



## Second Sunday in Ordinary Time



WEEK OF JANUARY 18, 2026

Sanctuary groundbreaking  
by Archbishop Murphy



Father Jack celebrates the **first** Mass  
at Horizon Elementary School Gymnasium

Groundbreaking for the future  
McMullen Center  
by the Building Committee



Top photos from St. John the Baptist Photo Gallery; overhead photo by **Bob Jensen**

## *Honoring Our Past; Embracing Our Future*

In 1990, a vision became a reality with the founding of St. John the Baptist Catholic Church. Ground was first broken by **Archbishop Thomas Murphy**, marking the beginning of our parish journey. The first Mass was celebrated by our founding pastor, **Father Jack Walmesley**, at Horizon Elementary School. In August 2001, the McMullen Center was dedicated. This year, we joyfully celebrate 35 years as a parish family, soon to be united with Holy Spirit Parish in Kent. As we honor our past and embrace our future, we give thanks for God's faithfulness and look forward in hope to all that He continues to unfold among us.

# *This Week in Our Parish Family*



Holy Spirit  
PARISH

**Please call  
253-859-0444  
for event times.**

## **Sunday, January 18**

Choir Rehearsal (Swahili)  
Swahili Community  
Youth Confirmation  
Sacramental Prep  
Choir (12:30) Rehearsal  
Adult Faith Formation/Bible Study

## **Monday, January 19**

Rosario del Migrante  
Bible Study Groups (Spanish)  
Food Pantry  
Small Christian Communities  
Centro Rendu Youth  
Youth Group  
Grandparent Bible Study (Spanish)

## **Tuesday, January 20**

Food Pantry  
Adult Confirmation  
Small Christian Community  
Grupo de Oracion  
Choir (12:30 Spanish) Rehearsal  
Terrific Tuesday Meals  
Knights of Columbus

## **Wednesday, January 21**

Young Adult Group (Spanish)  
Knights Council  
Bible Study (Spanish)  
RCIA/OCIA  
Cursillos

## **Thursday, January 22**

Holy Hour for Vocations  
Apologetics Bible Study (Spanish)  
Adult Confirmation (Spanish)  
Small Christian Community  
Bible Study Communities  
Grupo de Oracion Leadership Meeting  
Choir Rehearsal (English)

## **Friday, January 23**

Grupo de Oracion  
Bible Study Communities  
Baptism Prep (Spanish)  
Base Ecclesial Groups (Spanish)  
Sacramental Prep/Catequisis Fam

## **Saturday, January 24**

Choir (7pm Spanish) Rehearsal  
Mujeres de Fe  
Small Christian Community  
Children Sacramental Prep



## **Sunday, January 18**

**Mass - 9:00 am**

Children's Liturgy of the Word - 9:00 am

Elementary Faith Formation - 10:15 am

**Mass - 11:30 am**

**Mass - 5:30 pm**

## **Monday, January 19**

Mostly Yoga - 8:00 am

**Mass - 9:00 am**

Prayer Ministry SFC Meeting - 9:30 am

Funeral for Joan Horner - 11:00 am

Hispanic Choir Practice - 6:00 pm

Winter Alpha - 6:30 pm

Choir (9:00 am Sunday) Practice - 7:00 pm

Knights of Columbus Leadership Meeting - 7:00 pm

Spanish Charismatic Group - 7:00 pm

## **Tuesday, January 20**

Word & Communion Service/Liturgy of Hours - 9:00 am

WICS - 6:00 pm

Grupo de Oracion - 7:00 pm

## **Wednesday, January 21**

**Mass - 9:00 am**

Backpack Buddies Setup (Youth Room) - 9:30 am

Middle School Night - 6:30 pm

Bible Study - 7:00 pm

OCIA for Kids - 7:00 pm

Choir (Truthful Reign) Practice - 7:00 pm

## **Thursday, January 22**

Mostly Yoga - 8:00 am

Hora Santa - Holy Hour - 3:00 pm

**Mass - 6:30 pm**

Choir (11:30 Sunday) Practice - 7:00 pm

OCIA - 7:00 pm

## **Friday, January 23**

Word & Communion Service/Liturgy of Hours - 9:00 am

Choir (Filipino) Practice - 7:00 pm

Hispanic Charismatic Prayer - 7:00 pm

## **Saturday, January 24**

Reconciliation - 4:00 pm to 5:00 pm

**Mass - 5:30 pm**



## Please Pray for

those who are **sick**:

**Crispin Valencia, Helen VanAnne  
Jaime Babbitt, Arlene Warnke**

those who have **died**:

**Joan Horner** (wife of *Buzz Horner*)



## New Winter Bible Study with Adult Faith Formation

Don't forget to register for the Winter Bible Study. You can join via Zoom or in person. Options are available online at [our website](#). First meetings are this week!

