



Third Sunday in Ordinary Time



WEEK OF JANUARY 25, 2026



Feeling Crabby?

We've got just the cure! Join us for the Knights of Columbus Crab Feast on February 7, 2026, at the McMullen Center at St. John the Baptist Parish. It's a night of great food, fun, and fellowship. Tickets are SOLD OUT! If you bought a ticket and cannot make the dinner, please contact the office or one of the Knights pictured above!

This Week in Our Parish Family



Please call
253-859-0444
for event times.



Sunday, January 25

Choir Rehearsal (Swahili)
Swahili Community
Sacramental Prep
Rosary (Spanish)
Clases de Confirmacion
Adult Faith Formation

Children's Liturgy of the Word - 9:00 am
Blood Pressure Screening between morning Masses
Elementary Faith Formation - 10:15 am
Mass - 11:30 am
Mass - 5:30 pm

Monday, January 26

Food Pantry
Small Christian Communities
Confirmation
Centro Rendu
Grandparent Bible Study (Spanish)
Youth Group

Mostly Yoga - 8:00 am
Mass - 9:00 am
Hispanic Choir Practice - 6:00 pm
Winter Alpha - 6:30 pm
Choir (9:00 am Sunday) Practice - 7:00 pm
Spanish Charismatic Group - 7:00 pm

Tuesday, January 27

Choir Rehearsal (Swahili)
Terrific Tuesday Meals
Knights of Columbus Arenas
Small Christian Community
Centro Rendu

Word & Communion Service/Liturgy of Hours - 9:00 am
WICS - 6:00 pm
Confirmation Phase 2 - 6:30 pm
Grupo de Oracion - 7:00 pm

Wednesday, January 28

Young Adult Group (Spanish)
Altar Server Practice
Cursillos (Spanish)
RCIA/OCIA 6:30 pm - 8:30 pm
Knights of Columbus

Backpack Buddies Setup (Youth Room) - 9:30 am
Middle School Night - 6:30 pm
Bible Study - 7:00 pm
Choir (Truthful Reign) Practice - 7:00 pm

Thursday, January 29

Adult Confirmation
Clases de Confirmacion
Choir (12:30 pm) Practice
Apostoles de la Palabra Holy Hour for Vocations

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 30

Grupo de Oracion
Bible Study Communities
Base Ecclesial Groups (Spanish)

Word & Communion Service/Liturgy of Hours - 9:00 am
Choir (Filipino) Practice - 7:00 pm
Hispanic Charismatic Prayer - 7:00 pm

Saturday, January 31

Confirmation
Sacramental Prep
Mujeres de Fe
Small Christian Communities

Saturday, January 31
Reconciliation - 4:00 pm to 5:00 pm
Mass - 5:30 pm

Please Pray for

those who are sick:

**Chad Forczek, Crispin Valencia,
Helen VanAnne, Arlene Warnke, Anthony Lewis**

those who have died:

James Ramseth (father of Renee Samuelson)
Steve Sobrevilla (father of Vince Sobrevilla)

Wanted: Gently Used or New Coats/Jackets

This is the last week that donations for **clean and gently used or new all-weather coats (adult sizes only)** will be collected.



The Kent Food Bank and Emergency Services, located in downtown Kent on West Harrison Street, will distribute these coats to our unsheltered neighbors. Please drop off coats in the **Coats for Unsheltered Neighbors Box in the narthex** at St. John the Baptist. **Long "dressy" coats will not meet their needs**, as these are neighbors without shelters. No children's coats are needed currently, because there are resources for children's coats.

May God bless you for your kindness and generosity.



A Cart Full of Generosity

Thank you to all who dropped off supplies for our Backpack Buddies program! As you can see from the full cart to the left, the response has been amazing, and we are excited to put every donated food item to good use!

This week we especially need **cans of soup, fruit snacks, granola bars, and hot chocolate packs**. 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 to our children in need!



St. John the Baptist Food Donations Surpass Four Tons!



