



Fifth Sunday in Ordinary Time



WEEK OF FEBRUARY 8, 2026



Layout design: Rose McAvoy

Challenges Present New Opportunities

Partners in the Gospel isn't about resisting change - it's about being guided through it, **together**, as one parish family across cultures and languages. These phrases come from our Fall 2025 listening sessions at Holy Spirit and St. John the Baptist - real hopes, real challenges, and the Spirit's guidance for Parish Family 30. Your next opportunity to have your voice heard begins in just a few weeks as we start prayerfully answering the question: "Who do we want to become?"



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



Please call 253-859-0444
for event times.

Sunday, February 8

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

Monday, February 9

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

Tuesday, February 10

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

Wednesday, February 11

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

Thursday, February 12

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

Friday, February 13

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

Saturday, February 14

Happy Valentine's Day!
Choir (7pm Spanish) Rehearsal
Small Christian Community
Children Sacramental Prep



Sunday, February 8

Mass - 9:00 am
Children's Liturgy of the Word - 9:00 am
Elementary Faith Formation - 10:15 am
Mass - 11:30 am
First Eucharist Parent Meeting - 4:00 pm
Mass - 5:30 pm

Monday, February 9

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

Tuesday, February 10

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

Wednesday, February 11

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
Finance Council Meeting - 7:00 pm
Middle School Night - 7:00 pm

Thursday, February 12

Mostly Yoga - 8:00 am
Hora Santa - Holy Hour - 3:00 pm
Facility & Grounds Commission Meeting - 4:30 pm
Mass - 6:30 pm
Women's Commission Meeting - 6:30 pm
Choir (11:30 Sunday) Practice - 7:00 pm
Liturgy Commission Meeting - 7:00 pm
OCIA - 7:00 pm

Friday, February 13

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

Saturday, February 14

Happy Valentine's Day!
Reconciliation - 4:00 pm to 5:00 pm
Mass - 5:30 pm

Please Pray for

those who are sick:

**Sergio Austria, Alicia Chandler,
Marina Mugop Gaerlan, Mike Grizzle,
Carmen Herrera, Babara Janelli,
Simon** (last name withheld)

those who have died:

Sheila Dennis (mother of *Mike Dennis*)
Joan Wasiewicz (mother of *Lynne Elzinga*)

An Invitation to Serve: Pianist Needed



We lost a beloved and talented pianist, **Rick Antes**, in June 2025. Since that time, **Jeff Harper** has faithfully served as the sole pianist for the Sunday, 9:00 am Mass.

We are **urgently seeking a pianist for the Sunday, 9:00 am Mass** to alternate Sundays with **Jeff**. If you can read music and are comfortable accompanying a choir, we warmly invite you to share your time and talent with the Sunday, 9:00 am choir.

As you reflect on your parish stewardship, this is a wonderful opportunity to serve St. John the Baptist through the gift of music. For more information, please contact **Luis Diaz de Leon** at x108 or luisd@sjtbcc.org. Or go talk to the choir after Mass.

Love in Every Layer



"I needed clothes and you clothed me." (Matthew 25:36)

As the big box collecting new and gently used all-weather coats is removed from the narthex, we offer our heartfelt thanks. Your generosity is warming our unsheltered neighbors at the Kent Food Bank - protecting them from cold, wind, and damp winter weather.

Words cannot express our gratitude! Thanks to you, **621 items were donated:** 259 all-weather coats, 253 underlayers, 22 children's coats, and 87 accessories including gloves, hats, scarves, socks, earmuffs, and hand/toe warmers. Coats ranged from XS to XXXXXL. Children's coats received were donated to the Kent Area Council PTA Clothing Bank for our younger neighbors in the Kent School District.

Our St. John the Baptist Parish family is truly living the Gospel. Thank you!

Lyn Johnson & Mary Murphy-Johnson
Coat Drive Coordinators



Bring Us Your Palms



Did you know that palms have been blessed and should be disposed of reverently - either by burning them and returning the ashes to the earth or by burying them? Palms should never be discarded in the trash.

Help us prepare for Lent by **bringing your old palms and placing them in the bin located in the narthex**. They will be burned at the Lenten Event on February 15, and the ashes will be used for Ash Wednesday.

Hearts Full, Wagons Full

Just look at the incredible generosity shown through our *Backpack Buddies* program! A couple of weeks ago, we received a wagon full of food. This past week, we filled two wagons - not to mention the ten (10!) Amazon delivery boxes that arrived to support this program! **Thank you so much to everyone who donated.** Your kindness is making a real difference. Please keep the donations coming!



This ministry is a beautiful witness to what can happen when a parish and a local school unite around a shared mission to care for those among us. 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: **cans of soup, granola bars, 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.

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!



