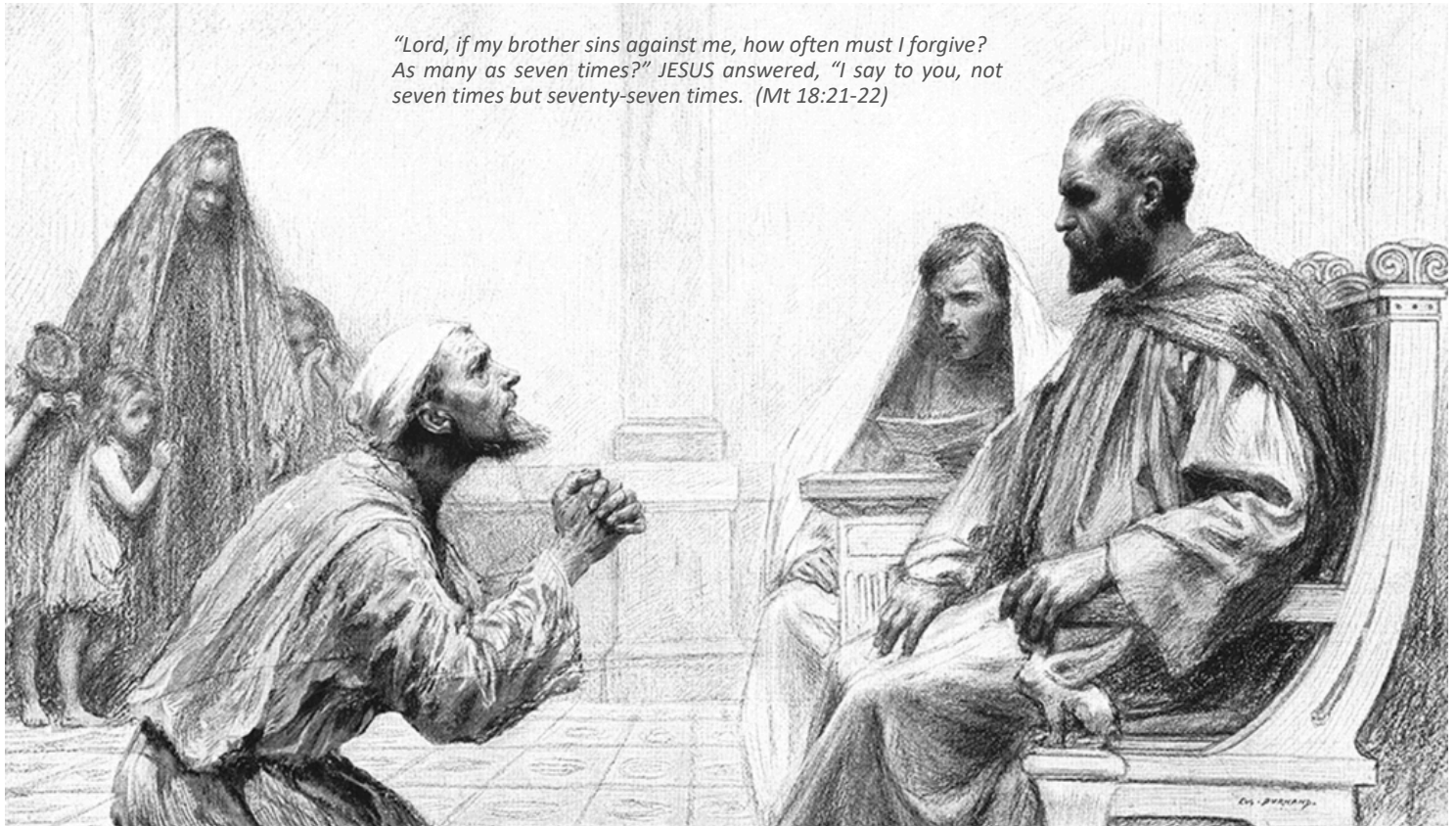


WELCOME TO SAINT BRENDAN & SAINT TERESA OF CALCUTTA PARISH FAMILY

TWENTY-FOURTH SUNDAY IN ORDINARY TIME
SEPTEMBER 13, 2026



*"Lord, if my brother sins against me, how often must I forgive?
As many as seven times?" JESUS answered, "I say to you, not
seven times but seventy-seven times. (Mt 18:21-22)*

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
- Other: By Appointment.

