

Christi simus, non nostri. • We belong to Christ, not ourselves.



Be with me, Lord, when I am in trouble.

Psalm 91

March 10, 2019 + First Sunday of Lent

ST. COLUMBAN PARISH

506 First St. S, Yelm, WA 98597
360-458-3031 parishoffice@sc-sp.org
Office: M-Th 9AM-12PM; 12:30-2PM
Sunday Mass: 10:30 AM; Saturday: 5 PM
Tuesday-Friday Mass: 9 AM
Anointing of the Sick: 1st Tues. 9AM
Confession: Friday 5:30-6:30 PM (Lent)
Saturday 3:30-4:30 PM
Adoration: 1st Friday 6:30-7:30 PM

Rosary begins 30 min. before all Masses

Bible Study: Thursday 6:30 PM
Marian Prayer Group: Mon. 7 PM
Hispanic Prayer Group: Mon. 6 PM, Hall
Mother's Group: Thurs. 10 AM, Hall

The church may be opened upon request during office hours for those wishing to pray inside.

www.saintcolumbanyelm.org

ST. PETER MISSION

149 Keithahn St. S, Tenino, WA 98589
360-264-2124 loretta@sc-sp.org
Office: Thursday 10AM - 12PM
Sunday Mass: 8:00 AM
Anointing of the Sick: 1st Thurs. 9 AM
Confession: Sunday 7:30-7:45 AM
Adoration: Sunday 7-7:45 AM
Bible Study: Thursday 9:30 AM

MISSION STATEMENT - WE ARE A CATHOLIC FAITH COMMUNITY THAT SEEKS TO PLACE GOD FIRST, TO KNOW HIM, AND TO GROW IN HOLINESS TOGETHER. WE STRIVE TO LIVE THE GOSPEL THROUGH THE EUCHARIST, IN OUR TEACHING AND WAY OF LIFE.

For emergency assistance contact Society of St. Vincent de Paul: 360-458-1904. Please leave your name, number, and details of your need.

SAINT COLUMBAN CATHOLIC CHURCH

WELCOME! Please contact the office to register as a parishioner, for questions about any announcement, how to prepare for a sacrament, schedule a funeral or Mass Intention or to update your contact information.

PARISH OFFICE: (360) 458-3031

Fr. Dean Mbuji, Priest Administrator
Ext.6 frdean@sc-sp.org

Patricia Selsor, Secretary &
Bookkeeper Ext.2 pat@sc-sp.org

Katie Hennigan, PA for Faith
Formation Ext. 3 Katie@sc-sp.org

Chad Lucero, PA for Youth Ministry &
Confirmation Ext.4 chad@sc-sp.org

Jennifer Langham, PA for Music &
Liturgy Ext. 5 music@sc-sp.org

Steven Slater, St. Columban
Custodian steven@sc-sp.org

ST. PETER OFFICE: (360) 264-2124

Loretta LaRue, St. Peter Admin
loretta@sc-sp.org



FORMED

www.saintcolumbanyelm.org

Mass Intentions

Tue Mar 12- John Paul Baron by
the Ramos Family

Wed Mar 13- Women's Club

Thu Mar 14- Men's Club

Fri Mar 15- Jordan Family by Nan-
cy Schorn

In Our Prayers

Loving God, we join with others of
your people here asking you to hold in
Your hands John Uselman, Paula
Yantis, Darryl & Marshielle Pfeninger,
& all those in harm's way.

Names may only be listed for 3 weeks.

Financial Stewardship

| | <u>St. Columban</u> | <u>St. Peter</u> |
|-------------|---------------------|------------------|
| Weekly Goal | \$5,762 | \$712 |
| March 2-3 | \$4,724 | \$1,053 |

From a commentary on the psalms by Saint Augustine, Bishop

In Christ we suffered temptation, and in him we overcame the devil

Hear, O God, my petition, listen to my prayer. Who is speaking? An individual, it seems. See if it is an individual: *I cried to you from the ends of the earth while my heart was in anguish.* Now it is no longer one person; rather, it is one in the sense that Christ is one, and we are all his members. What single individual can cry from the ends of the earth? The one who cries from the ends of the earth is none other than the Son's inheritance. It was said to him: *Ask of me, and I shall give you the nations as your inheritance, and the ends of the earth as your possession.*

This possession of Christ, this inheritance of Christ, this body of Christ, this one Church of Christ, this unity that we are, cries from the ends of the earth. What does it cry? What I said before: *Hear, O God, my petition, listen to my prayer; I cried out to you from the ends of the earth.* That is, I made this cry to you *from the ends of the earth*; that is, on all sides.

