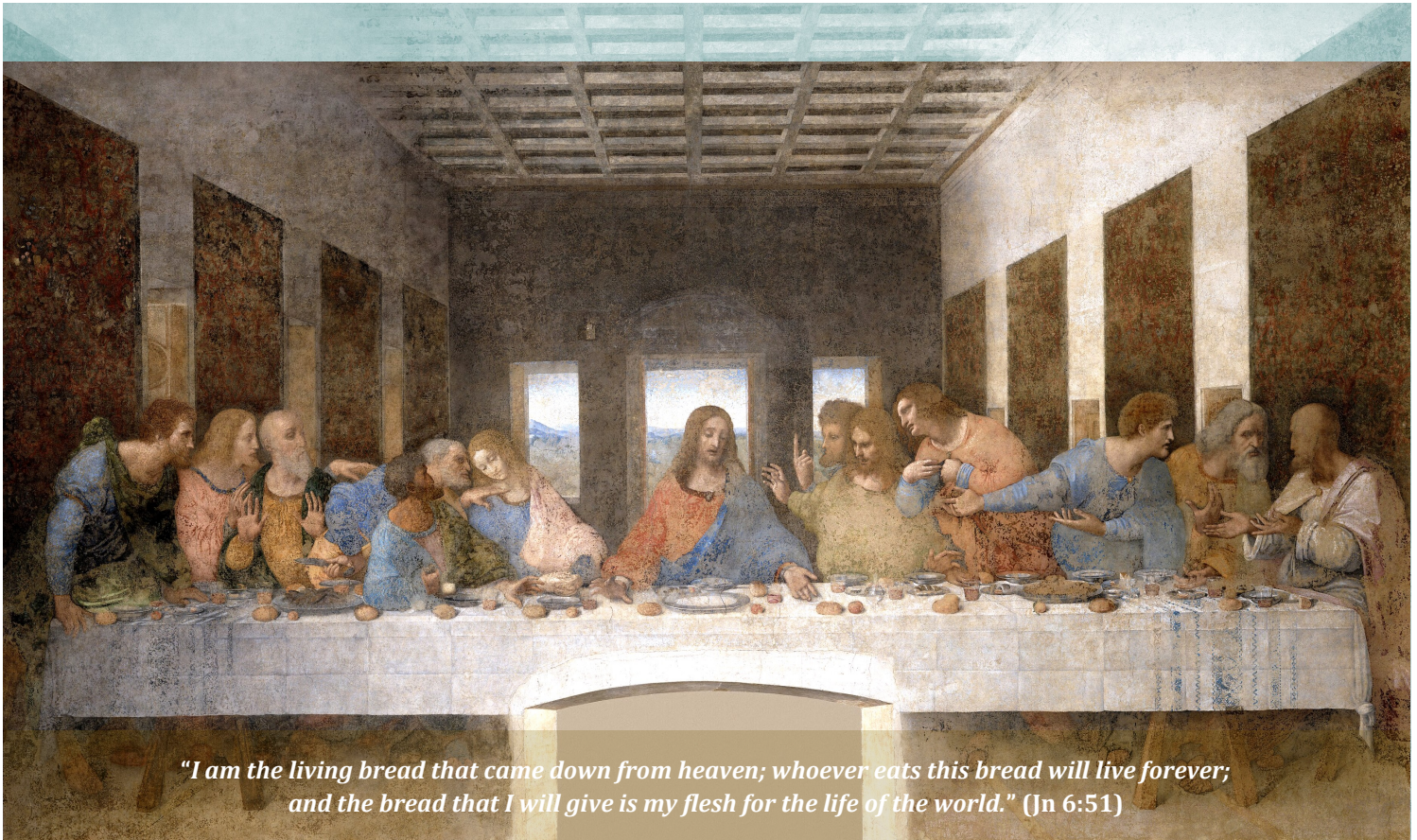


WELCOME TO  
**SAINT BRENDAN & SAINT TERESA OF CALCUTTA  
 PARISH FAMILY**  
**THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST**  
 JUNE 7, 2026