*"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

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"
— ST. MOTHER TERESA OF CALCUTTA

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

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

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

Facilities Supervisor

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

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

Receptionist | Lupita Silva Ocampo | receptionsit@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 | karahd@school.saintbrendan.org

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

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

COVER ART

TITLE: *Le serviteur impitoyable (The Unmerciful Servant)*, 1908

ARTIST: Eugène Burnand' | **SOURCE:** eugene-burnand.com

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 > receptionsit@saintbrendan.org
- St. Teresa > admin@saintteresa.org

- **GRANDPARENTS DAY** - Sunday, SEP. 13
- **HOLY HOUR | HORA SANTA** - Monday, SEP. 14 • 7PM • St. Brendan Chapel. • Below.
- **MOMS GROUP** - Wednesday, SEP. 16 • 9:30AM • STB.
- **DISCIPLES CLUB CLASSES** - Begins Wednesday, SEP. 16 • 6PM to 7PM
- **MEN'S NOCTURNAL ADORATION** - Saturday, SEP. 19 • 9:30PM • St. Brendan. • Pg. 5
- **PARISH FAMILY HARVEST FESTIVAL** - Sunday, SEP. 20 • NOON • St. Teresa • Volunteers Needed • Planning meetings are on Tuesday evenings at St. Teresa • >>>
- **ST. BRENDAN SCHOOL GOLF TOURNAMENT** - SEP. 19 • Pg. 10.
- **YOUNG-AT-HEART SENIORS** - Wednesday, SEP. 23 • Pg. 6.
- **WELL-READ MOM** - Wednesday, SEP. 23 • 10AM • Pg. 6.
- **STORY TIME WITH MRS. ABRAHAM** - Sunday, SEP. 27 • After the 11AM Mass. • St. Teresa • Pg. 5.
- **ADULT CYO VOLLEYBALL** - See pg. 10 for info to sign up.

JOIN US FOR CYO SUNDAY!

This Sunday's 10am Mass has a little extra St. Brendan spirit, with our CYO student-athletes helping support the celebration in many ways. CYO Athletics is more than sports—it's a ministry of our parish that brings our young people together to grow in faith, character, teamwork and friendship, while giving them meaningful ways to be part of parish life. From altar serving and reading to carrying the offertory gifts and welcoming you as greeters, our student-athletes are putting that spirit into action today. For additional information on CYO Athletics or how your family can be part of this wonderful ministry, visit the Seattle CYO website here <https://archseattle.org/ministries/cyo-athletics/> or reach out to kristatorrey@gmail.com.

» A TIME TO GIVE THANKS • A TIME TO COME TOGETHER «

Parish Family Harvest Festival

ST. TERESA

SUNDAY, SEPTEMBER 20, 2026
AFTER THE 11:00AM MASS

JOIN THE AUTUMN FUN!

AUTUMN THEMED GAMES
ANGEL COSTUME CONTEST FOR KIDS
BONFIRE, SCAVENGER HUNT, AND GREAT FOOD!

BRING YOUR OWN CHAIR!

Scan the QR Code to volunteer:




HOLY HOUR

For families and children, including babies and toddlers.

Join us on
Monday, SEP. 14
6PM to 7PM,
St. Brendan's Chapel.

Come and let yourself be blessed by the Lord.

HORA SANTA

Para familias y niños, incluidos bebés y niños pequeños.

Acompáñanos el
lunes, 14 de SEP.
6PM a 7PM
Capilla de San Brendan.

Ven a recibir la bendición del Señor.

DISCIPLES CLUB

Gear up for a great year of faith, community, and Jesus' adventure!

- First Reconciliation
- First Communion
- Ongoing Faith Education
- To register, scan the QR Code below. Paper forms are available in the narthex. All Children, grades 1 thru 5 should be registered.