Why did I make this cry? *While my heart was in anguish.* The speaker shows that he is present among all the nations of the earth in a condition, not of exalted glory but of severe trial.

Our pilgrimage on earth cannot be exempt from trial. We progress by means of trial. No one knows himself except through trial, or receives a crown except after victory, or strives except against an enemy or temptations.

The one who cries from the ends of the earth is in anguish, but is not left on his own. Christ chose to foreshadow us, who are his body, by means of his body, in which he has died, risen and ascended into heaven, so that the members of his body may hope to follow where their head has gone before.

He made us one with him when he chose to be tempted by Satan. We have heard in the gospel how the Lord Jesus Christ was tempted by the devil in the wilderness. Certainly Christ was tempted by the devil. In Christ you were tempted, for Christ received his flesh from your nature, but by his own power gained life for you; he suffered insults in your nature, but by his own power gained glory for you; therefore, he suffered temptation in your nature, but by his own power gained victory for you.

If in Christ we have been tempted, in him we overcame the devil. Do you think only of Christ's temptations and fail to think of his victory? See yourself as tempted in him, and see yourself as victorious in him. He could have kept the devil from himself; but if he were not tempted he could not teach you how to triumph over temptation.

Pax et bonum,
Fr. Dean

For daily Mass readings and Event Calendar please see our Monthly Insert, found in the narthex and on our website.

Faith Formation

K-12 Schedule : March 17, 24, 31; April 7, 28; May 5

Children's Ministry (Gr K-5)

Classes are on Sundays from 9:00-10:15am in the Education Center.

Children's Prayers

Last weekend 18 children in the K-5 program offered 11611 prayers prayed over the prior week.



*"Let your life be free from love of money but be content with what you have, for he has said, "I will never forsake you or abandon you."
-Hebrews 13:5*

Youth Ministry (Gr 6-12)

All sessions begin at Noon Sundays.

Junior High Encounter: Please pray for our participants that they may share what they learned with their peers and continue to encounter God's grace in their daily lives.

Confirmation Upcoming topics: March 10: *For Greater Glory*, March 17: Teaching Safety. All must regularly attend classes to receive certificate of completion.

Teen First Communion Classes resume Wednesday April 10.

R.C.I.A.

All adults are encouraged to attend RCIA. Come deepen your knowledge of our Catholic faith and encourage those at the beginning of their faith journey!

We meet next on Tuesday, March 12 at 6:30 pm in the Religious Education Center and will discuss **Morality.**

News, Groups & Events

For a complete listing of events please see our Monthly Insert, found in the narthex and on our website.

To sign up for updates from a parish group go to saintcolumbanyelm.flocknote.com

Women's Club—Coffee Hours

Mar.10-St. Columban
Mar. 17-St. John Neumann
Mar. 24 - St.Catherine
Mar. 31-Men's Breakfast

St. Patrick's Dinner Celebration, Saturday March 16, 6PM

On the Menu: Corned Beef, Cabbage, Potatoes, Carrots, Salad, Irish Soda bread, dessert, beverages, Gaelic music. **Tickets Sold only in Advance, on sale after Mass:** \$9.00 (12 years and over), Children \$4.50 (3-11), Under 3 years free!

Flocknote

Keep in touch with us via e-mail and/or text message Text Columban to 84576 on your phone or visit Flocknote.com/SaintColumbanYelm

Then choose groups from which to receive reminders and updates.

Baptism class this Sunday, March 10 at 11:45. Pre-registration is required.

Music & Liturgy

Mass Setting for Lent

May be found starting at #152 in the green *Journeysongs* book.

Outside events

Grief Share Group at Sacred Heart, Lacey

We are a weekly support group, where you will find a warm, caring environment. Thursdays 6-8 PM.

Contact Katy Baker 360-493-1773.

