



First Sunday of Lent



WEEK OF FEBRUARY 22, 2026



Distributed Palm Sunday 2025



Collected February 15, 2026



Burned at Lent Event, February 15

Photos by **Pat Defiesta & Laurie Moloney**



Reduced to ashes and distributed on Ash Wednesday, February 18, 2026

Symbols of Faith: Palms Turned to Ashes

Palms distributed on Palm Sunday began as ordinary palms and then are blessed, becoming sacramentals that eventually produce the ashes distributed on Ash Wednesday. In this way, the palms form a symbolic bridge between two liturgical seasons: marking the beginning of Holy Week one year and ushering in the start of Lent the next. Because the palms were blessed, they are returned reverently to the Lord by being burned, and from them we receive the ashes that call us back to humility, prayer, and renewal.



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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This Week in Our Parish Family



Holy Spirit
PARISH

Please call 253-859-0444
for event times.

Sunday, February 22

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

Monday, February 23

Rosario del Migrante
Bible Study Groups (Spanish)
Food Pantry
Small Christian Communities
Centro Rendu Youth
Knights of Columbus
Grandparent Bible Study (Spanish)
High School Youth Group - 6:30 pm

Tuesday, February 24

Adult Confirmation
Small Christian Community
Grupo de Oracion
Choir (12:30 Spanish) Rehearsal
Terrific Tuesday Meals

Wednesday, February 25

Young Adult Group (Spanish)
Knights Council
Bible Study (Spanish)
RCIA/OCIA
Cursillos
Childrens' Dance Practice (traditional Mexican dances)

Thursday, February 26

Holy Hour for Vocations
Apologetics Bible Study (Spanish)
Small Christian Community
Bible Study Communities
Choir Rehearsal (English)
Clases de Confirmacion

Friday, February 27

Grupo de Oracion
Bible Study Communities
Baptism Prep (Spanish)
Base Ecclesial Groups (Spanish)
Marriage Prep (English)
Divine Mercy
Knights of Columbus Fish Fry - 5:00 pm
Stations of the Cross - 7:00 pm

Saturday, February 28

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



The Catholic
community of
St. John the Baptist

Sunday, February 22

Mass - 9:00 am
Children's Liturgy of the Word - 9:00 am
Blood Pressure Screening between morning Masses
Middle School 1st Eucharist Parent Meeting - 10:15 am
Mass - 11:30 am
Youth Sacramental Prep - 4:00 pm
Mass - 5:30 pm
First Eucharist Parent Classes - 7:00 pm

Monday, February 23

Mostly Yoga - 8:00 am
Mass - 9:00 am
Hispanic Choir Practice - 6:00 pm
Alpha - 6:30 pm
High School Youth Group (at Holy Spirit) - 6:30 pm
Choir (9:00 am Sunday) Practice - 7:00 pm
Spanish Charismatic Group - 7:00 pm

Tuesday, February 24

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

Wednesday, February 25

Mass - 9:00 am
Backpack Buddies Setup (Youth Room) - 9:30 am
Bible Study (In-Person) - 7:00 pm
Choir (Truthful Reign) Practice - 7:00 pm
Listening Session - 7:00 pm

Thursday, February 26

Mostly Yoga - 8:00 am
Bible Study (Zoom) - 10:00 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, February 27

Word & Communion Service/Liturgy of Hours - 9:00 am
Fish Tacos - 4:45 pm
Choir (Filipino) Practice - 7:00 pm
Stations of the Cross - 7:00 pm
Hispanic Charismatic Prayer - 8:00 pm

Saturday, February 28

Alpha Leader Training - 9:00 am
Lent Retreat - 9:00 am
Reconciliation - 4:00 pm to 5:00 pm
Mass - 5:30 pm

Please Pray for

those who are **sick**:

Ana Maria Medina
Terry Nelson

those who have **died**:

Joel Pangan (cousin of *Angie Santiago*)

Come to the Cross and Be Renewed

We would love to be part of your faith journey this Lenten season. Join us for a Lenten Retreat on **Saturday, February 28**, as we reflect on the deep meaning of the Cross - once a tree of brutal punishment, yet for us a powerful sign of salvation.

This retreat will be a time for quiet reflection and spiritual renewal, an invitation to encounter God's love and embrace the promise of redemption.

Please **see the attached flyer for additional details**. We hope you can join us.

St. Patrick's Day Potluck for Everyone

We are having a party! Join us on **Sunday, March 15, from 5:00 pm to 8:00 pm** at the McMullen Center for a Paddy's Day Pub Potluck - fun for **all** ages! Wear green and bring your favorite Irish-inspired dish to share.

