

PARISH FAMILY 14

ST. ALPHONSUS | ST. BENEDICT | ST. JOHN THE EVANGELIST

**"FOR MANY ARE CALLED,
BUT FEW ARE CHOSEN."**

MATTHEW 22:1-14

SUNDAY MASSES

Saturday: 5:00 PM Vigil at St. Alphonsus
5:00 PM Vigil at St. John

Sunday: 8:30 AM at St. John
9:00 AM at St. Alphonsus
10:30 AM at St. John
11:00 AM at St. Benedict

DAILY MASSES

Mon - Thurs: 7:30 AM at St. Alphonsus
Thurs: 6:00 PM at St. Benedict

Fri: 9:00 AM at St. John

Sat: 8:00 AM at St. Alphonsus

(except 1st Sat: 9:00 AM at St. John)

School Masses (Sept-June): *All are welcome!*

Refer to This Week's Calendar, page 2.

RECONCILIATION

Mon - Thurs: 7:00 - 7:20 AM at St. Alphonsus

Thurs: 5:30 - 6:00 PM at St. Benedict

Saturday: 4:00-4:45 PM at St. Alphonsus

Sunday: 8:00 - 8:45 AM at St. Alphonsus

Sunday: 9:45 - 10:15 AM at St. John

By appointment: info@parishfamily14.org

First Friday Reconciliation and Adoration:
7:00-8:00 PM at St. Alphonsus



ST. ALPHONSUS PARISH

5816 15th Ave NW, Seattle, WA 98107



ST. BENEDICT PARISH

1805 N 49th St, Seattle, WA 98103



ST. JOHN THE EVANGELIST PARISH

106 N 79th St, Seattle, WA 98103

Admin Office: 206-782-2810 | 206-260-7944 (Fax) | info@parishfamily14.org | 106 N 79th St, Seattle
Faith Formation Office: 206-632-0843 | faithformation@parishfamily14.org | 1805 N 49th St, Seattle



www.pf14.org



@parishfamily14

For pastoral emergencies, please call: 206-271-3543.

THIS WEEK'S CALENDAR

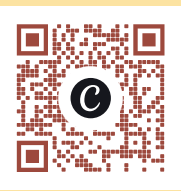
October 11, 2026

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

Is 25:6-10a/Phil 4:12-14, 19-20/Mt 22:1-14 or 22:1-10

	ST. ALPHONSUS		ST. BENEDICT		ST. JOHN	
October 11 TWENTY-EIGHTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10 AM	Reconciliation Mass Coffee & Donuts	10 AM 11 AM 12 PM 12:15 PM	First Reconciliation Class - School Auditorium Mass with CLOW (Livestream) Coffee & Donuts Grief Support Group - St. Mary Room	8:30 AM 9:30 AM 9:35 AM 9:45 AM 10:30 AM	Mass Lectio Divina First Reconciliation Class - Classroom and Egan Hall Reconciliation Mass with CLOW Coffee & Donuts after both Masses Faith Sharing Group via Zoom
October 12 Monday	7 AM 7:30 AM 7 PM	Reconciliation Daily Mass RIP: Darren Miller Men's Group - McGrath Rm	7 PM	Gospel Study via Zoom		
October 13 Tuesday	7 AM 7:30 AM	Reconciliation Daily Mass	7 PM	Young Adult Men's Group - St. Mary Room		
October 14 Wednesday <i>Saint Callistus I, Pope and Martyr</i>	7 AM 7:30 AM 6:30 PM	Reconciliation Daily Mass Alpha - Family Center				
October 15 Thursday <i>Saint Teresa of Jesus, Virgin and Doctor of the Church</i>	7 AM 7:30 AM 10 AM	Reconciliation Daily Mass Scripture Study - McGrath Room	9 AM 5:30 PM 6 PM 7 PM	School Mass Reconciliation Daily Mass OCIA - St. Teresa Room	3 PM	Family Adoration
October 16 Friday <i>Saint Hedwig, Religious; Saint Margaret Mary Alacoque, Virgin</i>	8:15 AM to 7 PM	Adoration Chapel open			9 AM	Daily Mass
October 17 Saturday <i>Saint Ignatius of Antioch, Bishop and Martyr</i>	8 AM 4 PM 5 PM	Daily Mass Reconciliation Vigil Mass	11 AM	Funeral Mass for Robert Ruffner	5 PM	Vigil Mass (Livestream)
October 18 TWENTY-NINTH SUNDAY IN ORDINARY TIME	8 AM 9 AM 10 AM	Reconciliation Mass Coffee & Donuts	11 AM 12 PM 12:15 PM	Mass with CLOW (Livestream) Special collection for St. Vincent de Paul Coffee & Donuts Grief Support Group - St. Mary Room	8:30 AM 9:30 AM 9:30 AM 9:35 AM 9:45 AM 10:30 AM	Mass Lectio Divina SVdP Meeting - Portable 43 First Reconciliation Class - Classroom and Egan Hall Reconciliation Mass with CLOW SVdP collection at both Masses Coffee & Donuts after both Masses Faith Sharing Group via Zoom
	For livestream and recorded masses, click the links:		www.pf14.org/st-benedict-live-streaming www.facebook.com/stbenseattle		www.pf14.org/st-john-live-streaming	