Retreats at Holy Theophany Monastery, Yelm Highway

March 17-22: Iconography Workshop & Retreat

April 5-7: Praying with Icons

For more info: holytheophanymonastery.org

Archbishop Brunet Retreat Center, Federal Way

March 22-24: Women's Lenten Retreat

March 29-31 Men's Lenten Retreat

April 12-14 Pal Sunday Retreat

April 15-17 Holy Week Retreat

For more info: Palisadesretreatcenter.org

Pilgrimage to Fatima, Lourdes, Spain, and Poland with Fr. Dean, October 3 -18, 2019

Your trip includes: 15 nights accommodations, your flights (to & from Seattle), breakfast and dinner daily, entrance fees, as well as all transfers by private coach, professional tour guides and escort. Mass daily. Cost: \$4,249.

Call Anne Rogel, 253-905-1357 for more information, or John Golubiec, Polyways Travel Service LLC, 206-634-2995, <http://polyways.biz>

FORMED PICK

Into the Desert

A Lenten Study on Prayer

Transform Your Prayer Life

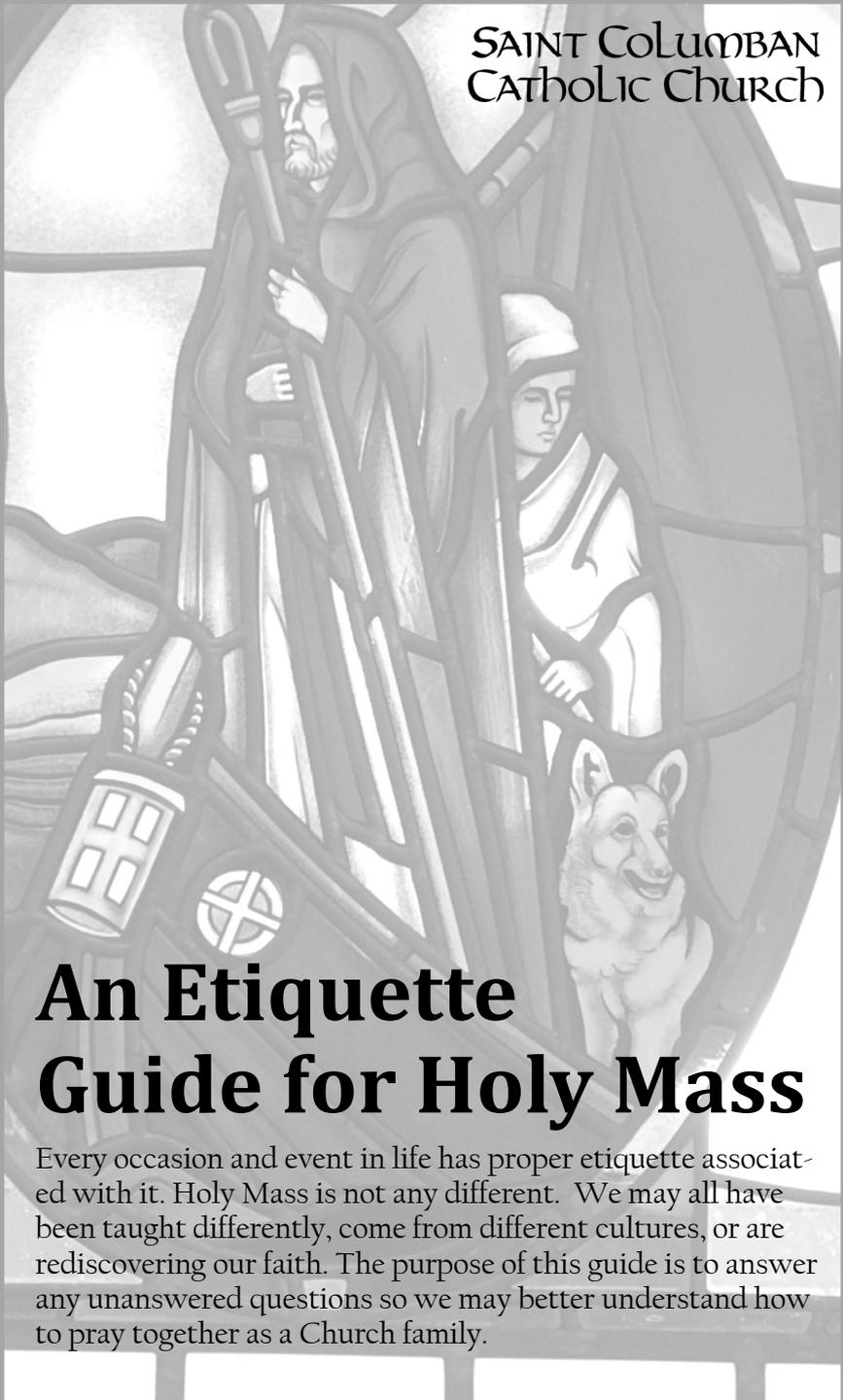
Dr. Tim Gray masterfully uses the prayer discipline of *Lectio Divina* to show you the secret to opening your heart and mind to God through Scripture.