Cost is \$10 for the book. Please call the parish office so we can order your book. For questions, please email **Joan Williamson** at [joanw@sjtbcc.org](mailto:joanw@sjtbcc.org).

## St. John the Baptist Food Donations Surpass 4 Tons!

Over 2025, the amount of food parishioners donated to the Storehouse and the St. Vincent de Paul Food pantry was 8070 pounds. Storehouse received 5,383 pounds. This does not include food donated to the Backpack Buddies program. Thank you for helping us ensure that no one in our neighborhood need go hungry!

## SJTB Men's Soccer?

We're inviting players from within, and beyond, the SJTB community in Kent, WA to form a new 5v5 recreational soccer group. Participation is free (no fees) and members will mutually organize/schedule games. This is an informal effort to connect people and help kick start the initiative, potentially forming an SJTB soccer team in the future. We are not necessarily looking to form a highly competitive team, just folks who want to play and let play a more tactical, medium-paced game that prioritizes passing and team involvement.

We tentatively plan to organize games every day at 7 pm at Wilson Playfields. Please contact Craig at [cgluse2024@gmail.com](mailto:cgluse2024@gmail.com) and/or join the WhatsApp group at [chat.whatsapp.com/ISKHCarHuUt2TRKMzRXjxU](https://chat.whatsapp.com/ISKHCarHuUt2TRKMzRXjxU)

## Wanted: Gently Used or New Coats/Jackets

We are still accepting donations for **clean, gently used or new all-weather coats (adult sizes only)**.

The Kent Food Bank and Emergency Services, located in downtown Kent on West Harrison Street, can use your surplus gently used coats for our unsheltered neighbors. Please drop off coats in the **Coats for Unsheltered Neighbors Box in the narthex** at St. John the Baptist. Coats will be collected throughout the month of January. **Long "dressy" coats will not meet their needs**, as these are neighbors without shelters. As there are resources for children's coats, no children's coats are needed currently.



May God bless you for your kindness and generosity.

## Back to School, Back to Giving: Join Our Backpack Buddies Team



Thank you to all who dropped off supplies for our Backpack Buddies program! The response has been amazing, and we are excited to put every donated food item to good use.

This week we especially need **juice boxes, individual oatmeal packets, fruit snacks, and microwave popcorn**. Needs change every week, so be sure to check this bulletin for the most up-to-date list of needed items. If you have any questions or need the link to buy supplies from Amazon, please contact **Andrea Shimek** in the parish office. This ministry continues throughout the school year, and your support makes a difference.



## Annual Crab Feast

**Saturday, February 7, 2026**

Hosted by the Knights of Columbus



The Knights of Columbus annual **Crab Feast** is **SOLD OUT!**



# Discover Fire

PASTOR'S  
CORNER



## 14 RULES FOR DISCERNMENT OF SPIRITS

**St. Ignatius of Loyola**, founder of the Jesuits and one of my favorite saints, developed the Rules for the Discernment of Spirits during a long season of suffering and prayer. After a cannonball shattered his leg in battle, Ignatius was confined to months of recovery. With little to do, he read two very different kinds of books, heroic stories of knights and battles, and the lives of the saints.

What changed his life was not simply what he read, but what he noticed happening within him. The heroic stories excited him for a moment, but left him restless and empty. The lives of the saints stirred a deeper joy, peace, and desire for God that endured. By paying attention to these interior movements, Ignatius began to recognize **how God speaks through the heart.**

From this experience came the **14 Rules for Discernment of Spirits**. For over 500 years, these rules have nourished the Church and shaped the spiritual lives of countless Christians. They have deeply influenced saints such as St. Teresa of Ávila, St. Thérèse of Lisieux, St. John Paul II, and St. Teresa of Calcutta, all of whom learned to listen carefully to the movements of God within their hearts. Ignatian discernment continues to guide retreatants, religious, priests, and laypeople around the world today.