PARISH FAMILY HIGHLIGHTS



TAKE THE SURVEY NOW!
bit.ly/PF14OppsChallenges
If you prefer pen and paper, printed copies are available in the vestibule.

117 responses
(as of 10/06/2026)

Goal: 300 responses





Help shape the future of our Parish Family by telling us what opportunities and challenges you see.

Complete the survey to help us reach our goal, and enter our weekly drawing for a thank-you gift!

Congratulations to Eva-Maria Harwerth , this week's winner of our survey thank-you gift!

*Already submitted the survey without your name and contact information?
Email info@parishfamily14.org to enter the raffle. Thank you!*

BLESSING OF THE PETS

In celebration of the Feast of St. Francis of Assisi, Fr. Tim Coday, our guest priest from Unbound, blessed pets after Mass at St. John.

Families and children gathered with their dogs and a few birds, giving thanks for the joy and companionship these beloved animals bring.

Loving God, bless our pets with health and protection. Help us care for them with kindness and gratitude, honoring all your creation. Amen.



All Souls' Day Mass

November 2, 2026, Monday
7:00 PM at St. Benedict Church



NEED A RIDE? HAVE AN EXTRA SEAT?

We're organizing a new **Carpooling Ministry** to help everyone stay connected to parish life especially older parishioners and others who are unable to drive.

If you can offer a ride or need transportation, please sign up!

bit.ly/PF14Carpool



Carpools can help parishioners attend weekday and weekend Masses, parish events, and other activities while building friendships and caring for one another along the way.

Sharing an extra seat may be a simple gesture, but it can make a meaningful difference in someone's life!

ADVENT Weekends

Special Mass Schedule

First Weekend: November 28 & 29

Regular Mass Times at Three Churches

Second Weekend: December 5 & 6

Mass Times: Saturday - 5 PM;

Sunday - 8 AM & 10 AM

Location: **St. John Church**

Third Weekend: December 12 & 13

Mass Times: Saturday - 5 PM;

Sunday - 8 AM & 10 AM

Location: **St. Alphonsus Church**

Fourth Weekend: December 19 & 20

Mass Times: Saturday - 5 PM (Simbang Gabi)

Sunday - 8 AM & 10 AM

Location: **St. Benedict Church**

Reconciliation is available on

Saturdays, 4:00-4:45 PM, and Sundays, 9:15-9:45 AM.

PRAYER & SCRIPTURE

LORD, HEAR OUR PRAYER...

Please remember the following people who are ill, homebound, or need your prayers this week: Marnie Ahern, Barry Bogue, Christopher Borden, Ken Brewster, Patricia Briggs, Suzanne Cavanaugh, Diane Crockett, Anne Fuller, Brian Gough, Rich Huntsman, Scott Innis, Tom Jepson, Sheila Kern, Jeffry Myers, Joel Ocampo, Jennifer and Jay Parrish, Patricia Patterson, Nina Pedersen, Bill Quackenbush, Kate Quinones, Kathryn Robinson, Lou Ayres Salumbides, Abby Simpson, Anita Stull, and Lillian Yamamoto. For those who have died, especially, Donald William Allen and Darren Miller, that they may rest in the healing embrace of our Lord, Jesus Christ, we pray to the Lord. For Armed Forces personnel throughout the world, that they come home safely to their families, we pray to the Lord.