We also **need helpers to make this event a success**. No, you don't need to be Irish to help - or to join the fun! Please **sign up in the narthex or call the church office if you'd like to lend a hand**.

Check out our flyer for more details.

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go!"

Clergy Coverage Update for the Week of February 23

Due to a change in travel plans, **Father Gilberto** will not return until the week of March 2.

During **Father Gilberto's** absence this week, February 23 to 27, **Father Carlos** will cover Holy Spirit Parish, and **Father Crispin** will cover St. John the Baptist Parish.

Reminder:
Blood Pressure Check
this weekend
after Sunday morning Masses



Help Us Continue to Fill Carts and Hearts

This Backpack Buddies program continues through the end of the school year, so please keep the donations coming. By living out Christ's call to feed the hungry, you are making a meaningful and lasting difference for families in our community.



This week we especially need **juice boxes, applesauce or fruit cups/pouches, and canned soup**. Needs change every week, so be sure to check this bulletin for the most up-to-date list of needed items.

Shop our Amazon wish list (search "2025-2026 Backpack Buddies for Covington Elementary") by clicking  **Amazon**, or by scanning the QR code. Items can be shipped directly to the parish office.



If you have any questions, please contact **Andrea Shimek** in the parish office. Your support makes a difference to our children in need!



Who Do We Want to Become?

We know - you've probably heard the term "listening session" one too many times. But really, these sessions are **vital in shaping who we will become** as one church. Your thoughts, ideas, and concerns are important, so please plan to attend a session and make yourself be heard.

As we move closer to becoming one canonical church, your input is essential. Listening sessions will be held throughout March. **Check the attached flyer for dates and times** - and stay tuned, as more sessions will be added soon.

Don't miss this chance to help guide our future!



Join Us This Lent (7:00 pm; Good Friday) at 3:00 pm

Date	Leader
February 27 (Fish Tacos)	Knights of Columbus
March 6 (Fish Fry)	Women's Commission
March 13 (Fish Tacos)	St. Vincent de Paul
March 20 (no Fish Fry or Tacos)	Elementary Faith Formation
March 27 (Fish Fry)	Guadalupanos
April 3 (Good Friday)	Young Adults

Hands-On Stewardship: Road Cleanup Event

The *Creation Care Team* is pleased to announce that the first of its two annual cleanups will take place on **March 28 from 9:00 to 11:00 am**. We will be cleaning 156th Avenue SE between SE 256th Street and SE 264th Street, the stretch of road directly in front of our church property.



For safety reasons, **participation is limited to adults only**. Please **bring your own gloves**; all other equipment will be provided.

Kindly **register by March 21** by contacting the church office or signing up on the sheet located on the table in front of the Creation Care bulletin board in the narthex.

Thank you for helping care for our community!

Saving a Spot for Our Shepherds



Did you know that our wonderful priests have a designated parking space in our lot? If not, now you do! It is in the first row from the church building on the right as you enter the parking lot and is marked "Reserved for Presiding Priest."

With the recent increase in attendance, we've noticed that this space is sometimes overlooked or used by others. We kindly ask that you **please leave this spot available for Father Carlos and Father Crispin**.

Both priests travel between Holy Spirit and St. John the Baptist on very tight Mass schedules. Having a reserved space helps ensure that Mass can begin on time without unnecessary delays.

Thank you very much for your understanding and cooperation.

Spotlight on Ministries: St. Vincent de Paul



How many of us have heard words like these? "I will be evicted if I can't come up with part of my rent in three days." "The food bank is only open on the days I have to work." "My son is embarrassed to go to school, because he's worn the same clothes for the past five days."

If your heart sinks when you hear these pleas, then the *Society of St. Vincent de Paul* may be calling you. If you feel a yearning to help neighbors in need - by returning phone calls, delivering food, or supporting our mission of helping families meet the basic necessities of life - this ministry is for you. St. Vincent de Paul also plays a vital role in parish outreach efforts such as the Thanksgiving Meals and the Giving Tree.

If you are interested in joining this life-giving ministry, please contact **Pat Defiesta** at patd@SVdPSeattle.org. Pat and the conference of Vincentians will welcome you with open arms.

Faith in Action: Children Serving Our Community

A heartfelt thank you from the *St. Vincent de Paul Conference* and the neighbors we serve to **Therese McHenry and the children of Faith Formation** for assembling **200** hygiene kits during last Sunday's Lent event!

What a beautiful way to teach our children that many young people their age lack basic necessities like these kits and to inspire them to respond with compassion and generosity!