*"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world." (Jn 6:51)*

**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**

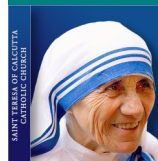
- Monday - Thursday | 1PM to 6PM • Friday | 9:30AM to 6PM
- First Friday | 9:30AM to FIRST SATURDAY DEVOTION at 7:30AM\*
- \*WITH ROSARY FOLLOWED BY BENEDICTION |

**CONFESSION**

- Monday, Wednesday - Saturday | 7:45AM - 8:15AM
- 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 | **NO 5PM**

**DAILY MASS** - Tuesday to Friday | 9AM |

**ADORATION**

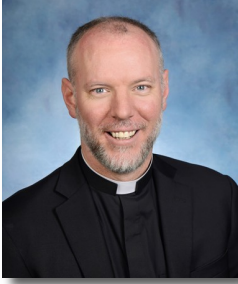
- Tuesday - Friday | 8:30AM (Prior to Daily Mass)
- Benediction just before 9AM Mass

**CONFESSION**

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

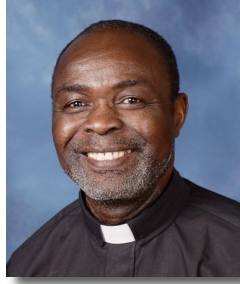
*"Do small things with great love"*—SAINT MOTHER TERESA

# PARISH DIRECTORY



## PASTOR

Rev. Nicholas Wichert  
[frwichert@saintbrendan.org](mailto:frwichert@saintbrendan.org)  
425-483-9400, Ext 2647  
[frwichert@saintteresa.org](mailto:frwichert@saintteresa.org)  
425-806-8096, Ext. 3103



## PAROCHIAL VICAR

Rev. Peter Adoko-Enchill  
[frpeter@saintbrendan.org](mailto:frpeter@saintbrendan.org)  
[frpeter@saintteresa.org](mailto:frpeter@saintteresa.org)  
425-806-8096, Ext 3104

## DEACONS

- Dcn. Leon Garcia-Martinez | [deaconleon@saintbrendan.org](mailto:deaconleon@saintbrendan.org)
- Dcn. Armando Medina | [deaconarmando@saintbrendan.org](mailto: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](http://www.saintbrendan.org)

### Pastoral Assistant for Administration

### Pastoral Assistant for Evangelization

Brigitte Blair | ext. 2645 | [bridgeteb@saintbrendan.org](mailto:bridgeteb@saintbrendan.org)

**Bookkeeper** | Mary Deitch | ext. 2642 | [bookkeeper@saintbrendan.org](mailto:bookkeeper@saintbrendan.org)

### Children & Family Ministry • OCIA Coordinator

Mark Sizemore | ext. 2648 | [childfamilyministry@saintbrendan.org](mailto:childfamilyministry@saintbrendan.org)

### Confirmation

Margaret De Leon | ext. 2644 | [youthminister@saintbrendan.org](mailto:youthminister@saintbrendan.org)

**Director of Music** | John Dobson | [directorofmusic@saintbrendan.org](mailto:directorofmusic@saintbrendan.org)

### Facilities Supervisor

Josh Stutzman | ext. 2650 | [facilitiesupervisor@saintbrendan.org](mailto:facilitiesupervisor@saintbrendan.org)

**Office Assistant** | Christy Avila | ext. 2677 | [christya@saintbrendan.org](mailto:christya@saintbrendan.org)

**Receptionist** | Lupita Silva Ocampo | [receptionist@saintbrendan.org](mailto:receptionist@saintbrendan.org)

### Liturgical Minister Schedule • Bulletin

Ermina Swager | [ermina@saintbrendan.org](mailto:ermina@saintbrendan.org) • [bulletin@saintbrendan.org](mailto: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](http://www.school.saintbrendan.org)