FUNERAL MASS

Robert Ruffner - Saturday, October 17, 11:00 AM at
St. Benedict; Reception to follow in the School Cafeteria

CELEBRATION OF LIFE

Darren Miller - Sunday, October 18, 2:00 - 6:00 PM
at Ballard Elks, Seattle

READINGS FOR SUNDAY, OCTOBER 18 - Twenty-ninth Sunday in Ordinary Time

First Reading

Isaiah 45:1, 4-6

We are to worship God alone, the God who calls us by name.

Psalm

Psalm 96

"Give the Lord glory and honor."

Second Reading

1 Thessalonians 1:1-5b

We have received the gospel not only in word, but in the power of the Holy Spirit.

Gospel

Matthew 22:15-21

"Repay to Caesar what belongs to Caesar and to God what belongs to God."

God's preeminence is highlighted in today's readings. Isaiah proclaims that God was the force behind the pagan king Cyrus when he defeated the Babylonians and allowed the Chosen People to return to the promised land, even though he certainly didn't realize it. Paul tells the Thessalonians that God chose them in Christ. Finally, Jesus tells the Pharisees that they should comply with Caesar's tax, but it is more important to repay God for all God's gifts. So ought we, as we sing in the psalm, give the Lord glory and honor.

PARTICIPATION AND STEWARDSHIP OF TREASURE

Invite your friends and family to attend Mass and experience the peace, community, and spiritual growth it brings. Sharing our mass times with them can help strengthen our Parish Family!

Week of October 4, 2026

St. Alphonsus Parish

MASS ATTENDANCE

Saturday, 5 PM	111
Sunday, 9 AM	193

PARISH COLLECTION

Mass Collection	\$ 4,757.00
Online Donations	\$ 4,479.19
Mailed-in	\$815.00

Total Collection \$ 10,051.19

Weekly Budget \$ 9,775.00

Over Weekly Budget \$ 276.19

Thank you so much for all your support to St. Alphonsus Parish!

Set up your recurring online giving now!



St. Benedict Parish

MASS ATTENDANCE

Sunday, 11 AM	179
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PARISH COLLECTION

Mass Collection	\$ 1,637.00
Online Donations	\$ 4,210.13
Mailed-in	\$ 2,400.00

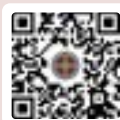
Total Collection \$ 8,247.13

Weekly Budget \$ 6,212.00

Over Weekly Budget \$ 2,035.13

Thank you so much for all your support to St. Benedict Parish!

Set up your recurring online giving now!



St. John Parish

MASS ATTENDANCE

Saturday, 5 PM	72
Sunday, 8:30 AM	167
Sunday, 10:30 AM	162

PARISH COLLECTION

Mass Collection	\$ 5,276.30
Online Donations	\$ 12,724.25
Mailed-in	\$ 899.00

Total Collection \$ 18,899.55

Weekly Budget \$ 17,294.00

Over Weekly Budget \$ 1,605.55

Thank you so much for all your support to St. John Parish!

Set up your recurring online giving now!

<https://bit.ly/PushpaySJ>



SOCIAL JUSTICE COMMISSION



**October 25 | Sunday | After the 9 AM Mass
St. Alphonsus Family Center**

Join us for a healthy breakfast hosted by Angels Cafe! After Mass on Sunday, October 25, enjoy a variety of granola and yogurts with fruit, nuts, and coconut toppings, plus hot oatmeal. Bring your family and enjoy good food and good company!

St. Martin de Porres Sandwich Making

SMdP sandwich makers prepare a total of 800 sandwich lunches for men who live at the SMdP shelter in downtown Seattle. The group meets on the first and third Monday of every month at 8:30 AM in the St. Benedict Parish Center. Contact Vicky Briones at vicster912@gmail.com for more information.