REGISTER NOW!
GRADES 1 THRU 5

CLASSES BEGIN WEDNESDAY
SEPTEMBER 16TH - 6 TO 7 PM
AT ST. BRENDAN SCHOOL



PRAYERS & READINGS

READINGS OF THE WEEK

24TH SUNDAY IN ORDINARY TIME SEPTEMBER 6, 2026

**THE LORD IS KIND AND MERCIFUL, SLOW TO ANGER,
AND RICH IN COMPASSION. (PS 95)**

Sunday: Sir 27:30-28:7 • Ps 103:1-4, 9-12 • Rom 14:7-9 • Mt 18:21-35

Monday: Nm 21:4b-9 • Ps 78:1bc-2, 34-38 • Phil 2:6-11 • Jn 3:13-17

Tuesday: 1 Cor 12:12-14, 27-31a • Ps 100:1b-5 • Jn 19:25-27 or Lk 2:33-35

Wednesday: 1 Cor 12:31-13:13 • Ps 33:2-5, 12 and 22 • Lk 7:31-35

Thursday: 1 Cor 15:1-11 • Ps 118:1b-2, 16ab-17, 28 • Lk 7:36-50

Friday: 1 Cor 15:12-20 • Ps 17:1bcd, 6-8b and 15 • Lk 8:1-3

Saturday: 1 Cor 15:35-37, 42-49 • Ps 56:10c-14 • Lk 8:4-15

LET US PRAY FOR . . .

The Sick

All praise and glory is yours, Lord our God, for you have called us to serve you in love. Bless them so that they may bear this illness in union with your Son's obedient suffering. Restore them to health, and lead them to glory. We ask this through Christ our Lord. Amen.

Marta Acuña • Elizabeth Adoko • Harrison Carlin • Cash Crawford • Cecilia Cueto • Joan Dedman • Leticia de la Cruz • Toyo Erickson • Rachel Flanagan • Luz Gutierrez • Consuelo Haire • Hannah Joy Haug • Joseph Hayden III • Norman Hradec • Rebecca Jacobson • Ryan Jacobson • Christopher Lagestrom • Jesus Lopez Lopez • Joe Matthews • Melissa Matthews • Sally Merz • John Morgan • Thomas Nash • Dianne Osmialowski • Marilyn Phelps • Alexandra Rocio-Hays • Angela Seibert • 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.

J.D. Albin • Rosalia Garcia • Patrick Guentert • Terry Losh • Joseph Mandich • Elia Nava • Emma Neuman • Arlene Plancich • Eleanor Shotwell • Jack Tonkin

**NONE OF US LIVES FOR ONESELF, AND NO
ONE DIES FOR ONESELF. FOR IF WE LIVE,
WE LIVE FOR THE LORD, AND IF WE DIE,
WE DIE FOR THE LORD.**

(ROM 14:8)

O Sacrament Most Holy

O Sacrament Divine All

Praise and All Thanksgiving

Be Every Moment Thine



MASS INTENTIONS

Sunday, September 13

STB

8:00AM Stark Family

10:00AM + Zita Brown

12:00PM + Agustin Perez

STOC

9:00AM Saint Teresa Parish

11:00AM Saint Teresa Parish

Monday, September 14

STB - 8:30AM + Sonia Calaranan

STOC - 9:00AM NO MASS

Tuesday, September 15

STB - NO MASS

STOC - 9:00AM + Edson & Willie Lucas

Wednesday, September 16

STB - 8:30AM + Olive Bowasi

STOC - 9:00AM + Renato Paguia

Thursday, September 17

STB - 8:30AM + Craig Carleton

STOC - 9:00AM Kristen Van Hollebeke

Friday, September 18

STB - 8:30AM + Beverly Dean

STOC - 9:00AM + Louis & Josephine Dennis

Saturday, September 19

STB

8:30AM Nathaniel Gordo

5:00PM + Robert 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

St. Brendan & St. Teresa of Calcutta Parish Family OCIA REGISTRATION

Order of Christian Initiation of Adults (OCIA)



REGISTRATION
FORM



FORMULARIO DE
INSCRIPCIÓN

*Become
Catholic*

For Adults 18 and Over.

For Catholics who need the Sacraments and non-Catholics who wish to join the Church.

First class begins on SEPT. 10 at St. Brendan Catholic Church. Classes meet weekly on Thursday nights from 6:30PM to 8:00PM.

Adultos mayores de 18 años

Para Católicos que necesitan Sacramentos y no católicos que desean unirse a la iglesia

La primera clase comienza el 13 de SEP. en la iglesia Católica de San Brendan. Las clases se imparten semanalmente los domingos por la mañana, de 9:30 a 11:30.