**School Principal** | Catherine Shumate | [catherines@school.saintbrendan.org](mailto:catherines@school.saintbrendan.org)

**Admissions Director** | Karah Burgess | [karahb@school.saintbrendan.org](mailto:karahb@school.saintbrendan.org)

**Advancement Director** | Kerry Engle | [kerrye@school.saintbrendan.org](mailto:kerrye@school.saintbrendan.org)

**School Secretary** | Karyn Murnane | [secretary@school.saintbrendan.org](mailto:secretary@school.saintbrendan.org)

## COVER ART

**TITLE** *Last Supper* | *Il Cenacolo* | **ARTIST** - Leonardo da Vinci, 1495-1498

**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](http://www.saintteresa.org)

### Parish Assistant for Administration

Zoltan Abraham | Ext. 3105 | [zoltan@saintteresa.org](mailto:zoltan@saintteresa.org)

### Administrative Assistant

Audrey Kozel | [audrey@saintteresa.org](mailto:audrey@saintteresa.org)

### First Communion • Children's Catechesis

Analaura Rodriguez | Ext 3101 | [analaura@saintteresa.org](mailto:analaura@saintteresa.org)

### Confirmation • Youth Ministry

Andrew Duncan | Ext. 3102 | [andrew@saintteresa.org](mailto:andrew@saintteresa.org)

### OCIA Coordinator • Adult Catechesis

Mark Sizemore | [childfamilyministry@saintbrendan.org](mailto:childfamilyministry@saintbrendan.org)

**Director of Music** | John Dobson | [music@saintteresa.org](mailto: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](mailto:admin@saintteresa.org).

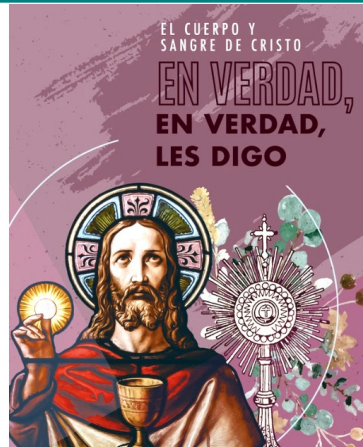
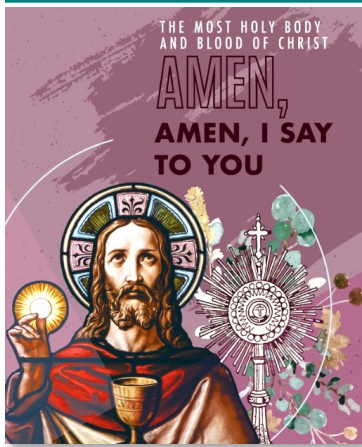
### To submit a bulletin announcement:

- Due Thursday a week before the target weekend.
- St. Brendan > [bulletin@saintbrendan.org](mailto:bulletin@saintbrendan.org)
- St. Teresa > [admin@saintteresa.org](mailto:admin@saintteresa.org)

### To submit a Mass announcement or Mass intentions:

- St. Brendan > [receptionist@saintbrendan.org](mailto:receptionist@saintbrendan.org)
- St. Teresa > [admin@saintteresa.org](mailto:admin@saintteresa.org)