Sancta Vita

RESPECT LIFE MONTH

Each October the Catholic Church in the United States celebrates Respect Life Month. Please stop by the information table at St. Alphonsus coffee and donuts this weekend to see how we can support our local agencies who promote respect for all life. Information is also available in all vestibules at St. Alphonsus.

40 DAYS FOR LIFE CAMPAIGN

Please join us in prayer as we support the North Seattle 40 days for Life Campaign and Respect Life Month.

The daily prayer intentions are available in the St. Alphonsus vestibules and upon request.

More information about the campaign can be found online at: <https://www.40daysforlife.com/zen/northSeattle>

Hunger Project

St. Benedict collects food donations that are sent to the Family Works Food Bank every month. Donations may be placed using the "blue bags" provided at the box in the vestibule or brought over to the Parish Office. For more info, contact Len Kannapell at kannapell@yahoo.com.

Ministers to the Homebound

Are you homebound, in nursing home or hospital and want to receive the holy communion? Our Cabrini Ministers would be happy to bring the holy communion to your home. For inquiries, please contact the following:

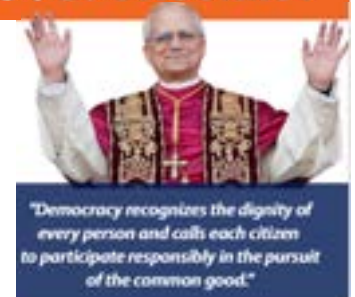
St. Alphonsus: Lori Corcoro - lcorcoro@parishfamily14.org

St. Benedict's Cabrini Ministry: Brenda Stratton - bjandmes.bjs@gmail.com

St. John: Marion Johnson - marijo9974@yahoo.com

SEE LOVE VOTE Checklist

How can our faith guide us as we prepare to vote? The See.Love.Vote. checklist offers questions to consider when learning about candidates, with a focus on caring for our neighbors and the common good.



View the checklist here: www.networkadvocates.org/wp-content/uploads/2026/06/See.-Love.-Vote.-Checklist-2026.pdf.

North Seattle SACRED SALMON PILGRIMAGE

November 14 | 9:30 AM - 12 PM

Starting Location: Christ the King Church

- Meet at Christ the King Church at 9:30 AM for a walk to Carkeek Park.
- Enjoy stops for prayer and reflection, then see spawning salmon at Piper's Creek with a Salmon Steward.
- **All ages welcome!** The walk is about two miles, with shorter options available.
- For more info and to RSVP, scan the QR code or visit the link.



bit.ly/PF14Salmon2026

Want to put your faith into action? Our Social Justice Ministries need hearts and hands like yours. For more details, go to www.pf14.org/social-justice-ministry. Everyone is welcome!

FAITH FORMATION

SMALL GROUPS

Faith Sharing Group

October 11, 7:30 PM | St. John Group via Zoom
Everyone is welcome to join, ask questions, and share insights as they grow together in faith. For zoom link and more info, contact tressa.lombardi@hotmail.com

Men's Group

October 12, 7 PM | St. Alphonsus Men's Group fellowship and faith sharing in the St. Al McGrath Room
(Contact: Brian LeBlanc at brianleblanc76@gmail.com)

Gospel/Scripture Ministry

October 12, 7 PM | St. Benedict Gospel Study via Zoom
Meeting ID: 864 2616 6842 Password: 961919 (Contact: Brenda Stratton at bjandmes@msn.com)

October 15, 10 AM | St. Alphonsus Scripture Study in the St. Alphonsus McGrath Room (Contact: Mary Green at mgquilts46@gmail.com)

Looking to grow in faith and friendship? Check out the many Small Faith Sharing Groups across our Parish Family! Go to www.pf14.org/small-groups.

Women's Group

October 20, 6:30 PM | St. Alphonsus McGrath Room
Join us for a social, faith-sharing discussion over the daily gospel with other women in our parish family. No RSVP needed. Questions? Contact olivia@raesegroup.com.

Grounded in Grace

October 22, 6 PM | St. Alphonsus Family Center; If you are navigating the pain of divorce or marital separation, join us in confidence and compassion. Grounded in Grace is a safe and confidential space for healing and hope. Questions? Contact olivia@raesegroup.com.