Register via the QR Code, link, or via paper forms.

Inscríbete mediante el código QR, el enlace o los formularios en papel.

• English

<https://archseattle.ccbchurch.com/goto/forms/8626/responses/new>

• Español

<https://archseattle.ccbchurch.com/goto/forms/8649/responses/new>

MEN'S NOCTURNAL ADORATION

Men of St. Brendan and St. Teresa of Calcutta are invited to a special opportunity for prayer, fellowship, and spiritual renewal through Nocturnal Adoration. Each third Saturday of the month, our brothers gather to pray through the night in the true presence of our Lord Jesus Christ.

Please join us SEP. 19 — at 9:30PM at St. Brendan Church. For the first hour of these two evenings of adoration, we will learn about the beautiful traditions of the American Society for Nocturnal Adoration. Through each other's support, our new members will have the opportunity to learn, participate, and prepare for the full program beginning on Saturday, OCT. 3.

All men are encouraged to attend and experience this powerful time of prayer before the Blessed Sacrament. In the name of Jesus Christ crucified and of gentle Mary.

STORY TIME

Mrs. Abraham is hosting Story Time at **St. Teresa** — in the classroom behind the social hall — on **Sunday SEP, 27 after the 11AM Mass**. All children are welcome to come and listen. If your child can't make it, the next one at St. Teresa is on Sunday, OCT. 18.





SAINT TERESA AND SAINT BRENDAN

PARISH FAMILY HARVEST FESTIVAL RAFFLE

SPONSORED BY THE SAINT TERESA KNIGHTS OF COLUMBUS

QUARTER BEEF

CUT, WRAPPED & FREEZER READY

..... THIS RAFFLE IS FOR

\$5

EACH

— OR —

5 FOR \$20

ONE QUARTER OF ANGUS BEEF



- Pastured in Washington State
- Naturally raised grass fed

THE WINNER WILL RECEIVE

≥ 125+ LBS ≤

OF ANGUS BEEF!



DRAWING WILL BE HELD AT THE
ST. TERESA PARISH FAMILY
HARVEST FESTIVAL
BETWEEN NOON TO 3PM

YOU DO NOT
NEED TO BE
PRESENT TO WIN



PROCEEDS BENEFIT
WORLD YOUTH DAY
AND OUR PARISH COMMUNITY



BBQ & BROTHERS

Good day Brothers:

We hope everyone is having/had a wonderful summer. Barbeque, Beer and Brothers is back!

Men of the Parish, please join us for an evening of Fellowship and Camaraderie on **Thursday, OCT. 15, 6PM, at St. Brendan - Boil and Cornhole style!**

Both the Brothers of Saint Brendan and Brothers of Saint Teresa of Calcutta will join together again. This is an opportunity to spend some quality time with your fellow Brothers from both Parishes. Our very own **Brett Carlton** will be preparing a Seafood and Vegetable Boil. IF you've never been or experienced a Boil, this is a must attend! No need to bring a side salad, but *desserts are always welcome*. Hope to see you there.

For September, we are encouraging all Brothers to attend the Parish Family Harvest Festival in Honor of Michaelmas at Saint Teresa of Calcutta on Sunday, SEP. 20 after the 11:00 Mass.

Blessings, The BBB Leadership Team

PARISH NEWS

VOLUNTEERS NEEDED TO PRAY

We need volunteers to pray for an end to abortion at the Planned Parenthood Clinic in Everett. **We meet on Tuesday mornings from about 10:15AM to 11:45AM.** We pray peacefully on the sidewalk in front of the facility. If you can spare some time on Tuesday mornings we would love to have you join us. The address is: **1509 32nd St., Everett.** Please prayerfully consider being an advocate for the most defenseless among us, the unborn child in the womb.

DELIVERY FOOD BANK DRIVER - WANTED

St. Brendan's long-standing SOS ministry needs a new driver with a truck or van to make our Thursday food delivery to St. Mary's Food Bank in Seattle. **Terry Thompson**, our faithful driver for many years, has decided to retire from this volunteer position. **WE THANK YOU, TERRY, VERY MUCH** for your selfless service in helping the poor of Seattle!