# UPCOMING EVENTS



## 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.



## 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 **next Sunday, JUN. 7.**

- **FEAST OF CORPUS CHRISTI** - Sunday, JUN. 7.
- **STORY TIME with MRS. ABRAHAM** - Sunday, JUN. 7 • After the 10AM Mass • St. Brendan. >>>
- **EUCCHARISTIC PROCESSION ON CORPUS CHRISTI** - Sunday, JUN. 7 • St. Teresa after the 11AM Mass • St. Brendan after the NOON Mass. • Both around the campus. • >>>
- **MOMS GROUP** - Wednesday, JUN. 10 • 9:30AM. See next column.
- **SOLEMNITY OF THE MOST SACRED HEART OF JESUS** - Friday, JUN. 12.
- **YOUNG AT HEART SENIOR LUNCHEON** - Wednesday, JUN. 17 St. Brendan • **RSVP by JUN. 10** • Pg. 5 .
- **VACATION BIBLE SCHOOL** - Week of JUN. 22-26 - Pg. 5.
- **SCHOLARSHIP OPPORTUNITY** - Due Friday, JUL. 31 • Pg. 6
- **CYO Registrations OPEN** – Soccer • Cross Country • Volunteer Opportunities • See Pg. 9.
- **SAVE THE DATE ST. BRENDAN HOLIDAY CRAFT FAIR** - Saturday, NOV. 14.

THE SOLEMNITY  
OF THE MOST  
HOLY BODY AND  
BLOOD OF CHRIST

## Eucharistic Procession

All are welcome to join in this public witness of faith.



## Sunday, June 7

### St. Teresa of Calcutta

Mass at 9AM • 11AM

Procession immediately after the 11AM Mass. Around the campus.

### St. Brendan

Mass at 8 AM | 10AM | 12PM

Procession immediately after the noon Mass. Around the campus.

## SUMMER BREAK

As we enter the summer season (June through August), the following parish family ministries are taking a well-deserved break:

- Apologetics
- BBQ & Brothers
- Women's Group

We wish our volunteers and families a blessed and restful summer.



## 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 Wednesdays at **9:30AM in the St. Brendan nursery.** Our next meeting is **Wednesday, JUN. 10** 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](mailto:stbmomsgroup25@gmail.com) with questions or for more information.

# PRAYER AND READINGS

## READINGS OF THE WEEK

### SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

JUNE 7, 2026

*PRAISE THE LORD, JERUSALEM.* (Ps 147)

**Sunday:** Dt 8:2-3, 14b-16a • Ps 147:12-15, 19-20 • 1 Cor 10:16-17 • Jn 6:51-58

**Monday:** 1 Kgs 17:1-6 • Ps 121:1bc-8 • Mt 5:1-12

**Tuesday:** 1 Kgs 17:7-16 • Ps 4:2-5, 7b-8 • Mt 5:13-16

**Wednesday:** 1 Kgs 18:20-39 • Ps 16:1b-2ab, 4, 5ab, 8, 11 • Mt 5:17-19

**Thursday:** Acts 11:21b-26; 13:1-3 (580) • Ps 65:10-13 • Mt 5:20-26

**Friday:** Dt 7:6-11 • Ps 103:1-4, 6-8, 10 • 1 Jn 4:7-16 • Mt 11:25-30

**Saturday:** 1 Kgs 19:19-21 • Ps 16:1b-2a, 5, 7-10 • Mt 5:33-37

## 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.*

Elizabeth Adoko • Joan Dedman • Samantha Deitch • Don Galloway • Rosemarie Gottlieb • Luz Gutierrez • Hannah Joy Haug • Norman Hradec • Mary Anne Hunt • Hannah Therese Leone • Dona Moran • Dianne Osmialowski • Gregorio Rendon • Alexandra Marie Rocio-Hays • 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.*

Maria Guadalupe Gonzalez • Deanna McCoy • Olga Obdulia Costilla • Ron Runyon • Jacob Santiago Bautista • Angelica Maria Valdez Velasquez

BECAUSE THE LOAF OF BREAD IS ONE,  
WE, THOUGH MANY, ARE ONE BODY.