Throughout 2025, the parishioners of St. John the Baptist showed remarkable generosity by donating **8,070 pounds of food** to Covington's food bank, *The Storehouse*, and to the *St. Vincent de Paul* food pantry.

Of that total, *The Storehouse* received an impressive 5,383 pounds, with the rest going to *St. Vincent de Paul* food pantry.

Thank you for helping us ensure that no one in our neighborhood goes hungry!

Calling All Soccer Players

Attention all soccer players from within and beyond the St. John the Baptist community - a new 5v5 recreational soccer group needs you! Participation is free (no fees) and members will mutually organize and schedule games.

A tentative plan is to organize games every day at 7:00 pm at Wilson Playfields. Please contact **Craig** at cgluse2024@gmail.com and/or join the [WhatsApp group](#)

Behind Every Mass Is A Sacristan



You might ask, "What's a sacristan?"

We're glad you asked! A sacristan is someone who quietly serves behind the scenes before, during, and after Masses, preparing the altar and sacred vessels so that we may reverently receive the Body and Blood of Christ at Mass. While the transformation of bread and wine into Christ's Body and Blood is a holy mystery, the preparation of the bowls, cups, linens, bread, and wine is a very human act of service - lovingly carried out by a fellow parishioner before Mass begins.

This ministry is essential to the celebration of the Eucharist, yet it often goes unseen. **We are in great need of sacristans for all of the Masses**, including weekdays. If you are prayerful, dependable, and willing to serve our parish in a meaningful way, this may be the ministry for you. Training and support is provided. Please contact **Laurie Moloney** in the parish office or speak with the Point Person at Mass if you are interested.

Your quiet "yes" can help make every Mass possible.

Reminder:
Blood Pressure Check
this weekend
after Sunday morning Masses





Discover Fire

DISCERNMENT OF THE SPIRITS, RULES ONE AND TWO

Last week we began our journey into St. Ignatius' Rules for Discernment of the Spirits by learning how he discovered that God was already speaking within his heart. This week we begin the rules themselves, starting with Rules 1 and 2, which form a powerful pair. Together, they describe two very different spiritual situations, and how God and the enemy respond in each.

First Rule

"In the persons who go from mortal sin to mortal sin, the enemy is commonly used to propose to them apparent pleasures, making them imagine sensual delights and pleasures in order to hold them more and make them grow in their vices and sins. In these persons the good spirit uses the opposite method, pricking them and biting their consciences through the process of reason."

This rule is not about judging people, it is about naming a spiritual pattern. When a person is drifting away from God, the enemy's goal is not to make them miserable, but to make them comfortable. If life feels pleasant enough, distracting enough, or exciting enough, there is little motivation to change. That is why temptation often looks appealing rather than threatening.

God, however, works very differently. The "pricking and biting" of conscience that Ignatius describes is not condemnation, but love. It is the gentle restlessness that asks deeper questions.

"Is this really enough?"

"Is this who you want to become?"

God disturbs us not to shame us, but to wake us up.

St. Augustine described this perfectly when he wrote, "Our hearts are restless until they rest in You." His lack of peace was not a failure, it was God drawing him home.

Second Rule

"In the persons who are going on intensely cleansing their sins and rising from good to better in the service of God our Lord, it is the method contrary to that in the first Rule, for then it is the way of the evil spirit to bite, sadden and put obstacles, disquieting with false reasons, that one may not go on; and it is proper to the good to give courage and strength, consolations, tears, inspirations and quiet, easing, and putting away all obstacles, that one may go on in well doing."

When a person sincerely wants to follow Christ, the enemy changes tactics. Instead of offering pleasure, he now offers discouragement. He attacks with thoughts that sound reasonable but are spiritually deadly. "You will never change," "This will not last," "Why even try?"

God, on the other hand, strengthens the soul quietly, through peace, courage, inspiration, and an inner sense that, even when it is hard, this is the right path.