Here's the routine: **Pick up donations around 8:30AM to 9AM on Thursday mornings at St. Brendan** where SOS volunteers will load your vehicle with groceries. Drive to St. Mary's Food Bank at 611 20th Ave S, Seattle, WA 98144. • **Enter the alley from 20th Ave S, between Weller and Lane Streets** and stop just past the food bank deliveries area. • The trip usually takes about 30 minutes and food Bank volunteers will unload your vehicle. • **Ask for 12 empty banana boxes** to take back to St. Brendan, and stack the empty boxes in the SOS pantry room the next time you're in the church.

ATTENTION: St. Brendan School Parents: YOU WILL GET CREDIT FOR HOURS

IF YOU ARE INTERESTED or have any questions, contact **Priscilla Finch at 425-442-2867** or **Bill Nash at 206-999-7767.**



KNIGHTS OF COLUMBUS CORNER (COUNCIL 6686)

• **September Knight of the Month** – Wes Schatz | **September Family of the Month** – Mike & RobbiAnn Gray

• There will be a rosary offered for Patricia Baumann on Tuesday, SEP. 15, in the St. Brendan Chapel at 7PM. Her funeral is **Wednesday, SEP. 16, at 11AM.**

• The next Knights of Columbus Pancake Breakfast is **Sunday September 27, after the 8AM/10:00 AM Masses.** All proceeds will go to help the victims of the fires in Spokane that occurred earlier this summer.

RESPECT LIFE MINISTRIES

Please Pray For These Expecting Mothers: Sydney Covello • Erin Dolenc • Sarah Fernandes DesCollinese • Sarah Hill • Lauryn Manning • Scareth Meija • Meron • Maggie Mock • Hannah Moxley • Joy Stanley • Chrissy White Cuda

Congratulations to: Alex & Hannah Galvan BOCKEL on the birth of their daughter, Alannah Rose • Trevor & Taylor LOCKMAN on the birth of their son, Leo Richard. 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.

The Well-Read Mom
Read More. Read Well.
By Marcie Stokman, M.A.
Founder of Well-Read Mom
International Book Club Movement

"In these beautifully written pages, women will find relief, permission, and encouragement to pursue a life of deep reading for themselves, their families, and the culture."
Elizabeth M. Kelly, Award-winning author of Jesus Approaches

Do you love literature? Join our Well-Read Mom's group. The group follows the structure of a national organization, but, despite the name, we are open to all adults, not just moms or women. We read one book per month. Our next meeting is on Wednesday, SEP. 23 at 10AM, St. Teresa Commons Room. Please contact the Parish Office for more information.

YOUNG AT HEART SENIORS

Please circle **Wednesday, SEP. 23**, on your calendar. That is the day that seniors of our Parish Family are invited to come to **St. Brendan narthex at 10:30AM** to learn about the activities planned for the 2026-2027 year.



The highlight of the day, however, will be the **presentation by Marianne Marion on "The Trip of a Lifetime"**, in which she will share with us her fantastic experience of being in Italy during Holy Week. A light lunch will follow the presentation. Please contact Donna (206-335-4469) if you have any questions or if you would like to help with the setup or to provide food.



A BLESSING FOR GRANDPARENTS

Dear God,

Bless the grandparents in our community. Stir in them a sense of caring, thoughtfulness, and kindness toward their preceding generations. Like St. Anne and St. Joachim, inspire them to live lives of brave faith and virtue. Give them and their families warm memories, happy times, and bright hope. **Amen.**

Source: LPI

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.

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

- [The Hidden Identity Crisis in Women's Sports](#) | Sam Kelley
- [5 Simple Ways to Actually Change Your Life](#) | Fr. Jonathan Meyer
- [Gym Bro Secrets + Theology of the Body \(This Combo Works\)](#)
- [Christopher West Answers YOUR Questions About Sex, Dating & Gender](#)
- [The Tricky Temptation Nobody Talks About \(It's Not What You Think\)](#)

FORMED

- [Restless Heart](#)
- [Based on a True Saint](#)
- [Lectio: God](#)
- [What Is the Anointing of the Sick?](#) | Catholic Sacraments Explained
- [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 Church Prevails](#) • [How Not to Read the Story of the Syrophenician Woman](#) • [A Tiny Whispering Voice](#)