(2 COR 13:13)



O SACRAMENT MOST HOLY  
O SACRAMENT DIVINE  
ALL PRAISE AND  
ALL THANKSGIVING  
BE EVERY MOMENT THINE

## MASS INTENTIONS

### Sunday, June 7

**STB**

8:00AM + Maureen Tator  
10:00AM Saint Brendan Parish  
12:00PM + Agustin Perez

**STOC**

9:00AM Special Intention  
11:00AM Saint Teresa Parish

### Monday, June 8

**STB** - 8:30AM Sienna Torrey  
**STOC** - NO MASS

### Tuesday, June 9

**STB** - NO MASS  
**STOC** - 9:00AM Ryan Anderson

### Wednesday, June 10

**STB** - 8:30AM Christian Ayson  
**STOC** - 9:00AM + Antonio Rodriguez

### Thursday, June 11

**STB** - 8:30AM Christina Plantilla  
**STOC** - 9:00AM Steve Sauer

### Friday, June 12

**STB** - 8:30AM + Amy Kasprzyk  
**STOC** - 9:00AM NO MASS

### Saturday, June 13

**STB**

8:30AM Camille Erickson  
5:00PM + Stella Lobo  
**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

*The Most Holy*  
BODY AND BLOOD OF CHRIST

✠

"I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world...

"For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him."  
- Jn 6:51, 55-56

*El Cuerpo*  
Y LA SANGRE DE CRISTO

✠

"Yo soy el pan vivo que ha bajado del cielo; el que coma de este pan vivirá para siempre. Y el pan que yo les voy a dar es mi carne para que el mundo tenga vida...Mi carne es verdadera comida y mi sangre es verdadera bebida. El que come mi carne y bebe mi sangre, permanece en mí y yo en él". - Jn 6, 51, 55-56

## YOUNG AT HEART SENIOR LUNCHEON

On **Wednesday, JUN. 17**, we will be having our annual "pre-summer break" lunch prepared for us by Robert Buendia. This year's main entrees will be teriyaki chicken & smoked ribs. The cost will be \$15 per person. The lunch will start at noon in the St Brendan narthex. **Please RSVP by contacting Donna (206-335-4469) by Wednesday, JUN. 10, to reserve a seat.**



**RAINFOREST FALLS**  
Exploring the Nature of God  
Totally Catholic Edition

**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.**

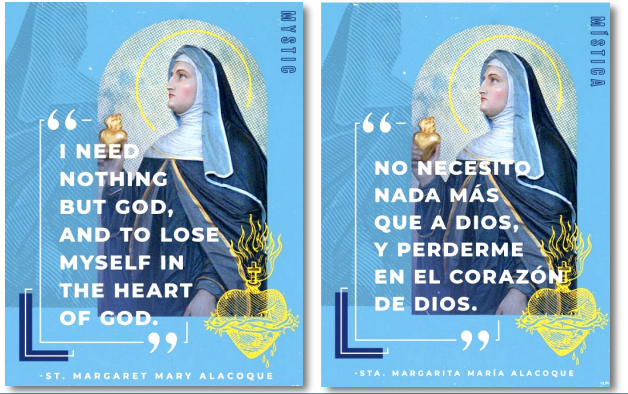
**\*TRANSPORTATION IN THE MORNING WILL BE PROVIDED FROM ST. TERESA TO ST. BRENDAN.**



## KNIGHTS OF COLUMBUS CORNER (Council 6686)

- June Knight of the Month – **Bob Curry**
- June Family of the Month – **Bill and Donna Nash**
- The Council is holding a Casino Night for the residents of Fairwinds Brittany Park in Woodinville on **Wednesday, JUNE 17, from 6PM to 8PM**. Your help is needed to make this a success. If you can help, please contact Grand Knight Joe Osmialowski at 248-343-9021 or [joe\\_osmialowski@yahoo.com](mailto:joe_osmialowski@yahoo.com).
- 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, graduation party or some other event? Look no further. The Bothell Rental Hall is a great place to hold any 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](http://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 MINISTRIES

**Please Pray For These Expecting Mothers:** Hannah Galvan Bockel • Sydney Covello • Erin Dolenc • 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](mailto:rdhcoll@aol.com).