These rules are a practical spiritual tool for daily life, helping us recognize what draws us closer to God and what subtly pulls us away. They have also profoundly shaped my own spirituality, how I pray, how I make decisions, and how I try to listen to God in the midst of ministry and daily life.

**Over the next few weeks**, I would like to introduce these rules to our parish community, taking two or three rules at a time in each bulletin insert. To prepare, here are some key vocabularies that St. Ignatius uses in his rules.

### Discernment of Spirits

The prayerful practice of recognizing where our thoughts, desires, and impulses come from, and where they lead. Discernment considers their origin, direction, and fruits, not just how they feel.

### Enemy (of human nature)

St. Ignatius' term for the spiritual opposition that seeks to discourage, confuse, and exploit our weaknesses, especially when we are growing closer to God.

### Spirits

The influences that move the soul. Good spirits lead toward faith, hope, love, humility, and trust in God. Evil spirits and disordered passions lead toward sin, isolation, and despair.

### Consolation

Interior movements that draw us toward God, marked by peace, joy, gratitude, renewed faith, hope, love, and a desire to pray or serve.

### Desolation

Interior movements marked by darkness, restlessness, discouragement, sadness, or spiritual dryness, which are not signs of God's absence but invitations to perseverance.

My hope is that, together, we can further learn to recognize God's quiet work within our hearts and grow in freedom, wisdom, and trust as disciples of Christ, especially in a world filled with conflict.

*Fra. Juan Carlos O.*

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HOLY SPIRIT PARISH



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30

ST. JOHN THE BAPTIST



# LAS 14 REGLAS DE DISCERNIMIENTO DE LOS ESPÍRITUS

**San Ignacio de Loyola**, fundador de la Compañía de Jesús y uno de mis santos favoritos, desarrolló las Reglas de discernimiento de los espíritus durante un largo tiempo de sufrimiento y oración. Después de que una bala de cañón destrozara su pierna en batalla, Ignacio quedó confinado durante meses. Con poco que hacer, comenzó a leer dos tipos de libros muy distintos, relatos de caballería y hazañas heroicas, y las vidas de los santos.

Lo que transformó su vida no fue solo lo que leía, sino lo que comenzó a notar dentro de sí. Las historias heroicas lo entusiasmaban por un momento, pero lo dejaban inquieto y vacío. En cambio, las vidas de los santos despertaban una alegría más profunda, una paz interior y un deseo duradero de servir a Dios. Prestando atención a estas mociones del alma, Ignacio empezó a **reconocer cómo Dios habla al corazón**.

De esta experiencia nacieron las **14 Reglas de discernimiento de los espíritus**. Desde hace más de 500 años, estas reglas han nutrido la vida espiritual de la Iglesia y han formado a innumerables cristianos. Han influido profundamente en santos como Santa Teresa de Ávila, Santa Teresita del Niño Jesús, San Juan Pablo II y Santa Teresa de Calcuta, quienes aprendieron a escuchar con atención las mociones de Dios en su interior. Hoy en día, el discernimiento ignaciano sigue guiando a sacerdotes, religiosos y laicos en todo el mundo.

Estas reglas no son teoría abstracta. Son una herramienta espiritual muy concreta para la vida diaria, que nos ayuda a reconocer lo que nos acerca a Dios y lo que, de manera sutil, nos aleja de Él. Han marcado profundamente mi propia espiritualidad, la manera en que oro, tomo decisiones y trato de escuchar a Dios en medio del ministerio y la vida cotidiana.

Durante las próximas semanas, deseo introducir estas reglas poco a poco en nuestra comunidad parroquial, presentando dos o tres reglas en cada boletín, para aprenderlas con calma, oración y profundidad, y aplicarlas a nuestra propia vida.

## Vocabulario clave

### **Discernimiento de los espíritus**

El arte espiritual de sentir y conocer las varias mociones que se causan en el alma, para recibir las buenas y rechazar las malas. El discernimiento considera su origen, su desarrollo y sus frutos, no solo cómo se sienten.