Ascension Presents

- [Not Sure Who You're Supposed to Be? St. Paul Has the Answer!](#) | Fr. Columba Jordan
- [Fr. Mike Schmitz Reviews The Odyssey AND Spider-Man](#)
- [Create These Habits to Master Prayer](#) | Sr. Mary Josephine
- [If You Feel Like You're Constantly Missing the Mark](#)
- [Father Mike Schmitz opens up about his vocation, faith, & his first trip to Ireland](#)
- ["I've Been Thinking About This Everyday"](#)
- [Fr. Mark-Mary Explains the Liturgy of the Hours in Less than 7 Minutes](#)
- [Called to Lift the Next Generation](#) | Fr. Mike Schmitz and JoAnn Chávez

Fr. Mike Schmitz Homilies

- ["Who Do You Say?"](#) | 21st Sunday in Ordinary Time
- ["Can God Say 'No'?"](#) | 20th Sunday in Ordinary Time
- ["In the Storm"](#) | 19th Sunday in Ordinary Time

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

For Kids

- [Owlegories](#) • [Chime Travelers](#) • [Awesome Animals & Mini Me](#) • [Zack and Yalla](#) • [Brother Francis \(English & Español\)](#) • [Littlest Saints](#)
- [The Wonderful World of Benjamin Cello](#)

GROWING IN FAITH

FORGIVENESS IS FREEDOM

By Zoltan Abraham

We all know that forgiveness can be very hard. We have all experienced the struggle at one point or another in our lives. The pain we bear from being hurt might be too great to let go of the deep resentment we feel. Or we might fear that if we forgive, the person who hurt us will not get their comeuppance. Or we might think that our honor or status requires that we take vengeance. Indeed, our culture has many famous revenge stories, both classics, like the play Hamlet, or in pop culture, like the Kill Bill movies. When we read or watch such stories, we might feel a sense of satisfaction as the protagonist destroys the villain, rather than offering forgiveness. But the problem is that the lack of forgiveness is self-destructive.

Refusing to forgive has been described as taking poison and hoping that the other person will die. Or as locking ourselves into a cage and throwing away the key. For example, if someone hurt me badly ten years ago and I am still unwilling to forgive, what is happening in me? The person who hurt me still has power over me. He still has control over my thoughts, my feelings, my sense of energy, and to some extent even my actions. As long as I refuse to forgive, I am not my own person. I am still subject to the one who hurt me. He may not even remember my existence, but I am still bound by him in various ways.

Lack of forgiveness can also lead us to deeply self-sabotaging actions. In *The 7 Habits of Highly Effective People*, Stephen Covey discusses various resolutions to problems, involving winning or losing, presenting a win-win resolution as the ideal. Among the various possible outcomes, he reflects on the possibility of a lose-lose situation, when we not only cause the other party to lose, but we lose ourselves as well. That is the type of action that revenge can drive us to. If we are consumed with anger and resentment, we can easily make choices that destroy our own lives, one way or another, as we seek to cause vengeful harm to the one who hurt us.

By contrast, if I forgive, if I let go of the anger, the resentment, the drive for vengeance, then I free myself from the control of the one who hurt me. My thoughts and feelings are no longer bound by him. I can do what I want to do with my life, without thinking about him. Forgiveness is the ultimate liberation.

The freeing effect of forgiveness can be illustrated by two stories, one fictional and one all too real. The first one is the live action remake of *Cinderella* by Disney, released in 2015. In the movie, we see Cinderella being abused by her stepmom and stepsisters, as the story goes. At the end, when Cinderella has met her prince and is driving away in a carriage to her new life, she turns back to her abusive step family and says: "I forgive you." By doing so, she frees herself from their control. Without forgiving, she could live the rest of her life angry and bitter, her mind bent on terrible revenge. But by forgiving, she wipes the slate clean and can now truly enjoy the new courtly life that she is blessed with.

A much more tragic story, that was all too real, involved a horrific school shooting in Nickel Mines, Pennsylvania, in 2006. A deranged attacked a one-room Amish school and killed five girls, before turning his weapon on himself.

Such an unspeakable tragedy could have ripped the community apart for generations to come. But the Amish decided to respond with forgiveness. They forgave the murderer and even comforted his family. They even raised money to help the widow of the gunman. Through their attitude and actions of forgiveness, they transcended the tragedy and brought Christ's healing love into the horrific situation.