Join Us This Lent (7:00 pm except Good Friday)

Date	Leader
February 20 (Fish Fry)	Hispanic Charismatic Group
February 27 (Fish Tacos)	Knights of Columbus
March 6 (Fish Fry)	Women's Commission
March 13 (Fish Tacos)	St. Vincent de Paul
March 20	Elementary Faith Formation
March 27 (Fish Fry)	Guadalupanos
April 3 (Good Friday)	TBD



Update and Entering Phase 3 Together

Following the listening sessions both parishes held in October last year, the Parish Family 30 Advisory Council (PFAC) working team synthesized over 300 pages of comments and created a document entitled, “Family 30 Challenges and Opportunities,” which is available in the narthex of both churches as well as on the front page at sjtbcc.org. This concludes Phase 2 of the Partners Planning Process, answering the question “Who are we?”

This year, we turn to Phase 3, addressing the question “**Who do we want to become?**” We will hold a new round of listening sessions to discern where the Holy Spirit is leading us as a combined parish. Now that we know who we are, what is our mission and vision for the future? What must we do together to fulfill this vision? What ministries make sense to continue, what ministries should we let go of, and what new ministries light the fire of our passion for Christ? Please watch for a schedule of listening sessions this month.



From Our Parish to Their Hearts

In December 2025, St. John the Baptist’s PREPARES ministry served 27 families with 31 boxes of diapers, 50 packs of wipes, nine handmade quilts, stroller covers, baby “loveys,” and toys - all bringing comfort and care to little ones and their parents. Your generosity made this possible!

This weekend, PREPARES launches the “Open Your Heart” appeal, which supports all of the PREPARES ministries across Washington state. This ministry is a loving promise to parents who have chosen life, supporting them from pregnancy through their child’s fifth birthday. Regardless of faith, PREPARES offers vital and life-affirming care. Please prayerfully give - your gift brings hope, warmth, and reassurance to families who need it most.



Many Voices, One Faith



February Black History Month in the Catholic Church honors the faith, contributions, and witness of Black Catholics, recognizing their often overlooked role in building the Church. Celebrations often highlight saints of African descent (i.e., [St. Monica](#), [St. Augustine](#), [St. Josephine Bakhita](#)), U.S. Servants of God on the path to sainthood like [Sr. Thea Bowman](#), and organizations like the [Knights of Peter Claver](#), inviting all Catholics to recognize, celebrate, and be inspired by the enduring witness of Black Catholics in the life of the Church today.

Encouraging Vocations



Do you know someone between the ages of 16 and 35 who may be called to the priesthood or religious life?

Our Lord often invites young people to discern their vocation through the encouragement of family members, friends, teachers, mentors, and fellow parishioners.

Like Philip inviting Nathanael to “come and see,” **prayerfully consider those in your life who show signs of a call through their love for the Lord, the Church, and a heart for service.** You are invited to submit their name to the Archdiocese of Seattle’s Vocations Office. See link below.

After the submission deadline, **Archbishop Etienne** will send a letter of encouragement to each nominee, supporting them in their discernment. Nominees will also be invited to attend *Andrew and Miriam Dinners*, where they can learn more about these vocations and connect with peers who are discerning a similar call.

Deadline: February 13, 2026

Submit nominations at the

[Archdiocese website “Called by Name”](#)

Lent: Little Facts, Big Meaning

- Lent lasts 40 days (not counting Sundays), echoing Jesus’ 40 days in the desert.
- Ash Wednesday isn’t a holy day of obligation, but it’s one of the most widely attended liturgies of the year.
- Sundays during Lent are never days of fasting, since every Sunday celebrates the Resurrection, even in Lent.
- Alleluia is not spoken or sung during Lent as a form of fasting with words, making its return at Easter especially joyful.
- Fish on Fridays comes from the long-standing tradition of abstaining from meat as a form of penance.
- Stations of the Cross became popular in the Middle Ages so people who couldn’t travel to Jerusalem could still walk prayerfully with Christ.

Discover Fire

PASTOR'S
CORNER



DISCERNMENT OF THE SPIRITS, RULES THREE AND FOUR

Two weeks ago we learned how St. Ignatius teaches us to recognize the voices that move the heart in times of temptation and in times of growth. This week we continue with Rules 3 and 4, which help us name two very common spiritual experiences: **consolation** and **desolation**.

Third Rule

"I call it consolation when some interior movement in the soul is caused, through which the soul comes to be inflamed with love of its Creator and Lord... Finally, I call consolation every increase of hope, faith and charity, and all interior joy which calls and attracts to heavenly things and to the salvation of one's soul, quieting it and giving it peace in its Creator and Lord."

St. Ignatius wants us to recognize when God Himself is at work within us. Consolation is not simply feeling good, it is a grace that turns the heart toward God, renews us interiorly, and draws us into deeper love.