## ANNUAL CATHOLIC APPEAL:

*The Solemnity of the Body and Blood of Christ*

### THANK YOU FOR SUPPORTING THE ANNUAL CATHOLIC APPEAL AND OUR MISSION

Through the 2026 Annual Catholic Appeal, our parish has answered the call to strengthen our local Catholic community. Your generous gifts sustain the ministries that serve the needs of our faith family and help build the future of our Church. From chaplains bringing comfort to those in hospitals and prisons, to multicultural and inclusion ministries fostering a culture of belonging rooted in faith—your support makes this possible.

Additionally, every dollar raised above our parish goal will go toward further supporting our parish and mission. Thank you to all who have participated over the past few months. If you haven't contributed, There's still time!

You can use a pew envelope or donate online by scanning the QR code >>> or visiting [archseattle.org/giveaca](http://archseattle.org/giveaca).



## Greg Schmidt Memorial Scholarship

Sponsored by St. Teresa of Calcutta Knights of Columbus



### ESSAY CONTEST

Available to all high school graduates and current college students in the parish who will be attending an accredited college or university in the fall of 2026.

#### 2026 Essay Theme

How has being Catholic influenced your daily life?

#### Requirement ~

Write a 250-500 word essay on this theme.

The essay must be submitted to the parish office along with this application form **no later than Friday, July 31st**. Please paper clip the essay to this application, but do not put your name on the essay.



FIRST PLACE  
\$500 scholarship



SECOND PLACE  
\$250 scholarship

## Scholarship Applicant:

Name: \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Phone number: \_\_\_\_\_  
 Current school (2025-2026 School year): \_\_\_\_\_  
 2025-2026 grade level (i.e. HS senior, college soph.): \_\_\_\_\_  
 Planned school for 2026-2027 school year: \_\_\_\_\_  
 Planned Major: \_\_\_\_\_

I, \_\_\_\_\_, attest that this essay is my own work. I acknowledge that the use of Artificial Intelligence (AI)-powered apps, or other AI-powered writing tools, is strictly prohibited for the purposes of this scholarship.



## MINISTRY AT ST. BRENDAN & 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](mailto:loriwirtz@gmail.com)) with any questions.

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

## LEGION OF MARY

### RETREAT - LIVING IN THE HOLY SPIRIT WITH MARY - JUN 13-14

Black Diamond Camp—19830 SE 328th Pl, Auburn, 98092.

**Contact/Registration Info**—Sr. Claudia Dickinson, 206.427.3413, [claudiad169@gmail.com](mailto:claudiad169@gmail.com).

**Mail deposit/registration form to:** Br. Bosco Lam, 1614 108th Ave SE, Bellevue, 98004, 206.355.4528, [boscolam123@hotmail.com](mailto:boscolam123@hotmail.com).

\$50 deposit to secure your spot.

**Registration Deadline: JUN. 8th.**

### MARIAN PROCESSION - SACRED HEART CATHOLIC CHURCH (SEATTLE) JUN. 20 • 9AM to 11AM.

Procession Route: from the Sacred Heart parking lot to the Seattle Center, (Seattle Center campus)

**For more information on parking information, and other updates,** please contact Rose Tanudtanud, [rtanudtanud2009@gmail.com](mailto:rtanudtanud2009@gmail.com)

## 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. | **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)

## EVANGELIZATION

By Brigette Blair

**Chris Stefanick**

- [Lonely-Proofing Yourself and the World](#)
- [Stop Protecting Your Kids From Everything – With Outdoor Adventurer Tom Zimmer](#)
- [How to Become a River of Peace | Pentecost Sunday Reflection](#)
- [Why Hating Your Worst Self Is Making Everything Worse | Dr. Peter Malinoski](#)
- [Part of You Is Already in Heaven \(The Ascension Changes Everything\)](#)
- [Leading With the Heart in an Age of Selfishness | Tommy Spaulding](#)

## 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

- [The Father, the Son, and the Holy Spirit - Bishop Barron's Sunday Sermon](#)
- [Tongues of Fire - Bishop Barron's Sunday Sermon](#)
- [What Is the Spirit Calling You to Do?](#)