Example: A person returns to Mass and experiences new peace in her life. She decides to begin praying with Scripture each morning. When stress and discouragement come, a voice tells her to give up. Discernment is the moment she pauses, recognizes that voice, and chooses to remain faithful. That pause is where grace enters.

Next week we will continue with Rules 3 through 5.

Fr. Juan Carlos O.

SPANISH ON REVERSE



HOLY SPIRIT PARISH



ST. JOHN THE BAPTIST



DISCERNIMIENTO DE LOS ESPÍRITUS, REGLAS PRIMERA Y SEGUNDA

La semana pasada comenzamos nuestro camino en las Reglas de Discernimiento de los Espíritus de San Ignacio de Loyola, viendo cómo descubrió que Dios ya estaba hablando en su interior a través de las mociones del corazón. Esta semana comenzamos con las Reglas 1 y 2, que forman un par fundamental. Juntas describen dos situaciones espirituales muy distintas, y cómo Dios y el enemigo actúan en cada una.

Primera Regla

“En las personas que van de pecado capital en pecado capital, acostumbra comúnmente el enemigo proponerles placeres aparentes, haciendo imaginar deleites y placeres sensuales, para más conservarlos y aumentarlos en sus vicios y pecados; en las cuales personas el buen espíritu usa el modo contrario, punzándoles y remordiéndoles las conciencias por la razón y su capacidad natural de juzgar rectamente.”

Esta regla no busca señalar ni condenar a nadie, sino describir una dinámica espiritual muy real. Cuando una persona se va alejando de Dios, el enemigo no suele presentarse como algo feo o amenazante, sino como algo cómodo, atractivo y agradable. Su estrategia es mantener a la persona suficientemente entretenida, satisfecha o distraída como para que no sienta la necesidad de cambiar.

Dios, en cambio, actúa despertando la conciencia. Ese “punzar y remorder” del que habla San Ignacio se experimenta como inquietud, incomodidad interior o una sensación persistente de que algo no está bien. No es castigo, es misericordia. Es Dios negándose a dejarnos en paz en un camino que nos destruye.

San Agustín lo expresó con claridad cuando escribió: “Nuestro corazón está inquieto hasta que descance en Ti.” Esa inquietud era Dios llamándolo de regreso.

Segunda Regla

“En las personas que van intensamente purgando sus pecados, y en el servicio de Dios nuestro Señor de bien en mejor subiendo, es el contrario modo que en la primera regla; porque entonces es propio del mal espíritu morder, entristecer, y poner impedimentos, inquietando con falsas razones, para que no pase adelante; y propio del bueno dar ánimo y fuerzas, consolaciones, lágrimas, inspiraciones, y quietud, facilitando y quitando todos impedimentos, para que en el bien obrar proceda adelante.”

Cuando una persona quiere sinceramente seguir a Cristo, el enemigo cambia de táctica. Ya no seduce tanto con placer, sino que ataca con desánimo. Aparecen pensamientos como, “Nunca vas a cambiar,” “Esto no va a durar,” o “¿Para qué intentarlo?”

Dios, en cambio, sostiene al alma con paz, ánimo, inspiración y una fuerza tranquila que la impulsa a seguir adelante, incluso cuando el camino es difícil.

Como dice San Ignacio, el discernimiento comienza cuando aprendemos a reconocer esas voces interiores y a elegir a cuál queremos obedecer.

La próxima semana continuaremos con las Reglas 3, 4 y 5.

Fr. Juan Carlos O.

IPJC COMMUNITY ASSEMBLY

Saturday, January 31
9am–5pm
St. Edwards Catholic Church
4205 South Orcas St, Seattle, WA

ASAMBLEA COMUNITARIA DE IPJC

Sábado, 31 de enero
9:00 am a 5:00 pm
Iglesia Católica de San Eduardo
4205 South Orcas St, Seattle, WA



Join Intercommunity Peace and Justice Center for our inaugural community assembly! An intergenerational and multicultural gathering bringing together the Catholic community to build power for social change.