Example: Imagine a woman praying with Mark chapter 5, the woman who had been suffering from hemorrhages. As she enters into the scene, she hears Jesus call her "daughter." In that moment, her heart is warmed because she realizes that the Lord is also speaking that word to her. She feels peace, hope, and a deep sense of being loved by God.

That is spiritual consolation. It is not something she creates, it is a gift from God.

Pause and thank God when you feel drawn toward Him. Ask how He is inviting you to respond to this grace today.

Fourth Rule

"I call desolation all the contrary of the third rule, such as darkness of soul, disturbance in it, movement to things low and earthly, the unquiet of different agitations and temptations, moving to want of confidence, without hope, without love, when one finds oneself all lazy, tepid, sad, and as if separated from his Creator and Lord."

Desolation is the opposite experience. It does not mean that God has abandoned us, but it often becomes a place where the enemy tries to discourage us and pull us away from the good.

Using the same example, the woman decides to begin praying each morning. Then stress at work, tension at home, and fatigue begin to weigh on her. She no longer feels close to God. Her energy fades. Thoughts arise telling her to give up. This is desolation.

The turning point is when she pauses and says, "Wait a minute." She becomes aware of what is happening and chooses to remain faithful to her decision. The next morning, she prays as planned. In that small act of trust, grace opens the door again.

Ignatius teaches us that consolation and desolation are part of daily spiritual life. When we learn to recognize them and respond with faith, we grow in freedom and peace.

Next week we will continue with Rules 5, 6, and 7.

Jr. Juan Carlos O.

SPANISH ON REVERSE



HOLY SPIRIT PARISH



ST. JOHN THE BAPTIST



DISCERNIMIENTO DE LOS ESPÍRITUS, REGLAS TERCERA Y CUARTA

La semana antepasada aprendimos cómo san Ignacio nos enseña a reconocer las voces que mueven el corazón en tiempos de tentación y en tiempos de crecimiento espiritual. Esta semana continuamos con las Reglas 3 y 4, que nos ayudan a poner nombre a dos experiencias espirituales muy comunes: la **consolación** y la **desolación**.

La tercera, de consolación espiritual

“Llamo consolación, cuando en el ánima se causa alguna moción interior, con la cual viene la ánima a inflamarse en amor de su Criador y Señor; y también, cuando ninguna cosa criada sobre la haz de la tierra, puede amar en sí, sino en el Criador de todas ellas. Asimismo, cuando lanza lágrimas motivadas a amor de su Señor, ahora sea por el dolor de sus pecados, o de la pasión de Cristo nuestro Señor, o de otras cosas derechamente ordenadas en su servicio y alabanza. Finalmente, llamo consolación todo aumento de esperanza, fe y caridad, y toda alegría interna, que llama y atrae a las cosas celestiales y a la propia salud de su ánima, aquietándola y pacificándola en su Criador y Señor.”

San Ignacio quiere que aprendamos a reconocer cuándo Dios mismo está actuando en nuestro interior. La consolación no es simplemente “sentirse bien”, sino una gracia que orienta el corazón hacia Dios, nos renueva por dentro y nos atrae a un amor más profundo.

Ejemplo: Imaginemos a una mujer que ora con el Evangelio de san Marcos, capítulo 5, el pasaje de la mujer que padecía hemorragias. Al entrar en la escena, escucha a Jesús decirle “Hija.” En ese momento, su corazón se llena de paz, porque comprende que esas palabras también son para ella. Siente esperanza, amor y una profunda certeza de ser amada por Dios. Eso es consolación espiritual. No es algo que ella produzca, es un don de Dios.

La cuarta, de desolación espiritual

“Llamo desolación todo lo contrario de la tercera regla, así como oscuridad del ánima, turbación en ella, moción a las cosas bajas y terrenas, inquietud de varias agitaciones y tentaciones, moviendo a infidencia, sin esperanza, sin amor, hallándose toda perezosa, tibia, triste, y como separada de su Criador y Señor.”

Desolación es la experiencia opuesta. No significa que Dios nos haya abandonado, pero muchas veces se convierte en un terreno donde el enemigo intenta desanimarnos y alejarnos del bien.

Siguiendo el mismo ejemplo, la mujer decide comenzar a orar cada mañana. Pero llegan el estrés en el trabajo, tensiones en casa y cansancio. Ya no siente a Dios cerca. Su entusiasmo disminuye y aparecen pensamientos que le dicen que se rinda. Esto es desolación.

El momento decisivo ocurre cuando ella se detiene y dice: “Espera un momento.” Reconoce que algo no anda bien y decide permanecer fiel a su propósito. A la mañana siguiente ora como había planeado. En ese pequeño acto de confianza, la gracia vuelve a abrir una puerta.