## Ascension Presents

- [Why Be Catholic? | Fr. Mike Schmitz](#)
- [The Sin Jesus Spoke About Most Seriously | Fr. Mike Schmitz](#)
- [Fr. Mike Schmitz & Dr. Arthur Brooks Discuss Magnifica Humanitas](#)
- [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](#)

**Miscellaneous -** [Catholics, Pride Month, and the Truth About Identity](#)

## Fr. Mike Schmitz Homilies

- ["Understanding...or Trust?" | Holy Trinity Sunday](#)
- ["Near Occasion of Grace" | Pentecost Sunday](#)
- ["A Necessary Goodbye" | The Ascension of the Lord](#)

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## WHAT IS THE EUCHARIST?

By Zoltan Abraham

The Eucharist is at the heart of Catholic worship and spiritual life. During the Mass, the priest prays over the bread and the wine, calling down the Holy Spirit and repeating Christ's words from the Last Supper: "This is my body," "This is my blood." As Catholics, we believe that through the prayer of the priest and the power of the Holy Spirit the bread and wine are transformed into the Body, Blood, Soul, and Divinity of the risen Christ. When we consume the consecrated host and drink of the consecrated wine, we do not merely receive a symbol, we receive Christ himself. We enter into the most intimate union with Christ possible in this life.

How can we understand this transformation? On the one hand, the Eucharist is an inscrutable mystery that we will never fully understand in this life. On the other hand, philosophical reflection can help us gain some insights into the mystery. In the 13th century, the great theologian St. Thomas Aquinas used the metaphysical system of Aristotle to help us understand the Eucharist more deeply. Aquinas worked out the theology of transubstantiation, which is based on the perspective that each object has what are known as essential qualities and accidental qualities.

For example, take an object like a table. We have many different tables – different shapes and colors and made out of different materials. Those variations are the accidental qualities of a table. But we also have something that all tables have in common, what makes them a table as opposed to other objects – their "tableness," as we might say. The quality that makes a table different from all other objects is its essential quality.

The concept of transubstantiation means that the essential quality of bread and of wine is changed into the Body, Blood, Soul, and Divinity of the risen Christ. Outwardly, in their accidental qualities, the consecrated host and wine will still seem like bread and wine. But in their essential qualities, they have been transformed into Christ. We should also add that both the consecrated bread and the wine are fully Christ. We do not receive less of Christ if we receive only the consecrated host or the consecrated wine, though it is a good spiritual and liturgical practice to receive both when we have the opportunity.

One question that may arise is, where did the Church get this belief? Are these ideas just something theologians thought of long after biblical times? The answer is no. The Catholic belief in the Eucharist is firmly rooted in the Scriptures. In the Last Supper narratives of Matthew, Mark, and Luke, Christ clearly says of the bread and wine "This is my body" and "This is my blood," and he instructs the disciples to "do this in memory of me," meaning that the Church is to continue the ritual he had just done.

In the Bread of Life narrative in Chapter Six of the Gospel of John, Christ states: "Amen, amen, I say to you, unless you eat

the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever." (John 6:53-58)



During this discourse in Chapter Six, his audience objects to his words and begins to leave. But far from trying to water down his message or to explain that he was only speaking metaphorically, Christ reaffirms his words more and more strongly. Indeed, his message is so hard for his audience to accept that by the end of the discourse, for the time being, only his inner circle stays with him. The dynamics of the exchange show that Christ meant what he said literally.

We also see that the earliest Church writers after the conclusion of the apostolic era have the same belief in the Eucharist that the Catholic Church has today. They describe the Mass as having the same basic elements and underlying theology that the Church has maintained over the centuries. Thus, the belief in the Eucharist is not a later historical accretion, but a belief handed down to us from the earliest Christian times.