Together we will:

- Develop new relationships and deepen old ones
- Grow as leaders in the church and society
- Practice and learn faith-based community organizing skills
- Build solidarity across diverse communities through listening
- Engage in spiritual grounding and renewal

This critical time together will provide opportunity for you to develop leadership skills while offering space to invest in relationships that are grounded in accountability and shared values. The better we know one another and share a common vision, the more powerful we will be. We hope you can join us to build a movement of love and justice!



REGISTER HERE!

Spanish/English language translation will be available and there is no cost to attend!

REGÍSTRATE AQUÍ!



Habrá traducción disponible en español e inglés y no hay costo para asistir.

bit.ly/4qfunlz



Send corrections and bulletin content to
Pat Defiesta at communications@sjtbcc.org (for St. John the Baptist bulletin) or
Mary Molina at communications@holyspiritkent.org (for Holy Spirit bulletin).

Please send us content at least two (2) weeks before publication.
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SEVEN THEMES OF CATHOLIC SOCIAL TEACHING

Mustard Seed Commitments



United States
Conference of
Catholic Bishops

Secretariat of
Justice and Peace



In the Parable of the Mustard Seed, Jesus tells us, "The kingdom of heaven is like a mustard seed that a person took and sowed in a field. It is the smallest of all the seeds, yet when full-grown it is the largest of plants. It becomes a large bush, and the 'birds of the sky come and dwell in its branches'" (Mt. 13:31-32). How are we called to respond to Jesus' example of the mustard seed? How can our small acts of faith bear great fruit for our lives and the lives of those around us? Mustard seed commitments are concrete actions such as changes in lifestyle or habits, that someone can easily adopt. This resource can help inspire individuals or communities to take modest but sustainable commitments. See below examples that relate to each theme of Catholic social teaching.

Life and Dignity of the Human Person

Commit to greeting and speaking respectfully to someone who is ignored (e.g. someone who works at your parish, a neighbor, a homeless person), ensuring you treat each person you encounter with dignity.

Rights and Responsibilities

Eat one simple meal per week and donate what you'd have spent to a local shelter or ministry; or volunteer monthly at a soup kitchen or food pantry.

Dignity of Work and Rights of Workers

Support fair-wage businesses; buy from companies that pay their employees well; or consciously avoid buying from companies known for unfair labor practices. Reduce single-use plastics at home; commit to using public transportation, carpooling, or biking at least sometimes; plant a small garden or support tree-planting/care for green spaces.

Care for God's Creation

Reduce single-use plastics at home; commit to using public transportation, carpooling, or biking at least sometimes; plant a small garden or support tree-planting/care for green spaces.

Call to Family, Community, and Participation

Pledge to attend one additional parish meeting or community event each month (e.g. parish council, youth ministry, town hall) and encourage others to bring someone who is not usually involved.

Option for the Poor and Vulnerable

Commit to being more informed about one local policy issue (housing, education, healthcare). Write or call a local official at least once a year about that issue.

Solidarity

Visit the website of Caritas and Catholic Relief Services and learn about their efforts to address global issues such as poverty, disease, underdevelopment, climate change and migration.

Action:

Review the mustard seed commitment prompts for each CST theme. You can write your own commitments on the back of this sheet and then share them with others to have faith like a mustard seed!



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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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CATHOLIC MARRIAGE PREPARATION

Say "I Do" with Faith and Purpose

WHO IT'S FOR

- Engaged couples planning a Catholic wedding
- Couples married civilly who desire a sacramental Convalidation of their marriage
- Young couples exploring a deeper faith-based union



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253-859-044

CALL OR E-MAIL TO REGISTER



WHAT'S INCLUDED

- Real, in-person conversations
- Meets Archdiocesan marriage prep requirement
- 6 sessions plus retreat day
- FOCCUS couple inventory for personalized insights
- Guidance from married couples and pastoral leaders
- Support to explore God's plan for your relationship

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

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