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A stylized stained glass illustration of Saint Columban. He is depicted in a dark, heavy robe, holding a long wooden staff. To his right, a woman in a white and blue robe is visible, and below her, a dog is shown. The background features a large cross and other geometric patterns, all rendered in a monochromatic, high-contrast style.

SAINT COLUMBAN
CATHOLIC CHURCH

An Etiquette Guide for Holy Mass

Every occasion and event in life has proper etiquette associated with it. Holy Mass is not any different. We may all have been taught differently, come from different cultures, or are rediscovering our faith. The purpose of this guide is to answer any unanswered questions so we may better understand how to pray together as a Church family.

Preparing our Bodies and Souls

Attendance of the Holy Sacrifice of the Mass is of great importance, since it is the ultimate form of Christian worship. It is a joining-in on the eternal Liturgy in heaven, with God and all the saints.

- + Arrive early so you do not disturb others and to spiritually prepare for the Holy Mass.¹
- + Dress modestly & respectfully for yourselves and others. For men, this means avoiding shorts, collarless shirts, sleeveless shirts or tank-tops, and hats. For ladies, this means avoiding mini-skirts and short dresses, low-cut necklines, and spaghetti straps. (These suggestions are more lenient than what is required at the Vatican.)^{2,4}
- + Join us for recitation of the Holy Rosary 30 minutes before every Mass. Pamphlets and Rosaries are available in the narthex.

Entering God's House

Our Church is first, and foremost, a place of worship. Jesus is always present in the tabernacle. He always deserves our respect and reverence, especially while we are in his sanctuary.

- + Cross yourselves with Holy Water upon entering and leaving the Church. This is a reminder of our Baptism, which made us members of Christ's Church.¹
- + Genuflect towards the tabernacle when first entering and leaving your pew.⁶ If you are physically unable, you may make a profound bow at the waist.
- + If you are late and Mass has already begun you may bow towards the altar before entering your pew instead of genuflecting. Quietly find the closest available seat.^{1,6,3}
- + Do not eat food/drink or chew gum in the Church.^{2,3}
- + Do not text or call while in the Church. Do not leave trash in the pews, and please clean up after yourselves and your family.

Praying as a Community

The Holy Mass is a re-presentation of Christ's sacrifice on Calvary, offered by the entire faithful and led by the Priest.

- + Maintain an atmosphere of silence and reverence, especially before and after the Holy Mass.^{12,1}
- + If you need to communicate, please whisper to avoid disturbing anyone who is praying. If you wish to socialize with your neighbor, please use the narthex or the parish hall after Mass.
- + Be good stewards of our Missals and Hymnals. Please do not write on or fold pages, and please use the ribbons carefully. Do not allow chil-

dren to play with them.

- + The cry room is reserved for families with children. Please do not bring or leave toys in the cry room. Children must never be left unattended. Remember this room is not completely soundproof.

Receiving Holy Communion

"The Eucharist is 'the source and summit' of the Christian life." -Catechism of the Catholic Church, paragraph 1324

- + Fast for at least one hour before receiving Holy Communion. Water and medicine may be consumed.
- + In the Archdiocese of Seattle, we are asked not to kneel after the *Agnus Dei (Lamb of God)* but to remain standing.
- + Make a profound bow and respond by saying "Amen" before receiving the Precious Body and Precious Blood from the Priest or Extraordinary Minister. ^{7,8}
- + It is best to receive the Holy Eucharist on the tongue to minimize the risk of dropping the Host. To do so, fully open your mouth and extend your tongue.
- + If you choose to receive on the hand, handle the Host as reverently as possible. Consume the Precious Body immediately after it is placed on your hand.³ Do not be afraid to lick your palm and fingers to prevent particles from falling on the floor.^{1,9}
- + If you are sick, it is an act of charity to abstain from receiving the Precious Blood so others do not become sick. (It is sufficient to receive under either Eucharistic species). ^{1, 13, 14, 15}
- + After receiving Communion return to your pew and remain standing until the Blessed Sacrament is reposed into the tabernacle.
- + It is a pious practice to make a prayer of thanksgiving after Mass, especially after receiving our Lord in Holy Communion. Be cognizant that others may be praying after Mass concludes, so please exit your pew quietly.