Book Club

October 25, 7 PM | St. John Parish Admin Bldg.
We are reading *The Power and the Glory* by Graham Greene. In a poor, remote section of southern Mexico, the paramilitary group, the Red Shirts have taken control. God has been outlawed, and the priests have been systematically hunted down and killed. Now, the last priest is on the run. Too human for heroism, too humble for martyrdom, the nameless little worldly "whiskey priest" is nevertheless impelled toward his squalid Calvary as much by his own compassion for humanity as by the efforts of his pursuers.

SACRAMENTAL PREPARATION



REGISTER NOW!

Youth Confirmation PREPARATION CLASSES

- ✓ All baptized Catholic youth in 7th grade and above are invited to join.
- ✓ **Classes start on October 25.**
- ✓ Classes are Sundays **after the 11am mass at St. Benedict School auditorium** (unless otherwise noted).
- ✓ Scan the QR code or visit the link to register.
bit.ly/PF14ConfirmationReg
- ✓ For full details, go to www.pf14.org/youth-confirmation or email dpelfrey@parishfamily14.org with any questions.

Infant Baptism

Infant Baptisms in our Parish Family are celebrated during Saturday Vigil and Sunday Masses across our three churches, offering families the opportunity to welcome their children into the faith within the Sunday community.

Parishioners of Parish Family 14 may choose from the following upcoming dates and locations:

- **November 14–15** – St. Alphonsus, during both the **5:00 PM Vigil Mass** and **9:00 AM Sunday Mass**

WANT TO BECOME CATHOLIC?

OCIA (Order of Christian Initiation for Adults/Children) is for anyone who is interested in the Catholic faith.

- Curious about the Catholic faith?
- Are you from another faith tradition but feel at home in our Parish Family?
- Were you baptized Catholic but want to learn more?

If any of these describe you, then OCIA might be the perfect place for you. For more info, contact Claire Shea at 206-632-0843 ext 6003 or cshea@parishfamily14.org.

For more information on SACRAMENTAL PREPARATION, please visit www.pf14.org or feel free to email us at faithformation@parishfamily14.org.

FAITH IN FOCUS



Mystery of Faith

WHEN THE priest introduces the Memorial Acclamation, he uses a brief statement: “The mystery of faith.” In the first English translation of the post-Vatican II Mass, he said, “Let us proclaim the mystery of faith,” but the revised translation keeps his statement as short as possible. It resembles other announcements during the Mass, such as those that conclude the readings (“The Word of the Lord” and “The Gospel of the Lord”), as well as those for distributing Communion (“The Body of Christ” and “The Blood of Christ.”) In each case, the statement provokes a response.

These words were part of the consecration of the wine at every Mass before Vatican II. The priest would say, “This is the chalice of my Blood, the Blood of the new and eternal covenant, the mystery of faith, which will be poured for you.” Those words “the mystery of faith” were not part of the earliest tradition of the Eucharistic Prayer, but were added by the seventh century. They may have come into the words for the consecration of the chalice because deacons administered Communion from the chalice, and Paul wrote that deacons should hold fast to the mystery of the faith (1 Timothy 3:9). Today it refers not so much to the consecration as to the total paschal mystery expressed in the memorial acclamation.

The words were never assigned to the deacon, even though in some places this became the practice. In the first translation, the priest addressed the people at this point, but in the revision, he simply pronounces the words into the air. He keeps his mind and heart focused where they belong: not on the people right now, but on his prayer to the Father.

Bulletin Inserts for the Liturgical Life of the Parish: The Mass © 2020 Archdiocese of Chicago: Liturgy Training Publications. All rights reserved. Written by Paul Turner.



This Week on Formed

Week of October 11, 2026



<https://app.formed.org/app/videos/4052976>

An Ardent Heart

This film tells the dramatic story of Lupe Valdes, a best-selling writer who investigates the apparitions of the Sacred Heart of Jesus in search of inspiration for her next novel. Guided by an expert in sacred mysteries, she discovers the historical evidence of the mystical revelations of the Sacred Heart to St. Margaret Mary



<https://app.formed.org/app/videos/914915>

St. Teresa of Avila

A powerful epic mini-series shot on location in Spain that tells the story of one of the most amazing women in history, St. Teresa of Avila. With meticulous attention to detail and historical accuracy, this acclaimed major film production is the definitive film on the life of this great saint.