From Jan 2025 to February 2026, our neighbors requested 58 hygiene kits and cleaning supplies (that sometimes contain hygiene kits) along with 123 bags of food. These newly assembled kits will help replenish our current supplies and will be included in our hygiene, cleaning, and food distributions.

Thank you for helping us care for our neighbors in need.

Attention: Catholic Schools Families

St. John the Baptist is pleased to help make Catholic education more accessible by subsidizing tuition at St. Anthony in Renton and Holy Family in Auburn. This allows our active parish families to receive the in-parish tuition rate each year.

Now is the time to apply, or reapply, if you are planning to enroll your children in Catholic school for the 2026 to 2027 academic year. These subsidies are not based on financial need. However, **families must have a stewardship pledge of any amount on file and demonstrate active participation in parish life**.

We are also excited to share that the Catholic School Families group will be reconvening this year for fellowship and formation. More details will be coming soon.

To apply, please fill out the form at this link: [Catholic School Families Application](#) or you can scan the QR code to the right.



We look forward to supporting your family's commitment to Catholic education and to growing together in faith through our parish and school communities.

An Evening With *Bishop Elizondo*



All young adults are invited to a *Via Christi Young Adults Event* on **Thursday, February 26, 2026**, at St. John the Baptist parish. The evening will begin with a bilingual Mass at 6:30 pm followed by a talk from our guest speaker, **Bishop Elizondo**, on hope and courage for the Lenten journey with a Q&A session following his presentation.



Please RSVP by scanning the QR code to the left.



THE IGNATIAN EXAMEN - AN EXERCISE FOR LENT

One of the greatest gifts of **St. Ignatius of Loyola** to the Church is the Examen prayer. After we hear the Gospel and desire to follow Christ more faithfully, the natural question arises, **“How do I actually do that in my daily life?”**

The Examen is the answer.

It's a simple prayer, about 10–15 minutes at the end of the day, in which we pause and look back, not to judge ourselves harshly, but to recognize where God has been present, how we responded, and how the Lord is inviting us to grow.

God is always at work in our lives, in conversations, emotions, challenges, and moments of peace.

The Examen helps us notice His presence, so that day by day we may live with greater freedom, gratitude, and faith.

Here are the steps to pray the Examen:

1. **Place yourself in God's presence.** Give thanks for God's great love for you.
2. **Pray for the grace to understand** how God is acting in your life.
3. **Review your day.** Recall specific moments and your feelings at the time.
4. **Reflect on what you did, said, or thought in those instances.** Were you drawing closer to God, or further away?
5. **Look toward tomorrow.** Think of how to collaborate more faithfully with God's plan.

Be specific.

Conclude with the Our Father and the prayer of surrender (Suscipe).

Prayer of Surrender (Suscipe)

*Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will.*

All I have and call my own, you have given to me.

To you, Lord, I return it.

Everything is yours. Do with it what you will.

Give me only your love and your grace.

That is enough for me.

Why Pray the Examen?

St. Ignatius believed this prayer was essential because it helps us see more clearly where God is leading us. When we pause and reflect each day, our spiritual awareness deepens. We begin to notice patterns in our thoughts, emotions, and actions. We learn where we are living in freedom, and where fear, anxiety, or discouragement may be holding us back.

Over time, the Examen transforms us. It helps us move from simply reacting to life to living intentionally with God. We grow in gratitude, freedom, and trust. We become more attentive to His voice, and more capable of responding with love.

Even just a few minutes each day can change the way you see your life – helping you recognize that God has been walking with you all along.

Fr. Juan Carlos O.

ESPAÑOL EN EL REVERSO



EL EXAMEN IGNACIANO - UN EJERCICIO ESPIRITUAL CUARESIMAL

Uno de los mayores regalos de San Ignacio de Loyola a la Iglesia es la oración del Examen. Después de escuchar el Evangelio y desear seguir a Cristo con mayor fidelidad, surge naturalmente la pregunta: “¿Cómo hago esto en mi vida diaria?”

El Examen es la respuesta. Es una oración sencilla, de unos 10 a 15 minutos al final del día, en la que hacemos una pausa para mirar hacia atrás, no para juzgarnos con dureza, sino para reconocer dónde ha estado presente Dios, cómo hemos respondido, y cómo el Señor nos está invitando a crecer. Dios está siempre actuando en nuestra vida: en conversaciones, emociones, desafíos y momentos de paz. El Examen nos ayuda a reconocer Su presencia, para que día a día podamos vivir con mayor libertad, gratitud y fe.