San Ignacio nos enseña que la consolación y la desolación forman parte de la vida espiritual diaria. Cuando aprendemos a reconocerlas y a responder con fe, crecemos en libertad interior y en paz.

La próxima semana continuaremos con las Reglas 5, 6 y 7.

F. Juan Carlos O.



This event will be in Spanish - all are warmly welcome to join.

Celebremos

El Amor y la amistad

Ven con tu pareja, trae a tu cita romántica o ven con tus amigos(as) a pasar una noche amena y divertida en un ambiente bonito. Tendremos regalos y algunas sorpresas disponibles, esto incluye cena y baile, Dj y música en vivo, la van a pasar muy bien.

\$35 por persona

Incluye: Plato fuerte, postre y bebida.
Tendremos otras bebidas a la venta

Evento para mayores de 21+

- Viernes 13 de Febrero**
- 7:00 p.m. a 11:00p.m.**
- Salón Parroquial Holy Spirit**



Let's celebrate

Love and Friendship

Come with your partner, bring your date, or come with your friends to spend a pleasant and fun evening in a beautiful setting.

We'll have gifts, dinner, dancing with a DJ and live music, and even some surprises! You're going to have a great time!

\$35 per person

Includes: Main course, dessert and drink.
We will have other drinks for sale

Event for ages 21+

- Friday, February 13th**
- 7:00 p.m. a 11:00p.m.**
- Holy Spirit Parish Hall**



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Questions?

Jeff and Sandy Cornell
360 930-2321
jeff.sandy.cornell@wwme.org

Other Locations and dates:
Visit wwme.org for more choices



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PARTNERS IN THE GOSPEL

Q: Why One Parish Planning?

A: The One Parish Planning process will help parish families develop their vision and plan for how to re-envision parish life as they become one new canonical parish. All parish families in the archdiocese will be going through this process, and all parishioners will have the opportunity to participate.



Scan to learn more about One Parish Planning.

ARCHDIOCESE OF SEATTLE

Weekly Prayer

Sunday's Readings

First Reading:

Then your light shall break forth like the dawn,
and your wound shall quickly be healed. (Is 58:8)

Psalm:

The just man is a light in darkness to the upright. (Ps 112)
Or Alleluia.

Second Reading:

When I came to you, brothers and sisters,
proclaiming the mystery of God,
I did not come with sublimity of words or of wisdom.
For I resolved to know nothing while I was with you
except Jesus Christ, and him crucified. (1 Cor 2:1-2)

Gospel:

"You are the light of the world.
A city set on a mountain cannot be hidden.
Nor do they light a lamp and then put it under a bushel
basket." (Mt 5:14-15)

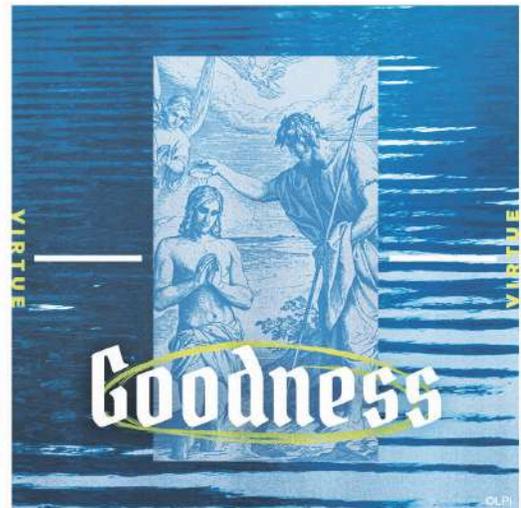
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Live The Liturgy Inspiration of the Week

Salt without flavor is no longer salt. Light that illuminates nothing is no longer light. As Christians, we must be what we have been made to be. So think about it, carefully: what stands between you and being who you were made to be?

Observances for the week of February 8, 2026

- Sunday:** 5th Sunday in Ordinary Time;
World Marriage Day
- Tuesday:** St. Scholastica, Virgin
- Wednesday:** Our Lady of Lourdes
- Saturday:** Sts. Cyril, Monk, and Methodius, Bishop;
Valentine's Day
- Next Sunday:** 6th Sunday in Ordinary Time



Virtues, Explained!

In baptism, the Holy Spirit gives us the sanctifying grace of justification — the ability to grow in goodness through an increase in moral virtue (CCC 1266). Baptism, therefore, disposes us toward goodness.

Blessing of Mission

Bless us on our way, O Lord.
Share with us as we share with others.
Heal us as we help others to heal.
Provide for us as we open our hands in charity.
Every gift comes from You.
You are at the heart of all that is good.
Share that goodness with us today, abundantly.
Amen.

©LPi

SUNDAY, FEBRUARY 8, 2026 | FIFTH SUNDAY IN ORDINARY TIME



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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