### **Enemigo de la naturaleza humana**

Término que san Ignacio usa para referirse a la oposición espiritual que busca desanimar, inquietar y aprovechar nuestras flaquezas, especialmente cuando avanzamos en el bien.

### **Espíritus**

Las fuerzas que mueven el alma. El buen espíritu conduce a la fe, la esperanza, la caridad, la humildad y la confianza en Dios. El mal espíritu y las pasiones desordenadas conducen al pecado, al aislamiento y a la desesperanza.

### **Consolación**

Mociones interiores que atraen al alma hacia Dios, marcadas por paz, alegría, gratitud, aumento de fe, esperanza y caridad, y deseo de orar o servir.

### **Desolación**

Mociones interiores caracterizadas por oscuridad, inquietud, desaliento, tristeza o sequedad espiritual, que no indican ausencia de Dios, sino una invitación a la perseverancia.

Mi deseo es que, como comunidad, aprendamos a reconocer la acción silenciosa de Dios en el corazón y crezcamos juntos en libertad interior, sabiduría y confianza como discípulos de Cristo.





# CATHOLIC MARRIAGE PREPARATION

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## TOPICS COVERED

- ✓ God's Plan for Marriage: Covenant & Vocation
- ✓ Communication & Conflict Resolution
- ✓ Theology of the Body: Sexuality, Intimacy & NFP
- ✓ Finances, Work, & Daily Life
- ✓ Prayer, Faith & the Domestic Church
- ✓ The Wedding Liturgy & Sacramental Planning
- ✓ Retreat Day & Blessing of Couples

## CONTACTS

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253-859-044

## DATES

FRIDAYS 6:30 - 8:30 PM

February 6 & 20

March 6 & 20

April 10 & 24

(retreat date TBD)

## LOCATION

HOLY SPIRIT PARISH

Mother Teresa Room

310 3rd Ave S,

Kent, WA 98032





Send corrections and bulletin content to  
**Pat Defiesta** at [communications@sjtbcc.org](mailto:communications@sjtbcc.org) (for St. John the Baptist bulletin) or  
**Mary Molina** at [communications@holyspiritkent.org](mailto:communications@holyspiritkent.org) (for Holy Spirit bulletin).  
 Please send us content at least two (2) weeks before publication.  
 For St. John the Baptist questions/comments, email **Pat** at [bulletin@sjtbcc.org](mailto:bulletin@sjtbcc.org)

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## Our Mission

United in the Holy Spirit, we are a multicultural community celebrating Mass in four languages as we strive to live humility, gentleness, patience, bearing one another through love, striving to preserve unity of the spirit through the bond of peace: one body, one spirit, one Lord, one faith, one baptism, one God.  
-Ephesians 4:1-6

Stewardship is a way of life, and the diversity of our gifts is used to answer Christ's call to proclaim and live the Gospel.

Gather in God's Name!  
Grow in God's Time!  
Go in God's Spirit!

## Mass Times & Confessions

(check weekly schedules inside for holiday times and weekly changes to Mass)

**Vigil:** Saturday at 5:00p | Spanish 7:00p

### Sunday Masses

8:30a | 10:30a | 12:30p Spanish  
2:30p Swahili | 6:00p Chuukese (1st Sunday)  
8:00p Spanish

### Weekday Masses (in chapel):

Monday 9:00a  
Wednesday thru Friday 9:00a  
Wednesday 7:00p (Spanish)  
1st Friday (alternating months - see weekly schedule)

### Confessions:

Saturday 3:00p to 4:45p (Main church)  
Wednesday 6:00p to 6:45p (chapel)

**Vigil:** Saturday at 5:30p

### Sunday Masses:

9:00a | 11:30a | 5:30p

### Weekday Masses:

Monday & Wednesday at 9:00a  
Thursday at 6:30p  
1st Friday at 9:00a (alternating months - see weekly schedule)

1st Friday Spanish at 7:30p

### Word & Communion/Liturgy of the Hours:

Tuesday & Friday at 9:00a

### Confessions:

Saturday 4:00p to 5:00p

## Office Hours

(check weekly schedules for changes)

Monday to Friday 8:00a to 5:00p  
Wednesday, Saturday & Sunday - Closed

Tuesday to Friday 9:00a to 4:00p  
Saturday from 10:00a to 3:00p  
Sunday & Monday - Closed



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