However, one objection to the idea of forgiveness can be the question of dealing with abusive behavior. If, the objection goes, I forgive someone who has been abusive toward me, do I not open myself up to further abuse in the future? The answer is that forgiveness is not the same as reconciliation. Forgiveness is about how I think of the other person. Reconciliation is about how I interact with him. I can forgive an abusive person in my heart and still put conditions on full reconciliation, such as the discontinuation of the abuse or restitution for prior harm.

But, we might ask, what if we are simply unable to forgive? What if we are so hurt that we cannot even begin to entertain thoughts of forgiveness? To begin, we are not expected to forgive through our own strength. We need God's grace to forgive. Thus, forgiveness needs to be grounded in prayer. If we cannot even begin to forgive, we can pray for the grace of being able to forgive and the grace of wanting to forgive.

We also see in the Gospel Reading for this Sunday that if we refuse to forgive others, we close ourselves off from God's forgiveness as well. If we are holding onto anger, bitterness, and resentment, if we are consumed with vengeful thoughts, we have no room in our hearts to accept God's love. Our ability to experience God's forgiveness is contingent on our willingness to forgive others.

Our ability to experience God's forgiveness is also dependent on our willingness to forgive ourselves. On the one hand, we need to admit that we are sinners and that we are fallen. On the other hand, we need to believe that God truly does forgive us. If we have confessed our sins through the Sacrament of Penance and have received absolution, we need to believe that God has truly forgiven us. We should learn from our sins and make the necessary reparations. But we should not be beating ourselves up for sins that God has already forgiven.

As we have seen, forgiving others sets us free in so many ways. Forgiveness also has a powerful societal dimension. Most of history has been characterized by a cycle of violence. One group does something evil to another, and that group responds with evil, and so forth and so forth. But when we forgive, we stop the cycle of violence. We refuse to let it continue. Thus, forgiveness stops generational evil and helps to usher in the peace of Christ.

If you would like to read more about 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 - cilfinch@hotmail

St. Vincent de Paul

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

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

The Serving Our Savior (SOS) program is replete with canned and dried foods. **What we do need are funds to buy fresh vegetables, fruits and meats**, but the costs have increased significantly. Any amount of money would be very gratefully received. Contact Priscilla Finch at cilfinch@hotmail.com with any questions



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) 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.

HELLO SOCCER MOMS & DADS!

We're gearing up for another awesome season of **CYO Fall Soccer**, and we can't wait to see all those smiling kiddo faces out on the field next week when practices begin!

Coaches will be reaching out soon (if they haven't already!) with details about teams, schedules, and everything you need to know for kickoff.

☀️ **A Few Important Reminders:** • **Teamsideline** will be our hub for messages and RSVPs this season—download the app if you haven't yet! • New to CYO? Welcome! 🎉 At least one parent must complete the **Parent Workshop (PLACT – Play Like a Champion Today)**. It's a quick one-hour virtual course. Just head to the CYO webpage and look for **Mandatory Trainings** in the top right corner. • Kiddos must wear shin guards at all practices and games. • For safety, **no jewelry, barrettes, or bandanas** may be worn during play—practice or games.

We're excited to kick off a fun, energetic season and can't wait to see everyone soon. If you have any questions, feel free to reach out at cyosoccer@saintbrendan.com!

⚽ Let's make it a fantastic season, St. Brendan families! ☀️

CROSS COUNTRY IS BACK!

🏃 **Cross Country Update!** 🏃

🏃 **Practices Have Started!** We meet **Tuesdays & Thursdays from 3:15–4:30 PM on Saint Brendan Field.**

💧 **Come Prepared:** Runners should bring appropriate **athletic clothes, athletic shoes, and a water bottle** to every practice.

👤 **Coaches Needed!** We're still looking for volunteers to help coach our runners—**no experience necessary!** Please reach out to the **XC Coordinator** (cyocrosscountry@saintbrendan.org) if you're interested in helping.

📅 **Registration closes Tuesday, September 8!** Interested in joining us? Register at [Teamsideline](https://www.teamsideline.com).

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Games run September - October!
1 Game Per Week vs Other CYO Teams!

Interested in Joining?
Email kristatorrey@gmail.com
 to be added to the "Interested in More Information" List!



Register by Mid-August!

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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