<https://app.formed.org/app/videos/2394226>

St. Ignatius of Antioch

Learn about St. Ignatius of Antioch, a remarkable saint who died a martyr for his fidelity to Christ in this episode of Catholic Saints with Dr. Ben Akers and Taylor Kemp.

Who is Jesus?

www.pfl4.org/alpha

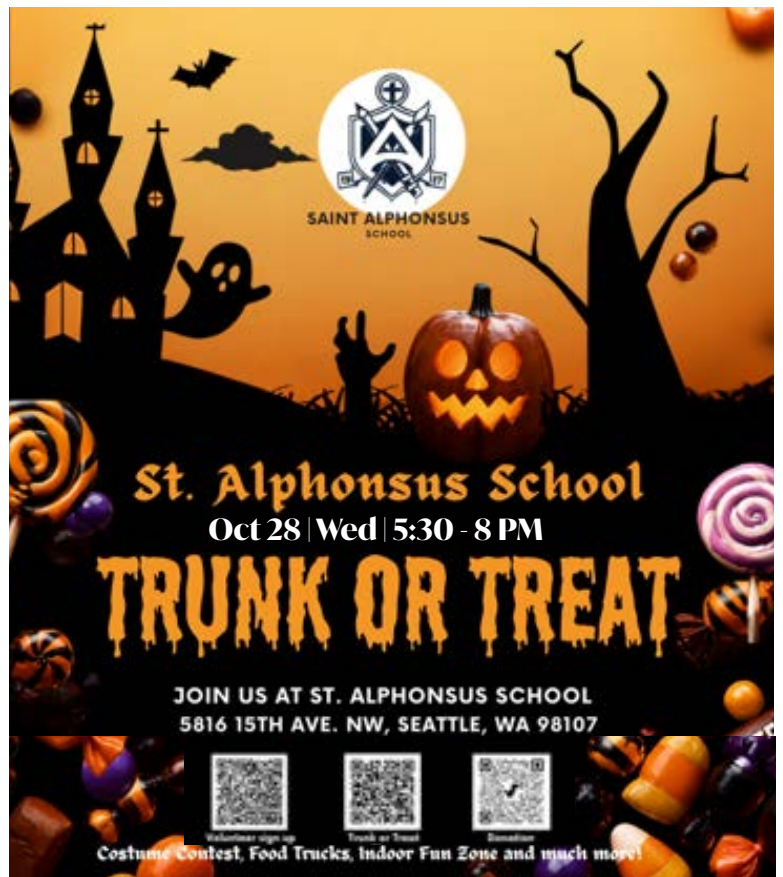
Alpha

Our Parish Family has a **free Formed subscription** for you! Simply scan the QR code or visit formed.org/signup to create your account and select our Parish Family to get free access to these contents and much more!



An offering from the  AUGUSTINE INSTITUTE

SCHOOL NEWS



THROUGHOUT THE ARCHDIOCESE



We are seeking feedback from individuals with disabilities and their families/caregivers. Thank you for your time in completing this survey: <https://bit.ly/4hFdqhY>



October 15 | 5:30 - 7:00 PM | Seattle U. Chapel of St. Ignatius

Red Mass offers an opportunity for the legal community to step away from the demands of professional life and reflect on the values – rooted in our faith – that give the work of law its larger purpose: justice, wisdom, integrity, service, and the common good. For more information, go to: <https://archseattle.org/events/red-mass-a-mass-for-the-legal-community/>





LAUDATO SI' MOVEMENT
WASHINGTON

Oct. 13 | 6:30 - 8:00 PM | Virtual

These meetings take place remotely on the 2nd Tuesday of every month. For updated meeting links, please contact Terri Nelson, Director of Integral Human Development at the Archdiocese of Seattle at terri.nelson@archseattle.org

QUEEN ANNE FOOD BANK

VOLUNTEERS NEEDED

NEEDED VOLUNTEER ROLES INCLUDE

- Van Drivers to pick-up food in the mornings Monday-Friday
 - Hours are flexible
 - Van provided
- Greeters to serve our neighbors at the door Monday-Friday from 8am-12pm

APPLY ONLINE TO VOLUNTEER WITH US



Scan the QR code to visit our online application directly. Select "Queen Anne Food Bank" as the program.