Our belief in the Eucharist is also supported by Eucharistic miracles that have taken place at different times in Church history. In these miracles, the consecrated bread and wine change in their accidental qualities as well, and thus we see the host turning to flesh and the wine turning to blood. Though our faith does not rest on Eucharistic miracles, they are a divine sign supporting our belief.

Our faith in the Eucharist has also been reinforced by millions of Catholics, priest and laity alike, who have experienced Christ in a special way through the reception of the Eucharist in Communion. Which leads me to my final point for this reflection, though of course books can and have been written on the Eucharist. While it is good to have some intellectual understanding of this theology, first and foremost we should not see the Eucharist as a theological subject, but as Christ's gift of himself to us, inviting us into the most intimate possible union between our Creator and, us, his creation. The Eucharist is our heavenly food that helps us to face the vicissitudes of daily life and helps us enter into eternal life in the infinite love of God.

If you would like to read more of Zoltan's writings, you can find them at [www.zoltanabraham.com](http://www.zoltanabraham.com).

## PARISH FAMILY OUTREACH AND SERVICE

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**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 - cilfinch@hotmail.com

### St. Vincent de Paul

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- 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!*

## ST. BRENDAN CROSS COUNTRY

### Registration is Now Open!

Calling all students in Grades K-8! Runners of every age and ability level are welcome to join. Whether your child is brand new to running or already loves to race — there's a place for everyone on the team!

- **Early-Bird Registration:** Through August 29th | \$55 per runner
- **Late Registration:** Through September 8th | \$75 per runner

**Get Involved — We Need Coaches!** We're looking for **volunteer coaches** to help lead practices and make this season a success.

**Join Us for a Great Season!** Be part of a fun, supportive experience focused on: Fitness • Teamwork • School Spirit

**Questions or Interested in Coaching?** Contact: Meg Koury ([cyocrosscountry@saintbrendan.org](mailto:cyocrosscountry@saintbrendan.org)) Cross Country Coordinator



## 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](mailto: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](mailto:cyosecretary@saintbrendan.org).

## ST. BRENDAN CYO SOCCER – REGISTRATION NOW OPEN!

Calling all **soccer families!** It's time to lace up your cleats. **St. Brendan CYO Soccer registration is officially open** for students in **Pre-K through 8th grade!**

**Don't wait—early registration is encouraged!** Fees increase with late sign-ups, so secure your spot today.

**Exciting News for the Season Ahead!** We're thrilled to share that **brand-new goals** have been added—making this season even better for all our athletes!

**Volunteer Coaches Needed** Our program thrives because of our amazing volunteers! If you're interested in coaching this fall, please **sign up by the end of June**. Early commitments help ensure every team has the support it needs.

**Questions? We're here to help!** Contact **Rob Flajole, Soccer Coordinator** - [cynosoccer@saintbrendan.org](mailto:cynosoccer@saintbrendan.org)

**Join us for a fun, active, and rewarding season—we can't wait to see you on the pitch!**

## 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](mailto:cyosecretary@saintbrendan.org) with interest or for additional information

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Holiday Craft Fair*

Saturday, November 14, 2026

**SAVE THE DATE: ST BRENDAN HOLIDAY CRAFT FAIR 2026**

This year's Holiday Craft Fair will be held Saturday, November 14, 2026. Vendor applications for the 2026 Holiday Craft Fair are now being accepted (due date May 29, 2026).

The Holiday Craft Fair is our largest community event featuring 100+ small business craft vendors, our beloved bake sale, photos with Santa, and MORE!

Questions about the Craft Fair or to request an application please reach out at [CraftFair@school.saintbrendan.org](mailto:CraftFair@school.saintbrendan.org)




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Questions? [KerryE@school.saintbrendan.org](mailto:KerryE@school.saintbrendan.org)




Still looking for Summer Kids Camp? Please contact **Overtime Athletics Seattle** if you have any questions at 206-305-0869 or [sean@otathletics.com](mailto:sean@otathletics.com).

Check out <https://ota-seattle.jumbula.com/> for full details.

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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](http://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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