Things you were too afraid to ask

When is it appropriate to leave to use the restroom?

It is best not to leave the Church during the Eucharistic Prayer. If you must leave for any reason, leave from the left or right side of the Church to the narthex and do not re-enter until the Eucharistic Prayer is completed. ¹

Is holding hands during The Lord's Prayer necessary?

Holding hands during The Lord's Prayer is not a part of the rubrics of the *Roman Missal*. If someone's hands are folded in prayer during The

Lord's Prayer, do not offer your hand to them. Do not cross between the aisles to hold hands since it may distract others from the Mass and distract from the solemnity of the Celebration of the Eucharist.¹

What about the Sign of Peace?

The Sign of Peace is optional and given at the discretion of the celebrant. If the priest does not say "Let us offer each other the sign of peace," then the Sign of Peace is not exchanged between members of the congregation.⁵ If the Sign of Peace is given, it is not an invitation to make conversation but an invitation to wish the peace of Christ to one another. It is also important to only give the Sign of Peace to those closest in proximity to you and to remain in your pew so you do not disturb or detract from the solemnity of the Mass or the concentration of others.^{1, 5}

When are we permitted to leave?

If you need to leave the Church temporarily for any reason, the best time to leave is during the offertory, and the best time to return is before the Eucharistic Prayer.

Holy Mass officially ends when the priest says, "The Mass has ended..."^{1, 10, 11} However, out of respect for the priest and altar servers, please wait until they have fully processed out of the Church.

When are we obligated to attend Holy Mass?

- + All Sundays
- + December 8, Immaculate Conception of Mary, Patroness of the USA
- + December 25, Nativity of Our Lord (Christmas)
- + January 1, Mary Mother of God
- + The Ascension, (7th Sunday of Easter)
- + August 15, The Assumption of Mary
- + November 1, Solemnity of All Saints

Should I sing even if I think I'm a bad singer?

Yes. God gave you that voice so let him hear it!

**May God bless your time with us here at our parish,
and may it be a source of grace, strength and
consolation for your body and soul!**

FOOTNOTES

1. *There are traditions in the Church that do not have direct instruction from the Church, but should still be respected as they follow from basic human respect and deference and tradition is one of the key pillars of Holy Writ.*

2. CCC 1387*

3. CCL, Book IV, Part 1, Title III, Ch 1, Art. 2*

4. <http://www.papalaudience.org/dress-code>

5. Roman Missal, Order of the Mass, Communion rite, 128

6. GIRM 274 *

7. GIRM 160

8. Roman Missal, Order of the Mass, Communion rite, 134

9. GIRM 278

10. GIRM 90,

11. Roman Missal, Order of the Mass, Communion rite, 144

12. GIRM 45

13. Deut 6: 16

14. Lk 4: 12

15. Mt 4: 7

What is the GIRM? The General Instruction of the Roman Missal is the detailed document governing the celebration of Mass of the ordinary form of the Roman Rite of the Catholic Church.

St. Columban Parish

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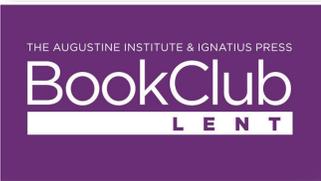
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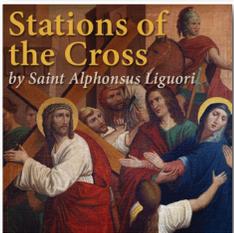
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by Saint Alphonsus Liguori



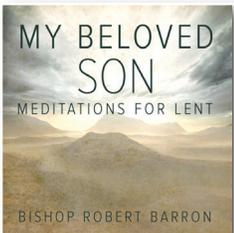
Pray the Stations of the Cross

This beautiful meditation on the Stations of the Cross from Saint Alphonsus Liguori is accompanied by the chanting of *Stabat Mater*, a traditional Catholic hymn.

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