You can also find the application online at: <https://ccsww.org/volunteer/apply-to-volunteer-in-king-county-here/>



CATHOLIC COMMUNITY SERVICES
OF WESTERN WASHINGTON

YOU CAN LEARN MORE & ASK QUESTIONS BY EMAILING QUEENANNEFOODBANK@CCSWW.ORG



Discovering **hope** and **joy** in the Catholic faith.

October 2026

Parish Family 14
Seattle, WA

One Minute Meditations

St. John Henry Newman

St. John's path to Roman Catholicism began when he read the Church Fathers while tutoring at Oxford University. After much prayer, study, and the guidance of a Passionist priest, he converted in 1845. He was ordained a priest in 1847 and founded an Oratory of St. Philip Neri in Birmingham. In 1879, he was nominated cardinal. His famous works include *A Grammar of Assent* and his *Apologia*. He spent his office writing and offering spiritual advice.

God is closer than you think

It's easy to take God's presence for granted because we already know He is everywhere. Yet His presence is personal and relational. He is with us because He wants to be with us. We see this throughout salvation history: in the Incarnation, His earthly ministry, the Cross, the Resurrection, and the sending of the Holy Spirit.

God seeks us, draws near to us, and remains with us. So whether your "today" feels like Good Friday, Easter Sunday, or an ordinary Tuesday, God is with you. And in the Eucharist, He invites you to draw near and be with Him.

"I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing"
(John 15:5).

5 Ways St. Francis can help deepen your love for God

People often associate St. Francis with nature, peace, and simplicity. Yet his entire life was centered on God, His mysteries, and His love. His example offers five ways to encounter God's love more deeply:

Christ-centered life: St. Francis was a man deeply in love with God. He put honoring God first. He embraced radical poverty yet gladly accepted the finest vestments, altar linens, and vessels for the Mass. In imitation, we can ask ourselves often: "Does this honor God? Is it aligned with the Gospel?"

Seeing the person: Captivated by the Incarnation, St. Francis sought to treat each person as "another Christ," regardless of health, wealth, or status. We follow his example when we learn to see every person as a beloved child of God.

Delight in God's creation: St. Francis famously delighted in and cared for creation, praising it as God's handiwork. Even a sunset, flower, or beautiful landscape can become an invitation to

praise God and grow closer to Him.

Simplicity of life: Most of us aren't called to literally "leave everything" to follow Jesus. But we can declutter our homes, make room for silence, or limit digital distractions, freeing more of our attention for God and neighbor.

Humility of heart: St. Francis' humility flowed from his desire to love

"At all times and seasons, in every country and place, every day and all day, we must have a true and humble faith." —St. Francis of Assisi

the person before him. He wanted people to walk away knowing, "God loves me!" When we're with others, do we make the conversation about elevating ourselves, or about loving them?

St. Francis experienced God's love deeply and wanted everyone else to experience that same Love. His radical life points us back to the extravagant love of God and the life we're called to live in response.

Why Do Catholics Do That?

Why do Catholics have items blessed?

Sacramentals are sacred signs instituted by the Church to praise God for His works and gifts and dedicate them to His service. While sacramentals take different forms, they involve the Church's prayer and often a blessing of a person, place, event, or object according to an approved rite. For example, wedding

rings are sacramentals; marriage is the Sacrament. The rings don't make the marriage sacramental but remind and encourage spouses to live their vocation faithfully. Sacramentals deepen our devotion, support us on the path to salvation, and prepare our hearts to receive God's grace.

Climb the mountain. Bring Jesus along.

Time in prayer is not a luxury or secondary to service, mission, or productivity. Nothing we do all day is more important than spending time with Jesus. Prayer gives life to our mission, and mission draws us back to prayer. We need both.