Pasos para orar el Examen

1. **Ponte en la presencia de Dios.** Da gracias a Dios por su gran amor por ti.
2. **Pide la gracia de comprender** cómo Dios está actuando en tu vida.
3. **Revisa tu día.** Recuerda momentos específicos y tus sentimientos en ese momento.
4. **Reflexiona sobre lo que hiciste, dijiste o pensaste.** ¿Te acercaste más a Dios o te alejaste de Él?
5. **Mira hacia el mañana.**

Piensa en cómo puedes colaborar más eficazmente con el plan de Dios. Sé concreto, y concluye con el Padre Nuestro y la oración de entrega (Suscipe).

Oración de Entrega (Suscipe)

*Toma, Señor, y recibe toda mi libertad,
mi memoria, mi entendimiento,
y toda mi voluntad.
Todo lo que tengo y poseo, tú me lo diste.
A ti, Señor, te lo devuelvo.
Todo es tuyo. Dispón de ello según tu voluntad.
Dame tu amor y tu gracia,
que eso me basta.*

¿Por qué orar el Examen?

San Ignacio creía que esta oración era esencial porque nos ayuda a ver con claridad hacia dónde Dios nos está guiando. Cuando hacemos una pausa y reflexionamos cada día, nuestra conciencia espiritual crece. Comenzamos a reconocer patrones en nuestros pensamientos, emociones y acciones. Aprendemos dónde estamos viviendo en libertad, y dónde el miedo, la ansiedad o el desánimo nos están deteniendo.

Con el tiempo, el Examen nos transforma. Nos ayuda a pasar de simplemente reaccionar a la vida, a vivir de manera intencional con Dios. Crecemos en gratitud, libertad y confianza. Nos volvemos más atentos a su voz y más capaces de responder con amor.

Incluso unos pocos minutos cada día pueden cambiar la forma en que ves tu vida, ayudándote a reconocer que Dios ha estado caminando contigo todo el tiempo.

Fr. Juan Carlos O.

LENT 2026

PARISH FAMILY 30

February 18th - April 4th

Changes to the published events may occur. Please refer to the weekly bulletin for updates.

February

2-15, Lent Event

10 - 11:30 am, McMullen MPR, SJ

2-18, Ash Wednesday

9 am, Mass, eng., HS & SJ
5:30 pm, Word & Ash Service, SJ
6 pm, Mass, eng., HS
7 pm, Mass, eng., SJ
7:30 pm, Mass, sp., HS

2-20, Friday

5 - 6:30 pm, Fish Fry, SJ
5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
7pm - Stations of the Cross, HS
- English in the Chapel
- Spanish in the Church

2-27, Friday

5 - 6:30 pm, Fish Tacos, SJ
5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
led by Knights of Columbus
7pm - Stations of the Cross, HS
- English in the Chapel
- Spanish in the Church

2-28, Saturday

9 am - 3 pm, Family 30
Lent Retreat,
Featured Speaker: Fr. Crispin

HS = Holy Spirit
SJ = St. John the Baptist



March

3-6, First Friday

5 - 6:30 pm, Fish Fry, SJ
5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
7pm - Stations of the Cross, HS
- English in the Chapel
- Spanish in the Church
7:45 pm, La Misa en español, SJ

3-13, Friday

5 - 6:30 pm, Fish Tacos, SJ
5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
7pm - Stations of the Cross, HS
- English in the Chapel
- Spanish in the Church

3-14, Saturday

1 pm, Reconciliation Service, SJ

3-20, Friday

5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
led by Faith Formation Families
7pm - Stations of the Cross, HS
- English in the Chapel
- Spanish in the Church

3-21, Saturday

*Middle School Encounter,
Kennedy High School,
Archdiocese event,
preregistration required*

3-25, Wednesday

7 pm, Healing Mass, SJ

3-27, Friday

5 - 6:30 pm, Fish Fry, HS
7 pm, Stations of the Cross, SJ
7pm - Shadow Stations of the
Cross, HS led by confirmation
teens

Holy Week

3-28, Palm Sunday Vigil Masses

5:00 pm, English, HS
5:30 pm, English, SJ
7:00 pm, Spanish, HS

3-29, Palm Sunday Masses

8:30 am, English, HS
9:00 am, English, SJ
10:30 am, English, HS
11:30 am, English, HS
12:30 pm, Spanish, HS
2:30 pm, Swahili, HS
5:30 pm, English, SJ
8:00 pm, Spanish, SJ

4-2, Holy Thursday

Mass of the Lord's Supper
6 pm, SJ
Holy Thursday Adoration
7 pm - 10 pm, SJ

4-3, Good Friday

3 pm, Living Stations of the Cross,
Presented in Spanish & English, HS
3pm, Stations of the Cross, SJ
6 pm, Passion of the Lord Service, SJ

4-4, Holy Saturday

9am-12pm, Decorate Sanctuary, SJ



St. Patrick's Day POTLUCK



15 MARCH, 5 - 8PM

ST JOHN THE BAPTIST MPR

Bring an Irish inspired
dish to share



Sponsored by Parish Family (PF) 30* All are welcome!
*St. John the Baptist, Covington & Holy Spirit, Kent

Encounter...

holistic healing presence
of Jesus Christ

Presider: Rev. Crispin Okoth
Parochial Vicar, PF 30



In Kenya, Fr. Crispin has preached in open air Healing Mass rallies. He worked with other priests in the ministry of prayer, healing & deliverance, bringing hope & renewal to many. Come & be on your journey to wholeness - spirit, mind & body!

Concelebrants:
Rev. Anthony Kitema, PF 16
Rev. Carlos Orozco, Pastor PF 30

HEALING MASS

Wednesday, March 25, 2026
7:00pm

Healing Service with prayer teams
6:30pm Praise & worship
Followed by Adoration

St. John the Baptist Catholic Church

25810 156th Ave SE Covington, WA 98042
For information, call Marilou or Myke (253)630-0701

Parish Family 30

LENT RETREAT

The Paradox of the Cross

Featured speaker: Fr. Crispin

*Christ ransomed us from the curse of the law
by becoming a curse for us, for it is written,
"Cursed be everyone who hangs on a tree"*

Galatians 3:13



St. John the Baptist Sanctuary

February 28th | 9 am - 3 pm

Morning coffee & pastries and lunch provided

Who do we want to become?

Your voice is essential!

Community & Small Group
Listening Sessions

The next opportunities to share your thoughts will
be during the month of March.

The following sessions will be at St. John the
Baptist. More opportunities will be added soon.

2/25, Wed. 7-8:30 pm

3/2, Mon. 9:30-11:30 am

3/5, Thur. 7 - 9pm

3/10, Thur. 6:30 - 8:30 pm

3/21, Sat. 10-12 pm

3/15, Sun. 1-3 pm



Weekly Prayer

Sunday's Readings

First Reading:

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life. (Gn 2:7)

Psalm:

Be merciful, O Lord, for we have sinned. (Ps 51)

Second Reading:

For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous. (Rom 5:19)

Gospel:

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights. (Mt 4:1-2)

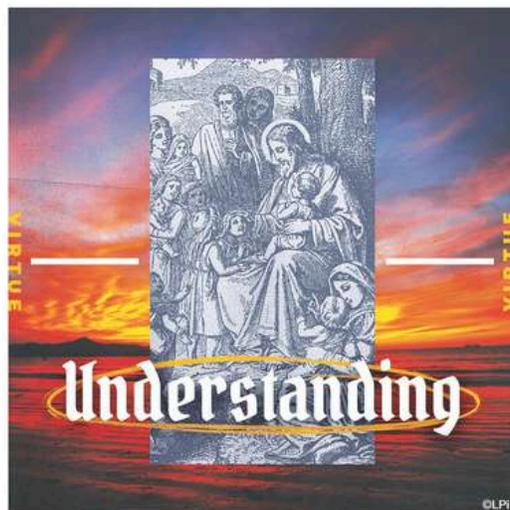
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Live The Liturgy Inspiration of the Week

Our Lord is so humble that he allows us to see him experience temptation. The vulnerability of this moment is awesome to behold. Let us learn from Jesus' interaction with the devil, and be transformed by it. Let us say, with him: "Get away, Satan."

Observances for the week of February 22, 2026

- Sunday:** 1st Sunday of Lent
Monday: St. Polycarp, Bishop and Martyr
Friday: St. Gregory of Narek, Abbot and Doctor of the Church
Next Sunday: 2nd Sunday of Lent



Virtues, Explained!

Understanding is the "food" of faith. "I believe, in order to understand," said St. Augustine. We must constantly ask the Holy Spirit for greater and more profound understanding, for though understanding proceeds from faith, it in turn nourishes that faith.

Lenten Blessing

Bless us in Your mercy, Lord, as we enter these 40 Days of Lent. Use this time to call, anoint, bind, strengthen, and inspire us anew. Like a good shepherd, teach us Your voice, and give us the strength to follow. Amen.

©LPI

SUNDAY, FEBRUARY 22, 2026 | 1ST SUNDAY OF LENT



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.
For St. John the Baptist questions/comments, email **Pat** at bulletin@sjtbcc.org



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