Climb the mountain: People may rightly say, "My work is my prayer." Yet spouses would struggle to stay close if they only met to divide the chores. In the same way, we need time with God apart from our work. Following Christ requires knowing Him. We sit at His feet and let Him teach us. In His presence, we learn to see as He sees, value what He values,

and love as He loves.

Return to the plains: We aren't meant to stay on the mountain. Jesus sends us back into ordinary life carrying what we received in prayer: a peaceful presence, a new insight, a kind word at the right moment. Some even begin the day by asking God to place in their path the people He wants them to encounter.

The Christian life moves between the mountain and the plain: drawing close to Jesus in prayer, then carrying His presence into the world. And in both places, He remains at our side.

from Scripture

Matthew 22:34-40, The Two Greatest Commandments

The Pharisees sought to test Jesus with a difficult and much-debated question. Jewish tradition identified 613 commandments in the Torah, and a lawyer asked Jesus to name the greatest. Of all the commandments governing Jewish life, which mattered most?

Jesus answered by going to the heart of them all: love God with your whole being, and love your neighbor as yourself. Everything begins and ends with love. And loving God means learning to love what, and whom, He loves. Jesus taught that these two

commandments are the foundation of the entire Law.

Loving God may seem easier than loving our neighbor. Loving others means welcoming people we might naturally exclude, dismiss, or avoid. Jesus drew near to sinners, outcasts, the sick, and even those who opposed Him. Our love of neighbor is tested especially in how we treat the poor, the vulnerable, the difficult, and even our enemies. This is how God loves, and He calls us to love the same way.

Q & A

What is the Franciscan Crown?

The Franciscan Crown is a devotion that meditates on seven joys in Mary's life: the Annunciation, the Visitation, the Birth of Jesus, the Adoration of the Magi, the Finding of Jesus in the Temple, the Resurrection, and Mary's Assumption and Coronation as Queen of Heaven and Earth. The devotion is prayed using seven decades of Hail Marys and is also known as the Franciscan or Seraphic Rosary.

According to Franciscan tradition, the devotion began with a young man named James, who regularly wove crowns of roses to honor the Blessed Mother. After joining the Franciscans, he could no longer continue the practice and became so discouraged that he considered leaving the Order. Tradition holds that Mary appeared to James and gave him a new way to honor her: the Franciscan Crown.

Like the traditional Rosary, the Franciscan Crown is addressed to Mary but centered entirely on Jesus. By meditating on Mary's seven joys, we contemplate the joyful and miraculous events of Christ's life through the eyes of His mother. Rooted in the Gospel and marked by Franciscan simplicity, the Crown offers a distinctly Franciscan way to draw closer to Christ through Mary.

Feasts & Celebrations

October 2 – Feast of the Guardian Angels. All of us have a guardian angel in charge of protecting us and watching over us: *"For I tell you that in heaven their angels always behold the face of my Father who is in heaven"* (Matthew 18:10). Remember to thank the Guardian Angels for the work they have done in helping us.

October 7 – Our Lady of the Rosary. Pope Gregory XIII named this feast because it was believed that Christians won a critical victory at the Battle of Lepanto after praying the Rosary.

October 15 – St. Teresa of Ávila (1582). Teresa joined the Carmelites, against her father's wishes. In 1563, she was inspired to reform her order. Despite serious opposition, she founded more than 17 convents of Discalced Carmelites

and helped reform the Carmelite friars.

October 16 – St. Margaret Mary Alacoque (1690). Margaret joined the Sisters of the Visitation at Paray-le-Monial when she was twenty-four. In 1674, she began having visions of Jesus Christ, in which He asked for a feast dedicated to His Sacred Heart to acknowledge His love for us and to encourage reparation for sins.

October 18 – St. Luke the Evangelist (First century). St. Luke was a Christian physician from Antioch. His Gospel and Acts of the Apostles were probably written between 70 and 85 A.D.

October 19 – Saints John de Brebeuf, Isaac Jogues, and Companions (1649). Six Jesuits and two laymen became missionaries to Native American tribes in North America. After spending more than 20 years in a difficult ministry, St. John de Brebeuf won the Iroquois' respect by his valor in death. St. Isaac Jogues escaped only to return to his ministry but was also murdered.

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